



SUNDERLAND HARRIERS & AC

Sponsored by Start Fitness

SUNDERLAND 5K & Junior 2 Mile ROAD RACES

Event License Number: #27799 - (Under UK Athletics Rules)

Thursday 11th July 2024

Race 1: Combined Boys & Girls Junior (U13 & U15) 2 Mile Race (18:15)

Minimum age is 11 years old

***Race 2:** Senior and Veteran Women's (40y.o +) and Veteran Men (50 year old+) 5K Race (18:45)*

***Race 3:** Senior Men and Veteran Men (40-49 year old) 5K Race (19:20)*

**Incorporating the Northern, North Eastern Counties, and North
East Masters (35+) Championship team races for Men and
Women (3-to-count)****

Over one of the fastest courses in the UK – runners of all abilities are welcome.

All entrants for the 5K races must be at least 15 years old on the day of race

RACE HQ: SILKSWORTH SPORTS COMPLEX, Sunderland, SR3 1PD

Online Entries: Sportsoft Entries & Results (www.race-results.co.uk)

Entry fees: 2 Mile Junior Race: £6.00

5K: Affiliated £15.00 Unattached £17.00

NO ENTRIES ON THE NIGHT

Entries close Sunday, 7th July 2024

****Presentations of medals and prizes to be held at the Ski Lodge Entrance at approx.
20:15****

**All participants take part at their own risk. The organisers shall not be responsible for any loss,
damage, actions, claims, costs, expenses of which they may suffer.**

