



# SUNDERLAND HARRIERS & AC

Sponsored by Start Fitness

## SUNDERLAND 5K & Junior 2 Mile ROAD RACES

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

### Thursday 11<sup>th</sup> 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 (35y.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 \(race-results.co.uk\)](http://SportSoft Entries & Results (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, 7<sup>th</sup> July 2024**

**\*\*Presentations of MEDALS and CASH PRIZES to be held at the Ski Lodge Entrance  
at approx. 20:15\*\***

**£100 CASH BONUS to the 1<sup>st</sup> MALE & FEMALE to break the course records.**

**MALE: 14:23 (Martin Scaife - 2004) FEMALE: 15:52 (Alyson Dixon - 2013)**

**CASH PRIZES: Male/Female – 1<sup>st</sup> £80. 2<sup>nd</sup> £60. 3<sup>rd</sup> £40.**

**Veteran Categories (V40/50/60/70/80) – 1<sup>st</sup> £15**

