

SUNDERLAND HARRIERS & AC

Stage the

AIR PRODUCTS

SUNDERLAND 5K ROAD RACE

Over one of the fastest courses in the UK
The event also hosts the North East Championships
Last year's race was won by **Stewy Bell in 14.58min**
& **Claire Robson in 17.42min**
First veteran **Brian Rushworth in 15.18min**
The last finisher recorded **34.34min.**

Fun Runners Welcome

SILKSWORTH SPORTS COMPLEX

On Wednesday, July 23rd at 7.15pm

Under UK Athletics Rules. Permit No. 10207

- * Prizes awarded to leading individuals and veterans
- * All entrants must be at least 15 years old on the day of race
- * **Entry fee £6.00. Unattached £8.00. Late entries on the night £2 extra**
- * Cheques made payable to "Sunderland Harriers & AC"
- * Enclose SAE for number or collect on the night

**Entries close July 19th to Race Secretary,
14 Chantry Close, Chapelgarth West, Sunderland, SR3 2SL.
Tel: (0191) 522 9221**

Stay on afterwards and enjoy the bar facilities in the Tennis Centre.
Prizes and Spot prizes will be awarded at approx. 8.30pm.

Visit Sunderland Harriers at: www.sunderlandharriers.org.uk E-mail: mail@sunderlandharriers.org.uk

Sunderland 5Km - Web Form

Name.....

Address.....

Age on day of race.....Club.....

NOEAA Membership.....Entry fee.....

- I understand that I participate at my own risk. The organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer.