



Sunderland Harriers & A.C.

The Ken Jefferson Memorial 41st Open Farrington Cross-Country Races

Permit Number CC2024/1154 (under UKA rules)

Sunday, 1st September 2024

at **Farrington Community Academy, Allendale Road, Sunderland, SR3 3EL**

11.00 (Race 1) – Under 11 Boys and Girls: 1000m

Athletes must be aged 9 or 10 on 31st August 2024.

11.15 (Race 2) – Under 13 Boys and Girls: 1.8 miles

Athletes must be aged 11 or 12 on 31st August 2024.

11.30 (Race 3) – Under 15 Boys and Girls: 1.8 miles

Athletes must be aged 13 or 14 on 31st August 2024.

11.45 (Race 4) – Under 17 Boys and Girls: 1.8 miles

Athletes must be aged 15 or 16 on 31st August 2024.

12.00 (Race 5) – Senior Women and Veterans Relay: 3 x 1.8 miles

Athletes must be 17 and over on day of the race. Veterans aged from 35.

12.45 (Race 6) – Senior Men and Veterans Relay: 4 x 1.8 miles

Athletes must be 17 and over on day of the race. Veterans aged from 40.

GENERAL RULES

STRICTLY NO ENTRIES ON THE DAY.

- Please submit number of teams, and declare athletes names and teams on the day.
- All numbers to be collected at the course.
- Strictly **NO** warming up on the course.
- Awards will be presented to the first 3 individuals/teams in each category, for each race. The presentation of prizes will be done straight after the final race.

Entry Details: Enter here at [SportSoft Entries & Results \(race-results.co.uk\)](https://www.race-results.co.uk)

Fees: Men's Team Relay **£24**. Women's Team Relay **£20**. Individual Entry (Races 1-4) **£5**

Parking: There is no parking on the course. Parking is limited at Farrington Academy. Please also use the parking at Silksworth Ski Slope, Silksworth Lane, SR3 1PD – the course is approximately 800m from here.

Entries close at 23:59 on Thursday, 29th August 2024.