



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 2017067

Graves Park, Sheffield

Saturday, 20th January 2018 starting at 11.00am

This is a fast yet challenging course and ideal preparation for the cross country championships. Open to all club athletes, primary and secondary school runners. Changing & showering facilities are available in Graves Park Pavilion, S8 8QE. Results will be on www.sheffieldrunningclub.org.uk after the race.

Prizes and Awards

- Medals: First 3 in each junior age group
First team in each age group (3 to score)
- Prizes: First 3 senior males; first 3 senior females
First male U/20; O/40; O/50; O/60. first female U/20; O/35; O/45; O/55
First senior male team (3 to score)
First senior female team (3 to score)
(One prize per runner plus team prize)

Prize vouchers provided by: Up & Running

£50 cheque each to the winner of the Senior Men and Senior Women races

Prize Presentation in the Pavilion -Juniors after each race, Seniors @ 2.15pm

Entry fees: £7.00 (Seniors & Veterans); £5.00 (Juniors, age at 31st August 2017)

Unaffiliated add £2 (Seniors only). Entries available on the day £2.00 extra.

Closing date; Thursday, 18th December 2018 postal & online.

**Online entry available at <https://sheffieldrunningclub.org.uk/>
through Paypal (no account necessary)**

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Itinerary

11.00	Under 11 Girls	1 x small lap	1.5km
11.15	Under 11 Boys	1 x large lap	2.5km
11.20	Under 13 Girls	1 x large lap	2.5 km
11.35	Under 13 Boys	2 x small laps	3 km
11.40	Under 15 Girls	2 x small laps	3 km
11.55	Under 15 Boys	1 large lap + 1 x small lap	4 km
12.00	Under 17 Girls	1 large lap + 1 x small lap	4 km
12.25	Under 17 Boys	2 x large laps	5 km
12.45	Senior, Junior, Veteran Women	2 x large laps + 1 x small lap	6.5km
13.15	Senior, Junior, Veteran Men	4 x large laps	10 km

“The Harry Whitehurst Memorial 10k”

Harry Whitehurst was a member of Sheffield United Harriers and an England international when he was tragically killed in a road accident in the early 1960's. In recognition of his achievements, Harry's family donated a memorial trophy which was competed for annually with Trevor Wright, Jim Alder, Gerry North and Ron Hill among the previous winners until 1978 when it was won by Roy Bailey of Sheffield AC.

The race was resurrected in 2009 and the 2016 winner was Joe Sweetnam-Powell of Sheffield RC in 35 minutes 05 seconds.

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Further details: - contact Mike Levery on 07711 007525 mike.levery@mclconsultancy.co.uk



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Prize List

Category	Value
<i>Individuals</i>	
Senior Men	1 st £50, 2 nd £20, 3 rd £15
Senior Women	1 st £50, 2 nd £20, 3 rd £15
U20 Men, Women	1 st £20 each
M40, F35	1 st £20 each
M50, M60, F45, F55	1 st £15 each
<i>Team</i>	
Senior Men	3 x £15
Senior Women	3 x £15

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