



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 2019016

Graves Park, Sheffield

Saturday, 19th January 2019 starting at 11.00am

This is the 12th year of the Open Cross Country Races on a fast yet challenging course. 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 (U11, U13, U15 boys & girls)
First team in each age group (3 to score)
- Prizes: First 3 senior males; first 3 senior females
First male U/17; U/20; O/40; O/50; O/60. first female U/17; 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 @ 2.00pm

Entry fees: £7.00 (Seniors & Veterans); £5.00 (Juniors, age at 31st August 2018)

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

Closing date; Thursday, 17th January 2019 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 & Under 17 girls | 1 large lap + 1 x small lap | 4 km |
| 12.30 | Under 17 Men, Junior Women | 2 x large laps | 5 km |
| 12.30 | Senior, Veteran Women | 2 x large laps + 1 x small lap | 6.5km |
| 13.00 | Junior Men | 3 x large laps | 7.5 km |
| 13.00 | Senior, 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 2018 winner was Dane Blomquist of Aldershot, Farnham & District AC in 35 minutes 59 seconds.

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



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We are grateful to
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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 |
| U17 Men, Women | 1 st £15 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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