



BIG 3K Run

Sunday 11 May 2025, Keel Square

Are you a beginner runner looking to enter your first event? Are you ready to have fun with your family or do you think you could beat your teacher?

Grab your trainers and your family and friends to join us for the BIG 3K Run in May.

Entry starts at just £7.50 per person.

For more information visit: mysunderland.co.uk/big3krun

For more information about regular running opportunities visit: mysunderland.co.uk/swim-bike-run

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Sunderland City Runs

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The first Sunderland City 10km was held in 2011 with just over 1,500 taking part. 14 years later the Sunderland City Runs will welcome 4,000 participants to the city streets in a celebration of running across a range of distances. You can choose the flat and fast 10K, a spring Half-Marathon, or the Active Sunderland BIG 3K.

There is something for everyone. Come and join in one of the north's largest running events that races through the city and along the sea front, with two of its famous bridges providing a stunning backdrop to all three distances. No matter if you're a first-timer or an experienced runner, the course and atmosphere are conducive to fast times as well as a lot of fun.

See you on the start line in May!

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To sign up visit:
sunderlandcity10k.com