

The 20th NORTH WEST COUNTIES ROAD RELAYS

(Inc. Cheshire, Greater Manchester, Lancashire and Merseyside Championships and possibly Cumbria).

Under UKA "Rules for Competition". - Licence No. – to be applied for

Being held at Edge Hill University, St Helens Road, Ormskirk, L39 4QP

on Sunday, 8th September 2019

10:30	Under 11 Girls/Boys	3 x 1.5km	£10 per team
11:00	Under 13 Girls	3 x 2.8km (1 lap)	£10 per team
11:30	Under 13 Boys	3 x 2.8km	£10 per team
12:00	Under 15 Girls	3 x 2.8km	£10 per team
12:00	Under 17 Women	3 x 2.8km	£10 per team
12:30	Under 15 Boys	3 x 2.8km	£10 per team
13:00	Senior Women	3 x 5km (2 laps)	£15 per team
13:00	Under 17 Men	3 x 5km (2 laps)	£10 per team
14:30	Senior Men	4 x 5km (2 laps)	£20 per team

Age Groups as at 31 August 2019. Under 13s must be at least 11 years old on the day.
Juniors (U20s) compete in the Senior events.

ALL runners **must be first claim members** of their club for road running; **CLUB VESTS** must be worn.

All athletes (except U/11) **must be paid up members of England Athletics**

County qualification: Club athletes can only compete in the county championship in which they are eligible by birth or residence.

AWARDS: North West awards to the first eligible team in each event and fastest leg awards in each age category. Each County will decide on the awards for their respective County Championship.

ENTRIES: Please note carefully:

1. **Online Only** via Sportsoft at www.race-results.co.uk
2. **Each club is responsible for ensuring all runners used on the day are eligible as described above** as 1st claim for road running on the date of competition and their EA affiliation is paid.

Closing date for entries is Sunday 1st SEPTEMBER 2019

No Late Entries!!

PLEASE NOTE – IT'S A NO DOG SITE

This event is organised by Merseyside County Athletic Association with the co-operation of Edge Hill University and Liverpool Pembroke and Sefton