

# The 13<sup>th</sup> NORTH WEST COUNTIES ROAD RELAYS

(Incorporating the Cheshire, Greater Manchester, Lancashire and Merseyside Championships).

Under UK: Athletics "Rules for Competition 2012". Licence No. : 2012-104458

to be held at **Marbury Park (CW9 6AT), near Northwich (off A533)**

(by kind permission of Cheshire West and Chester Council )

**on Saturday, 15 September 2012**

## Programme of events :

1100	Under 13 Girls	3 x 2700m	£6 per team
1135	Under 13 Boys	3 x 2700m	£6 per team
1210	Under 15 Girls	3 x 2700m	£6 per team
	Under 17 Women	3 x 2700m	£6 per team
1245	Under 15 Boys	3 x 2700m	£6 per team
1315	Senior Women	3 x 5400m	£9 per team
	Under 17 Men	3 x 5400m	£6 per team
1430	Senior Men	4 x 5400m	£12 per team

Age Groups as at 31 August 2012. Under 13s must be at least 11 years old on the day.

Juniors can run in the Senior events.

**ALL** runners must be first claim members of their club for road running; **ALL** must be part of the EA Membership scheme. **CLUB VESTS** must be worn.

**County qualification** (Rule 9) : by birth or 9 months continuous residence before 15 Sept. 2012 and have not competed in another County's championships or for another County since 1 September 2012 (the "Competition Year" - Rule 7(1)).

*NOTE: all runners in a team must be qualified for the same County; clubs may enter teams in more than one County Championship provided runners have the appropriate County qualification.*

**AWARDS:** North West awards to the first eligible team in each event.

Each County will decide on the awards for their respective County Championship.

## ENTRIES : Please note carefully

1. On this occasion, we are **NOT** requesting you to enter names of individual athletes from which your teams are selected. We are asking you to complete the entry form with the numbers of teams you are entering in each age group.
2. **Each club is responsible for ensuring all runners used on the day are eligible as described above.** Each County will decide on the eligibility of teams in their championship.
3. We will allow "mixed" teams (that is, not all of the same county qualification) but you **MUST** have entered and paid for a mixed team(s) on your entry form. Mixed teams are not eligible for awards.

Please complete summary entry sheet attached. If you are entering teams in different county championships please complete separate entry sheet for each County. The organisers are prepared to allow non-counting teams comprising runners from different counties to take part, provided such teams have been indicated on entry form. These teams will NOT be eligible for an overall award, nor for County awards.

**See separate sheet for entry details and form. Closing date for entries is : 10 SEPTEMBER**

This event is organised by Cheshire County Athletic Association in cooperation with  
Vale Royal AC and Cheshire West & Chester Council