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August 2010

**MIDLAND COUNTIES ATHLETIC ASSOCIATION  
SENIOR WOMEN'S 4 STAGE ROAD RELAY CHAMPIONSHIPS  
SUTTON PARK, SUTTON COLDFIELD  
SATURDAY 25th SEPTEMBER 2010 12 NOON START**

Please find enclosed an entry form for the **MCAA Senior Women's Road Relay Championships** to be held at Sutton Park, Sutton Coldfield, Birmingham in conjunction with the Senior Men's 6 stage Road Relay Championships that start at **1.30pm**.

**Please note that no B or C teams are eligible for the first, second or third team medals.**

If you are not the person responsible for your Club entries could you please ensure that this letter and entry forms are forwarded to the appropriate person who deals with your road running section.

**NB Athletes are NOT allowed to run more than one leg  
Any Club who runs an athlete not on the declaration form will be disqualified –  
checking will be done by the office against the results after the event.**

We look forward to receiving your Club's entry and hope you have an enjoyable day.

**Please note the closing date for entries is Monday 13th September 2010.**

Yours in sport

*Dave McNamee*

**Dave McNamee  
Chairman Midland Road Running**

**MCAA ROAD RELAY CHAMPIONSHIPS  
SATURDAY / SUNDAY 25/26 SEPTEMBER 2010**

**ENTERING THE MIDLAND ROAD RELAYS ONLINE**

You can enter all the Relays **online** at:

***<http://www.race-results.co.uk/results/2010/index.htm>***

Scroll down the calendar list of races until you find the MCAA Relays event that you wish to enter. Click the big green button on the right hand side that says "Enter online now" and you will be prompted to follow the online entry system.

A guide on how to use the system will be provided on the same page.

**IMPORTANT**

You are **ALSO** reminded that every entrant added must have an England Athletics (EA) registration number or the system will reject that entry. It is the Club's responsibility to ensure all their entered athletes are registered with EA prior to entering the competition.

We wish you a successful and competitive day.

Dave McNamee  
MCAA Road Running Chairman