



Present the 2016 WOMEN'S 6 STAGE ROAD RELAY CHAMPIONSHIPS

Held Under UKA Rules: Licence No. 2016-25827

Saturday 2nd April 2016
at Silksworth Sports Complex Sunderland
11.35am start

HOLDERS: Leeds City AC

Stages 1 & 4 (2 x Long Legs) are approximately 4 miles
Stages 2, 3, 5 & 6, (4 x Short Legs) are approximately 2.2 miles

Medals will be awarded to the first three clubs to finish
Plus fastest long leg & fastest short leg

CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN

Entry on line only - <http://www.race-results.co.uk>

Late or incorrectly submitted entries will be rejected

There is no restriction on the number of teams a club may enter.
Clubs may submit a maximum of 18 names per team

Minimum age: 17 years and over at midnight 31st August / 1st September 2015

Closing date for entries – 21st March

Entry Fees - £48 per team

IMPORTANT NOTES

- Entries from Clubs will only be accepted if the Club is currently affiliated to Northern Athletics and England Athletics. Team members **MUST** be first claim members of that club AND registered with England Athletics for the current competition year. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be entered.**
- Any Foreign Athletes in the team **MUST** also be currently registered with UKA as Foreign Athletes. All team and athlete affiliation will be verified prior to the event. A club can enter as many foreign athletes as they wish but only 2 may run. This applies to both 'A' & 'B' teams
- Entries must be submitted via the online entry system and fees paid on entry
- Late & incorrectly submitted entries will not be accepted and will be returned
- Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event.
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2016 event
- All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2016 National Championships