



Present the 2019 WOMEN'S 6 STAGE ROAD RELAY CHAMPIONSHIPS

Held Under UKA Rules: Licence No. 2019-37443

**Sunday 24th March 2019 at Birkenhead Park Wirral
CH43 8SQ 12.15 pm start**

Holders: Leeds City A.C

Stages 1 & 4 (2 x Long Legs) are approximately 8K

Stages 2,3,5,& 6 (4 x Short Legs) are approximately 4k

Medals will be awarded to the first three clubs to finish

Plus fastest long leg & fastest short leg

Bronze Medals will be awarded to the first 'B' team to finish

CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN

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

Only N. A. affiliated clubs will be accepted for this Championship

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

Team declarations and changes must be done ONLY on line by team managers

Team declarations and changes are allowed up to 12.00 on the day of the race on line ONLY via the personalised link which will be sent to team managers on the Wednesday prior to the race

REGISTRATION HAS NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES

Minimum age: 17 years and over at midnight 31st August / 1st September 2018

Closing date for entries Friday 15th 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 per team. This applies to both 'A' & 'B' teams
- Entries must be submitted via the online entry system and fees paid on entry
- 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 2020 event

All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2019 National Championships.