



Northern Athletics in conjunction with Leeds Met Carnegie

Present the

2009 SENIOR WOMEN'S FOUR STAGE ROAD RELAY CHAMPIONSHIPS

Under UKA Rules: Licence No 10284

**Saturday 26th September 2009
at Leeds Met Carnegie Campus, Leeds**

4 Stages of approximately 4K

CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN

Medals will be awarded to the first three "A" Teams to finish

Minimum age: 17 and over at midnight 31st August / 1st September 2008

Entries

Entry is on line at www.race-results.co.uk

Otherwise contact Judith Temperton on 01924.457922 for entry form

Closing Date for Entries

On line: 11th September 2009 Postal: 4th September 2009

Postal Entries to

Northern Athletics, 7A Wellington Road East, Dewsbury. West Yorkshire. WF 13 1HF

Entries must be submitted with the correct fee(s).

Late and incorrectly submitted entries will not be accepted and returned.

Minimum age: 17 and over at midnight 31st August / 1st September 2008

Entry Fees - £19 per team - Cheques made payable to Northern Athletics

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. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be entered.**
- Entries must be submitted online or on the official entry form with the correct fees
- Late & incorrectly submitted entries will not be accepted and will be returned
- Acknowledgement of entry and final instructions will only be sent to those Clubs that submit a SAE with entry
- Clubs that knowingly run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2010 event