

The 10th NORTH WEST COUNTIES ROAD RELAYS

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

Under UK: Athletics "Rules for Competition 2009". Licence No...*applied for*
to be held at **Stanley Park, Blackpool**
(by kind permission of Blackpool Council)
on Saturday, 19 September 2009

Programme of events :

1100	Under 13 Girls	3 x 2000m	£5 per team
1130	Under 13 Boys	3 x 2000m	£5 per team
1200	Under 15 Girls	3 x 3000m	£5 per team
	Under 17 Women	3 x 3000m	£5 per team
1230	Under 15 Boys	3 x 3000m	£5 per team
1300	Junior/Senior Women	3 x 4000m	£6 per team
	Under 17 Men	3 x 4000m	£5 per team
1415	Junior/Senior Men	4 x 4800m	£8 per team

Age Groups as at 31 August 2009. Under 13s must be at least 11 years old on the day.

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 20 Sept. 2009 and have not competed in another County's championships or for another County since 1 October 2008 (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 first eligible team in each event.
Each County will decide on awards for their respective County.

ENTRIES :

You can enter up to 3 times as many names as required for a team. On the day, runners **MUST** be selected from those entered.

If you enter more than one team in any age group, the teams can be selected from all of the names entered for that age group (**EXAMPLE** : for 2 teams in an event, except Senior Men, you can enter up to 18 names; you must then choose your two teams from this list. For 2 Men's teams you can enter up to 24 names).

Use the **Entry Form** enclosed. PLEASE copy and use a separate sheet for each age group, male and female. Please also use separate sheets if you are entering teams in more than one County Championship.

Send entry forms plus entry summary sheet with correct fees to the Championship Secretary :

Alex Rowe 1 Buckingham Road, Lytham St Anne's, Lancashire, FY8 4EU

Tel: 07811 550315 or e-mail to: alex.rowe500@virgin.net

Please make sure cheques are made payable to: LANCASHIRE ATHLETIC ASSOCIATION
And enclose a large size STAMPED ADDRESSED ENVELOPE for confirmation and directions
(note all details including entries will appear on the lancsaa.co.uk website)

Closing date for entries is Friday 11th September

This event is organised by Lancashire Athletic Association in cooperation with Blackpool, Wyre & Fylde AC and Blackpool Council