

23RD NATIONAL OPEN MASTERS ROAD RELAY CHAMPIONSHIPS

SATURDAY 15th MAY 2010

VENUE: Sutton Park, Sutton Coldfield,
Birmingham.

CLOSING DATE: 17th APRIL 2010

TEAMS

Women:- (Age 55+), 3 Stages, Start 11.00 am
Women:- (Age 45+), 3 stages, Start 11.00 am
Women:- (Age 35+), 4 Stages, Start 11.00 am
Men:- (Age 70+), 3 Stages, Start 11.00 am
Men:- (Age 60+), 3 Stages, Start 11.00 am
Men:- (Age 50+), 6 Stages, Start 1.00 pm
Men:- (Age 40+), 8 Stages, Start 1.00 pm
Men:- (Age 35+), 4 Stages, Start 1.00 pm

FEES AND ENTRIES

Women 55+,	£15.00	Women 45+,	£15.00
Women 35+,	£20.00		
Men 70+,	£15.00	Men 60+,	£15.00
Men 50+,	£30.00	Men 40+,	£40.00
Men 35+,	£20.00		

Cheques to be made payable to: "M.M.A.C."
Completed entry forms with appropriate fees
and TWO S.A.Es (size 9"x6") to be sent to:

Mr. Tom Morris,
391 Chester Road, Castle Bromwich,
BIRMINGHAM, B36 0JH.

AWARDS

MEDALS for the first three teams and the three
fastest stages in each championship.

TRAVEL

SUTTON PARK is eight miles north of
Birmingham. A map will be sent if requested.
Postcode for satnav is B74 2YT.

Road

The Park is best approached via the M6 Junction 7
(Junction 6 will involve local congestion),
or from the east along the A453.

Rail

A frequent service operates from Birmingham
New Street to Sutton Coldfield.

Car and Coach Park

Ample parking is available within the Park;
enter via Town Gate.

RESULTS

A full set of results will be posted to the team
manager of each club.

RULES

1. First claim members only.
2. Affiliated athletic clubs only.
3. Entry is open to all master athletes of affiliated clubs, whether or not they belong to a master only club.
4. Older age groups may compete in a younger age group event, but may only run once.
5. No athlete may run more than one stage.
6. Club vests must be worn.
7. Race numbers for the appropriate stage **MUST** be worn on the front and back and **MUST** be worn as issued and not cut or folded.
8. All athletes must wear on the back an age category number as issued.
9. Ages are as on day of race.
10. Clubs may enter up to three times the number entitled to compete in each age group race.
11. Teams and running order are to be declared 30 minutes before the start of the first stage. i.e. either 10.30 am or 12.30 pm as appropriate.
12. Only one team per club per age group will be allowed to enter. i.e. No 'B' teams.
13. Only entries on the official entry form will be accepted.
14. Competitors entering these championships do so on the understanding they abide by the UKA rules, and compete at their own risk; and that the organisers are in no way to be held responsible for injury, accident, damage or loss incurred.
15. Closing date 17th April 2010.
NO LATE OR TELEPHONE ENTRIES

CHANGING

Changing facilities are available at WYNDLEY
LEISURE CENTRE.

RACE START

All races start and finish, as shown on the Race
Route Map, by the publicity bus and marquee.