



February 2010

**Midland Counties A A Women's 6 Stage  
Road Relay Championships – Saturday 20 March 2010**

Dear Club Secretary or Women's Team Manager,

Please find enclosed an entry form for the ninth **Women's Midland Counties AA 6 stage Road Relays Championships** to be held at Sutton Park, Sutton Coldfield, Birmingham in conjunction with the MCAA Men's 12 stage and Masters 6 stage Road Relays.

If you are not the person responsible for you Club entries could you please ensure that these forms are forwarded to the correct person who deals with your road running section.

Alternatively you can enter **online** at:

**<http://www.race-results.co.uk/results/2010/index.htm>**

Scroll down the calendar list of races until you find the MCAA Relays event you wish to enter and click the big green button on the right hand side that says "Enter online now" and you will be promoted to follow the online entry system.

This is the ninth time we have held these Women's 6 stage Road Relays and is open to all Clubs within the Midlands Competition area who are affiliated to England Athletics for road running and whose members are currently registered with England Athletics. whatever their standard. This is the Road Runners equivalent to the Midlands Cross Country Championships, so if you have never previously entered a team in these championships then please come along and have a go. And, if you have competed in the past but not recently, why not give it another go by coming along to support this year's event and help promote Road Running within the Midlands.

**NB Athletes are NOT allowed to run more than one leg**

**Please note the closing date for entries is Monday 08 March 2010.**

For all the regular, past and new teams in the Championships, we look forward to receiving your entries and wish you and your Club all the best for 2010.

My contact number is 07905 063321. We hope to see you on Saturday 20 March 2010.

Yours in sport

Rita

**Rita Brownlie  
MCAA Road Running Championships Promotions Secretary**