



Present the 2010 MEN'S 12 STAGE ROAD RELAY CHAMPIONSHIPS

Qualifying event for the ERRA 12 Stage Championships
Under UKA Rules: Licence No.

Sunday 21st March 2010 at Wythenshawe Park, Manchester
11.30 am start

For the Blackpool & Fylde Trophy – Holders: Leeds City AC
Stages 1, 3, 5, 7, 9 and 11 are approximately 4.9 miles
Stages 2, 4, 6, 8, 10, and 12 are approximately 2.8 miles

Medals will be awarded to the first three “A” Teams to finish

CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN

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

Entries may also be submitted on the official entry form with the correct fee
Late or incorrectly submitted entries will not be accepted and will be returned.

There is no restriction on the number of teams a club may enter.
Clubs may submit a maximum of 36 names per team

Minimum age: 17 years and over at midnight 31st August / 1st September 2009

Postal Entries to

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

Closing date for entries – On line: 8th March 2010 - Postal: 1st March 2010

Entry Fees - £50 per team - Cheques made payable to Northern Athletics

IMPORTANT NOTES

- Entries will only be accepted from Northern Athletics Clubs which are affiliated to England Athletics. Athletes URNs (Membership number) as issued by England Athletics must be included on the entry form. Acknowledgement of entry and final instructions will be sent to those clubs that submit a SAE with entry or by e mail. Please ensure that you have sufficient stamps on envelopes otherwise entries will not arrive at Northern Athletics Office.
- Clubs that knowingly run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2011 event.
- The first 25 Team finishers will be eligible to compete in the 2010 ERRA Championships but **no more than TWO Teams from the same Club.**
- Entry forms for ERRA Championships will be e mailed to successful clubs on Monday 22nd March.