

Yorkshire County Road Races & Relay Championships

to be held at

Leeds Met University (Carnegie Campus)

11th September 2010

Time	Race	Details	Entry Fee
11.00	u13 Girls	2150m Road Race (1 lap)	£3.50 per athlete
	u13 Boys	2150m Road Race (1 lap)	£3.50 per athlete
11.25	u15 Girls	4300m Road Race (2 laps)	£3.50 per athlete
	u15 Boys	4300m Road Race (2 laps)	£3.50 per athlete
12.00	u17 Women	Road Relay; 3 stages of 4300m (2 laps)	£10 per team
	u17 Men	Road Relay; 3 stages of 4300m (2 laps)	£10 per team
1.00	Jnr/Snr Women	Road Relay; 4 stages of 4300m (2 laps)	£14 per team
2.00	Jnr/Snr Men	Road Relay; 6 stages of 6450m (3 laps)	£20 per team

Races will not commence before the advertised time.

Relay Declarations should be handed in 30 mins before the scheduled start time, at the pavilion next to the running track

Age Groups

u13 Boys & Girls – Competitors who have reached 11th birthday but not their 13th birthday by midnight 31st August/1st September 2010. (Competitors aged 11 on the day of the event can run)

u15 Boys & Girls - Competitors who have reached 13th birthday but not their 15th birthday by midnight 31st August/1st September 2010.

u17 Men & Women - Competitors who have reached 15th birthday but not their 17th birthday by midnight 31st August/1st September 2010.

Jnr/Snr Men & Jnr/Snr Women - Competitors must be over 17 years of age.

Qualification for the Yorkshire County Championships - Birth or residence (for 9 months) in the Counties of North, South or West Yorkshire. Only first claim members of a club may represent that Club in Team Events. An athlete can only compete in the Championships of one County during the season. Club colours must be worn failure to do so will render the team to disqualification.

Yorkshire County Awards

u13 Boys & Girls - County championship medals to the first 3 individuals. County championship medals to the first 3 teams. The first three athletes of a club to finish represent the team.

U15 Boys & Girls - County championship medals to the first 3 individuals. County championship medals to the first 3 teams. The first three athletes of a club to finish represent the team.

Relays - County championship medals to the first 3 teams.

Open Awards

u13 Boys & Girls - Medals to the first 3 individuals. Medals to the first 3 teams, the first three athletes of a club to finish represent the team

U15 Boys & Girls - Medals to the first 3 individuals. Medals to the first 3 teams, the first three athletes of a club to finish represent the team.

Relays - Medals to the first 3 teams.

ENTRIES: Entry is on line at www.race-results.co.uk
(If you require a postal entry please contact Steve Gaines)

Closing Date: Friday 3rd September 2010

You can enter as many athletes as you wish in the u13 & u15 age groups for the road races.

Numbers & Declaration forms to be collected on the day

Road Relays Rules

Rule 226 Entries

1. In road relays clubs shall not be allowed to enter more than 3 times the number of runners entitled to compete per team.
2. A club entering more than one team in a road relay shall be allowed to select the teams from the complete club entry for the event.
3. Every club/team declaration for a road relay shall be signed by an authorised member of the club on whose behalf the entry is being made. The club shall be held responsible for the accuracy of the information given, and for the eligibility of the runners.
4. A runner whose name does not appear on the club's entry shall not be allowed to compete in a road relay.

Rule 227 Race Numbers

Every runner must wear the supplied number or numbers, which must serve to identify the team and should also identify the stage that the runner is running.

Rule 228 Team Declarations

1. All teams must be declared before the start of a road relay and the stage order of the runners specified in the manner laid down by the Promoter.
2. No changes may be made to the declared stage order of runners in a road relay without prior approval of the Race Referee and the Promoter.

Rule 229 Runners

Where a team includes a runner who has already run a stage of the race that team shall not, subject to entry conditions of the race, be included in the results.

Any queries please contact Steve Gaines –Tel: 01302 538408 or 07771 660979, or email sandjgaines@aol.com