

The 14th NORTH WEST COUNTIES ROAD RELAYS

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

Under UK: Athletics "Rules for Competition 2012". Licence No. TBA
to be held at **Salt Ayre Sports Centre (LA1 5JS) Lancaster**
on Sunday, 15th September 2013

Programme of events :

1100	Under 13 Girls	3 x 2400m	£7 per team
1135	Under 13 Boys	3 x 2400m	£7 per team
1210	Under 15 Girls	3 x 2400m	£7 per team
	Under 17 Women	3 x 2400m	£7 per team
1245	Under 15 Boys	3 x 2400m	£7 per team
1315	Senior Women	3 x 4400m	£10 per team
	Under 17 Men	3 x 4400m	£7 per team
1430	Senior Men	4 x 4400m	£14 per team

Age Groups as at 31 August 2013. Under 13s must be at least 11 years old on the day.

Juniors (U20s) can run in the Senior events.

ALL runners must be first claim members of their club for road running; **CLUB VESTS** must be worn.

County qualification (Rule 9) : by birth or 9 months continuous residence before 14 Sept. 2013
and have not competed in another County's championships or for another
County since 1 September 2013 (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, clubs may enter non-counting teams where they have athletes with different county qualifications.

AWARDS: North West awards to the first eligible team in each event and fastest leg awards in each age category.

Each County will decide on the awards for their respective County Championship.

ENTRIES : Please note carefully

1. **Online Only** via Sportsoft at www.race-results.co.uk will be open from 1st August
2. **Each club is responsible for ensuring all runners used on the day are eligible as described above.** Each County will decide on the eligibility of teams in their championship.

Information Available at

<http://www.lancsaa.co.uk/>

<https://www.facebook.com/NorthWestRoadRelays2013?ref=hl>

Closing date for entries is 9th SEPTEMBER
No Late Entries !!

This event is organised by Lancashire Athletic Association in cooperation with
Lancaster & Morecambe AC and Lancaster City Council