

To all club contacts/Team managers,

Please find attached the entry details for the 2019 Midlands XC Relays.

Entry is only via the Online entry system at the Sportsoft Website.

There are no postal entries available.

Please use this link to access the online entry site:

The Relays this year are again at
Aldersley Leisure Village, Wolverhampton
Saturday 19th October 2019.

To Include:

Senior Men, Women & Masters (Men 40+ Women 35+ Age on the day)

Young Athletes relays races for Under 13/15/17 Boys and Girls,

also, School teams will be welcomed.

Race distances and number of legs below.

Senior Men & masters 4 X 6k Legs (two laps of 3k)

Senior Women & Masters 3 X 6k Legs (two laps of 3k)

Under 13/15/17 Boys & Girls 3 X 3k legs (one Lap)

Timetable: 11.30am	U13 Boys/Girls
12.15pm	U15 Boys/Girls
1.00pm	U17 Boys/Girls
2.00PM	Senior Men/Women/Masters

Regards,
Ian Clarke

Ian Clarke
Road & Cross Country Administrator
Midland Counties AA
Alexander Stadium
Walsall Road
Perry Barr
Birmingham
B42 2LR

Tel: 0121 344 4201

Email: roadandxc@mcaa.org.uk

2019 XC Relays Timetable

The 2019 XC Relays will be held on Saturday the 19th October

Venue Aldersley Leisure Village, Wolverhampton.

The event will now include U13, U15, U17, Seniors and Masters.
School teams are welcome!

Senior Men & Masters 4 X 6k Legs (two laps of 3k)

Senior Women & Masters 3 X 6k Legs (two laps of 3k)

Under 13/15/17 Boys & Girls 3 X 3k legs (one Lap)

Timetable:	11.30am	U13 Boys/Girls
	12.15pm	U15 Boys/Girls
	1.00pm	U17 Boys/Girls
	2.00PM	Senior Men/Women/Masters