



MIDLAND COUNTIES AA
SENIOR MEN 6 X 5.43km ROAD RELAY CHAMPIONSHIP
SATURDAY 19th SEPTEMBER 2026 – 2:00pm - SUTTON PARK, BIRMINGHAM

An unlimited number of teams can be entered.

CLOSING DATE SUNDAY 6TH SEPTEMBER 2026

Clubs are not allowed to enter more than **THREE TIMES** the number entitled to compete. A Club entering one or more teams in a race shall **ONLY** be allowed to select their teams from their club's entry list. Teams must be declared before the start of the race. **Teams who are subsequently found to have declared non-entered runners will be disqualified.**

CLUB:	Team Manager:
Club Colours:	Category: SM
Address:	
Tel:	Mobile Number:
Date:	E-mail:

Above is the Information required for competition purposes.

Entry fee £69.00 for Each Team

Entries to be submitted online at: <https://www.race-results.co.uk/m64rel26e>

All entries are to be submitted via the online entry system.

Postal entries only in Exceptional circumstances, contact by emailing: roadandxc@mcaa.org.uk

MIDLAND ELIGIBILITY – All competitors must have the following qualification:

By first claim membership of an England Athletics affiliated Club within the Midlands Competition area that has registered with EA for road running. and has a paid-up Affiliation to England Athletics.

Qualification is in one of the following Counties:

Avon, Gloucestershire, Herefordshire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West (Cornwall, Devon, Dorset, Somerset, and Wiltshire) & East Midlands (Derbyshire, Lincolnshire) are recognised for qualification purposes **BUT** you can only compete in one Area Championships in a calendar year – January to December.

NB: The organisers reserve the right to refuse entries and revise dates where necessary.

Note: UK Athletics Rule **TR3** age limits apply:

141 S3 (iv) For U20 men and women (age limits) shall be confined to competitors who are 18 or 19 on 31 August prior to the commencement of the competition year (i.e. 18 and over as at midnight 31st August / 1st September 2026).

141 S3 (v) In road relays U20 Men and Women as appropriate may compete in senior events.

CLOTHING: **All** team runners **must** wear the same design of registered Club vest and colours unless the referee has given permission for a change to be made.

Any advertising or sponsorship on clothing must comply with UK Athletics Rule TR5.

FOREIGN ATHLETES: Clubs may enter as many foreign athletes registered with UKA as necessary, but the composition of any scoring team can include ONLY TWO foreign registered athletes.

IMPORTANT: PLEASE READ BEFORE SUBMITTING NAMES: A MANDATORY requirement is to provide the England Athletics (EA) number for all entries submitted. Without an EA number, the entry CANNOT be accepted.

All Athletes MUST have a fully paid up affiliation with EA at the time of entry to guarantee participation in this event.

For this competition, the information required is name, date of birth, EA number.

Anti-Doping:

All athletes and athlete support personnel are bound by UKA/IAAF Anti-Doping Rules and athletes agree to submit to drugs testing in connection with this event in accordance with UKA's Anti-Doping rules (which may involve providing a blood and/or urine sample) In particular, athletes should ensure that they register any use of prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use. To check the status of registered medicines please visit

www.globaldro.com. For information on testing procedures please visit www.ukad.org.uk.

The UKA Anti-Doping Rules are available at www.uka.org.uk. For general anti-doping queries please contact antidoping@uka.org.uk



**CLEAN
ATHLETICS**



“An entrant shall be deemed to have made himself/herself/themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entering the event, whether or not the participant is a citizen of, or resident in, the UK.”



Details of teams are provided on competitor's entry site.

I hereby agree that all the entrants are eligible to compete according to the laws of UK Athletics. They are also eligible to represent the club under the rules governing team and relay races, and that the declared particulars are complete and correct.

Secretary/Team Manager:

Date:

No athlete may run more than one leg.