



MCAA & Derby Runner Men's 6 Stage, Women's 4 Stage & YA 3 Stage Road Relay Championships

EVENT DETAILS

Sutton Park, Sutton Coldfield, Birmingham

On Saturday 19th September 2026

Event Licence Number: #31718

This event will be held under UKA Rules

Online Entry is available at:

<https://www.race-results.co.uk/m64rel26e>

Closing Date: Sunday 6th September 2026

Entry Fees

U14, U16 & U18 - £30.00 per Team

Senior & Master's Women - £46.00 per Team

Senior & Master's Men - £69.00 per Team

TIMETABLE

10:45 Under 14 Boys

10:50 Under 14 Girls

11:45 Under 16 Boys

11:50 Under 16 Girls

12:45 Under 18 Men

12:50 Under 18 Women

14:00 Senior Men & Master's

14:10 Senior Women & Master's

The first 25 Senior Men “A” Teams to score as well as the first 5 Senior Men “B” Teams to finish will receive an invitation to the National Championships.

Age Groups

The MCAA will be using the new age groups in line with Nationals which takes place on Saturday 3rd October 2026 at Sutton Park.

In accordance with **UKA RULE TR3 S3 UKA SUPPLEMENT**, a Senior is a competitor who is aged at least 20 years old on **31st August 2027**.

U20s may compete as a Senior if they are **at least 18 years old on 31st August 2027**.

U18s must be **at least 16 years old on 31st August 2027**.

U16s must be **at least 14 years old on 31st August 2027**.

U14s must be **at least 12 years old on 31st August 2027**.

Entries

Multiple teams in any age group are welcome. Clubs may submit up to 12 names per team for 6 stage relays, 8 names per team for 4 stage relays and 6 names per team for 3 stage relays. All runners must be **first claim** members of their club and actively registered with England Athletics.

Late entries will not be accepted.

Failure to provide a valid England Athletics URN for athletes, or an athlete being marked as not active on the EA database will result in your entry being returned and the athlete being unable to compete, so please check before submitting your entries: <https://ea-registration-check.myathletics.uk/>

Please note: Young Athlete teams are all three athletes per team to match team sizes at ERRA National Championships. Runners must run in their correct age group in Young Athletes races.

Under 18's are not permitted in the Senior Men's and Women's event, although Masters athletes may compete as Seniors.

Clubs must be registered with England Athletics.

Declarations

An online team declaration system will be available in advance of the event. Access details will be sent to Team Managers. Numbers will be issued on the day, and any last minute changes can be made up until half an hour before each race on the day.

Team declarations must be made from the names submitted prior to the closing date. No new names/substitutions are allowed after the registration closing date. Teams who are subsequently found to have declared non-entered runners will be disqualified. No athlete may run more than one leg.

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

Awards

Medals will be awarded to each member of the first three teams in each age group, as well as the athlete running the fastest lap in each age group (provided that the athlete is in a team that completes the event). 'B' Teams will be included in results but will not be eligible for a medal.

Headphones/Electronic Devices

The wearing of headphones or similar devices, including bone conduction headphones, is strictly not permitted during this event (other than those medically prescribed). Any athletes caught wearing headphones or using an electronic device during the race shall be liable to disqualification.

Clothing

In accordance with **UKA Rule TR5 S1**, all athletes must wear at least vest and shorts which are clean and so designed and worn as not to be objectionable, even if wet.

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. The wearing of an alternative vest without permission of the Referee will lead to disqualification.

Attention is drawn to **UKA Rule TR5 S1** on Advertising and Sponsorship; this rule will be enforced.

SHOES

All MCAA events must comply with UKA/World Athletics Rules on shoes, including heel, sole and spike dimensions. It is the athlete's responsibility to ensure that the shoes to be used for MCAA competitions are on the current list of approved Cross Country shoe models by World Athletics.

In the case of non-compliance with the World Athletics list of approved shoes, an athlete will not be allowed to compete or shall be disqualified after the competition with their result being void, thus affecting the team score. More information can be downloaded from the World Athletics website here: Athletic Shoe Regulations:

<https://worldathletics.org/download/download?filename=3b2559ca-694d-4efb-80bb-4b17cdca0cb5.pdf&urlslug=C2.1A%20%E2%80%93%20Athletic%20Shoe%20Regulations%20>

For Road Running events, only shoes with a **maximum sole thickness of 40mm are allowed.**

Shoe Checker: <https://certcheck.worldathletics.org/fulllist>

Anti-Doping

All entrants shall be deemed to have made 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 entry, whether or not the entrant is a citizen of, or resident in, the UK.

Athletes should ensure 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:

<https://www.globaldro.com/UK/search>

For information on testing procedures please visit

<https://www.ukad.org.uk/introduction-testing>

The UKA Anti-Doping Rules are available at <https://www.ukad.org.uk/anti-doping-rules>

For general anti-doping queries please contact antidoping@uka.org.uk.



Photography

Photography is taken at MCAA Competitions and Events. Your entry indicates your consent to photography and video being taken of you at the event.

MCAA may use these images for press and promotional purposes. This might include printed publications such as newspapers, magazines, brochures and flyers; or online, including our own and partners' websites and social media.

By allowing us to take your picture or include you in any video, you will be giving permission for MCAA and its trusted partners to use images for publicity purposes.

Please write to us at administration@mcaa.org.uk if you do not wish your image to be used. While we will endeavour to remove images on request, due to the public nature of our events, we cannot guarantee your images will not be published.