

The 17th NORTH WEST COUNTIES ROAD RELAYS

(Inc. Cheshire, Greater Manchester, Lancashire and Merseyside Championships).

Under UKA "Rules for Competition". - Licence No. 2016-26084

Being held at Delamere Forest, Linmere, Delamere, Northwich, Cheshire CW8 2JD

on Saturday, 10th September 2016

11:00	Under 13 Girls	3 x 3.2km	£8 per team
11:40	Under 13 Boys	3 x 3.2km	£8 per team
12:15	Under 15 Girls	3 x 3.2km	£8 per team
12:15	Under 17 Women	3 x 3.2km	£8 per team
12:45	Under 15 Boys	3 x 3.2km	£8 per team
13:15	Senior Women	3 x 6.4km	£12 per team
13:15	Under 17 Men	3 x 6.4km	£8 per team
14:30	Senior Men	4 x 6.4km	£15 per team

Age Groups as at 31 August 2016. 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.

All athletes must be paid up members of England Athletics

County qualification : Club athletes can only compete in the county championship in which they are eligible by birth or residence. Rule 9 UKA rule for competition 2015

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.

Cumbrian Clubs are entitled to enter the North West Relays.

ENTRIES : Please note carefully

1. **Online Only** via Sportsoft at www.race-results.co.uk
2. **Each club is responsible for ensuring all runners used on the day are eligible as described above** as 1st claim for road running on the date of competition and their EA affiliation is paid.

Closing date for entries is Sunday 4th SEPTEMBER 2016

No Late Entries !!

This event is organised by Cheshire County Athletic Association with the co-operation of The Forestry Commission, Delamere Forest.

Note that parking at Delamere is pay-and-display: <http://www.forestry.gov.uk/forestry/inf-d-7ptdab>