



**MIDLAND COUNTIES AA
 SENIOR WOMEN'S 4 X 4.315 Km ROAD RELAY CHAMPIONSHIP
 SATURDAY 20th SEPTEMBER 2008 – 12pm - SUTTON PARK, BIRMINGHAM**

CLOSING DATE MONDAY 1st SEPTEMBER 2008

An unlimited number of teams can be entered.

OPEN RELAY RACE: Clubs are not allowed to enter more than **THREE TIMES** the number entitled to compete. A Club entering more than one team in a race shall be allowed to select their teams from the club entry for that event. Teams must be declared before the start of the race.

CLUB

Club Colours.....

Secretary/Team Manager.....

Address

Tel..... **Date**.....

Mobile Number..... **E-mail**.....

Please enter Teams. Entry £ 24.00 per team Cheque value enclosed

Details of teams are provided on attached competitors entry sheet(s).

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.

Signed **Secretary/Team Manager** **Date**.....

Please send the cheque, payable to “Midland Counties Athletics Association” plus a correctly stamped return SAE marked for the attention of the *MCAA Road Running Championship Secretary* at the following address: *Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR*

RULE 5 - FIRST CLAIM STATUS – The competition year extends from 1st October to 30th September in the following year.

(b) FOREIGN ATHLETES JUNIOR / SENIOR WOMEN. Please note, notwithstanding the above, athletes may NOT compete under these rules until they have been resident in the UK for a minimum of two months prior to the date of competition.
RULE 207 (iv) (v) Junior Women who are aged 17, 18 or 19 on 31 August prior to the commencement of the competition year as defined above may take part in Road Relay competitions and compete in Senior events.
RULE 216(6) WILL APPLY

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 16.

Midland Counties Athletic Association Qualification: An athlete is eligible to represent his/her Club in Midland Championships either by:
 A. By birth,
 B. By 9 months bona fide continuous residence within the regional boundary immediately prior to the date of competition,
 C. By 9 month's service in HM forces stationed within the regional boundary,
 D. By first claim membership of an affiliated Club with headquarters within the regional boundary,
 E. A member of the England Athletics membership scheme

PLEASE PRINT CLEARLY (in capital letters) AND INSERT NAMES IN ALPHABETIC (by surname) ORDER

Club No:.....Category / Age group

Club.....

Name	D.O.B.	Name	D.O.B.
1		39	
2		40	
3		41	
4		42	
5		43	
6		44	
7		45	
8		46	
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14		52	
15		53	
16		54	
17		55	
18		56	
19		57	
20		58	
21		59	
22		60	
23		61	
24		62	
25		63	
26		64	
27		65	
28		66	
29		67	
30		68	
31		69	
32		70	
33		71	
34		72	
35		73	
36		74	
37		75	
38		76	

RULE 207 (iv) (v) Junior Men & Women who are aged 17, 18 or 19 on 31st August prior to the commencement of the competition year as defined above may take part in Road Relay competitions and compete in Senior events

PLEASE NOTE Athletes are NOT allowed to run more than one leg.