



**MIDLAND COUNTIES AA  
MEN'S 6 X 5.847 Km ROAD RELAY CHAMPIONSHIP  
SATURDAY 20th SEPTEMBER 2008 – 1.30pm - SUTTON PARK, BIRMINGHAM**

**CLOSING DATE MONDAY 1<sup>st</sup> 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 one or more teams in a race shall **ONLY** be allowed to select their teams from this club entry form. Teams must be declared before the start of the race. **Teams who are subsequently found to have declared none entered runners will be disqualified.**

**CLUB** .....

**Club Colours** .....

**Secretary/Team Manager** .....

**Address** .....

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

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

**Please enter** ..... **Teams.**                      **Entry £ 34.00 each team.**                      **Cheque value enclosed** .....

Details of teams are provided on attached competitor's 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 MEN.** 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 Men** 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	
9		47	
10		48	
11		49	
12		50	
13		51	
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 31<sup>st</sup> August prior to the commencement of the competition year as defined above may take part in Road Relay competitions and compete in Senior events.

If any team is disqualified in the Territorial Championships they will not be eligible to compete in E.R.R.A's 6 stage Championships.

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