



THE DERBY RUNNER
SPECIALIST RUNNING EQUIPMENT



**MIDLAND COUNTIES AA
SENIOR WOMEN'S 4 X 4.33 Km ROAD RELAY CHAMPIONSHIP
SATURDAY 21st SEPTEMBER 2024 – 1.30 pm. - SUTTON PARK, BIRMINGHAM**

An unlimited number of teams can be entered.

CLOSING DATE SUNDAY 8TH SEPTEMBER 2024

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: Team Manager:

Club Colours: Category:

Address:

Tel: Mobile Number:

Date: E-mail:

Above is the information required for competition purposes.

QR Code:



Entry fee £44.00 for Each Team

Entries to be done online at: <https://www.race-results.co.uk/m64rel24e>

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 qualifications.

By first claim membership of an EA affiliated Club that has registered with EA for road running and is a member of the EA registration scheme.

Club 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, 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 17, 18 or 19 on 31 August prior to the commencement of the competition year (i.e., 17 and over as at midnight 31st August / 1st September 2024).

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.

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.