

The 16th NORTH WEST COUNTIES ROAD RELAYS

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

Under UKA "Rules for Competition ". - Licence No. TBA

to be held at **Edge Hill University,**
St Helens Road, Ormskirk. L39 4QP

on Saturday, 12th September 2015

Programme of events :

1100	Under 13 Girls	3 x 2.8km	£8 per team
1140	Under 13 Boys	3 x 2.8km	£8 per team
1215	Under 15 Girls	3 x 2.8km	£8 per team
	Under 17 Women	3 x 2.8km	£8 per team
1245	Under 15 Boys	3 x 2.8km	£8 per team
1315	Senior Women	3 x 5km	£12 per team
	Under 17 Men	3 x 5km	£8 per team
1430	Senior Men	4 x 5km	£15 per team

Age Groups as at 31 August 2015. 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 2014.

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 6th SEPTEMBER 2015

No Late Entries !!

This event is organised by Merseyside County Athletic Association in cooperation with Liverpool Pembroke and Sefton and Edge Hill University