



February 2010

**Midland Counties AA Men's 12 Stage and Masters Men's 6 stage
Road Relay Championships – Saturday 20 March 2010**

Dear Club Secretary or Men's Team Manager

Please find enclosed two entry forms for the **MCAA Saucony Road Relays Championships** to be held at Sutton Park, Sutton Coldfield, Birmingham.

One form is for the **Senior Men's 12 stage** and the other is for the **Masters Men's 6 stage Road Relays**.

Please note that the minimum age qualification for male masters in this relays event has been lowered to at least age 35 on the day of competition.

If you are not the person responsible for your Club entries could you please ensure that these forms are forwarded to the correct person who deals with your road running section.

Alternatively you can enter **online** at:

<http://www.race-results.co.uk/results/2010/index.htm>

Scroll down the calendar list of races until you find the MCAA Relays event you wish to enter and click the big green button on the right hand side that says "Enter online now" and you will be promoted to follow the online entry system.

Remember this is a Midland event and is open to all Clubs within the Midlands Competition area who are affiliated to England Athletics for road running and whose members are currently registered with England Athletics. This is the road runners equivalent of the Midlands Cross Country Championships, so if you have never previously entered a team in these championships then please come along and have a go. And. If you have competed in the past but not recently, why not give it another go by coming along to support this year's event and help promote road running within the Midlands.

NB Athletes are NOT allowed to run more than one leg

Please note the closing date for entries is Monday 08 March 2010.

For all the regular, past and new teams in the Championships, we look forward to receiving your entries and wish you and your club all the best for 2010.

My contact number is 07905 063321. We hope to see you on Saturday 20 March 2010.

Yours in sport

Rita

**Rita Brownlie
MCAA Road Running Championships Promotions Secretary**



**MIDLAND MEN'S 12 Stage Road Relay Championship, Sutton Park, Sutton Coldfield
(8 x 2.995 miles and 4 x 5.38 miles) - Saturday 20 March 2010– Start 12.00 noon**

Teams comprising of a maximum of 36 names per team.

Number of Teams _____

Entry fee **£78.00** 1st Team, **£76.00** all subsequent teams.

Please send a cheque payable to "Midland Counties Athletic Association" marked to the *Road Running Championship Secretary, MCAA, Alexander Stadium Walsall Road Perry Barr, Birmingham B42 2LR*, together with a **large, correctly stamped** return addressed envelope.

PLEASE PRINT Secretary/Team Manager _____

CLUB _____

Club Colours _____

Address _____

Tel _____ **Mobile** _____ **Date** _____

Email _____

MIDLAND ELIGIBILITY – All competitors must have at least one of the following qualifications

- The athlete having been born in the Midlands. (see below).
- A minimum of 9 months continuous residence in the Midlands immediately prior to the event to be competed in.
NB: University Residence does not count as a Midlands qualification.
- 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

Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. **N.B.:** England South West & East Midlands 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 207 age limits apply:

207(iv) For Junior 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.

207(v) In road relays Junior 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 16.

IMPORTANT: PLEASE READ BEFORE SUBMITTING NAMES: All entered athletes must have a currently registered England Athletics (EA) number. Without a valid EA number the entry CANNOT be accepted. The onus is on Clubs to register all their competitive members with EA to ensure guaranteed participation in this event under UKA rules. For this competition the information required is name, date of birth, date of election to club, EA number and Midland Qualification either B – Birth, R – Residence or T – Team.

RULE 216(6) WILL APPLY

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.

Hon Secretary/Team Manager _____ Date _____

CLOSING DATE FOR ENTRIES MONDAY 08 MARCH 2010

MIDLAND ROAD RELAY CHAMPIONSHIP ENTRIES – 20 MARCH 2010

Name of Club :Category

Please complete the list below OR attach a Club generated list (e.g. from the EA database or a spreadsheet) of your entrants in the format below which contains all the entry data requested

Club Colours (which MUST BE WORN) :

| Office | Competitors Surname & Forename Please enter by Surname ALPHABETICALLY & IN BLOCK CAPS | Date of Birth | EA number (mandatory) | Midland Qualification |
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PLEASE USE A COPY OF THIS SHEET TO ENTER ADDITIONAL NAMES

Please note : -

Midland Qualification please enter B - Birth - R - Residence - or T - if only entered for the Team

RULE 207 (iv) (v) Junior Men & 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.