

NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION

ESTABLISHED 1879 [RE-FORMED 1992]

ROAD RELAY CHAMPIONSHIPS 2020

(Under UK Athletics Rules - Licence No. 2020-39640)

Supported by **START FITNESS**

Senior Men, Over 40 Veteran Men, Over 50 Veteran Men, Senior Women, Veteran Women

HETTON LYONS COUNTRY PARK, HETTON-LE-HOLE

SATURDAY 15 FEBRUARY 2020

Each leg 2 laps - 2.22 miles in total

Hosted by **Houghton Harriers**

Parking: Please use the car park and industrial estate to the south of Hetton Lyons Park. Please car share if possible and park with consideration for local residents, businesses and other road users.

Considerate parking is essential to the ongoing use of this venue.

Start Times: 12:00 4 Leg Relay
Senior Women
Veteran Women (Over 35)
Veteran Men (Over 50)

13:15 6 Leg Relay
Senior Men
Veteran Men (Over 40)

Conditions

1. Only clubs based in the NECAA area and affiliated to England Athletics may compete in the Championships.
2. All team members must be first claim members of the club that they represent.
3. Guest teams may only compete with advance invitation from the NECAA Road Running Committee.
4. Senior Men and Over 40 Veteran Men's teams will consist of six runners. Veteran Men must be 40 on the day of the race.
5. Women's and Over 50 Veteran Men's teams will consist of four runners. Veteran Women must be 35 on the day of the race.
6. All runners must be at least 15 years old on the day of the race.
7. Runners can only compete in one category and can only run one leg.
8. NECAA medals will be awarded to the first three clubs in each championship category. (Only one set of medals can be won by a club in each category.)
9. The **Royal Signals Trophy** will be awarded to the first team in the Senior Men's Championship.
10. Teams must be declared 30 minutes before the start of the race.
11. The organisers reserve the right to delay the start time or to postpone the race, if necessary.
12. Clubs knowingly fielding ineligible athletes may be banned from future Championships.

ENTRIES CLOSE ON MONDAY 3 FEBRUARY 2020

NECAA ROAD RELAY CHAMPIONSHIPS 2020

SATURDAY 15 FEBRUARY 2020 ENTRY FORM

To: David Daniels, Race Secretary
2 Greenside Avenue,
High Howdon,
Wallsend,
Tyne & Wear,
NE28 0NH

Name of Club: _____

Name of Secretary: _____ Signature: _____

Date: _____ Tel. No.: _____

*Email Address: _____

Please enter:

£

Senior Men's teams @ £24 _____

Over 40 Veteran Men's teams @ £24 _____

Over 50 Veteran Men's teams @ £16 _____

Senior Women's teams @ £16 _____

Veteran Women's teams @ £16 _____

GRAND TOTAL _____

Cheques payable to NECAA

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* A few days before the race you will be asked by email to submit a list of probable runners. You will be allowed to change this list on the day. Providing a list will save you time on the day and help us to provide complete results more efficiently.