

Present the

# 2019 NORTH OF ENGLAND 'START FITNESS' WOMEN'S FOUR STAGE ROAD RELAY CHAMPIONSHIPS

Under UKA Rules: Licence No TBC

**At SportCity Manchester**  
On Sunday 15<sup>th</sup> September 2019

**Start Time: 14.05 4 Stages of approximately 5.4K**  
Current Holders: Leeds City A.C

***CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN***

Medals will be awarded to the first three teams of four to finish  
Bronze Medals will be awarded to the first 'B' team to finish

**Minimum age: 17 and over at midnight 31<sup>st</sup> August / 1<sup>st</sup> September 2019**

### **Entries**

Entry is on line only at [www.race-results.co.uk](http://www.race-results.co.uk)  
Only N.A affiliated clubs will be accepted for this championship

**Closing date for entries 06<sup>th</sup> September 2019**

*Team declarations and changes must be done ONLY on line by team managers  
Team declarations and changes are allowed up to 12.00 on the day of the race on line  
ONLY via the personalised link which will be sent to team managers on the Wednesday  
prior to the race*

***THERE WILL BE NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES AT  
REGISTRATION.***

Entries must be submitted with the correct fee(s).  
Late and incorrectly submitted entries will not be accepted and returned.

**Entry Fees - £32 per team**

### **IMPORTANT NOTES**

- Entries from Clubs will only be accepted if the Club is currently affiliated to Northern Athletics and England Athletics. Team members MUST be first claim members of that club AND registered with England Athletics. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be entered.**
- **Any Foreign Athletes in the team MUST also be currently registered with UKA as Foreign Athletes. All team and athlete affiliation will be verified prior to the event. A club can enter as many foreign athletes as they wish but only 2 may run. This applies to both 'A' & 'B' teams**
- Entries must be submitted via the online entry system and fees paid on entry
- Late & incorrectly submitted entries will not be accepted and will be returned
- Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2020 event