



Present the 2026 MEN'S 12 STAGE ROAD RELAY CHAMPIONSHIPS

*Qualifying event for the ERRA 12 Stage Championships
Under UKA Rules: Licence No. TBC*

**Saturday 28th March 2026, Sheepmount Stadium, Carlisle
12.00 pm start**

Stages 1, 3, 5, 7, (4 x Long Legs) are approximately 7K

Stages 2, 4, 6, 8, 9, 10, 11 & 12 (8 x Short Legs) are approximately 5K

Medals will be awarded to the first three clubs to finish

Plus fastest long leg & fastest short leg and fastest Under 20 on short leg,

Bronze Medals will be awarded to the first 'B' team to finish

CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN

Entry on line only – www.niftentries.com

Only N. A. affiliated clubs will be accepted for this Championship

Late or incorrectly submitted entries will be rejected

There is no restriction on the number of teams a club may enter.

Clubs may submit a maximum of 36 names per team

Team declaration and changes must be done ONLY online by team managers

Team declarations and changes are allowed up to 12.00 on the day of the race online ONLY via the personalized link which will be sent to team managers on the Wednesday prior to the race (no additional new names will be accepted)

REGISTRATION HAS NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES

Minimum age: 17 years and over at midnight 31st August / 1st September 2025

Closing date for entries Sunday 22nd March

Entry Fees - £144 per team

IMPORTANT NOTES

- Entries from Clubs will only be accepted if the Club is currently affiliated to England Athletics and Northern Athletics. Team members **MUST** be first claim members of the club AND registered with England Athletics for the current competition year. **EA 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
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 2027.
- The first 25 'A' Team finishers plus any 'B' teams finishing before the 25th A team will be eligible to compete in the 2026 ERRA Championships but **no more than TWO Teams from the same Club** Entry forms for ERRA Championships will be e mailed to successful clubs.
- Fastest under 20 in the short leg will be offered a place in the Northern Athletics Under 20 team in 2026.



Present the 2026 WOMEN'S 6 STAGE ROAD RELAY CHAMPIONSHIPS

Held Under UKA Rules: Licence No. TBC

**Saturday 28th March 2026, Sheeplmount Stadium, Carlisle
12.15 pm start**

Stages 1 & 4 (2 x Long Legs) are approximately 7K

Stages 2,3, 5,& 6 (4 x Short Legs) are approximately 5k

Medals will be awarded to the first three clubs to finish

Plus fastest long leg & fastest short leg and fastest Under 20 short leg

Bronze Medals will be awarded to the first 'B' team to finish

CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN

Entry on line only – www.niftyentries.com

Only N. A. affiliated clubs will be accepted for this Championship

Late or incorrectly submitted entries will be rejected

There is no restriction on the number of teams a club may enter.

Clubs may submit a maximum of 18 names per team

Team declarations and changes must be done ONLY online by team managers

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

(no additional new names will be accepted)

REGISTRATION HAS NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES

Minimum age: 17 years and over at midnight 31st August / 1st September 2025

Closing date for entries Sunday 22nd March

Entry Fees - £72 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 for the current competition year. 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 per team. This applies to both 'A' & 'B' teams
- Entries must be submitted via the online entry system and fees paid on entry
- 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 2027
- All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2026 National Champs.
- Fastest Under 20 on the short leg will be offered a place in the Northern Athletics Under 20 team in 2026.