



MIDDLESEX COUNTY ROAD RELAYS

SUNDAY, 10 SEPTEMBER, 2023

UKA Permit 2023-44827

VENUE :

MINET CENTRE, Springfield Road, Hayes, UB4 OLL

TIMETABLE:

14.00 Under 11 Boys & Girls - Individual Race (c.1500m)

14.15 Under 13 Boys & Girls - 3 x c.3000m

15.00 Under 15 Boys & Girls - 3 x c.3000m

15.40 Under 17 Men & Women, Under 20 Men & Women and Senior/Masters Men & Women (Masters age 40+) - 3 x c.3000m

ELIGIBILITY:

All team members must possess a County qualification as defined in UK Athletics rule G2, S6, principally:-

1. By birth
2. By nine months continuous bona fide residence in the County immediately prior to the date of the championships

An athlete who has competed in a county championship or represented a county in an inter-county championship may not compete in the championships of another county in that competition year.

ENTRIES:

By Monday, 4 September to Malcolm French at MalcolmFrench@aol.com

Under 11 boys and girls must be 9 or over on the day of the competition and under 11 years of age on 31 August 2023

Under 13 boys and girls must be aged 11 or 12 on 31 August 2023

Under 15 boys and girls must be aged 13 or 14 on 31 August 2023

Under 17 men and women must be aged 15 or 16 years on 31 August 2023

Under 20 men and women must be aged 17, 18 or 19 on 31 August 2023

Senior men and women must be at least 20 years of age by 31 Aug 2023.

Masters must be at least age 40 on the day of the competition.

RESTRICTIONS:

No athlete may run more than one leg or for more than one team.

Incomplete teams will be allowed to start. One athlete can run in a team up one age group

(e.g. one U13 can run in an U15 team in order to make a complete U15 team). U11's can only run in their individual race because of UKA race distance limitations.

DECLARATIONS:

teams must be declared at least thirty minutes before the start of each race. Important: only athletics listed on the entry form will be eligible to run.

Additional names cannot be added on the day.

AWARDS:

Medals will be awarded to the first three teams in each of the relay races/ age groups. There will be medals for male and female teams. An award will be made for the fastest leg in each race, age group and gender. Under 11's race - individual medals will be awarded to the first 3 girls and first 3 boys. There will be no team award.

ENTRY FEE:

£12 per team. Individual entries for the Under 11 race will be £4 per athlete.

Payable by BACS to Middlesex County Athletics Association, sort code 30-99-78, account number 00033980 or by cheque, payee Middlesex County Athletics Association, to Malcolm French, 35 Merton Road, Harrow, Middlesex, HA2 0AA.

UK Athletics Anti-Doping statement - An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, across all disciplines, for 12 months from the date of entry for the race, whether or not the entrant is a citizen of, or resident in, the UK.