**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**

**ESTABLISHED 1894 [RE-FORMED 1992]**

**ROAD RELAY CHAMPIONSHIPS 2024**

***(Under UK Athletics Rules - Licence Number 2024-46988)***

**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 17 FEBRUARY 2024**

Each leg 2 laps - 2.22 miles in total

Hosted by **Houghton Harriers**

**Parking: Car parking is at Hetton Lyons country park (Downs Pit Lane, DH5 9DS), with a parking charge of £2 (cash only).**

**Parking is limited so please car share where possible.**

**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 OF ENTRY**

The championships are open to members of NECAA Clubs affiliated to England Athletics who meet one of the following criteria:

(a) By birth

(b) By nine months continuous bona fide residence in the County immediately prior to the competition

(c) By service in a Unit of HM Forces stationed in the County for nine months immediately prior to the date of competition

NECAA operate under UKA G2 (21) S6 as one county

All competitors must be first claim membership for the club they represent.

Guest teams may only compete with advance invitation from the NECAA Road Running Committee.

All competitors must wear registered club colours as failure to do so may lead to disqualification. (see UK Athletics Rule T5 (143) S1 (3), including supplement 1/4/19). Club members must wear the same vest design

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.

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.

All runners must be at least 15 years old on the day of the race.

Runners can only compete in one category and can only run one leg.

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.)

The **Royal Signals Trophy** will be awarded to the first team in the Senior Men's Championship.

Clubs knowingly fielding ineligible athletes may be banned from future Championships.

The organisers reserve the right to delay the start time or to postpone the race, if necessary.

If the event is running behind schedule, there may be a mass start for final leg runners in their respective race. All competitors must be ready to run at short notice.

Club entries to be completed either by post or email to: [Stevenbond35@gmail.com](mailto:Stevenbond35@gmail.com)

Steven Bond

35 Chipchase Mews

Great Park

Newcastle upon Tyne

NE3 5RH

**ENTRIES CLOSE ON MONDAY 12TH FEBRUARY 2024**

**NECAA ROAD RELAY CHAMPIONSHIPS 2024**

**SATURDAY 17th FEBRUARY 2024 ENTRY FORM**

**To:**

Name of Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Secretary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\***Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please enter: £

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Senior Men’s teams @ £30 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Over 40 Veteran Men's teams @ £30 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Over 50 Veteran Men's teams @ £20 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Senior Women's teams @ £20 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Veteran Women's teams @ £20 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**GRAND TOTAL** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cheques payable to NECAA**

**ENTRIES CLOSE ON MONDAY 12TH FEBRUARY 2024**

**\* 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 race day.**

**Teams must be declared 90 MINUTES before the race.**

**Race numbers to be collected on the day from registration desk at Race HQ.**