

Sussex County AA

2019 Road Relay Championships

Saturday 06 April

Chip timing with relay batons - New traffic free 2mile course for the senior races

venue:	Christ's Hospital School, Horsham RH13 0YP	UKA licence No 2019-35475
races:	11.00am U13 Girls 11.35am U13 Boys 12.15pm U15 Girls and U15 Boys 12.45pm Senior Women (including U17's) 12.45pm Veteran Women (Over 40) 12.55pm Veteran Women (Over 50) 12.55pm Veteran Men (Over 60) 2.10pm Veteran Men (Over 50) 2.10pm Veteran Men (Over 40) 2.10pm Senior Men (including U17's)	team of 3 runners 1 small lap each team of 3 runners 1 small lap each team of 3 runners 1 small lap each team of 3 runners 1 large lap each team of 3 runners 1 large lap each team of 3 runners 1 large lap each team of 3 runners 1 large lap each team of 3 runners 1 large lap each team of 4 runners 1 large lap each team of 6 runners 1 large lap each
course:	Large lap is 2 miles. Small lap is approx 1 mile 241 yards.	
medals:	County medals will be awarded to first three teams in each race. Awards will be made to the fastest 3 lap times in each age group, including U17 Women and Men who score in the Senior team races and V60 women competing in any women team.	
entry:	Entry via Opentrack https://entries.opentrack.run/2019/sussexrelays/ stating the number of teams in each age group. Entries close Sunday 24th March. An acknowledgement e-mail will be sent together with instructions and a team declaration form. If you have not received an acknowledgement e-mail by Friday 29 th March please contact sussexroadrelays2019@gmail.com We request that the team declaration form is returned via e-mail by 8pm Tuesday 2 nd April. This is to assist with organisation. Names can be changed on the day (although not encouraged!) up to 45mins before the start. Clubs may, and are encouraged to, enter more than one team in each category.	
age:	In Senior Races, all competitors must be at least 15-years-old by 01 September 2018. Veteran Women and Men must be at least 40 (or 50 or 60) on 06 April 2019, with all other ages as at 01 September 2018. Under 13's must be at least 11 years old on the day of the race.	
entry fees:	U13 and U15 Girls and Boys teams Senior Women Veteran Women (Over 40 and 50) Senior Men Veteran Men (Over 40) Veteran Men (Over 50 and 60)	£15 per team £15 per team £15 per team £30 per team £20 per team £15 per team
under UK Athletics Rules:	No athletes will be allowed to run without wearing Club Colours. All members of scoring teams MUST have a Sussex qualification by birth or 9 months continuous residence. Non-scoring teams will be allowed but they must be declared as such.	
contact:	Contact the organisers on sussexroadrelays2019@gmail.com	