

Present the

2023 NORTH OF ENGLAND 'START FITNESS' MEN'S SIX STAGE ROAD RELAY CHAMPIONSHIPS

Under UKA Rules: Licence No TBC

At Birkenhead Park Wirral CH43 8SQ

On Sunday 24th September 2023

Start time: 14.00 6 Stages of approximately 5.1 k

Qualifying event for the ERRA 6 Stage Championships

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

Medals will be awarded to the first three A teams to finish

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

Minimum age: 17 and over at midnight 31st August / 1st September 2023

Entries

Entry is on line only at www.race-results.co.uk

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

Closing date for entries 15th September 2023

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.

Entry Fees - £54 per team

IMPORTANT NOTES

- Entries from Clubs will only be accepted if the Club is currently affiliated to both Northern Athletics & England Athletics. Team members MUST be first claim members of the club AND registered with England Athletics. 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
- **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 2024 event
- The first 25 A Team finishers will be eligible to compete in the 2023 ERRA Championships but **no more than TWO Teams from the same Club.**
- Entry forms for ERRA Championships will be e mailed to successful clubs.