

Sheffield Open Road Races & Relays
incorporating
Yorkshire County Road Races & Relay Championships
to be held at
Don Valley Stadium, Sheffield
16th September 2006

| Time | Race | Details | Entry Fee |
|-------|---------------|--|----------------|
| 11.00 | u13 Girls | 2000m Road Race | £2 per athlete |
| | u13 Boys | 2000m Road Race | £2 per athlete |
| 11.30 | u15 Girls | 2 miles Road Race | £2 per athlete |
| | u15 Boys | 2 miles Road Race | £2 per athlete |
| 12.00 | u17 Women | Road Relay 4 stages of 2 miles | £10 per team |
| | u17 Men | Road Relay 4 stages of 2 miles | £10 per team |
| 1.00 | Jnr/Snr Women | Road Relay 4 stages of 2 miles | £10 per team |
| 2.00 | Jnr/Snr Men | Road Relay 6 stages of 2x2 mile loops | £15 per team |

Races will not commence before the advertised time.

Age Groups

u13 Boys & Girls - Competitors who have reached 11th birthday but not their 13th birthday by midnight 31st August/1st September 2006.

u15 Boys & Girls - Competitors who have reached 13th birthday but not their 15th birthday by midnight 31st August/1st September 2006.

u17 Men & Women - Competitors who have reached 15th birthday but not their 17th birthday by midnight 31st August/1st September 2006.

Jnr/Snr Men & Jnr/Snr Women - Competitors must be over 17 years of age.

Qualification for the Yorkshire County Championships - Birth or residence (for 9 months) in the Counties of North, South or West Yorkshire. Only first claim members of a club may represent that Club in Team Events. An athlete can only compete in the Championships of one County during the season. Club colours must be worn failure to do so will render the team to disqualification.

County Awards

u13 Boys & Girls - County championship medals to the first 3 individuals. County championship medals to the first 3 teams. The first three athletes of a club to finish represent the team.

U15 Boys & Girls - County championship medals to the first 3 individuals. County championship medals to the first 3 teams. The first three athletes of a club to finish represent the team.

Relays - County championship medals to the first 3 teams.

Open Awards

| | |
|--------------------|--|
| u13 Boys & Girls - | Medals to the first 3 individuals. Medals to the first 3 teams, the first three athletes of a club to finish represent the team |
| U15 Boys & Girls - | Medals to the first 3 individuals. Medals to the first 3 teams, the first three athletes of a club to finish represent the team. |
| Relays - | Medals to the first 3 teams. |

For 4 or more teams per race then 3 sets of team medals will be awarded. 3 teams or less are received per race then only one set of team medals will be awarded

No club can receive more than one set of medals in any race.

ENTRIES: Please use the forms provided, one per team.

Entries to: Frank Gledhill
148 Coppice Drive
Netherton
Huddersfield HD4 7WW

Closing Date: Friday 1st September 2006

You can enter as many athletes as you wish in the u13 & u15 age groups for the road races.

Road Relays Rules

Rule 226 Entries

1. In road relays clubs shall not be allowed to enter more than 3 times the number of runners entitled to compete per team.
2. A club entering more than one team in a road relay shall be allowed to select the teams from the complete club entry for the event.
3. Every club/team entry for a road relay shall be signed by an authorised member of the club on whose behalf the entry is being made. The club shall be held responsible for the accuracy of the information given, and for the eligibility of the runners.
4. A runner whose name does not appear on the club's entry shall not be allowed to compete in a road relay.

Rule 227 Race Numbers

Every runner must wear the supplied number or numbers, which must serve to identify the team and should also identify the stage that the runner is running.

Rule 228 Team Declarations

1. All teams must be declared before the start of a road relay and the stage order of the runners specified in the manner laid down by the Promoter.
2. No changes may be made to the declared stage order of runners in a road relay without prior approval of the Race Referee and the Promoter.

Rule 229 Runners

Where a team includes a runner who has already run a stage of the race that team shall not, subject to entry conditions of the race, be included in the results.

Any queries please contact Frank Gledhill -Tel: 01484 666937 or 01484 319679.

WOMEN

Club colours are:

Please make cheque payable to Y.W.A.A.A.

| |
|---|
| <p>Name and Address of contact</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Telephone Number</p> <p>Email</p> |
|---|

Entries to:
Sheffield Open Road Races & Relays,
Frank Gledhill
148 Coppice Drive
Netherton
Huddersfield HD4 7WW

ENTRIES CLOSE FRIDAY 1st SEPTEMBER 2006
NO LATE ENTRIES UNDER ANY CIRCUMSTANCES

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Yorkshire County Road Races & Relay Championships

MEN

Please enter the following from (Club)

Club colours are:

| | | |
|--------------------|---------------------------------|---|
| | | |
| u13 Boys Road Race | athletes @ £2 per athlete | £ |
| | | |
| u15 Boys Road Race | athletes @ £2 per athlete | £ |
| | | |
| u17 Men Relay | teams @ £10 per team | £ |
| | | |
| Jnr/Snr Men Relay | teams @ £15 per team | £ |
| | Total enclosed | £ |

Please make cheque payable to Y.C.A.A.A.

Name on cheque (if not the name of your club)

| |
|---|
| Name and Address of contact Telephone Number Email |
|---|

A large stamped addressed envelope **MUST** be enclosed for confirmation and declaration forms.

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