

Lanarkshire Road Relay Championships

Drumpellier Park, Coatbridge, Saturday 15th October 2016

A SAL permit event under UKA rules

Time	Age Group	Distance	Entry Fee
11:30	U11 Girls	3x1200m	£3 per team
11:50	U11 Boys	3x1200m	£3 per team
12:10	U13 Girls/Boys	3x2KM	£3 per team
12:45	U15 Girls/Boys	3x2.4KM	£3 per team
13:30	U17 Men/Women - 4KM – Straight race on 1 st leg of senior race.		£1 per individual*
13:30	Senior Men	4x4KM	£5 per team
13:30	Senior Women	3x4KM	£4 per team

* U17 men/women will not be allowed to run in Senior Men's teams.

Ages as at Midnight 31st August 2016.

Only first claim members of fully paid up clubs with LAAA can take part in this event.

Entry: Pre-entry. Numbers picked up at Drumpellier Park Visitor Centre from 11am

Awards: First 3 teams in each race.

Officials/Volunteers: Every club must provide a minimum of 2 officials / volunteers. Failure to do so will result in your club entries being declined.

Convenor: Joanne Harkins, 51 Barlanark Place, Glasgow, G33 4PS. Laaa.sec@outlook.com / joanne_harkins@yahoo.co.uk