

Leicestershire & Rutland AA

in association with
Leicestershire Road Running League

supported by

Sainsbury's



RUNNING FOX
ATHLETIC SPECIALISTS

THE LIVINGSTON RELAYS

incorporating

EAST MIDLANDS RELAY CHAMPIONSHIPS

Men 4 x 3 miles - Ladies 3 x 3 miles

(Permit applied for)

EASTER SUNDAY APRIL 4th 2010 10.30am

LOUGHBOROUGH UNIVERSITY
EPINAL WAY, LOUGHBOROUGH, LEICS

Awards for

First Three Men's & Ladies' Teams
First Two Veteran Men's Teams (40+)
First U20 Men's and First U20 Ladies' teams

CASH PRIZE of £50 for a COURSE RECORD in any senior / vet team category
(Men 60.28 – Owls AC. Ladies 53.42 – Charnwood. Men Vets 63.19 - Leic Coritanian)

Entry £12 per men's team - £9 per ladies' team - *No entries on the day* - Closing date April 2nd

Entry Form

CLUB	cat	cost per team		num of teams		£
Please enter the following teams for the Livingston Relays	Men	£12	x		=	
	Vet Men (40+)	£12	x		=	
	U20 Men	£12	x		=	
Number of teams only – declare runners on the day	Ladies	£9	x		=	
	U20 Ladies	£9	x		=	
I enclose a cheque payable to "LRRL" for ----->	total -----	-----	-	-----	>	<input type="text"/>

- Notes:**
- 1) Men's open race teams may contain Veteran runners.
 - 2) No runner shall run for more than one team on the day.
 - 3) No runner shall run more than one leg for the team.
 - 4) Teams to be declared on the day.

Send remittance and SAE to **Michael Stiff, 40 Cranesbill Road, Leicester, LE5 1TA.** (0116 246 1443)

Team Manager Name _____ Signed _____

Address _____

Telephone _____ Date _____

On behalf of the above team(s) I understand that all competitors run at their own risk and will not hold the organisers responsible for any injury, or loss or damage to property before during or after the race. I declare that I have made all competitors in my club's team(s) aware of this and sign on their behalf.