

# Leicestershire & Rutland AA

in association with Leicestershire Road Running League

90<sup>th</sup>  
Anniversary of  
first event

# THE LIVINGSTON RELAYS

Men 4 x 3 miles - Ladies 3 x 3 miles – U15s 3 x 3 miles

**SUNDAY 29<sup>th</sup> April 2018 10.30am**

**Braunstone Park, Braunstone, Leicester**

Registration, changing and limited car parking at  
Braunstone Leisure Centre, Hamelin Road, Braunstone, LE3 1JN

### Awards for

First Three Men's & Ladies' Teams

First Three Veteran Men's & Ladies Teams (40+)

First U20 Men's and First U20 Ladies' teams

First U15 Boy's and First U15 Girl's teams

Entry £12 per men's team - £9 per ladies' team - £8 per U15 Boys team - £8 per U15 Girls team.  
Min. age for all teams 15 yrs on 29<sup>th</sup> April 2018 (except U15 teams: where the limit is 11 yrs on day).

### Notes:

- 1) Open race teams may contain Veteran or U20 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.
- 5) Last date for entries: Thursday 26<sup>th</sup> April - **No entries on the day**
- 6) Race Permit 2018-34830 (entry limit of 500)
- 7) Maximum number of teams 150.

<http://www.livingstonrelays.co.uk/>

### Entry Form

CLUB	Cat	Cost per team		No. of teams		£
Please enter the following teams for the Livingston Relays	Men	£12	x	=		
	Vet Men (40+)	£12	x	=		
	U20 Men	£12	x	=		
	U15 Boys	£8	x	=		
Number of teams only – declare runners on the day	Ladies	£9	x	=		
	Vet Ladies (40+)	£9	x	=		
	U20 Ladies	£9	x	=		
	U15 Girls	£8	x	=		
I enclose a cheque payable to "L&RAA" for $\Rightarrow$	<b>Total</b>	-----	-	-----	--	

Send remittance and SAE to:

**Michael Stiff, 23 Riverbank Walk, Aylestone, Leicester, LE2 8DZ. (Tel. 0116 319 8539)**

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.