

Leicestershire & Rutland AA

in association with Leicestershire Road Running League

THE 2019 LIVINGSTON RELAYS

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

SUNDAY 5th May 2019 10.30am

Braunstone Park, Braunstone, Leicester

Registration, changing and limited car parking at

Braunstone Leisure Centre, Hamelin Road, Braunstone, LE3 1JN.

Additional parking on Park Car Park adjacent to Braunstone Park Lake, Cort Cres.

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

Min. age for all teams 15 yrs on 5th May 2019 (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 2nd May - **No entries on the day**
 - 6) Race Permit is 2019-37386 (entry limit of 600)
 - 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. (Note: There is a limit of 5 teams per category except for U15 Girls & Boys.) Number of teams only – declare runners on the day	Men	£12	x	=		
	Vet Men (40+)	£12	x	=		
	U20 Men	£12	x	=		
	U15 Boys	£8	x	=		
	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	Total	-----	-	-----	--	

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.