

## Present the 2025 MEN'S 12 STAGE ROAD RELAY CHAMPIONSHIPS

*Qualifying event for the ERRA 12 Stage Championships*  
Under UKA Rules: Licence No. TBC

**Sunday 30th March 2025 at Coast Road, Redcar**  
**12.00 pm start**

Stages 1, 3, 5, 7, (4 x Long Legs) are approximately 9.5K  
Stages 2, 4, 6, 8, 9, 10, 11 & 12 (8 x Short Legs) are approximately 5K

Medals will be awarded to the first three clubs to finish  
Plus fastest long leg & fastest short leg and fastest Under 20 on short leg,  
Bronze Medals will be awarded to the first 'B' team to finish

**CLUB VESTS OF THE SAME COLOUR & DESIGN MUST BE WORN**

Entry on line only - <http://www.race-results.co.uk>

**Only N. A. affiliated clubs will be accepted for this Championship**  
**Late or incorrectly submitted entries will be rejected**

There is no restriction on the number of teams a club may enter.

Clubs may submit a maximum of 36 names per team

**Team declaration and changes must be done ONLY online by team managers**

**Team declarations and changes are allowed up to 12.00 on the day of the race online ONLY via the personalized link which will be sent to team managers on the Wednesday prior to the race (no additional new names will be accepted)**

**REGISTRATION HAS NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES**

**Minimum age: 17 years and over at midnight 31<sup>st</sup> August / 1<sup>st</sup> September 2024**

**Closing date for entries Friday 21st March**

**Entry Fees - £132 per team**

### **IMPORTANT NOTES**

- Entries from Clubs will only be accepted if the Club is currently affiliated to England Athletics and Northern Athletics. Team members **MUST** be first claim members of the club AND registered with England Athletics for the current competition year. **EA Registration Numbers MUST be included. Athletes without registration numbers will not be entered.**
- Any Foreign Athletes in the team **MUST** also be currently registered with UKA as Foreign Athletes. All team and athlete affiliation will be verified prior to the event. A club can enter as many foreign athletes as they wish but only 2 may run. This applies to both 'A' & 'B' teams
- Entries must be submitted via the online entry system and fees paid on entry  
Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event.
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for 2026.
- The first 25 'A' Team finishers plus any 'B' teams finishing before the 25th A team, will be eligible to compete in the 2025 ERRA Championships but **no more than TWO Teams from the same Club** Entry forms for ERRA Championships will be e mailed to successful clubs.
- Fastest under 20 in the short leg will be offered a place in the Northern Athletics Under 20 team in 2025.