**The 25th NORTH-WEST COUNTIES ROAD RELAYS**

**(Inc. Cheshire, Greater Manchester, Lancashire, and Merseyside Championships**

**and possibly Cumbria).**

Under UKA “Rules for Competition’’. - Licence No. – to be confirmed

**Birkenhead Park, Wirral,**

**(Start/Finish nr to Birkenhead Park Rugby Club**

**141 Park Rd N, Birkenhead CH41 8AA)**

# on Sunday 14th September 2025

|  |  |  |  |
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| 10:30  | Under 11 Girls/Boys  | 3 x 1.5km  | £18 per team  |
| 11:00  | Under 13 Girls  | 3 x 2.3km (1 lap)  | £18 per team  |
| 11:30  | Under 13 Boys  | 3 x 2.3km (1 lap)  | £18 per team  |
| 12:00  | Under 15 Girls  | 3 x 2.3km (1 lap)  | £18 per team  |
| 12:00  | Under 17 Women  | 3 x 2.3km (1 lap)  | £18 per team  |
| 12:30  | Under 15 Boys  | 3 x 2.3km (1 lap)  | £18 per team  |
| 13:00  | Senior Women  | 3 x 4.7km (2 laps) | £24 per team  |
| 13:00  | Under 17 Men  | 3 x 4.7km (2 laps) | £18 per team  |
| 14:30  | Senior Men  | 4 x 4.7km (2 laps) | £32 per team  |

**Age Groups as of 1st September 2025** - Juniors (U20s) compete in the Senior events.

**ALL** runners **must be first claim members** of their club for road running; **CLUB VESTS** must be worn.

**All athletes** *(except U/11)* **must be paid up members of England Athletics**

***County qualification:*** For **ALL AGE GROUPS (inc U11’s) -** In order to compete in the County Championships, you must have been BORN in the county OR you should have been living in the county for AT LEAST 9 MONTHS.

(For Merseyside ONLY you can be an athlete in term-time residence at a school, college or university within Merseyside.  This qualification does not extend to include athletes of any age attending only as day students)

**AWARDS**: Northwest Awards to the first eligible team in each event and Fastest Leg Awards in each Age Category. Each County will decide on the awards for their respective County Championship.

## ENTRIES: Please note carefully:

1. **Online Only** via https://nwroadrelays.niftyentries.com/North-West-Road-Relays-2025
2. **Each club is responsible for ensuring all runners used on the day are eligible as described above as 1st Claim for Road Running on the date of competition and their EA Affiliation is paid.**
3. **Clubs may submit a maximum of 9 names or 12 for Sen Men per team. There is no restriction on the number of teams a club may enter**

Closing date for entries is Sunday 7th SEPTEMBER 2024

**Free Parking is available at the event venue around the external part of the park. There is no changing so please arrive changed. There are no locker facilities for bags.**

 This event is organised by Merseyside County AA/