



The 20th Annual

Midweek Road Relays

Incorporating the Hertfordshire AAA
Senior & Veteran Championships &
ARC Short Relay Championships
Thursday 19th July 2012 at 7:30pm

Entry Closing Date: 12th July

Marriotts School, Telford Avenue
Stevenage, SG2 0AN

Men: 5x3000m_(approx) Women: 3x3000m_(approx.)

 Permit Number *ARC 12/238.*

Fairlands Valley Spartans Midweek Road Relays 2012

- Veteran Men: Over 40 & Women: Over 35
- ARC & County team entries must be in advance - not accepted on the night, County awards subject to normal County Rules
- Team Members to be declared on the night
- Only First Leg for each runner scores for prizes
- Entries allowed on night but must pre-enter at least one team
- Minimum age 17 yrs

TEAM ENTRY FORM

Club Name: _____

Email Address: (For return acknowledgement of fees & venue facility details)

Delete county name as appropriate	<u>Herts/Beds County</u> No. Teams (Open/Snr.+ Vet)	<u>Other</u> No. Teams (Open/Snr.+ Vet)		<u>Cost</u>
Men			x £15	£
Women			x £9	£
All teams from ARC affiliated clubs are automatically entered in the ARC Championships			Total Cost:	£

Name: _____

Address: _____

Postcode: _____

Tel. No: _____

Please Send:

1. Completed Form
2. Payment – Cheques payable to:
"FAIRLANDS VALLEY SPARTANS"
3. S.A.E. for acknowledgement if hard copy and not email is reqd.
4. Send To: Graham Blackburn, 21 Chalkdown, Stevenage, Herts, SG2 7BG