



The 26th Annual Midweek Road Relays

Incorporating the Hertfordshire AARC Senior & Veteran Championships, See ARC website for conditions.

**WEARING CLUB VESTS IS MANDATORY
CLOSED EVENT - OPEN TO CLUB RUNNER TEAMS ONLY**

Thursday 26th July 2018 at 7:30pm

All entries to be made at Registration on the night of the event and payment will be by cheque and/or cash. Fees: £3.00 per runner
Add £2.00 for each non-affiliated male and female club entry team.

**VENUE: Marriotts Sports Centre, Brittain Way,
Stevenage SG2 8UT**

Men: 5x3000m Women: 3x3000m Mixed: 4x3000

Distances are approximate



Permit Number: *ARC 18/290*

Club teams will consist of:

Male : 5 runners

Female: 3 runners

Mixed: 2 men and 2 ladies.

Mixed teams will not be included in the County Championships

Minimum age 15 yrs

Veteran Men: Over 40 & Women: Over 35

County awards subject to normal County Rules

Team Members to be declared on the night

Details on rear of Runners' Numbers to be completed

Only First Leg for each runner scores for prizes

Under 17's male and female will be regarded as Senior team members

Race Director: Rob Shaw Email: r.shaw@ntlworld.com

Club Secretary: Claire Pullen Email: secretary@fvspartans.org.com

MAP OVERLEAF

