

# Leicestershire & Rutland AA

in association with  
Leicestershire Road Running League  
supported by



## EAST MIDLANDS RELAY CHAMPIONSHIPS

### *The Livingston Relays*

Men 4 x 3 miles - Ladies 3 x 3 miles

(Permit applied for)

**SUNDAY 29<sup>th</sup> APRIL 2012 10.30am**

**Braunstone Park, Braunstone, Leicester**

Car parking, registration and changing at  
Braunstone Leisure Centre, Hamelin Road, Braunstone, LE3 1JN

#### Awards for

First Three Men's & Ladies' Teams      First Two Veteran Men's Teams (40+)  
First U20 Men's and First U20 Ladies' teams

Entry £12 per men's team - £9 per ladies' team - *No entries on the day* - Closing date April 22<sup>nd</sup>  
Minimum age 15

#### Entry Form

CLUB	Cat	cost per		num of		£
Please enter the following teams for the Livingston Relays	Men	£12	x	=		
	Vet Men (40+)	£12	x	=		
	U20 Men	£12	x	=		
Number of teams only – declare runners on the day	Ladies	£9	x	=		
	U20 Ladies	£9	x	=		
I enclose a cheque payable to "LRRL" for ----->	<b>Total</b> -----	-----	-	-----	--	

- Notes:**
- 1) Men's open race teams may contain Veteran 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.

Send remittance and SAE to **Michael Stiff, 40 Cranesbill Road, Leicester, LE5 1TA.** (0116 246 1443)

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.