

Leicestershire Road Running League

in association with Leicestershire & Rutland AA



THE LIVINGSTON RELAYS *Incorporating* **EAST MIDLANDS RELAY CHAMPIONSHIPS**

Men 4 x 3 miles - Ladies 3 x 3 miles

(Permit applied for)

EASTER SUNDAY MARCH 23rd 2008 10.30a.m.

LOUGHBOROUGH UNIVERSITY
EPINAL WAY, LOUGHBOROUGH, LEICESTER

Awards for

First Three Men's & Ladies' Teams

First Two Veteran Men's Teams

First U20 Men's and First U20 Ladies' teams

CASH PRIZE of £50 for a

COURSE RECORD in any senior / vet team category

(Men 60.28 – Owls AC. Women 53.42 – Charnwood. Men Vets 64.07 - Leic Coritanians)

Entry £12 per men's team - £9 per ladies' team

No entries on the day - Closing date March 21st

Entry Form

| CLUB | cat | cost per team | | num of teams | | £ |
|--|-------------|---------------|---|--------------|---|----------------------|
| Please enter the following teams for the Livingston Relays | Men | £12 | x | | = | |
| | Vet Men | £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 -----> | total ----- | ----- | - | ----- | > | <input type="text"/> |

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 Ramon Howe, 17 Ventnor Road South, Leicester LE2 3RN. (0116 270 3154)

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 clubs team aware of this and sign on their behalf.