



Amateur Athletic Association of England  
**ENGLISH ROAD RUNNING ASSOCIATION**  
in conjunction with ENGLAND ATHLETICS



Licence Number 2024-46625

February 2024

Dear Secretary/Team Manager

Enclosed is information for the **English Road Running Association Senior Women's 6 Stage Road Relay Championship** to be held at Sutton Park, Sutton Coldfield, Birmingham B73 6BU on Saturday 6<sup>th</sup> April 2024 – **START TIME 12.20pm.**, entry fee **£66.00 per team.**

Entries will only be accepted via the online entry system at <http://www.race-results.co.uk>.

British Championship medals will be awarded to the first 3 finishing teams.

ERRA Medals will be awarded to the first 3 English teams.

The winner's trophy will be awarded to the first English team.

Only a club's leading team is eligible to win team awards.

Medals will be awarded to the fastest individual on both the short and long legs. Legs 1 & 4 are long legs, 5.38 M, the short legs are 3.16 M

This year the fastest English U20 athlete, both Male & Female on the short leg will be auto selected for the England U20 Home Nations 5k, provided they have the qualification time.

<https://d1laub10p5ibfa.cloudfront.net/2024/03/Selection-Policy-Home-Nations-Cardiff-5k-2024b.pdf>

**No new athletes can be added to team lists after entries close.**

Please note you may enter a maximum of three teams per club;. Athletes must be FIRST CLAIM club members and registered with England Athletics for the competition year 2023-24.

The post code provided is for the Town Gate, which is the event route into and out of the park, and does get very busy.

If you have any enquiries please contact me on the email below, or log on to our website.

**To enter please go to**  
**[www.race-results.co.uk/results/2024](http://www.race-results.co.uk/results/2024)**  
and click on the relevant "Enter now" button.

**Please note the closing date for entries is Friday 29<sup>th</sup> March 2024. Under no circumstances will late entries be accepted.**

**There are no facilities for team declarations or team changes at Registration.**

**Team declarations and changes are allowed up to 12.00 on the day of the race, only on line and via the personalised link sent to the team manager on Wednesday prior to race day.**

Yours Sincerely

*Ken Smith*

Championship Secretary  
English Road Running Association  
coach.ken@btinternet.com



## **PERTINENT RULES OF THIS COMPETITION**

RULE 5 –FIRST CLAIM STATUS –ALL RULES APPLY

**RULE 141** S3 (IV,V )Junior Men & Women who are aged 17, 18 or 19 on 31st August 2023 may compete in the senior events.

**RULE 143 CLOTHING:** All team members **MUST** wear the same design of registered Club vest and colours, unless the Referee has given permission for a change to be made.

.Any advertising or sponsorship on clothing must comply with UK Athletics Rule.

Clubs are not allowed to enter more than **THREE TIMES** the number entitled to compete. A Club entering more than one team in a race shall be allowed to select their teams from the total the club entry. Teams must be declared before the start of the race.

A team will be subject to disqualification if its team members are subsequently found **NOT** to have run as declared. No runner is permitted to run more than one leg. Clubs that run ineligible runners will be disqualified and may have their entry refused for the 2024/25 events.

Athletes are not allowed to compete for 2 different clubs in both the Area, and equivalent National Road Relay championship events, in the same year.



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## Online entry via [www.race-results.co.uk](http://www.race-results.co.uk)

### Register

To enter events online by the SportSoft online entry system at <http://www.race-results.co.uk> you will first need to register as a system user. It is only necessary to register once all of your information will be remembered, and you will only have to log-in in the future.

To register, go to the 2023 race diary at [www.race-results.co.uk/results/2023](http://www.race-results.co.uk/results/2023) and click on the green **Enter Now** button against the event you wish to enter. You will be taken to the login screen. If you have used the system before, enter your username and password and click **Login**, otherwise click on **Register new user**. This will take you to the registration screen:

Fill in all of the boxes and click **Register**. If you are unsure of any item, place your mouse over the blue [?] and you will be given help. Do not use punctuation marks, e.g. commas on this screen. If you have completed everything correctly your data will be confirmed on the next screen, otherwise you will get a message telling you where there is a problem. A confirmation email will be sent to you at the address you specified on this screen. Click on the link inside this email, and you will be taken back to the login screen, where you can now enter your username and password and log in. Once registered you will be able to enter any event on the SportSoft site just by entering your username & password, and any event specific data required

### Login and select number of teams

When you have registered and logged in, your details will be confirmed, and the event which you are entering: Now you must select the number of teams which you wish to enter, before pressing Continue. When you select the number of teams the cost will be updated, and the Continue button will be enabled. Press Continue to go to the next screen:

### Enter Athletes

On this page, first enter your club colours (your club will have been filled automatically from your registration data), then enter the athletes names and dates of birth and registration number. Click Enter Athlete to enter the athlete, and his details will appear in the list at the bottom of the screen. Athletes currently registered as paid up on the EA database appear on the left of the screen click on the green ticks to select these without re-entering all details.

Repeat for all the athletes in your team. If you make a mistake or wish to delete a name, click on the small red cross against the name. When all of your athletes are listed, click on Finish & Pay

### Finish & Pay

This will take you a summary screen which details the cost for this entry. At this point you can Enter another event if you wish, e.g. if you need to enter the Women's event, or continue to pay using one of the two methods offered. (BACS is only available until 5 days before the closing date, to give time for your transfer to be received

**PayPal** If you select the PayPal button, you will be taken to the PayPal site, where you follow the onscreen instructions to pay the entry fee. If you already have a PayPal account you can login here and pay through your account. If you do not have an account, click on **Don't have a PayPal account**, and your information will be filled into a form make payment. You will be asked to complete your credit card details (this is a secure site) to complete the payment before you are passed back to the SportSoft site where your entry will be confirmed. You will receive two emails, one from the payment site confirming your payment, and one from SportSoft confirming your entry, and listing the athletes entered. These emails should be received within a few minutes.

**BACS** If you select to pay by BACS, you will be sent an email with the payment details. Pay via your online banking as instructed in the email. When you have paid, reply to the email attaching the receipt from your bank, or with a note of your account name and the last few digits of your account number. This helps us identify your payment, since some banks do not include the reference with their submissions.