**Hi all,**

Please can you let me know if you are interested in competing in the National Road Relays on Sunday 5th October

Paul

**NATIONAL ROAD RELAYS - Sunday 5th October 2014**

 **Sutton Park, Sutton Coldfield, West Midlands**

These races take place on traffic free roads in Sutton Park, details are as follows:

 Races 2013 Position

11.15 Girls Under 13 Relay 3 x 3,861m dnf

12.10 Boys Under 13 Relay 3 x 3,861m 8th

13.05 Girls Under 15 Relay 3 x 3,861m 2nd & 18th

14.00 Boys Under 15 Relay 3 x 3,861m 20th

14.45 Women Under 17 Relay 3 x 3,861m 20th

15.30 Men Under 17 Relay 3 x 3,861m 17th

Please arrive at least 1 hour before your race as teams must be declared at least 30 minutes before each race. Longer if you want to walk the course.

Transport will be by car. Volunteers needed to help with transporting teams, please let one of us know if you can help.

The race is on a traffic free course in Sutton Park. We can run a maximum of three teams in any age-group.

Club kit must be worn.

**Travel Directions (by car)**

**From M6 J6:** Follow A5127 northwards to Wylde Green and Sutton Coldfield. In town centre bear left by railway station, turn left opposite centre car parking to go under railway bridge onto to Town Gate and enter park.

**Next Fixtures**

The next fixture is the Kent League at Swanley on Saturday 11th October

Race Details and start times.

**11th October**

Under 13 Girls 1200 hrs 2,500m

Under 13 Boys 1220 3,000m

Under 15 Girls 1240 3,000m

Under 15 Boys 1300 4,000m

Under 17 & 20 Women 1320 3,500m

Under 17 & 20 Men 1340 5,000m