



## **Training Paarlau**

**Weds - 19 September – 6:45pm**

**Vale Royal AC**

**Knight Grange Sports Complex (CW7 2PT)**

**CNAG & VRAC invites you to register for this special event!**

**Racing 7:00pm until 9:00pm**

**Food and drink at the pub from 9:00pm**

Teams of 2 runners formed based on seeded entrants at 1mile/ 1500m

Entry £2 per person towards costs.

Teams will be selected in ADVANCE of race day from registered members only

Watchers for each race will be runners not racing and Vale Royal AC marshals (instruction will be given)

Parking in complex car park.

Race director is Shaun McGrath.

### **Racing Rules:**

Up to 15 teams (or number of teams/ 4) will race on 400m track for 20 minutes

U17, U20 and 50+ categories will be allowed only one per team

Teams given numbers and pins which must be display on vest

Changeovers will only take place at 400m mark only (baton to be passed)

Only running on track, no running on grass

Changeovers do not have to take place each lap

Second team member must remain at 400m mark when not running

Runners must not impede any other runner or other waiting team member

Watchers will declare number of laps completed for each team in race

Race director will declare the first three teams from the Watchers results



**PARLAUF EVENT – ENTRY OF MEMBERS – Entries must be received by 12<sup>th</sup> September 2012**

No.	Name	Club	Category U17/U20 20- 50/50+	Time for 1 mile / 1500m	Distance 1 mile/ 1500m
1				: :	
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Please e-mail the entry of members to [valeroyalathleticclub@gmail.com](mailto:valeroyalathleticclub@gmail.com) by 12<sup>th</sup> September. If the event is oversubscribed places will be allocated based on the minimum entry of members from clubs registering then spread evenly over remaining clubs as necessary. This is to ensure as many clubs can attend as possible. Entrants will be confirmed on 13<sup>th</sup> September 2012 by return mail.