

The 19th NORTH WEST COUNTIES ROAD RELAYS

(Inc. Cheshire, Greater Manchester, Lancashire and Merseyside Championships)

Under UKA "Rules for Competition". Licence No. 2018-36340

Being held at Delamere Forest, Linmere, Delamere, Northwich, Cheshire

on Saturday, 8th September 2018

Revised timetable. Note that U11 girls will start 2 minutes after the U11 boys.

10:10	Under 11 Boys	3 x 1.2km	35 teams
10:12	Under 11 Girls	3 x 1.2km	37 teams
10:45	Under 13 Girls	3 x 3.1km	48 teams
11:25	Under 13 Boys	3 x 3.1km	43 teams
12:00	Under 15 Girls	3 x 3.1km	37 teams
	Under 17 Women	3 x 3.1km	16 teams
12:30	Under 15 Boys	3 x 3.1km	33 teams
13:00	Under 17 Men	3 x 3.1km	21 teams
13:00	Senior Women	3 x 6.2km	67 teams
14:30	Senior Men	4 x 6.2km	82 teams

A list of entries, including names, can be found at...

<https://www.race-results.co.uk/results/2018/nwcr18e.php>

Club vests must be worn.

AWARDS:

Each County will decide on the awards for their respective County Championship.

North West awards are as follows:

U13 upwards – award to first team; award for fastest leg

U11 – medals to members of first 3 boys teams and first 3 girls teams

Presentations will take place near the start/finish area, as soon as possible after the finish of each race.

Note that parking at Delamere is pay and display: <http://www.forestry.gov.uk/forestry/inf-d-7ptdab>

Whitefield car park is the nearest to the start and finish area, and the designated car park for the event.

This is situated on the east side of the B5152, which runs north/south through the forest.

There is no postcode for the car park.

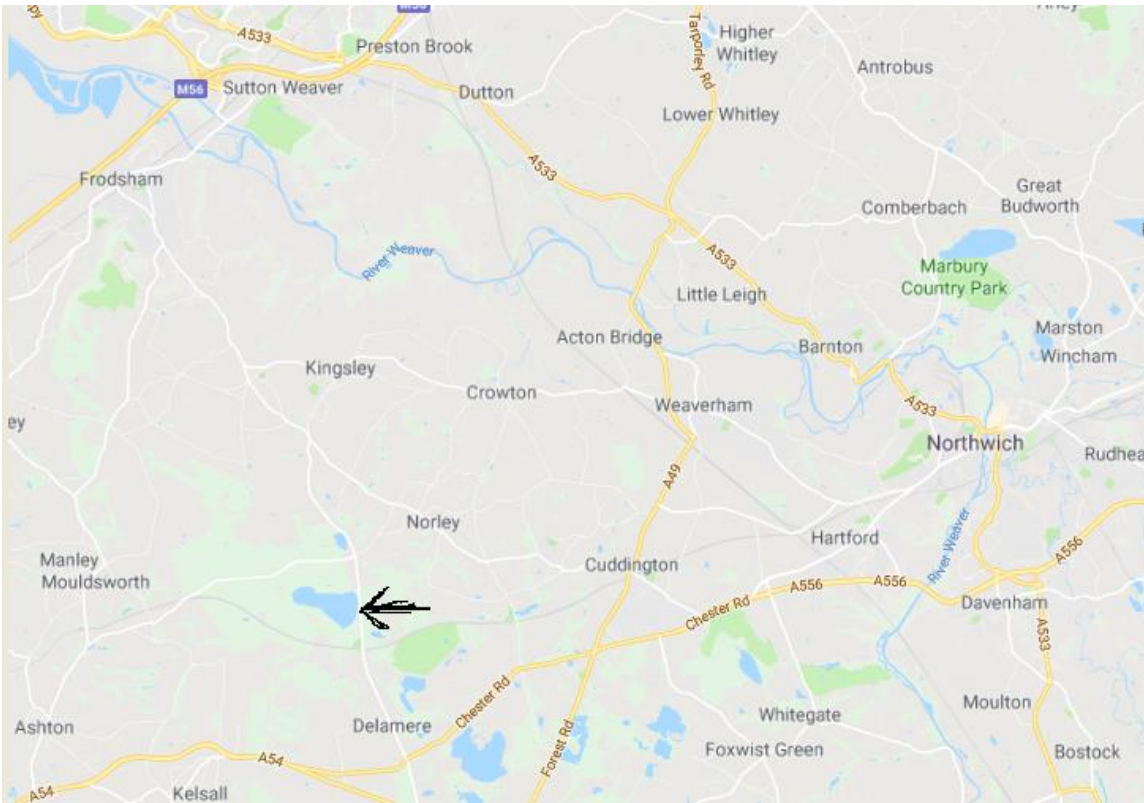
Note that due to strike action by Northern Rail, there will be no trains to/from Delamere railway station.

Toilets (porta-loos) will be situated in Whitefield car park and at the start/finish, and there are also toilets at Linmere Visitors Centre.

For those who attended this event in 2016, note that there are a number of changes from then:

- the start/finish area has been moved closer to the car park
- each leg is slightly shorter
- race HQ, number collection and team declaration is at the start/finish area.

We are currently short of a few officials to work at the start/finish. If anyone is available to help – even if only for a couple of race – please contact alanmorris56@outlook.com



U13, U15, U17, Senior...



U11...

