



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

Run 

22<sup>nd</sup> February 2010

Dear Secretary/Team Manager

Congratulations on your club qualifying in your Territorial Championship for the National Road Relays. Enclosed is information for the **English Road Running Association NIKE Senior Men's 12 Stage Road Relay Championship** to be held at Sutton Park, Sutton Coldfield, Birmingham on Saturday, 17th April 2010 – **START TIME 12.00 noon.**

Please note entries will only be accepted through the online entry system at [www.race-results.co.uk](http://www.race-results.co.uk) and instructions are enclosed. Postal entries will only be accepted in special circumstances by writing to 34 Sunnywood Drive, Tottington, Bury, Lancashire, BL8 3EN with SAE plus postage stamps to arrive no later than 31<sup>st</sup> March 2010.

If you are not the person responsible for your Club entries, could you please ensure that this letter and entry form is forwarded to the appropriate person.

This event is being held on the same day as the Women's National 6 Stage Road Relays, which starts at 12.20pm.

Please note if any club B Team, finishes within the first twenty five A Team positions in their Territorial 12 Stage Road Relay Championship, they are eligible to compete in the Nike Senior Men's National Road Relay Championship but only their A Team is eligible to win Championship Team Medals. Athletes must be registered with England Athletics or the governing body within the United Kingdom to be eligible to compete. C teams are not eligible to enter.

If any club is disqualified from their Territorial Championship their entry will not be accepted for the above event

We look forward to receiving your Club's entry and hope you have an enjoyable day.

If you have any enquires please contact me on my home telephone number, any evening or at weekends.

Please note the closing date for entries is Wednesday 7<sup>th</sup> April 2009.

Yours Sincerely

*Norman Wilson*

Norman Wilson  
Championship Secretary  
English Road Running Association  
Home Number 01452-722720



**RULE 5 – FIRST CLAIM STATUS – ALL RULES APPLY**

**FOREIGN ATHLETES JUNIOR/SENIOR MEN & WOMEN.** Please note, notwithstanding the above, athletes may NOT compete under these rules until they have been registered with UK Athletics, and have been resident in the UK for a minimum of two months prior to the date of competition.

**RULE 207 (iv) (v)** Junior Women who are aged 17, 18 or 19 on 31 August prior to the commencement of the competition year as defined above may take part in Road Relay competitions and compete in Senior events.

**RULE 216(6) WILL APPLY**

**CLOTHING:** **All** team runners **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 16.

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RULE 207 (iv) (v) Junior Men & Women who are aged 17, 18 or 19 on 31<sup>st</sup> August prior to the commencement of the competition year as defined above may take part in Road Relay competitions and compete in Senior events.

Once completed the above should be returned with main entry form and appropriate team fee(s) **only** if you are not able to enter online.



## 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 [www.race-results.co.uk](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 2010 race diary at [www.race-results.co.uk/results/2010](http://www.race-results.co.uk/results/2010)

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 you have entered for previous events 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 three 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 **Continue checkout**, and your information will be filled into a form to set up an account with them. 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.

**Google** If you select Google a similar process is followed, but your information is not pre-filled in and you will not be returned to the SportSoft site after payment. (Google do not provide these options yet.) You will receive the two confirmation emails, but it may take several hours before you receive them.

**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.