



MIDLAND COUNTIES ATHLETIC ASSOCIATION
ALEXANDER STADIUM
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March 2010

Dear Club Secretary or Team Manager

MCAA SAUCONY Men's/Masters 12/6 Stage Road Relays
Saturday 20 March 2010 – 12.00 noon
Sutton Park Sutton Coldfield Birmingham

Thank you for your entry into the **MCAA SAUCONY Road Relays**. Please find enclosed details of the race together with course map and direction of how to get to Sutton Park Sutton Coldfield.

The men's/vets race starts at **12 noon** and **ALL TEAMS (Mens & Masters)** should be **DECLARED NO LATER THAN 11.20am** at the declarations staging unit which is situated immediately behind the bus at the Start/ Finish area.

Wyndley Leisure centre is available for changing and showers are free of charge for all competitors, providing they produce their race number. **PLEASE NOTE ALL PARKING IS IN SUTTON PARK – UNDER NO CIRCUMSTANCES PARK IN THE WYNDLEY LEISURE CENTRE CAR PARK.**

Rules information: The organisers reserve the right to alter arrangements and conditions should circumstances require them to do so.

IF IT IS FOUND THAT YOU HAVE DECLARED AN INELIGIBLE ATHLETE YOUR TEAM WILL BE DISQUALIFIED.

NO ATHLETE IS ALLOWED TO COMPETE IN BOTH THE 12 STAGE & 6 STAGE EVENTS

IF YOUR TEAM IS DISQUALIFIED THEN THE TEAM WILL NOT QUALIFY FOR THE ERRA 12 STAGE CHAMPIONSHIP IN APRIL. 'B' teams who finish in the top 25 will qualify for the National 12 stage but will not be eligible to win medals.

PLEASE NOTE TENTS WILL NO LONGER BE ALLOWED TO BE PITCHED ON THE GRASS BEYOND THE START/FINISH AREA - BY ORDER OF BIRMINGHAM CITY COUNCIL.

Cancellation: The organisers will not refund any monies or loss of monies to clubs taking part in the above Road Relays. In the event of severe weather conditions on the day please contact Dave McNamee on 07794 492701 before commencing your journey.

We look forward to seeing you at this year's event and more importantly we hope that you all have an enjoyable day. If there is anything you feel you would like to bring to the notice of the organisers please do not hesitate to contact the MCAA office.

Yours sincerely

Dave McNamee
Chairman MCAA Road Running Executive
0121 344 4201



MCAA - 12 Stage Men & 6 Stage Ladies & Masters Road Relay Championships

20 March, 2010

Mens 12 stage
Turning point

Sutton Park, Sutton Coldfield
Road Relay Championships route

Streetly Gate

Ladies 6 stage
Turning point

Jubilee Stone

Keepers Pool

Town Gate

Start/Finish

Takeover point

Top of hill climb

Ford

Mens start time 12 noon
 Mens 12 stage 8 X 2.995 miles (short)
 4 X 5.38 miles (long)
 (4 repeats of long, short, short legs)
Masters start time 12 noon
 6 stage 4 X 2.995 miles (short)
 2 X 5.38 miles (long)
 (2 repeats of long, short, short legs)
Ladies start time 12.20 pm
 Ladies 6 stage 6 X 2.995 miles (short)

Details of today's legs

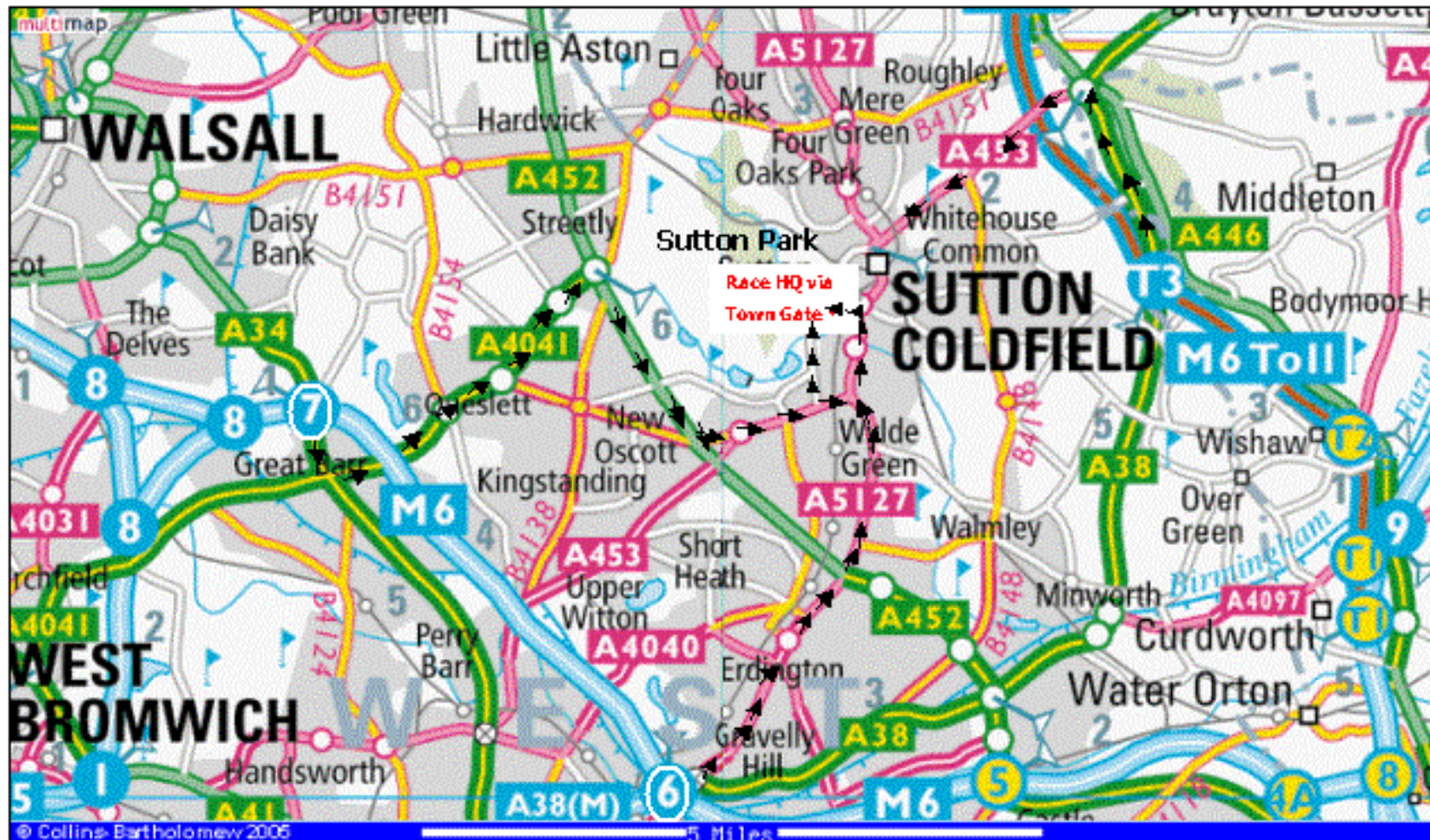
- 1 A Long – Men, Masters, Short - Women
- 2 B Short – Men, Masters, Women
- 3 C Short – Men, Masters, Women
- 4 D Long – Men, Masters, Short – Women
- 5 E Short – Men, Masters, Women
- 6 H Short – Men, Masters, Women
- 7 J Long – Men
- 8 K Short – Men
- 9 M Short – Men
- 10 P Long- Men
- 11 T Short- Men
- 12 V Short - Men



Sutton Park Relays HQ and Environs



SUGGESTED ROUTES TO SUTTON COLDFIELD



From M6 J7: A34 towards Birmingham, left at Scott Arms, follow A4041 to edge of Sutton Park, turn right at roundabout onto A452 towards Birm. Then left onto Monmouth Drive and continue around Park to Wyndley Leisure Centre to Town Gate.

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 Town Gate.

M6 Toll, Junction T3: Follow A38 north (Lichfield) Turn left onto A453 for about 3k. Once in Anchorage Road, turn sharp right into Upper Clifton Road and then right at mini roundabout.