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| **TAVISTOCK TOWN RELAYS** | | | | | | | | | | | | | | |
| Thursday 18 July 2019 | | | | | | | | | | | | | | |
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| Sponsored by . . . | | | | | | | | | | | | . . . and brought to you by | | |
|  | | | | | | | | | | | | TAVISTOCK  Athletic Club | | |
| Our annual 4 x 1.1 mile relay event raises money for charity. We have something for everyone in this fabulous event which takes place in the glorious riverside setting in **Tavistock Meadows.**  The relays are part of a series of events taking place during **Carnival Week** organised by the **Tavistock Lions**. The Relays are staged by Tavistock Athletic Club and entry proceeds raised go directly to good causes nominated by the Lions. Unique medals for the winners in each category.  **PLEASE – PRE-ENTER THE EVENT. AS SOON AS YOU ARE SURE THAT YOU ARE ENTERING A TEAM E-MAIL THE TEAM NAME INFORMATION WE REQUIRE TO ALLAN HERDMAN AT** [**aherdman1@sky.com**](mailto:AHERDMAN1@SKY.COM)**. YOU CAN SUBMIT THE INDIVIDUAL TEAM MEMBER NAMES AND WHICH LEGS THEY ARE RUNNING LATER OR WHEN YOU COLLECT NUMBERS ON THE NIGHT. BUT PLEASE PRE-ENTER. LIMITED TO FIRST 80 TEAMS In EACH RACE!** | | | | | | | | | | | | | | |
| **5.30 pm** | | | | **Fun Run**  For anyone, any age (under 8’s must be accompanied by an adult), a 1 lap jog around the course (1.1 miles) in Tavistock Meadows. Ideal for younger runners! Medals to all finishers. Enter on the day only **£3** | | | | | | | | | | |
| **6 pm** | | | | **Junior Team Relays**  Primary and Secondary schools, club teams or groups of mates are invited to enter teams into the Junior male or female relays. Teams of 4 in the following categories: Years 5/6, 7/8, 9/10, 11/12. Mixed male/female teams count as male. Mixed age groups count as eldest age category team. Limit – 80 teams.  **£16 UKA affiliated teams, £20 others, £4 extra for on-the-day entries.** | | | | | | | | | | |
| **6.45 pm** | | | | **Women’s Team Relay** For running clubs in 2 categories – Senior Women (16 to 34) and Vet Women (age 35+) teams. Mixed teams made up of Senior and Vets Women will count as Senior Women’s teams. New for 2019 there will be Vets age groups for women 35-44; 45-54; 55+, Race Limit = 80 teams.  **£16 UKA affiliated teams, £20 others, £4 extra for on-the-day entries.** | | | | | | | | | | |
| **7.30 pm** | | | | **Men’s Team Relay**  **including mixed gender teams, ‘Other Sports Clubs’ and ‘Corporate’ teams.** For running clubs in 2 categories – Senior Men (16 to 39) and Vet Men (age 40+) teams. We will allow mixed Women and Men’s teams to compete here although they will count as Men’s Teams. Similarly, mixed Senior and Vets teams will count as Senior Men’s teams. Also for ‘Other Sports Clubs’ and ‘Corporate’ teams. New for 2019 there will be vets age groups for mens teams: 40-49; 50-59; 60+ Race Limit = 80 teams.  **£16 UKA affiliated teams, £20 others, £4 extra for on-the-day entries.** | | | | | | | | | | |
| **TAVISTOCK TOWN RELAYS, 18/7/19** | | | | | | | | | | | | | |
| **TEAM ENTRY FORM** | | | | | | | | | | | | | |
| Select the category of your team: | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | |
| 1. | Year 5/6 Boys | | | | |  |  | | 2. | Year 5/6 Girls | | |  |
|  | | | | | | | | | | | | | |
| 3. | Year 7/8 Boys | | | | |  |  | | 4. | Year 7/8 Girls | | |  |
|  | | | | | | | | | | | | | |
| 5. | | Year 9/10 Boys | | | |  |  | | 6. | Year 9/10 Girls | | |  |
|  | |  | | | |  |  | |  |  | | |  |
| 7. | | Year 11/12 Boys | | | |  |  | | 8. | Year 11/12 Girls | | |  |
|  | |  | | | |  |  | |  |  | | |  |
| 9. | | Club Senior Men | | | |  |  | | 10. | Club Senior Women | | |  |
|  | |  | | | |  |  | |  |  | | |  |
| 11. | | Club Vet Men(40+,50+,60+) | | | |  |  | | 12. | Club Vet Women(35+45+55+) | | |  |
|  | |  | | | |  |  | |  |  | | |  |
| 13. | | Other Sports Club | | | |  |  | | 14. | Corporate | | |  |
|  | | | | | | | | | | | | | |
| Team Name: | | | | | Vet Cat: | | | | | | | | |
| Enter names and details of your team members in the order which they are running if known ( but must be declared prior to running):  *We, the undersigned, declare that we will abide by the rules of UK Athletics and accept that the organisers will not be held responsible for injury, illness, action, claim, cost or expense which may arise in consequence of this event. We declare we will not compete unless we are in good health on race day and we compete at our own risk.* | | | | | | | | | | | | | |
| No. | First name | | Surname | | | | | Age | | | Signature | | |
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| Team contact telephone number | | | | | | | |  | | | | | |
|  | | | | | | | | | | | | | |
| Team contact e-mail address | | | | | | | |  | | | | | |



Race Permit Applied for