

## National Road Relays Championships

### St. Annes Park, Raheny

1. In team events athletes may only score in the category for which they declare.
2. 1 lap is approximately 1 mile.
3. Age: Senior: 16 years of age or over on the 31st of December in the year of competition.
4. Teams: Senior men, Senior women, Masters Men O/35, Masters Men O/50, Masters Women O/35 and master's Women O/50.
5. Athletes may only score in the category for which they declare.
6. There are 4 separate races:
  - a. Senior men
  - b. Master's men O/35 and O/50
  - c. Senior women
  - d. Masters' women O/35 and O/50
7. Athletes can step down an age category; 50+ can run as a member in O/35 and Senior teams, 35-49 can run as a member in Senior Teams.
8. As they are separate races an O/35 or O/50 can run as a member in the master's race and then come back and run a leg in the Senior Race.
9. Athletes may be declared to compete for the age group below their age e.g. A 50+ athlete may be on the 35+ team or the senior team for their clubs.
10. Teams may be of mixed ages but will be declared for the team the youngest person would be on e.g. a team with ages of 26, 36 and 51 would compete in seniors.
11. There may be more than one team for each age group from a club.
12. Athletes must be entered in running order. i.e. Leg 1, Leg 2, Leg 3

	Score	2 laps	1 lap	3 laps	2 laps	1 lap
Senior Men	4	✓	✓	✓	✓	
Senior Women	3		✓		✓	✓
Masters Men	3		✓		✓	✓
Masters Women	3		✓		✓	✓