[](http://www.google.co.uk/imgres?sa=X&rlz=1T4NDKB_enGB575GB576&biw=1024&bih=625&tbm=isch&tbnid=EXJIBs2V9KVhRM:&imgrefurl=http://www.afteradoption.org.uk/support-us/run/regents-park-10k/regents-park-10k-2012&docid=BC-i-rma_YrjxM&imgurl=http://www.afteradoption.org.uk/sites/default/files/resize/images/runbritain_logo%20167_0-250x139.gif&w=250&h=139&ei=SZMwU5__Ku2A7Qa8qYGoBg&zoom=1&ved=0CHIQhBwwCQ&iact=rc&dur=2926&page=1&start=0&ndsp=11)

**NORTH EAST MASTERS ATHLETIC ASSOCIATION OPEN ROAD RELAY CHAMPIONSHIPS** WEDNESDAY 4th MAY 2022 at BEDESWELL / CAMPBELL PARK HEBBURN (UNDER UKA RULES) LICENCE NUMBER – 2022 - 35087

The Relay Championships are open to all masters who are UKA registered first claim members of the club for which they are competing and who qualify for the championships by residence or birth in the counties of Cleveland. Durham, Northumberland and Teeside (non-NEMAA members are welcome). The race HQ is at Jarrow & Hebburn AC Clubhouse at Monkton Stadium Jarrow, Tyne & Wear, NE32 5NJ. There will be two relay races with teams of three runners, each runner will complete 2 laps of approximately 1.5km on tarmac paths around Bedeswell Park / Campbell Park. Club vests – all team runners MUST wear the same design of registered club vest and colours. Teams will be disqualified unless the referee has given permission for a change to be made. Please park responsibly at or around Monkton Stadium or future use of the venue could be jeopardised. There is a combined limit 450 for the two races.

Race 1 6.30 Women 35 & over, Men over 65

Race 2 7.15 (approx) Men 35 – 64

Awards Race 1 First three teams F35-44 F45-54 F55+ Men 65+

Race 2 First three teams M35-44 M45-54 M55+

Entry fees: **£15.00 per team** for the relays. Clubs may enter more than one team in an age band**. Down-aging is permitted in accordance with the rules below, each club must adhere to these rules or risk disqualification.** Teams must be declared at least 30 minutes before each race with names and actual ages on the day specified on the official team entry sheet. Entries close Tuesday 26 April. **Online entries only no entries on the day.**

**Info and entries here:- https://www.nemaa.co.uk/nemaa-road-relay-championships-2022.html**

**World Master Association: regulations for team events.**

**A summary of regulations.**

* A runner can only drop down to lower age group if there are insufficient runners in that age group to make up a team.
* The age group of a team will be the age group of the youngest member of that team.
* All runners actual age groups should be recorded on the team declaration form.
* Runners may only run once and in one race on the night.
* Mixed or composite teams other than those described above are not permitted.
* A runner’s individual performance will only be recognised if they compete in a race containing their age group.

**WMA RULES OF COMPETITION 2018‐2020**

(Note: For ease of use, the WMA Rules of Competition additions and exceptions to the IAAF

Rules are arranged to correspond to the IAAF Competition Rules numbering system)

151.2.2 In road races, cross‐country races and road walk races, every athlete competes individually in their own age group. For team scoring purposes, athletes will only be permitted to drop to a lower age group to complete the required number for a team (3). All athletes on the team must compete and score in the race of the youngest member of the team.

The following requirements must all be met:

151.2.2.1 The lower age group shall be in the same race as that in which the athlete competes individually.

151.2.2.2 The athlete’s country does not have a sufficient number of athletes in that age group to make up a full team in that age group.

151.2.2.3 Every team must submit a start list that shows the names and original age group of all their athletes competing in a particular age group.

151.2.2.4 An athlete may only score in one team.

151.2.2.5 A maximum of two athletes from an older age group may be declared in a team not of their age group. Athletes may drop down more than one age group.

151.2.2.6 An athlete who joins a team of a lower age group will not lose the right to an individual medal in their own age group as long as all of the above rules are followed.

151.2.2.7 Should it be found that an athlete has entered for the team scoring in a younger age group wherein the Member has already sufficient athletes within the team’s age group to make up a full team, the team will be disqualified.

151.2.2.8 Athletes who join an age group team, in a race that does not include their age group, will lose the right to an individual medal and only count for the team.

A full copy of competition rules may be found on the following link:

http://www.ctma.tw/2018%20-%202020%20WMA%20RULES%20OF%20COMPETITION.pdf

(please note the reference to relays in the rules relates to track and field relays)