

## **SOAR MK Relays – 26 September 2021**

This is a last-minute event to replace the SEAA Relays that were scheduled to take place at Crystal Palace, but were cancelled on Thursday 16 September.

The races will be held from Milton Keynes Athletics Stadium (MK14 6DT) with parking on Breckland (MK14 6EX) on the other side of the main road.

Entry will be via a portal – details will be shown here when they are available. Entries will close at midnight on Wednesday 22 September. Team declarations to be sent in a spreadsheet to [mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk) by midnight on Friday 24 September.

### **Events:**

1 U13 girls (3 x 2.8k) U13 boys (3 x 2.8k)

2 U15 girls (3 x 2.8k) & U15 boys (3 x 2.8k) & U17 women (3 x 2.8k)

3 U17 men (3 x 5k) & Senior women (4 x 5k) and Masters Women (3 x 5k)

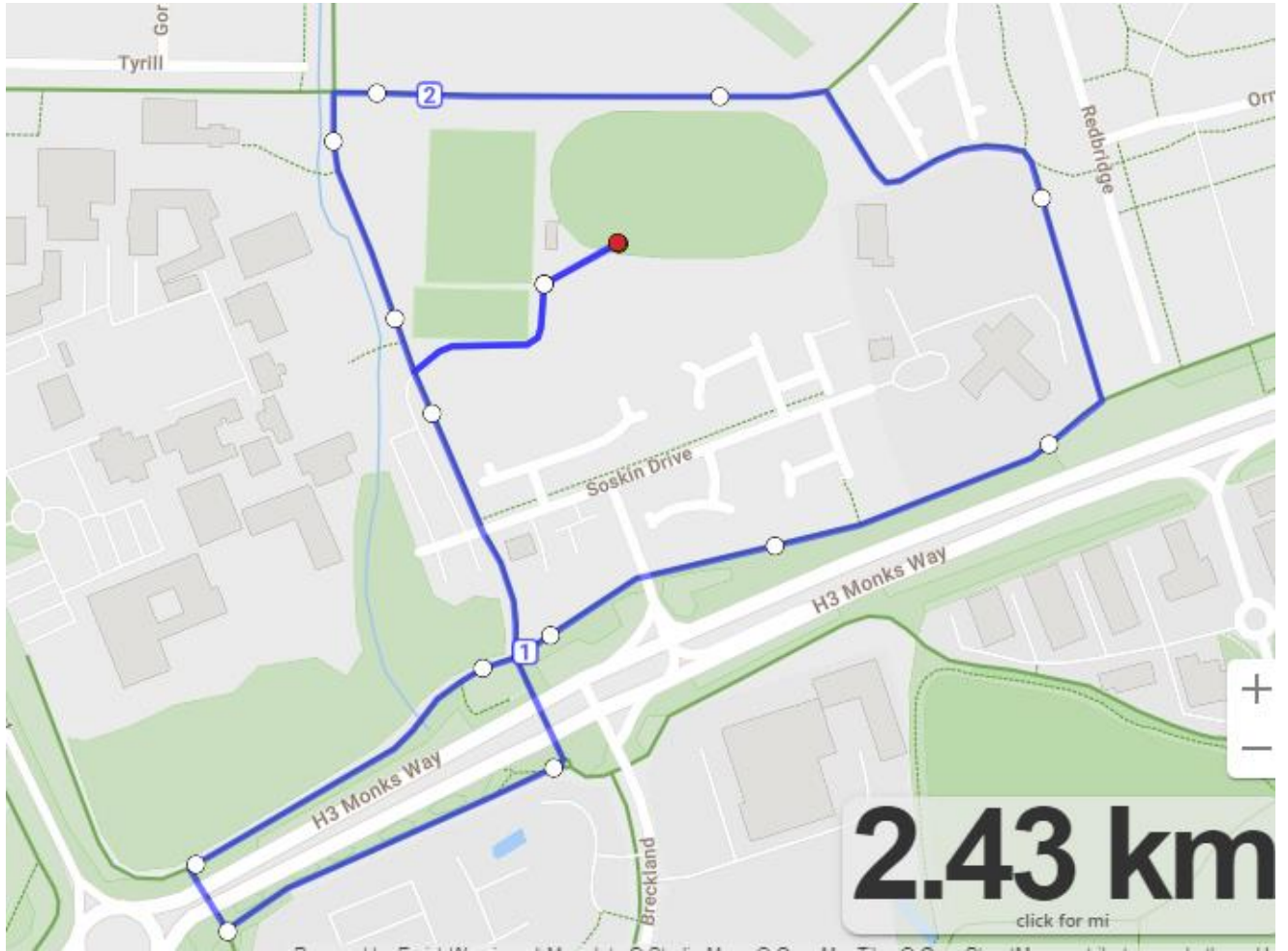
4 Senior men (6 x 5k) and Masters men (4 x 5k)

Entry fees: £18 per team for the U13s, U15s, U17 men, Masters women; £24 for senior women, Masters men; £36 for Senior Men

There will be up to eight races, although some races may be run together if numbers are small. The first race will be at 11am.

### **Courses:**

2.8km course – as below, with a lap of the track



5km course – as below, with a lap of the track

