**SSAA Secondary Road Race Championships 2014**

**Date :** Saturday 8th November 2014

**Venue :** Helix Park, Falkirk. Just off M9, parking at venue.

**Events :** This is a short distance road race for individuals with a Team element. There will be 7 races.

 Race 1 – 1st Year Girls - 1 mile – 12.30 start
 Race 2 – 1st Year Boys – 1 mile – after completion of previous race
 Declarations for 1st year races close 12noon

 Race 3 – Under 16 Girls – 11/2 miles – 1pm start
 Race 4 – Under 16 Boys – 11/2 miles – after completion of previous Race
 Declarations for Under 16 races close 12.30pm

 Race 5 – Over 16 Girls – 11/2 miles – 1.30pm
 Race 6 – Over 16 Boys – 2 miles – after completion of previous Race
 Declarations for Over 16 races close 1pm

 Race 7 – Wheelchair & Race Running Bike event – 1 mile – 2.15pm approx.
 Declarations close 1.15pm

**Awards :** The runners finishing in 1st, 2nd & 3rd places in each race will receive a SSAA medal. A trophy will be presented in Races 1-6 to the top placed team, with 3 runners to count. The trophy to be kept for one year.

**Age Groups :** 1st year race is open to pupils in their first year at Secondary School.
Under 16 race is open to those born after or on 1/09/99
Over 16 race is open to those born on or before 31/08/99
Wheelchair/Race Running Bike competitors can be up to U20 if in education or training

**Entry Conditions :** A school may enter as many individuals as they wish, with the first 3 finishers counting towards the Team award in each age group. The names & dates of birth of those being entered must be submitted on the entry form. Wheelchair/ Race Running Bike athletes should submit their classification.

 **Entry is via the web site and must be made by 23/10/15 from an education email address.**

**Course :** The course is around the new Helix Park on 4m wide tarmac paths. Spikes must **NOT** be worn. There is parking beside the course, with toilet facilities and tents to store belongings. There is no charge for entry but a Programme will be available to purchase.

**Numbers:** Individual numbers will be issued at Declarations and must be worn on the FRONT of a Schools’ vest. Club colours should not be worn.

**Entry fees:** The entry fee per individual will be £ 5. On receipt of an entry the School will be sent registration form, further details, with directions to the venue. Cheques should be made payable to ‘SSAA’ and sent with the registration form to David Lothian, 1 Griffiths Street, Falkirk, FK1 5AJ by 30/10/14.

**PACING OF AN ATHLETE IS NOT ALLOWED AND COULD LEAD TO DISQUALIFICATION**

**This includes running in the same direction as the race.**