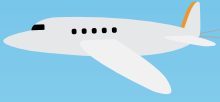


ORANGEGROVE A.C.



**ORANGEGROVE AC
PROUDLY PRESENTS...**

NI & ULSTER ROAD RELAY CHAMPIONSHIPS

**SATURDAY 1ST OCTOBER
VICTORIA PARK, BELFAST**



**REGISTER NOW!
ORANGEGROVEAC.CO.UK/RELAYS**

RACE TIMES

Race 1	11.10 a.m	Primary School Girls
Race 2	11.20 a.m	Primary School Boys
Race 3	11.30 a.m	u13 Girls & Boys 1600m
Race 4	11:45 a.m	u15 Girls & Boys 1600m
Race 5	12 noon	u17 Boys & Girls 3000m
Race 6	12:30 p.m	Masters Ladies 3 x 3380m
Race 7	1:30 p.m	Masters Men 4 x 3380m
Race 8	2:45 p.m	Senior Ladies 3 x 3380m
Race 9	3:45 p.m	Senior Men 4 x 3380m



REGISTRATION

10:00 a.m	Primary School registration opens
11:00 a.m	Primary School registration closes
11.00 a.m	Registration opens for Seniors, Masters & Juniors

The 2016 Northern Ireland and Ulster Road Relay Championships incorporating the NI Masters Athletics Association Relay Championships. Only clubs affiliated to Athletics Northern Ireland or Athletics Ireland that are based in Northern Ireland or Ulster (Monaghan, Cavan and Donegal) are eligible for team awards in the Championship.

Online entry only - deadline 5pm September 23rd. Online payment only. No entries on the day, except primary school races.

Prize of £200 per team for a new course record. See online for more info.

ORANGEGROVEAC.CO.UK/RELAYS

With special thanks to our partners:



Belfast City Council

