

OPEN 10,000m RACE and 2019 CHAMPIONSHIPS

LEICS & RUTLAND AA and NORTHAMPTONSHIRE COUNTY AA

(Held under UKA Rules - UKA Permit Applied for)

WEDNESDAY 17th April 2019 - 7.30pm

PINGLES STADIUM, NUNEATON, CV11 4LX

ENTRY FORM

(There are no paper entries - please email your completed form as an attachment.
We will email confirmation and BACS payment details)

Name			
Address and Postcode			
Phone			
Personal Details	AGE GROUP: Mas/Sen/Jun	D.O.B*:	Male/Female:
CLUB	Your EA Number (Required):		
COUNTY QUALIFICATION (PLEASE	Birth	Residence	HM Forces
COUNTY (PLEASE CIRCLE ONE for county	LEICS & RUTLAND	NORTHAMPTONSHIRE	
EVENT	Yes / No	AGE GROUP*	Expected Time
Leics & Rutland AA County Championships			
Northamptonshire** County Championships			
Open Race			

* MASTERS (35 and over on 17/4/19; but 40 for Northamptonshire**); SENIORS (20-34 on 31/12/19); and JUNIORS/U20s (minimum 17 on 31/8/19 and maximum 19 on 31/12/19)

- Your Entry fee of £8 includes use of showers and changing facilities at the Stadium)
- County Championship Medals will be presented to the first three in each gender/age group
- Your entry is not confirmed until we have verified your EA number and your payment has arrived.
 - You must email your completed form to Contact@LRAA.org.uk or to cheriedsilva41@gmail.com as an attachment and then you will be sent details of BACS payments for the competition.

CLOSING DATE - midnight on SUNDAY 14TH APRIL 2019.

NO LATE ENTRIES ACCEPTED

DECLARATION

- I declare that the information I have given on this form is correct.
 - I agree not to hold the County Associations responsible in any way for injury or loss as a result of participation in the race
 - I agree to abide by the UKA Rules
 - I enclose the full entry fee of £ (Cheques/P.O. to Leics & Rutland AA)
- Signed by athlete Date

Address any queries to: contact@LRAA.org.uk or to
John Heywood (Tel: 0116 2841519)