**OPEN 10,000m RACE and 2019 CHAMPIONSHIPS**

**LEICS & RUTLAND AA and NORTHAMPTONSHIRE COUNTY AA**

**(Held under UKA Rules – UKA Permit OUT 19/254)**

# 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)