**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)