

# SUFFOLK COUNTY ATHLETIC ASSOCIATION 2010 CROSS COUNTRY CHAMPIONSHIPS

Under UKA and E.C.C.A Rules

**Sunday 10<sup>th</sup> January 2010 at Warren Hill, Newmarket**

Timetable	Championship	Distance	Date of Birth	To Run	To Score	Individual
12.00 p.m.	Under 13 Girls	3 KM	Age 11 on day of race	~	3	£3.50
12.15 p.m.	Under 13 Boys	3 KM	Age 11 on day of race	~	3	£3.50
12.30 p.m.	Under 15 Girls	4 KM	01.09.94 to 31.08.96	~	3	£3.50
12.50 p.m.	Under 15 Boys	4 KM	01.09.94 to 31.08.96	~	3	£3.50
13.10 p.m.	Under 20 Men	8 KM	31.12.90 to 31.08.92	~	3	£4.00
13.10 p.m.	Senior Men	12 KM	Born on or before 31.12.90	6	4	£4.00
14.00 p.m.	Under 17 Women	6 KM	01.09.92 to 31.08.94	~	3	£4.00
14.00 p.m.	Under 20 Women	6 KM	31.12.90 to 31.08.92	~	3	£4.00
14.00 p.m.	Senior Women	6 KM	Born on or before 31.12.90	4	3	£4.00
14.35 p.m.	Under 17 Men	6 KM	01.09.92 to 31.08.94	~	3	£4.00

ALL ENTRIES MUST STATE NAMES IN BLOCK CAPITALS) DATES OF BIRTH AND FULL POSTAL ADDRESSES OF ALL THOSE ENTERED AND BE ACCOMPANIED BY CORRECT FEE. The reason for this information is that if an athlete is selected to represent the County at the Inter-Counties Championships HE or SHE can be entered correctly and also the Athlete can be contacted. The Name, Address and Telephone number of the person making the entry should be clearly given. No acknowledgement will be sent unless a stamped addressed envelope is enclosed. **Closing date for entries is December 18th 2009 Numbers to be picked up on day**

## IMPORTANT

**This is an individual entry you will not count as part of a team unless entered on a team entry form**

**AWARDS: TEAMS:** First, Second and Third – Medals and Trophy (where appropriate)  
Provided more than 2 Teams compete

**INDIVIDUALS:** First, second and Third – Medals and Trophy (where appropriate)

## SUFFOLK COUNTY ATHLETIC ASSOCIATION

Please enter me in the County Cross Country Championships at Warren Hill Newmarket

Sunday 10<sup>th</sup> January 2010

PLEASE USE CAPITAL LETTERS

SURNAME ..... FORE NAMES .....

ADDRESS .....

D.O.B..... TELEPHONE NO: .....

CLUB/SCHOOL ..... FEE ENCLOSED .....

I hereby declare that I am an amateur according to the definitions as printed in the UKA Laws and that I will abide by their rules for Competitors. That I have a SUFFOLK qualification by \*\* Birth OR \*\* Residence\*\*  
(\*DELETED AS APPROPRIATE)

DATE .....SIGNATURE .....

Return entries to: A Cheatham, 13 Longfield Road, Capel St Mary, Ipswich, IP9 2UA  
Enclosing a cheque/PO to SUFFOLK AA and with a stamped addressed envelope (9X6) for event details