

**SUFFOLK COUNTY ATHLETIC ASSOCIATION 2010
CROSS COUNTRY CHAMPIONSHIPS**

Under UK:A and E.C.C.A Rules

Sunday 10th January 2010

at Warren Hill, Newmarket

GENERAL INFORMATION

PLEASE READ BEFORE FILLING IN ENTRY FORMS

All entries must state Names (in block capitals), dates of birth, full postal addresses and telephone numbers of all those entered and must be accompanied by the correct entry fee.

The reason for this information is that if an athlete is selected to represent the County at the Inter-County 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.

AWARDS: TEAMS: 1st, 2nd and 3rd - Medals and Trophy (where appropriate) provided more than 2 teams compete.

INDIVIDUALS: 1st, 2nd, 3rd, - Medals and Trophy (where appropriate)

Teams must be declared 30 mins before the start of the race for SENIOR MEN and SENIOR WOMEN, all other races the first three home OR first four home will be your scoring TEAM.

Closing date for entries is Friday 18th December 2009

IMPORTANT ENTRY INFORMATION

Entries received on an individual entry will be treated as an individual and NOT as a member of a team.

**ENTRIES WILL NOT BE ACCEPTED AFTER
CLOSING DATE**

Entry forms that are not completed correctly or with incorrect entry fees **WILL BE** sent back.

Entries will not be accepted via E-mail

!!!NO ENTRIES ON THE DAY!!!