SUFFOLK COUNTY ATHLETIC ASSOCIATION
2010 CROSS COUNTRY CHAMPIONSHIPS

Sunday 10th January 2010 Warren Hill Newmarket

SENIOR WOMEN

SENIOR WOMEN

Born on or before 31.12.90

I hereby declare, that the persons listed below are amateurs according to the UK Athletics Rule for Competition, Rule 1, our first claim members have not made use of any doping substances and will not do so to improve athletic performance, and that the following particulars are correct.

CLUB / SCHOOL: .....

VEST COLOURS: .....

Full Name of Competitor	ADDRESS	Date of Birth	Telephone	Qualification
PRINT in Alphabetical Order				BIRTH or RESIDENT

Signed..... Print …… .....

Address.....……

…….

....Post Code.....Telephone No.....……..

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

CLOSING DATE FRIDAY 18th December 2009. **ABSOLUTELY NO LATE ENTRIES**