

**SUFFOLK COUNTY ATHLETIC ASSOCIATION 2009  
CROSS COUNTRY CHAMPIONSHIPS**

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

**Sunday 11<sup>th</sup> January 2009**

**at Haughley Park, Stowmarket**

**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:** 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> - Medals and Trophy (where appropriate) provided more than 2 teams compete.

**INDIVIDUALS:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, - 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 19th December 2008**

**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!!!**