

SUFFOLK COUNTY ATHLETIC ASSOCIATION 2009 CROSS COUNTRY CHAMPIONSHIPS

Under UKA and E.C.C.A Rules

Sunday 11th January 2009 at Haughley Park Stowmarket

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	£3.00
12.15 p.m.	Under 13 Boys	3 KM	Age 11 on day of race	~	3	£3.00
12.30 p.m.	Under 15 Girls	4 KM	01.09.93 to 31.08.95	~	3	£3.00
12.50 p.m.	Under 15 Boys	4 KM	01.09.93 to 31.08.95	~	3	£3.00
13.10 p.m.	Under 20 Men	8 KM	31.12.89 to 31.08.91	~	3	£4.00
13.10 p.m.	Senior Men	12 KM	Born on or before 31.12.89	6	4	£4.00
14.00 p.m.	Under 17 Women	6 KM	01.09.91 to 31.08.93	~	3	£4.00
14.00 p.m.	Under 20 Women	6 KM	31.12.89 to 31.08.91	~	3	£4.00
14.00 p.m.	Senior Women	6 KM	Born on or before 31.12.89	4	3	£4.00
14.35 p.m.	Under 17 Men	6 KM	01.09.91 to 31.08.93	~	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 19th 2008 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 Haughley Park Stowmarket

Sunday 11th January 2009

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**
(*DELETE AS APPROPRIATE)

DATESIGNATURE

Return entries to: J Mower 188 Hadleigh Road Ipswich IP2 0DH

Enclosing a cheque/PO to SUFFOLK AA and with a stamped addressed envelope (9X6) for event details