SUFFOLK COUNTY ATHLETIC ASSOCIATION
2009 CROSS COUNTRY CHAMPIONSHIPS

Sunday 11th January 2009 Haughley Park Stowmarket

SENIOR WOMEN

SENIOR WOMEN

Born on or before 31.12.89

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;- Joe Mower 188 Hadleigh Road Ipswich Suffolk IP2 0DH
enclosing a cheque/PO for ……payable to SUFFOLK AA
and with a stamped addressed envelope (9X6) for event details.

CLOSING DATE FRIDAY 19th December 2008. **ABSOLUTELY NO LATE ENTRIES**