

HERTFORDSHIRE ASSOCIATION OF ATHLETICS AND RUNNING CLUBS

ENTRY FORM FOR TRACK AND FIELD CHAMPIONSHIPS 2009



To be held at(track) on.....(date)
(separate forms to be used for different days)

Please complete all of this form in BLOCK CAPITALS

SURNAME **FORENAME(S)**

ADDRESS

.....

Post code Tel.no e mail.....

CLUB **England Athletics Registration Number**

I wish to enter the following events;

	best performance	age group	man/woman/boy/girl
.....
.....
..... (pto if necessary)

Date of Birth Place of Birth

*(Please complete the following if you were **not** born in Hertfordshire;*

I have continuously resided atsince)

I declare that I am an amateur qualified to compete under the laws of UK Athletics

SIGNATURE **DATE** **ENTRY FEE ENCLOSED £**.....
do not send coins by post

Late entries will not be accepted
(cheques payable to Herts County AAA (except 10km & combined events on 26/27 September))

Name of Coach (optional)

A timetable, as acknowledgement, will be sent if a 1st-class self addressed envelope accompanies this entry

PLEASE SEND ENTRIES TO THE OFFICIAL NAMED BELOW FOR THE EVENT YOU ARE ENTERING

MAIN CHAMPIONSHIPS (10 May)

Women's entries to Fred Ward, 1 Pimlico, Hemel Hempstead, HP3 8SH
 Men's entries to Mr C Zacharides, 14 Edward Grove, New Barnet, Herts, EN4 8BA

Veterans, 1500m, 3kW (4 May) entries to Sally Gandee, 4 Westfield Road, Hertford, SG14 3DJ

U13 Pentathlons and 3000m (19 July) entries to Fred Ward, 1 Pimlico, Hemel Hempstead, HP3 8SH

Tbc 10000m (27 September) entries on **Combined events entry form** as directed
Tbc Decathlon/Oct/Hept/U15 Pent (26/27 Sep) entries on **Combined Events entry form** as directed

May 4	1500m, Veterans, 3kW	Stevenage	closing date 25/4/09
May 10	Main championships	Watford	closing date 25/4/09
July 19	U/13 Pentathlons & 3000m	Hemel Hempstead	closing date 13/7/09
Sept 26/27 tbc	Decathlon, Octathlon, Heptathlon	Bedford	closing date 9/9/09
Sept 26 tbc	U/15 Boys Pentathlon	Bedford	closing date 9/9/09
Sept 27 tbc	U/15 Girls Pentathlon	Bedford	closing date 9/9/09
Sept 27 tbc	10000m (£5 entry fee)	Bedford	closing date 9/9/09

Entry Fees	Individual single events £3.50 each event	Pentathlons U/15 £7.00, U/13 £4.00	
	Decathlon U20/SM £12.00	Octathlon U17M £10.00	Heptathlon U17W/U20W/SW £10.00