



**SOUTH OF ENGLAND ATHLETIC ASSOCIATION**  
**MASTERS CROSS COUNTRY CHAMPIONSHIPS incorporating the**  
**HERTFORDSHIRE & MIDDLESEX CHAMPIONSHIPS**

**Sunday 14<sup>th</sup> March 2010 at Trent Park, Cockfosters, Hertfordshire**

Please complete the forms in full and send to: SEAA Competition Ltd  
Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB

**Please use a separate form for each age group - No late entries will be accepted.**

Entry forms are enclosed. The **CLOSING DATE Friday 26th February 2010**

The timetable will be as follows:

1.00pm	Men 50 plus, 60 plus	10km
2.00pm	Women 35 plus, 45 plus and Men 70 plus	6km
2.45pm	Men 40 plus	10km
2.45pm	35 Men plus (Hertfordshire County Only)	10km

Individual awards will be made in five year age bands, Gold, Silver and Bronze (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)

Teams (One team only per Club) awards will be in the following age bands:

**Men** 40+ 50+ 60+ 70+      **Women** 35+ 45+

Team awards (3 to score) (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>)

In accordance with UKA rules age is determined by age on the day of the race.

Clubs wishing to take part must be affiliated to England Athletics and have stated their intention to take part in Cross Country events. All athletes entered **MUST** be **FIRST CLAIM MEMBERS** of their club. Anyone whose transfer has been approved by England Athletics but is ineligible for team competition may be entered as an individual. All athletes must be registered with England Athletics.

No athlete is allowed to compete in the Championships of more than one Territorial Association in any one nine month period.

Please complete an entry form for your age group that the athlete is to be entered for.

An athlete may **ONLY** compete in one age group – e.g. **an over 45 women may compete for the over 35 team but may ONLY score as an individual in that particular age group.**

**NOTE: Runners who wish to count for a younger team instead of their own age group, MUST declare this on the entry form and this CANNOT be changed on the DAY. This means that you can only qualify for the medal in the team race you have entered for.**

**ENTRY FEES for each race is £7.50 per person (NO TEAM FEE)**

**SAE for full details of the venue and changing facilities if required.**

# SEAA CROSS COUNTRY CHAMPIONSHIPS ENTRY FORM

<b>** Please Complete**</b>	<b>RACE TIME:</b>	<b>AGE GROUP:</b>
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Please enter the under mentioned team and individual from:

**CLUB**.....

**CLUB COLOURS**.....

I hereby declare that all entrants are eligible to complete according to the laws of the governing body for UK Athletics, they are all duly elected members of the above named Club and that the following particulars are complete and correct.

**PLEASE COMPLETE IN BLOCK LETTERS**

Name of Competitors	Full Postal Address	Date of Birth	England Athletic Number (**)	(*)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

- (\*) Please mark this column with the letter "M" if the competitor is eligible for the Middlesex Championships
- (\*) Please mark this column with the letter "H" if the competitor is eligible for the Hertfordshire Championships
- (\*\*) Failure to provide the England Athletics Registration Number for athletes will result in your entry being returned. All competing athletes must be registered within their club via England Athletics

SIGNED..... NAME (BLOCK LETTERS).....

POSITION IN CLUB.....

ADDRESS.....

..... POSTCODE .....

TEL (DAY) ..... (EVE) .....

Furnishing false or misleading information may render the Athlete and/or Club liable to disqualification.