

South West Cross Country Championships

Incorporating the South West Inter-County Championships

First Race 12:00 U13 Girls

Permit No.

Races

U13B, U15B, U17M, SM (inc. U20M, M40, 50, 60+)
U13G, U15G, U17W, SW (inc. U20W, W35, 45, 55+)

£3.50 for U13, U15 and U17 Athletes
£5:00 for U20, Seniors and Masters
Cheques Payable to "Midland Counties AA"

ENTRIES – COLLECT NUMBERS ON THE DAY

Awards

Medals to first 3 individuals in each age category
and to all members of winning teams.

Please Use One Entry Form Per Age Group

– In the event of cancellation, only 50% refund of entry fees can be given –

Qualification for entry: Either (a) Birth in Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset, or Wiltshire, or (b) 9 Months residence in these counties, or (c) membership of HM Forces based in these counties. Entry is open to clubs, schools and/or individuals. County teams by separate nomination. Junior ages as on 31st August 2011.

Vests: All County team members to wear County vest, all other athletes to wear Club vests.

Team Scoring – Club Competition

SM - 5 to score per team. All other races - 4 to score per team. No separate team for U20W, U20M and Masters. First claim only. School teams cannot include club team members. Runners entered by clubs can score for both club and county if selected, but county manager entries score for county only.

See "Rules of the South West Cross-Country Championships" for full details

SOUTH WEST CROSS COUNTRY 2012 ENTRY FORM

CLUB:		Category:		Male/Female:	
Email Address:			Telephone:		
Address:					
<small>I declare that the athletes named below are eligible to compete as indicated, and will abide by the UKA Rules of Competition and the Rules of the Event. I acknowledge that neither England Athletics, nor any club nor individual associated with the organisation of these races, shall be liable to the participants for any loss, damage, or injury however caused arising out of or in the course of, or in connection with the holding of the event.</small>					
Signed:			Name:		
Full Name	D.o.B.	* County		** EA Registration	***Non Scorer

* Please specify **County** and **Qualification** (Birth/Residence/Forces); ** All entrants must supply **England Athletics Registration Number** (excluding school teams); *** Mark 'X' any entrants who are not eligible to score for the club team in this event.

Please send entries to: **MCAA, South West CC Champs, Alexander Stadium, Walsall Road, Birmingham B42 2LR**
Email: athletics@mcaa.org.uk Enclose SAE with entry if acknowledgement is required.

Closing Date for Entries: 14th December 2011

FOR ONLINE ENTRY GO TO <http://www.race-results.co.uk/results/2012/>

NO LATE ENTRIES see: www.englandathletics.org OR www.midlandathletics.org.uk for electronic copy of entry form