

NORFOLK COUNTY AAA CROSS COUNTRY CHAMPIONSHIPS

Organised by Norfolk County AAA

Sunday 8 January 2012 - Barnham Common, Thetford, Norfolk

- All competitors in these Championships must have a valid Norfolk qualification - by birth; by nine months continuous bona fide residence in Norfolk immediately prior to these Championships; or by nine months continuous bona fide service in a unit of HM Forces stationed in Norfolk immediately prior to these Championships - please see UKA Rule 9.
- Club vests must be worn - please see UKA Rule 17.
- Aggregated finishing positions will decide the team competitions - three to score in all age groups except for Senior Men and Masters Men when four will score. "B" and "C" teams are eligible for medals.
- Entry fees: Under 11's - £2.00; Under 13's, Under 15's, Under 17's - £3.00; Under 20's, Seniors, Masters - £4.00.
- Last day for posting entry forms is 2 January 2012. Race packs for entry forms received after 5 January 2012 will be retained for collection on race day. NB - no entries will be available to purchase on the day.
- **Performances at these Championships will be considered when the Norfolk County AAA teams are selected for the Inter Counties Championships (when IAAF age groupings will apply for Under 20's).**
- Enquiries and further information - please contact **Mick Johnson on 01842 878335**
- Please send your completed entry form with a cheque payable to **Norfolk County AAA** for the appropriate amount and a stamped A5 self addressed envelope to **2012 Norfolk XC Championships, 2 Lynford Cottages, Lynford, Mundford, Norfolk.**
 - Under 11 - aged 9 or 10 on 31 August 2011
 - Under 13 - aged 11 or 12 on 31 August 2011
 - Under 15 - aged 13 or 14 on 31 August 2011
 - Under 17 - aged 15 or 16 on 31 August 2011
 - Under 20 - aged 17, 18 or 19 on 31 August 2011
 - Seniors - aged at least 20 on 31 August 2011 - men aged up to 39, women aged up to 34 on 8 January 2012
 - Masters - men aged at least 40, women aged at least 35 on 8 January 2012
 - 1pm - Under 11 Girls, Under 11 Boys (1.7km)
 - 1.15pm - Under 13 Girls, Under 13 Boys (3.5km)
 - 1.35pm - Under 15 Girls, Under 15 Boys (4km)
 - 1.55pm - Under 17 Girls, Under 17 Boys, Under 20 Women, Senior Women, Masters Women (6km)
 - 2.30pm - Under 20 Men (8km), Senior Men, Masters Men (9.2km)

✂----- Please detach here and retain the upper portion for your reference -----

OFFICIAL ENTRY FORM - Please use BLOCK LETTERS			
SURNAME		FIRST NAME	
Male or Female?		D.O.B. (DD / MM / YYYY) / /	
AGE GROUP on 8 January 2012			
ADDRESS			
TELEPHONE			
EMAIL			
FIRST CLAIM UKA-AFFILIATED CLUB			
NORFOLK QUALIFICATION (please tick one box only)	By birth?	By residence?	HM Forces?

Declaration - Please enter me for the Norfolk County AAA Cross Country Championships on 8 January 2012. I have indicated my age group and eligibility to compete and am enclosing the appropriate fee and a stamped s.a.e. I am an amateur as defined by UK Athletics and agree to abide by their Rules. I accept that the organisers will not become liable for any loss, damage or injury (howsoever occasioned) as a result of my participation in these Championships.

Your signature	Date
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