



MIDLAND COUNTIES 2010 OUTDOOR ENTRY FORM

www.midlandathletics.org.uk

Alexander Stadium Birmingham

COMPETITIONS HELD UNDER UKA RULES



SENIOR MEN & WOMEN 3000m CHAMPIONSHIPS INCLUDING AN OPEN 3000m RACE
TO BE HELD SATURDAY 24 JULY 2010 (Within the MCCAIN Birmingham Games)

CLOSING DATE FRIDAY 9 JULY 2010

NB: ALL ENTRIES MUST BE SENT DIRECTLY TO MCAA OFFICE. PLEASE READ THE WHOLE FORM ENTRIES WILL ONLY BE ACCEPTED WITH THE RELEVANT ENTRY FEE AND AN ENGLAND ATHLETICS NUMBER. ALL INFORMATION MUST BE COMPLETED AND A CORRECTLY STAMPED SAE FOR RETURN DETAILS MUST BE ENCLOSED. FAILURE TO SEND A CHEQUE/POSTAL ORDER AND INCOMPLETE DETAILS WILL SEE YOUR ENTRY RETURNED TO YOU

		Age Group (M/W)	Event	2009 Best
Surname			3000m	
First Name				
Club				
Date of Birth				
Address Including Post Code				
Tel No (day)		Tel No (eve)		
Mobile		Email		

Age on 31 August 2010..... Entry fees: Senior Men & Women £9

UK ATHLETICS RULE 107 APPLIES TO ALL AGE GROUPS

Entry fee enclosed £.....Cheques & postal orders (in UK Sterling) to be made payable to MCAA. Do not send cash

Signed:.....England No.....Date.....

MIDLAND ELIGIBILITY – All competitors must have at least one of the following qualifications PLEASE TICK THE BOX BELOW:

- The athlete having been born in the Midlands. (PTO for Midland list).
- A minimum of 9 months continuous residence in the Midlands immediately prior to the event to be competed in.
NB: University Residence does not count as a Midlands qualification.

Data Protection Act: Please tick the box if you consent to information on this form being passed to any other Athletic Association/Body or event promoter.

IF A CORRECTLY STAMPED 1st Class SAE (9 x 6½”) is not received then information **WILL NOT BE SENT OUT**. Send forms to the Championship Secretary (Midland Champs), MCAA, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2LR.

We suggest that you obtain proof of posting for your entry, then should your entry get in lost in the post we will accept proof of posting and enter you in the meeting.

IF YOU HAVE NOT RECEIVED YOUR INFORMATION FOUR DAYS PRIOR TO THE EVENT THEN PLEASE CONTACT THE MCAA OFFICE ON 0121 344 4201.

CLOTHING

THE FOLLOWING VESTS ONLY ARE ACCEPTABLE: CLUB, COUNTY, COUNTY SCHOOLS, AREA, NATIONAL OR INTERNATIONAL. FAILURE TO WEAR ONE OF THESE VESTS COULD RESULT IN DISQUALIFICATION.

THERE MUST BE A MINIMUM OF 3 ENTRIES PER EVENT AND WE RESERVE THE RIGHT TO CANCEL AN EVENT IF ENTRIES FALL BELOW THIS NUMBER.

Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire. NB: England South West (Cornwall, Devon, Dorset, Somerset, Wiltshire) & East Midlands (Derbyshire, Lincolnshire) are recognised for qualification purposes BUT you can only compete in one Area Championships in a calendar year – January to December.

NB: The organisers reserve the right to refuse entries and revise dates where necessary.

PLEASE NOTE: ENTRIES MAY BE RESTRICTED DUE TO EXCESSIVE NUMBERS.

COACHES

ON PRODUCTION OF A CURRENT UKA COACHING LICENCE COACHES WILL BE CHARGED A £1 ENTRY FEE