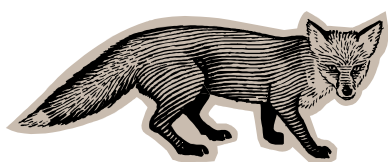


Open 10,000m Track Race

Incorporating
Leicestershire & Rutland AA and
Northamptonshire County AA
10,000m County Championships and
East Midlands 10,000m Championships

This event will be held on
Thursday, 9th April 2009 at 8pm
At Saffron Lane Sports Stadium, Leicester
(Entries close at 7.30pm)
£6 Entry on the Night
(Includes showers & changing facilities)

Leicestershire & Rutland AA and
Northamptonshire AA will award medals to
Male & Female Juniors, Seniors and Masters



See website www.lraa.org.uk
for more information and to
download an entry form to bring on the night.

Enquiries to: contact@lraa.org.uk

**ENTRY FORM FOR 10,000M TRACK Race
on THURSDAY 9TH APRIL 09**

AT SAFFRON LANE STADIUM, LEICESTER AT 8.00 P.M.

Name Club.....

Address.....

..... Phone Number

Email: Date of Birth

Age group: Jun/Sen/Masters Male/Female

Please indicate below which race(s) you are entering

- I wish to enter the **Leicestershire & Rutland AA** County 10,000m Track Championships **YES or NO** And I qualify by:
 - birth - or - residence in County - or - Armed Services (**circle one**)
- I wish to enter the **Northamptonshire AA** County 10,000m Track Championships **YES or NO** And I qualify by:
 - birth - **or** - residence in County - **or** - Armed Services (**circle one**)
- I wish to enter the **East Midlands** 10,000m Track Championships
 - **YES or NO** And I qualify by:
 - birth - **or** – residence - **or** - Armed Services - (**circle one**)
- I wish to enter the **Open Meeting** only **YES or NO**

I understand that the entry fee is £6 which must be paid before 7.30 p.m. on Thursday 9th April 09 at the Registration desk (6.30-7.30) in the Clubhouse at Saffron Lane Stadium. Entries will close at 7.30 p.m.

To help to speed up the registration process please complete and return this form (or send an email to us with your intention to run) to contact@lraa.org.uk or bring the completed form and your fee on the night. Cash, cheques or postal orders are acceptable. (Cheques should be made payable to Leics & Rutland AA.)