

Dorset 10,000 Metres Track Championships

Friday, 31st July 2015 at 8.30pm

(Under UK Athletics Rules)

at Ashdown Leisure Centre, Adastral Road, Canford Heath, Poole, Dorset, BH17 8PY

Categories : County Medals will be awarded to the first three eligible Men and first three eligible Women. Minimum age: 17 on race day

Eligibility : To compete in the DCAA Championships, competitors must:

- a) have been born in Dorset
- OR** b) have lived continuously in Dorset for at least nine months preceding the event
- OR** c) have been serving in a Unit of HM Forces stationed in Dorset for at least nine months preceding the event.
(**NOTE:** Boarding School and service unit athletes are requested to indicate their Home Address County on the entry form as only those athletes who are resident in Dorset are eligible to compete for the County.)
- d) **must not** have competed in the Championships of, or represented at Inter-County Championships, a County other than Dorset since 1st October 2014.

Guests welcome at Organisers' discretion. You don't have to be in a Track Affiliated Club.

Entry Fee : £4-00 (Cheques payable to 'DCAA')

Entries to : **John Gregory, 3 Sandringham Rd, Parkstone, Dorset BH14 8TH**
(contact: secretary@pooleac.co.uk)

Please enclose sae if you require a receipt or map.

Numbers will be given out on the night.

ENTRIES ON THE NIGHT UNTIL 2000hrs.

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DORSET 10,000m TRACK CHAMPIONSHIPS ENTRY

FULL NAME :

ADDRESS :

.....

POSTCODE : TELEPHONE NO. :.....

DATE OF BIRTH : AGE ON 31/07/15 : ... AGE CATEGORY : ..

CLUB/COLLEGE/SERVICE UNIT :

FOR DORSET CHAMPIONSHIP, STATE : PLACE OF BIRTH :

LENGTH OF CURRENT RESIDENCE IN DORSET :.....

ELSE TICK HERE IF APPLYING TO RUN AS GUEST :....

SIGNED : DATE :