

**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**  
**10,000 Metres Championships 2019**  
**Wednesday 24<sup>th</sup> April 2019**  
**Race Starts 18:00**

**Incorporating the Northern Athletics 10,000 Metres Championship**  
**Monkton Stadium**

(Under UKA Rules

Permit Number: OUT 19/130)

**Conditions of Entry (please read carefully)**

For the NECAA Championship, Medals will only be awarded to eligible athletes born, or having bona fide residence for nine months prior to the date of the competition, in the counties of Northumberland, Durham, Tyne & Wear or Cleveland. Athletes may compete in the Championships of only one County Association in any one calendar year. Term time only university residence does not qualify.

For the Northern 10000 Metres Championship, Medals will be awarded to athletes whose Clubs are affiliated to Northern Athletics.

Entries must be made on the official entry forms, which must be completed in full and returned, together with payment and correct postage to: Keith Willshire, 56 Newlands Road, Blyth, Northumberland, NE24 2QJ

**Entry Fees:** £8. Cheques/postal orders payable to N.E.C.A.A. **Closing date for entries: Saturday 19th April 2019**

**No Entries on the night**

**Presentations will take place, as soon as possible, after event has been completed and results verified**

**Club Vests must be worn**

Enter online at [www.race-results.co.uk](http://www.race-results.co.uk)

**Further copies of this entry form can be downloaded from [www.necaa.info](http://www.necaa.info) or Northern Athletics website**

**Enquiries to [keithw53@keithw53.plus.com](mailto:keithw53@keithw53.plus.com)**

**NECAA 10,000M OFFICIAL ENTRY FORM (please complete in BLOCK CAPITALS)**

Name \_\_\_\_\_

Full postal address \_\_\_\_\_

Post Code \_\_\_\_\_ Telephone \_\_\_\_\_ Email \_\_\_\_\_

Age Group \_\_\_\_\_ Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_ PB \_\_\_\_\_

Club \_\_\_\_\_ UKA  
Registration \_\_\_\_\_

**IMPORTANT**

**NUMBERS MUST BE COLLECTED FROM REGISTRATION AT LEAST 30 MINUTES BEFORE THE START OF YOUR EVENT.**

**FAILURE TO DO SO MAY RESULT IN YOU BEING EXCLUDED FROM THE EVENT.**

I declare that I have read the conditions of entry and qualify to compete in the NECAA and/or NA Championships. Athletes may compete in the Championships of only one County Association in any one calendar year.

**I enclose £8 entry fee**

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

For athletes under the age of 18, the form must be signed by the athlete and a parent/carer.