



ESSEX COUNTY ATHLETIC ASSOCIATION

Incorporating: Essex CAAA Formed 1883 & Essex CWAAA Formed 1947

WEB: <http://www.essexroadrunning.org.uk/>

EMAIL: essexaa1@btinternet.com

The Pentathlon county championships at Thurrock on Sunday 28th April 2019 will follow the same format as last year and open entries are invited. The high jump component might be in a slightly different order but all the pentathlons will finish with the 800m/1500m

The County Championships are being held on Saturday/Sunday 11th May and 12th May 2019 at Chelmsford

Entry forms for the relays will be sent out in May 2019.

The provisional LIST OF EVENTS is attached. The days will remain the same, the times of events will depend on entries and not confirmed until final timetable has been completed and put on the website. Confirmation letters should be received by Saturday 4th May.. The steeplechase distances have changed in order to assist Essex schools with their selection process and these will be open events.

The CLOSING DATE for entries for the Multi Events is Friday 5th April 2019 and the May championships, by post is Friday 12th April 2019 and on-line **THURSDAY 18th APRIL 2019**. **LATE ENTRIES WILL NOT BE ACCEPTED** an this is strictly enforced

A reminder that entries must be in accordance with IAAF and UKA rules. You MUST now be registered with England Athletics and provide your correct EA licence number to enter unless you enter through a school. Only competitors who were born in Essex, who have lived in Essex for the past 9 months or qualify under UKA Rule 21 S6 are eligible to take part in the championships.

Entries can be made on-line (see notes on website) and are required to quote your England Athletics registration number or if entering through a school add SCHOOL. The fee for Pentathlon is £10 and all other events £7 per event.

If entering by post please ensure that the application form is fully completed and signed by the competitor if over 18 or the parent/guardian if under 18 .

You should be aware of the UK Athletics policy on 'Use of Photographic and Video Images of children/young persons under the age of 18', which can be seen on the website

APPLICATION FORMS should be sent to, Championship Secretary, Essex AA, 5 Manwood Avenue, Canterbury, Kent CT2 7AE

Entries must be sent by ordinary mail, it is possible that special delivery and recorded delivery will be delayed and not received in time. If necessary get a certificate of posting, which is free.

If you have any **PROBLEMS**, then you should contact the club secretary, who will be able to contact the championship secretary.



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UNDER IAAF and UKA RULES

EMAIL: essexaa1@btinternet.com

Name (BLOCK CAPITALS)..... Date of Birth.....

Address.....

.....

Post Code.....

Email Address.....

Telephone No.

Club.....EA Registration (Clubs Only).....

School..... EA Registration SCHOOL

- Senior Men U/20 Men U/17 Men U/15 Boys U/13 Boys Masters Men
 Senior Women U/20 Women U/17 Women U/15 Girls U/13 Girls MastersWomen

Fully completed FORMS TO BE SENT TO: Championship Secretary, Essex AA, 5 Manwood Avenue, Canterbury, Kent CT2 7AE by the Friday 5th April for Pentathlons and Thursday 12th April 2019 for all other events by post.

NO EMAIL ENTRIES ACCEPTED

Day	Event	Best time in last year	<i>(official use)</i>

I was born in Essex **OR** I have lived in Essex since _____

I enclose a cheque/postal order (**made payable to Essex County AA**) for £..... being the entrance fee for Pentathlon of £10 and all other events £7 per event. (Please write name and address on reverse of cheque)
I declare that I am an amateur qualified to compete under the laws of IAAF and UKA

Signed..... Date.....
Athlete (over 18) or Parent/Guardian if under 18

You should receive confirmation of the entry at least 1 week before the event. If you do not receive this please email immediately. You should check the details and advise of any mistakes immediately.

Official Use	Date Recd.....	Amount Recd £....	SAE enc.....	Reply Sent.....
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