

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

(Under UKA Rules

Permit Number: OUT 19/130)

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

These events are confined 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.

**Entries are welcome from non NECAA competitors, however, they may not displace NECAA athletes from medals.**

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 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.