

SEAA

Crystal Palace 10k Open Road Race

Incorporating the SEAA 10k Championship
Sunday 3rd October 2010 at 11.00am
Venue: Crystal Palace National Sports Centre
See website: www.seaa.org.uk for details or telephone 020 8778 7167

www.seaa.org.uk

Supported by:



In Support of:



Crystal Palace 10k Open Road Race

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Sunday 3rd October 2010 at 11.00am

The race is run under UKA rules. Licence applied for.

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In Support of:



Prizes and Medals

Venue: Crystal Palace National Sports Centre – London SE19 2BB

Entries to: SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB
(a S.A.E stamped C4 envelope (353 x 250mm) MUST be enclosed to receive race number & details.)
or enter online at www.active.com

Entry Fees: **£10** (Members of England Athletics) **£13** (Unattached Runners) **£15** (Entries on the day, Open Race only)

Closing Date: **Monday 20th September** (The SEAA reserves the right to bring forward the closing date if the entry limit for the race is reached before 20th September. See website: www.seaa.org.uk for details or telephone 020 8778 7167)

Cheques Payable: SEAA Competition Limited

Age Restriction: Athletes must be over 16 years of age on the day of the race

(Please cut along this line and return the bottom half only)

Crystal Palace 10K incorporating the SEAA 10k Championship

Surname:			First Name:		
Address:					
Post Code:		Date of Birth:		Gender M/F	
Telephone Number:			Email:		
Affiliated Club:			Athlete Registration No:		

Please tick the box if you are eligible and wish to enter for the SEAA 10K Championship



Please tick appropriate Box

£10 Member of England Athletics

£13 All unattached runners

DECLARATION: I am medically fit to run and understand that I enter at my own risk. The race organisers and the officials appointed by them will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event, or for property lost or damaged on the course, in the changing rooms or in the vicinity of the course.

I hereby declare that I am an amateur according to the rules of uk athletics and agree to abide with them.

Athlete's Signature:

Date:

SEAA