**KCAA 3,000m &10,000m Championships Information**

**Information for the 3,000m &10,000m Championships & Open:**

1. The meeting will be held at the Central Park Athletics Track, Cranford Road, Dartford, Kent DA1 1JP on the 21st June 2017 (The meeting is being held within the Dartford Harriers Open meeting, for which KCAA is very grateful.)
2. An electronic lap timing & Photofinish results system will be in use at this meeting.
3. There will be no online entry option for this meeting.
4. The closing date for entries is Monday, 19th June 2017 (But please see note 8 below).
5. The 3K race will start at 19.30, followed by the 10K approximately 15 minutes later.
6. Athletes may only compete within their own age group, except U20’s who may also compete as seniors.
7. In Masters specific events medals will only be issued if the performance is better than the SCVAC Medal Standards.
8. To seek to ensure safety & quality competition, if entry numbers require it, athletes from non KCAA registered clubs will be accepted in date order.
9. Any enquiries to the Entry Secretary gary@kcaa.org.uk

**Information applicable to all KCAA 2017 Championships**

1.      All KCAA championships are run under UKA rules as amended by KCAA rules. Further details can be found on the Track & Field page at [www.kcaa.org.uk](http://www.kcaa.org.uk/)

2.      UKA rule 21 S1 requires competing athletes to be registered, so you need to provide your Athlete Registration number. If you do not know it please ask your club membership secretary.

3.      Please do not send postal entries by “signature required” delivery as volunteers process them & they may not be at home during the day. Proof of posting is sufficient if you feel you need it, as entries received will usually appear on the KCAA website within a week of submission.

4.      Late Entries will not be accepted unless the reason was outside of your control.

5.      Qualification to enter KCAA Championships is by birth or continuous association as per UKA Rule 21 S6 or residence. To qualify by residence, you must have continuously lived within the Kent county boundary, or relevant London Post Code, for nine months prior to the event. Further details can be found on the Track & Field page at [www.kcaa.org.uk](http://www.kcaa.org.uk/)

6. Club or School colours must be worn or clothing acceptable under UKA Rule 143.

7. Your Bib numbers must be collected from the athlete registration desk at the Championships. They will not be mailed out in advance.

**KCAA 3Km & 10Km Championships & Open 2017 - Entry Form**

***(There will be no online entry option for this meeting)***

To be held at Central Park Athletics Track, Cranford Road, Dartford, Kent. DA1 1JP on Wednesday 21st June 2017

**Please complete in BLOCK CAPITALS.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Surname** |  | **Forenames** |  | **Male:** |  | **Female:** |  |
| **Date of Birth** |  | **Club** |  |
| **Athlete Registration No** |  |
| **Address** |  |
| **Town** |  | **Post Code** |  |
| **Phone Number** |  | **Email** |  |
| **Town (or District / Postcode if London) of Birth** |  |
| **If a residential qualification is claimed, the following MUST be completed:** |
| **I have continuously resided at:** |  |
| **Postcode:** |  |
| **Since:**  |  |

**Event Entry:** (Please indicate with “Y”)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  Championship  Entry |  |  | Open Entry |  |

|  |
| --- |
| **10,000m**  |
| Under 20 Men |  |  | Senior Men |  |  | Masters 35 Men |  |
| Masters 40 Men |  | Masters 50 Men |  | Masters 60 Men |  |
| Masters 70 Men |  |  |  |  |  |
| Under 20 Women |  | Senior Women |  | Masters 35 Women |  |
| Masters 40 Women |  | Masters 50 Women |  | Masters 60 Women |  |
|  |
| **3,000m**  |
| Under 17 Men |  |  |  |  |  |  |  |
| Under 17 Women |  | Under 20 Women |  | Senior Women |  |

ENTRY FEES - £10.00 Closing Date Monday 19th June 2017

I hereby declare that I am an Amateur as defined by UKA Rule 21 S1 and eligible to compete either by birth or residence in the above championships.

I either enclose a cheque or have made a bank transfer for: £

Cheques payable to Kent County Athletics Association (please do not just use KCAA)

Transfers should be to: Kent County Athletics Association Account at Barclays.

Sort Code 20-06-72 Account number: 40546445 (Please add “3K/10K & your name in reference box)

|  |  |  |  |
| --- | --- | --- | --- |
| **Signed** |  | **Date** | **2017** |

**Please send entries to** The KCAA Entry secretary, 1 Kemsley Close, Northfleet, Kent. DA11 8PH or email to gary@kcaa.org.uk