

ESSEX COUNTY ATHLETIC ASSOCIATION EASTERN COUNTIES ATHLETIC ASSOCIATION

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

EMAIL: essexaa@o2.co.uk

5 Manwood Avenue
CANTERBURY
Kent
CT2 7AE

28 November 2012

Dear Friend

JOINT INDOOR CHAMPIONSHIPS – LEE VALLEY CENTRE –9th/10th FEBRUARY 2013

Attached is the application form for Joint Essex County A.A. and Eastern Counties A.A. Indoor Championships 2013 being held at Lee Valley Athletic Centre in February 2013. Essex athletes will automatically be entered into the Eastern County championships.

Can you please ensure that all competitors and coaches are made aware of this event as soon as possible. With the excellent facilities at the Lee Valley Stadium enabling a number of different events both on the track and field, it is hoped that there will be a large number of entries so that there is good competition.

It is important that the application forms are returned by the closing date, **Thursday 10th January 2013**, as late applications will not be accepted on instructions from the executives. In order to ease the administration for these championships, competitors are asked to send their applications in as early as possible.

The provisional timetable shows the events that will be held on each day and it is anticipated that there will be a need to adjust the starting times, once the number of competitors for each event is known. Confirmation letters may not be sent out until after the closing date but could be earlier.

6mm Spikes only are to be used on the track. All shoes will be inspected by Lee Valley staff.

Competitors must send in the correct fee of **£6 per event for Seniors and Juniors and £5 per event for all other competitors (names and addresses must be printed on the reverse of all cheques)** together with a stamped address envelope. This should be A5 as the competitor's number will be sent out with confirmation of entry.

All entries must be in accordance with UKA rules. Only competitors who were born in Essex (for Essex Championships) and the six counties of Essex, Suffolk, Norfolk, Cambridgeshire, Hertfordshire or Bedfordshire (Eastern Championships), have lived there for the past 9 months or qualify under Rule 9(3) are eligible to take part in the championships.

The One Mile Walk will be a Championship and Open Event. **(Entry Fee for the One Mile Open Event is £10.00)**

Yours sincerely

Kaye Merrywest

Championship Secretary

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The Joint Essex County A.A. and Eastern Counties A.A are being held on Saturday and Sunday 9th/10th February 2013 at Lee Valley Athletics Centre

6mm Spikes only are to be used on the track. All spikes will be inspected by Lee Valley staff.

The **PROVISIONAL TIMETABLE** is attached showing which day the events are on. There could be adjustments to the starting time of the heats. The **CLOSING DATE** for entries is 10 January 2013. **LATE ENTRIES WILL NOT BE ACCEPTED.**

You are reminded of **Rule 9** – County Qualification. Essex Athletes will automatically be entered into the Eastern Counties Championships. Separate medals will be awarded for each championship.

For **INDIVIDUAL** entries the form should be completed in full and sent together with the appropriate remittance of **£6 per event Seniors and Juniors, and £5 for all other categories (Names and addresses must be written on the reverse of all cheques)** There must also be enclosed a stamped A5 size envelope so that an acknowledgement and competitor number can be sent out, at least 7 days before the event.

Please note envelopes larger than A5 are charged a higher rate of postage. **Applications must be sent by ordinary mail. Do NOT send entries by Recorded or Special Delivery as they will NOT be accepted. If you are concerned about your entry then obtain a Certificate of Posting from the Post Office.**

Please ensure that the application form is fully completed and signed by the competitor if over 18 or the parent/guardian if under 18 years of age. YOUR COMPETITION LICENCE NUMBER (URN) MUST BE PROVIDED FOR ALL CLUB ATHLETES.

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 years', which can be seen on the website

APPLICATION FORMS for both Essex and Eastern Counties should be sent to, Championship Secretary, Essex AA, 5 Manwood Avenue. Canterbury, Kent CT2 7AE

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

Essex County AA and Eastern Counties AA Track and Field

PROVISIONAL TIMETABLE

INDOOR CHAMPIONSHIPS

Saturday 9th February 2013

Sunday 10th February 2013

Senior Men	Senior Women	Senior Men	Senior Women
200m	200m	60m Hurdles	60m Hurdles
400m	400m	60m	60m
1500m	1500m	800m	800m
	High Jump	High Jump	Long Jump
	Pole Vault	Long Jump	Triple Jump
		Pole Vault	Shot
		Triple Jump	1 Mile Walk
		Shot	
		1 Mile Walk	
Junior Men	Junior Women	Junior Men	Junior Women
200m	200m	60m Hurdles	60m Hurdles
400m	400m	60m	60m
1500m	1500m	800m	800m
	High Jump	High Jump	Long Jump
	Pole Vault	Long Jump	Triple Jump
		Triple Jump	Shot
		Pole Vault	1 Mile Walk
		Shot	
		1 Mile Walk	
U17 Men	U17 Women	U17Men	U17Women
60m	60m	60m Hurdles	60m Hurdles
400m	300m	200m	200m
1500m	1500m	800m	800m
	Pole Vault	High Jump	Shot
	High Jump	Long Jump	1 Mile Walk
	Long Jump	Pole Vault	
	Triple Jump	Triple Jump	
		Shot	
		1 Mile Walk	
U15 Boys	U15 Girls	U15 Boys	U15 Girls
60m Hurdles	60m Hurdles	200m	200m
60m	60m	800m	800m
300m	300m	Pole Vault	High Jump
High Jump	Long Jump	1 Mile Walk	1 Mile Walk
Long Jump	Shot		
Shot	Pole Vault		
U13 Boys	U13 Girls	U13 Boys	U13 Girls
60m Hurdles	60m Hurdles	200m	200m
60m	60m	800m	800m
High Jump	Long Jump		High Jump
Long Jump	Shot		
Shot			

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UNDER UKA RULES

Name (Block Capitals)..... Date of Birth.....

Address.....

.....

Post Code.....

Email Address.....

Telephone No.

Club **Competition Licence No (URN)**.....

- | | | | | |
|---------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Senior Men | <input type="checkbox"/> U/20 Men | <input type="checkbox"/> U/17 Men | <input type="checkbox"/> U/15 Boys | <input type="checkbox"/> U/13 Boys |
| <input type="checkbox"/> Senior Women | <input type="checkbox"/> U/20 Women | <input type="checkbox"/> U/17 Women | <input type="checkbox"/> U/15 Girls | <input type="checkbox"/> U/13 Girls |

Fully completed FORMS TO BE SENT TO: Championship Secretary, Essex AA, 5 Manwood Avenue, Canterbury, Kent CT2 7AE by the **Thursday 10th January 2013** Late entries will **NOT** be accepted.

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 was born in Eastern Counties **OR** I have lived in Eastern Counties since _____

I enclose a cheque/postal order (made payable to Essex AA) for £..... being the entrance fee of £6 (Seniors and Juniors)/£5 for other entrants per championship event (Open One Mile Walk is £10) together with an A5 size stamped addressed envelope. (Please write name and address on reverse of cheque). Do **NOT** send by Recorded or Special Delivery, as they may **NOT** be accepted.

I declare that I am an amateur qualified to compete under the laws of **UKAthletics**

FOR COMPETITORS UNDER 18 - I agree that photographs can be taken, which may be displayed on the internet. If you do not want photographs to be taken of the competitor, tick here

Signed..... Date.....
Athlete or Parent/Guardian if under 18

You should receive confirmation at by 2nd February 2013 provided that you have sent a stamped address envelope. You should check the details and advise of any mistakes immediately.

Official Use	Date Rec'd.....	Amount Rec'd £....	SAE enc.....	Reply Sent.....
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