

**KCAA 3K and 10K Championships with Open - 11<sup>th</sup> June 2025 - Entries to be received by 6<sup>th</sup> June 2025**

Meeting will be held at Central Park Athletics Track via Cranford Rd Dartford DA1 1JP

Form to be sent by email to [capongdcl@yahoo.com](mailto:capongdcl@yahoo.com)

SURNAME-..... FORNAME-..... GENDER- Male / Female (tick/highlight)

1<sup>st</sup> Claim Club-..... Date of Birth-..... Athlete Registration No-.....

Address-.....Town-.....

Post Code-..... Contact No. ....

Email address-.....

If a residential qualification is claimed. Please complete the following-

I have continuously resided at-.....Post Code-.....

I have lived there since-.....

PLEASE CONFIRM IF ENTERING AS CHAMPIONSHIP or an OPEN Entry by Tick/highlight.

PLEASE INDICATE EVENT and Age Category from the below list.

10,000mtr

UNDER 20 MEN		SENIOR MEN		MASTER 35 MEN		MASTER 40 MEN	
MASTER 50 MEN		MASTER 60 MEN					
UNDER 20 WOMEN		SENIOR WOMEN		MASTER 35 WOMEN		MASTER 40 WOMEN	
MASTER 50 WOMEN							

3000mtr

UNDER 17 MEN		MASTER 70 MEN				UNDER 17 WOMEN	
UNDER 20 WOMEN		SENIOR WOMEN		MASTER 60 WOMEN			

I declare that I am eligible to compete in these championships and have made a Bank Transfer

For £15.00 to- **KENT COUNTY ATHLETICS ASSOCIATION**

Barclay Bank. Sort Code- **20-06-72** Account No- **40546445** Please add 3K or 10K plus name in ref box

Signed..... Date.....

These Championships are being held under UKA rules for competitions. Therefore, all athletes must be E.A. registered to compete. Without we cannot accept your entry.

- An electronic lap timing and photo finish results system will be in use at this meeting.
- The 3K will start at 7.30 pm followed by 10K approximately 15 minutes later.
- We may have to restrict entry numbers to ensure safety and quality of competition. If so,
- non KCAA qualified athletes may be restricted and accepted in date order after acceptance of Kent qualified.
- Master women in age categories 35 to 49 wishing to compete in the 3K will only be accepted as a senior woman and appropriate medal will only be issued.