



ENTRY FORM

3rd February 2024

THIS EVENT IS OPEN TO ALL CONSTITUANT ORGANISATIONS OF THE NATIONAL ASSOCIATION OF BOYS AND GIRLS CLUBS.

These Championships are both a team and an individual event, each team consists of 4 runners within the same category.

www.essexboysandgirlsclubs.org
Charity No: 1163658

AGES :	Boys and Girls U11	9 or 10 years of age on 1 September 2023
	Boys and Girls U13	U13 years of age on 1 September 2023
	Boys and Girls U15	U15 years of age on 1 September 2023
	Boys and Girls U17	U17 years of age on 1 September 2023

FORMAT:

Registration and arrival: 11am – 11:30am

Races:	U11 Boys & Girls	2,000m
	U13 Boys & Girls	3,500m
	U15 Boys & Girls & U17 Girls	5,000m
	U17 Boys	6,500m

Presentations will take place at the end of the event for the 1st, 2nd & 3rd individuals and for the 1st and 2nd team of 4. Upon receiving your County's entry you will be sent joining instructions and directions to Layer Marney.

HOW TO GET INVOLVED:

Every club/member organisation must complete and return the enclosed forms to EBGC, via their NABGC - affiliated member organisation office, **by Friday 26th January 2024 to:**

**Essex Boys and Girls Clubs,
Harway House,
Rectory Lane,
Chelmsford,
Essex, CM1 1RQ**

Tel: 01245 264783

E-mail: georges@essexboysandgirlsclubs.org

Use one form per group, and photocopy if necessary. **This form must reach EBGC by Friday 26th January 2024**

NAME OF CLUB/TEAM

ADDRESS (FOR CORRESPONDENCE)

.....

.....**POST CODE:**

EMAIL

NAME OF GROUP LEADER

TEL: (DAY) **(EVE.)**.....

PLEASE SEND TO YOUR CONSTITUANT ORGANISATION FOR APPROVAL

<p>COUNTY ORGANISER:</p> <p>SIGN:</p> <p>PRINT:</p> <p>DATE:</p>
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BOYS U.11 (9 or 10 years of age on 1st September 2023)

CONSTITUENT ORGANISATION

(BLOCK CAPITALS PLEASE) -

Counties/Countries may enter as many runners as they wish. The first 4 runners through the finish will count as team 'A' the second 4 Team 'B' etc. Counties entering less than 4 runners will qualify for the individual competition but will not qualify in the team event

<u>FULL NAME</u>	<u>D.O.B.</u>	<u>CLUB</u>
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If Constituent Organisations wish to enter more than 12 runners please photocopy and adapt this form

Girls U.11

(9 or 10 years of age on 1st September 2023)

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Boys U.13

(11 or 12 years of age on 1st September 2023)

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Boys U.15 (13 or 14 years of age on 1st September 2023)

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Boys U.17 (15 or 16 years of age on 1st September 2023)

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Group Leader Information

Every group participating in the event must be self-sufficient and have a nominated group leader to be the main point of contact for event staff. Each group leader is responsible for their group's own operation and welfare.

Each group leader must:

- **Be responsible for the safety and welfare for the members of the group**
- **Ensure that the group behaves responsibly at all times**
- **Hold on-site consent forms containing personal and health information on each of their group members**
- **Provide first aid cover for their group**