

TWO CROSS COUNTRY CHAMPIONSHIPS IN JULY

1. TASMANIAN STATE CROSS COUNTRY RELAY CHAMPIONSHIPS to be held at Symmons Plains on Saturday 10 July

Championships will be contested in the following age categories:

Open Men	(12 noon)
Open Women	(12 noon)
Over 50 Men	(1pm)
Over 45 Women	(1pm)

All events will be contested over 9km, comprising 3 x 3km legs.

Entry in this competition is open to teams comprising AT/TMA registered athletes and TMA only registered athletes (2 types of teams). Team entry fees will be paid by TMA.

TMA uniforms must be worn.

Expressions of Interest:

Expressions of interest indicating whether or not currently registered with AT and wishing to compete in a TMA team will be accepted by the TMA Secretary, Mike Walker (mikejoy@netspace.net.au or 62446229) until 5pm on Wednesday 7 July 2010.

2. TASMANIAN CROSS COUNTRY CHAMPIONSHIPS to be held at Pontville on Saturday 31 July

The Tasmanian Masters Athletics Cross Country Championships will be held in conjunction with the Athletics Tasmania event mentioned above. TMA will conduct events in all age categories. Events to be conducted are:

Open Women	8km
Open Men	12km
Over 45 Women	4km
Over 50 Men	6km

Athletics Tasmania entries should be performed online when available at www.tasathletics.org.au and are free for AT/AA registered athletes.

TMA entries close 30 minutes prior to the first event on the day and are \$6. To assist organizers, entry and payment prior to the day will be appreciated. An entry form follows.

TMA members can be eligible for both AT and TMA awards.

Please ensure that you wear your uniform (TMA or other club) and current competition number.

ENTRY FORM

TASMANIAN MASTERS ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

Pontville – Saturday 31 July

Name.....

Date of Birth.....

Age Group.....

Event.....

Cost \$6

Payment Options:

1. **Cash:** In person only (**not in mail**)
2. **Cheque:** Make cheque payable to TMA Inc and post to TMA Inc, GPO Box 890, Hobart, 7001
3. **EFT:** Forward funds to BSB 037-001 Account No 93-0735 Include full name in the reference field, and send an email to msteven1@iinet.net.au

4. **Credit Card:** Please make this payment of \$6 by Visa () Mastercard ()

Card Number _____ / _____ / _____ / _____ Expiry Date _____ / _____

Card Holders Name _____ Signature _____