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| **Team Declaration National 10 Mile Championships 2019** |
| **Club :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Category  **Male Female**  **Senior Master 35+ Master 50+** |

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| **First Name** | **Last Name** | **Date of Birth** | **AAI Life Reg Number** |
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**Team Positions calculated on finishing times of each athlete**

Please return completed form to [competition@athleticsireland.ie](mailto:competition@athleticsireland.ie), closing date for Team Declaration **10th July 2019 2pm Sharp**

***There is no fee for Team Entries set by Athletics Ireland***