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| **Team Declaration National 10k 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, closing date for Team Declaration **10th April 2019 2pm Sharp**

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