

# WEST SUFFOLK AC MINITHON CHAMPIONSHIPS ENTRY FORM



**SUNDAY 3<sup>RD</sup> OCTOBER 2010 (1.00pm-6.30pm)**

## What is a minithon?

Choose your preferred running, jumping and throwing event and score points based upon the standard of performance. An overall points total from the three events will then be calculated to determine the West Suffolk AC club champions and medalists.

**MEDALS AWARDED  
TO THE TOP THREE IN  
EACH AGE GROUP!**

## ENTRY DETAILS

Name:  Date of Birth  /  /   
Tel No:  Email:

**ENTRY FEES:** £3.00 (INCLUDES PARTICIPATION IN ALL THREE EVENTS + BBQ)

**AGE GROUP:** (Please tick appropriate box)

Senior & U/20 Men     U/17 Men     U/15 Boys     U/13 Boys (Yr 6 & above)  
 Senior & U/20 Women     U/17 Women     U/15 Girls     U/13 Girls (Yr 6 & above)

**EVENTS ENTERED:** (Please tick one RUN, JUMP AND THROW)

RUN -  Hurdles     100m     200m     800m     1500m

JUMP -  High jump    OR     Long jump

THROW -  Shot put     Discus     Javelin

**ENTRY FORMS:** This form, together with correct entry fee and BBQ ticket orders, should be returned by **Tuesday 21st September 2010** returned to David Spurling at the club hut on training evenings, or posted to Tania Spurling, 2 Hertford Close, Bury St Edmunds, Suffolk, IP32 6LY.

## Volunteers

The minithon championships are being held exclusively for West Suffolk AC members. We therefore require as much help as possible to help make the event run smoothly - Whether it be raking the sand pit, recording results, or general assistance during the day – any help would be much appreciated. If you are willing to help on the day, please e-mail [wsacvolunteer@hotmail.co.uk](mailto:wsacvolunteer@hotmail.co.uk) or speak to any club volunteer on training evenings.

**CLUB BBQ**

**CLUB BBQ**

**CLUB BBQ**

**CLUB BBQ**

**CLUB BBQ**

## Order your BBQ tickets!

The club minithon championships will be followed by a club barbeque. This is free to competing athletes (but you must include your food request below). Tickets for friends and family of West Suffolk Athletes can be ordered below:

No. of tickets:  Single ticket/s (£3 per person)     Family ticket (£10 – up to four people)

Ticket price includes 2 food options per person (please indicate total order below) – Athletes please also include your choices here:

Burger/s

Veggie Burger/s

Hotdog/s