

2025 MIDLAND OPEN WOMEN'S FIVE MILE CROSS-COUNTRY RACE – ENTRY FORM

Name of Club:

Club Colours (which **MUST BE WORN**):

Please complete the list below OR attach a Club generated list (e.g. from the EA database or a spreadsheet) of your entrants in the format below, which contains all the entry data requested,

	Please enter by Surname ALPHABETICALLY & IN BLOCK CAPITALS SURNAME FORENAME		Date of Birth	EA Number	Enter T if Team Only
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Email to: RoadandXC@mcaa.org.uk