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**BRITISH & IRISH JUNIOR MOUNTAIN RUNNING CHAMPIONSHIPS**

**LLANBERIS, WALES. SATURDAY 21st SEPTEMBER 2019**

**INTERNATIONAL TEAMS - ENTRY FORM £6.50 per athlete**

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| **COUNTRY:** | |
| **JUNIOR MEN – UNDER 17. BORN IN YEARS 2003 & 2004.** | |
| **YEAR OF BIRTH** | **NAME** |
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| **JUNIOR WOMEN - UNDER 17. BORN IN YEARS 2003 & 2004** | |
| **YEAR OF BIRTH** | **NAME** |
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| **JUNIOR MEN – UNDER 20. BORN IN YEARS 2000, 2001 & 2002** | |
| **YEAR OF BIRTH** | **NAME** |
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| **JUNIOR WOMEN – UNDER 20. BORN IN YEARS 2000, 2001 & 2002** | |
| **YEAR OF BIRTH** | **NAME** |
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