

26th July - 1st August 2008

AN EVENT FOR ALL STANDARDS

General Information

Runners are to be split into 4 divisions according to experience or ability

Positions are decided on cumulative time – Prizes for first 3 in each division and spot prizes

All events start at 6.30 p.m. unless otherwise stated

Time trials to start at 1 minute intervals

Results available in a bar close to the event each evening and on the GIAAC

website: www.guernseyathletics.org.gg

Saturday 26th July	4km road race	Pleinmont
Sunday 27th July	5 mile cliff path race Loop course (to Jerbourg, coastal return) with two major climbs over second half of course	Icart Point
Monday 28th July	800m cliff hill time trial	Jerbourg, Telegraph Bay
Tuesday 29th July	3 mile circuit race Separate race for each division	Saumarez Park (Tea Room)
Wednesday 30th July	Track race	Footes Lane track
Thursday 31st July	5 mile cliff path time trial Same course as race 2	Icart Point
Friday 1st August	4 mile cross country 2 lap course run over common and dunes	Herm (boat leaves 6pm – Race 7pm)

Presentation to take place after event in Herm

Entry fee £25 (includes Herm boat fare, food and commemorative vest)

Cheques payable to GIAAC (£23 for GIAAC members)

Additional spectators for Herm event £15 (subject to numbers)

Entries limited to first 70 entries (entries on the day plus £5)

✂
Name

Contact Telephone No

Address

Email.....

Send or hand entry forms to:

Geoff King, Vue Sauvage, Les Petites Capelles, St Sampsons, GY2 4GP. Telephone: 01481 251348

I am medically fit to run and will not hold the GIAAC responsible for any injuries, damage, illness or loss as a result of competing

Parent or Guardian if entrant is under 18 (minimum age of 16)

Signed..... Date.....