

OSA RECRUITMENT ALL TERRAIN CHALLENGE 2011

AN EVENT FOR ALL STANDARDS

30 JULY 2011 - 5 AUGUST 2011

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 6.30pm 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.

Presentation to take place after event in Herm.

Entries limited to first 70 entries (entries on the day plus £5). Entry fee £40 (includes Herm boat fare and food).

Cheques payable to GIAAC (£38 for GIAAC members).

Additional spectators for Herm event £20pp (subject to numbers).

EVENTS, LOCATIONS AND DATES

SATURDAY 30TH JULY

4KM ROAD RACE

▶ Pleinmont

On closed roads starting near Imperial Hotel

SUNDAY 31 JULY

8KM CLIFF PATH RACE

▶ Icart Point

Loop course (to Jerbourg, coastal return) with two major climbs over second half of course)

MONDAY 1 AUGUST

800M CLIFF HILL TIME TRIAL

▶ Jerbourg, Telegraph Bay

TUESDAY 2 AUGUST

5KM CIRCUIT RACE

▶ Saumarez Park (Tea Room)

Separate race for each division

WEDNESDAY 3 AUGUST

TRACK RACE

▶ Footes Lane Track

THURSDAY 4 AUGUST

8KM CLIFF PATH TIME TRIAL

▶ Icart Point

Same course as race 2

FRIDAY 5 AUGUST

6KM CROSS COUNTRY

▶ Herm

Course run over common and dunes

NAME _____ CONTACT NUMBER _____

ADDRESS _____

EMAIL ADDRESS _____

Send or hand entry forms to:

Geoff King, Vue Sauvage, Les Petites Capelles, St Sampsons, GY2 4GP. Telephone: 01481 251348 / 07781 138738

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 _____