



OSA Recruitment All Terrain Challenge

24 - 30 July 2010

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 6.30pm 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

Saturday 24 July	4km road race On closed roads starting near Imperial Hotel	Pleinmont
Sunday 25 July	8km cliff path race Loop course (to Jerbourg, coastal return) with two major climbs over second half of course	Icart Point
Monday 26 July	800m cliff hill time trial	Jerbourg, Telegraph Bay
Tuesday 27 July	5km circuit race Separate race for each division	Saumarez Park (Tea Room)
Wednesday 28 July	Track race	Footes Lane track
Thursday 29 July	8km cliff path time trial Same course as race 2	Icart Point
Friday 30 July	6km cross country Course run over common and dunes	Herm (boat leaves 6pm – Race 7pm)

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)



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 / 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.....