

OSA Recruitment All Terrain Challenge

25 – 31 July 2009

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 25 July	4km road race	Pleinmont
Sunday 26 July	5 mile cliff path race Loop course (to Jerbourg, coastal return) with two major climbs over the second half of the course	Icart Point
Monday 27 July	800m cliff hill time trial	Jerbourg, Telegraph Bay
Tuesday 28 July	3 mile circuit race Separate race for each division	Saumarez Park (Tea Room)
Wednesday 29 July	Track race	Footes Lane track
Thursday 30 July	5 mile cliff path time trial Same course as race 2	Icart Point
Friday 31 July	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

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

Entry fee £30 (includes Herm boat fare, food and commemorative vest)

Cheques payable to GIAAC (£28 for GIAAC members)

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

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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 for entrants is 16)

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