



Multi-event team challenge

The final event at the track before Christmas will be the PFM multi-event team challenge which will be held on Tuesday 14th and Thursday 16th December 2010 starting at 6:00 pm.

The event is open to all club members from under 13's up to super vets and will be a great opportunity to bring together all sections of the club. It will end with some food and drinks on Thursday.

Athletes will be placed in teams of 6 which will be mixed age and gender. All events will be handicapped to ensure a fun fair challenge. (Handicaps will be worked out using the difference between Island records) Athletes will not be allowed to compete in their "usual" event.

The events will be 800m, High Jump and Discus on Tuesday, 100m, Long Jump, and Javelin on Thursday. Each team will be able to enter two athletes per event. The final event on Thursday will be a 15 minute "parlauf" relay involving all athletes.

Entry will be £2.00 per athlete. Entries MUST be with Steve Allaway by Tuesday 7th December and teams will be posted at the club on Thursday 9th December.

We would like to thank PFM for their sponsorship of this event.



Multi-event team challenge Entry

Name: _____ Age: _____ Sex: _____
(Please Print)

Main Event: Sprint / Middle distance / Endurance / Throws / Jumps

Please complete and return this form together with the £2:00 entry fee to Steve Allaway by Tuesday 7th December 2010