

What happens next:

The Full Course

Boxing Day (Race) and New Year's Day (Handicap event). Both races start at 11am. Distances are 2.7miles for U15 and 4.75miles for everyone else.

Spring Road Races

10miles, 10k, 5miles.

Church to Church

20 mile 'pre-marathon' event.

2012 Easter Festival

April 6th-9th

2012 June Half Marathon

June 17th

2012 All Terrain Challenge

July/August.

Training

As well as its full race programme the GIAAC arranges training for a range of ages and standards. We aim to provide racing and training for all levels from fun runner to international athlete. The focus is on competition with the fun element still intact. Programmes are planned and overseen by UKA qualified coaches.

Full details can be found here: www.guernseyathletics.org.gg/endurance.aspx

Details of all of our racing, training and other events may be found on our website: www.guernseyathletics.org.gg



Cross Country League 2011

Return of the popular series for all ages and standards



15th October Delancey I

22nd October Millennium Stone

5th November The Stone Crusher

26th November Fauxquets Valley

10th December Delancey II & Presentation

Senior & Junior races: 2pm Colts races: 2:45pm

Sign on: 1:30pm

Entry for non-members:

£5 per race or £20 for the Series

Membership available at Race 1 - £40

FNB Cross Country League 2011

Geoff Gavey, MD of FNB International Trustees Limited, welcomes everyone to the 2011 edition of the FNB Cross Country league: 'FNB are once again proud to be sponsoring such an event, where every type of runner becomes involved and which so well supports the progress of the island's aspiring endurance athletes at all levels.'

This popular series of cross country races returns on Saturday afternoons from October to December, with a programme catering for all age groups. There are five races over varying courses. The competition is split according to standard into a 5 division league. Points are scored by your place in your division. Your best four scores count in the final total.

Senior and Junior races will start at 2pm, followed by Colts (U11, U9, U7) at 2:45pm. Sign-on from 1:30pm.

Delancey 2/3miles. Delancey Park

The series kicks off with a short race, usually run in dry and pleasant conditions. The scenic location is enhanced this year by a new garden feature, part of the redevelopment of the park, but the course is not without its challenges.

Millennium Stone. 2/4miles. Park at Les Amarreurs or Ladies Bay. Start is opposite Lucksall Garage.

Race two heads to L'Ancrese common, the home of Guernsey cross-country. This predominantly flat and open course can produce both fast times and good competition, though which of the two is slightly weather dependent!

The Stone Crusher. 2-6 miles. Parking off the road opposite the old L'Ancrese Lodge. Start will be near the end of that road.

Don't let the name put you off. This gem offers everything you could want from cross-country – twists, turns, uphill, downhill, scenery, shelter, the occasional bovine spectator. Also great for human spectators as the runners pass the central area 4 times a lap.

Fauxquets Valley. 2-6miles. Fauxquets Valley Campsite. Parking usually from the Campsite entrance.

The ultimate traditional cross-country – if you want mud, this is the race for you. Studs or spiked shoes are highly recommended on this unusual course. Run over laps of a mile in a lush and green valley.

Delancey II. 2-6miles. Delancey Park.

The series finishes where it started. But to keep you on your toes organisers have devised a different course. Run in the opposite direction this longer lap has more of a flowing nature. Bonus league points are awarded in this Finale to the Series.

Presentation 3pm for 3:30pm. Old St Sampsons Secondary school.

Hot drinks and refreshments will be on offer to celebrate the achievement of finishing the series. As soon as the results have been processed, the presentation will begin.

2010 stats

Division Leaders

D1	Steve Dawes
D2	Luke Bisson
D3	Sean Murphy
D4	Shane Gaudion
D5	Katie Rowe
Ladies	Louise Perrio

2010 League summary can be found here: <http://www.guernseyathletics.org.gg/results/2010/xcleagtable10.pdf>

Full results on 2010 fixture list on the GIAAC web site.

FNB Cross Country League 2011 results and league standings will appear on the 2011 fixture list.