

# GIAAC Cross Country Series 2010

Come and have fun in the fresh  
air this Autumn/ Winter!  
Races for all ages and standards

This series consists of 5 races, with your best  
4 results counting towards the final division  
standings.

There are prizes for the top 3 places in each  
division.

There are four divisions, which are based on  
standings after two races, & a Ladies Running  
Group division.



Senior, U20, U17, U15 & U13 Men & Women  
and Ladies Running Group Events start at 2pm.

The distance run (2M – 6M) is according to your  
ability, within your division, from race 3 onwards.

U7, U9 & U11's start at 2:30pm – 3pm



Date	Time	Venue
16 <sup>th</sup> October	2pm	Delancey Park
23 <sup>rd</sup> October	2pm	Lucksall/Amarreurs
6 <sup>th</sup> November	2pm	L'Ancrese
20 <sup>th</sup> November	2pm	Fauxquets Valley
4 <sup>th</sup> December	2pm	Delancey Park

£4 per race entry fee to non-members-  
Membership options available.

All competitors to sign in by 30 minutes before  
the start

For further information:

[www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg)  
[club@guernseyathletics.org.gg](mailto:club@guernseyathletics.org.gg)

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