



GIAAC Liberation Day Road Race 11 am 9th May

Sign in open from 10 am at Rouse Start line

Entries on Day £5 (GIAAC Members Free)

Luggage transport to Finish.

Traditional 7 mile road run has become an increasingly popular participation event - Open to all.

Drinks station at Bordeaux (3.5 Miles).

Good viewing at Les Amarreurs, L'Ancrese Terminus, (2M) & Vale Castle (4M)

Course records :- 34:39 David Kreckeler 1961 / Women 41:20 Louise Perrio 2012

Fully ratified UKA/Runbritain event - min age 16.

