

GUERNSEY ATHLETICS
COLTS and JUNIORS CROSS COUNTRY EASTER
RUNS 2019
Sponsored by Intertrust



ENTRY FORM

| Date | Age Group | Distance | Venue | Start Time | Organiser |
|--|--|---|---|---|----------------------------|
| Fri 19 th April Gift for all participants | U7* U9 U11 U13 U15 | u7 – 600m u9 – 800m u11 – 1600m u13/u15 – 2400m | Footes Lane Register in the Athletics club-room | 9.15 | Nick Marley Tel: 238232 |
| Sat 20 th April Easter egg for all participants | year R and below <u>separate</u> race u7 u9 u11 u13 u15 | Yr R and below - approx. 350m u7 – 600m u9 – 1k u11 – 2k u13/u15 – 3k | Les Amarreurs (Lucksall Garage) | u7/u9 9:45 u11 / 13 / 15's 10:30am (just after adults race has started) | Nick Marley |
| Sun 21 st April | u7 u9 u11 | Team Relay | Stonecrusher (meet L'Ancrese Beach car park) | 9.45 u7/u9 10:30 u11 (racing as part of the adults race) | Nick Marley |
| Mon 22 nd April "goodie" bag for all participants | u7* u9 u11 u13 u15 | U7 – 600m U9 – 1K U11 – 2K u13 – 3K u15 – 4K | Bordeaux Headland (old tip site/across the bay from kiosk car park) | 9.00 | Nick Marley |

(*) Depending on entries we may put on a separate "Year R and below" race on these two days as well as Sat 20th

To fit in with adult race programme the races must start on time.
To ensure this happens athletes need to check in no later than 15 minutes and ideally half an hour before the race time shown above.

Check in will shut 5 minutes before the race start time.

Each race is £5.00 for entries on the day/late entries (see below)

*****Take advantage of "early bird" rate***.**

If entry received on or before **31st March 2019** the cost for all 4 races will be reduced to **£18.00 (or £4:50 per race)**

✂-----
 (Please complete in block capitals)

| | | | |
|------------------------|--|---------------------|--|
| Surname: | | Forename: | |
| E-mail address: | | | |
| Sex: | | School Year: | |

Please enter me for the following races (tick boxes):

| | | | |
|---|-----|---|-----|
| Friday Fri 19th April Footes Lane (register in club room) | () | Sunday – 21st April Team Relay Stonecrusher (meet L'Ancrese Beach car park) | () |
| Saturday 20th April Les Amarreurs (opposite Lucksall Garage) | () | Monday 22nd April Bordeaux Headland (old tip site) | () |

I declare that my child is medically fit to run and understand that they enter at own risk. The organisers will not be held responsible for any injury, loss or damage caused as a result of their participation in the Easter runs 2019.

| | | | |
|----------------|-------------------|--------------|--|
| Signed: | | Date: | |
| | (Parent/guardian) | | |

I enclose cash/cheque in the sum of £..... (Cheques made payable to: **Guernsey Athletics**)

Entries to be sent to: **N. Marley, Sedona, Courtil es Rouget, La Villette, St Martins, Guernsey GY4 6QD.**