



LASER RUN TIME TRIALS BOOKING FORM

NAME					
PGB AGE GROUP					
BOOKING	JAN 29	FEB 19	MAR 19	APR 30	JUNE 18
TIME	10.00 (U11/U13)		11.00 (U15/U17/U19)		
LASER PISTOL LOAN					
LEFT/RIGHT HANDED					

- 1) Please communicate cancellations well in advance so that I can notify those on the waiting list
- 2) Parking is on Big Side Car Park
- 3) Laser Run Time Trials will take place at the outdoor range located in the far corner of the car park area
- 4) C/E races will start at 25 past the hour to allow for warm up before. Arrive promptly to utilise full warm up period
- 5) Please arrive changed for running
- 6) Running course will be on grass
- 7) Please could parents/spectators be prepared to time keep and take race splits – no previous experience required!
- 8) I'll send a confirmation email in the week leading up to the time trial to confirm time reserved

For more information please contact Laura Gomersall:
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