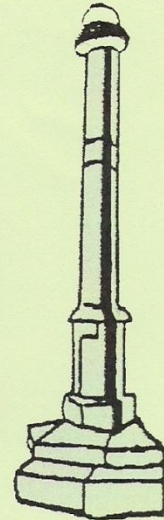


GARSTANG RUNNING CLUB

www.garstangrc.co.uk

Presents the

GARSTANG Half Marathon



Run under UKA Rules

SUN 19th SEPTEMBER, 2010 - Start Time: 11.00 am

Race HQ at Garstang Sports and Social Club, PR3 1EB.

LICENSE
APPLIED
FOR

PRIZES:

MEMENTO'S TO ALL FINISHERS

Race limit 300 entries on day up to race limit only if available.

1st, 2nd, 3rd Male & Female

MV40, 45, 50, 55, 60 and 65+ FV35, 40, 45, 50, 55 and 60+

One Prize Per Person

Half Marathon over an undulating scenic one lap course

Use Community Centre or Leisure Centre Car Parks & Register at the Sports & Social Club. (CAR PARK FEES APPLY)

NO DOGS. NOT SUITABLE FOR WHEELCHAIR ATHLETES.

COURSE RECORD: MALE: 1:11:26, 2003 FEMALE: 1:27:19, 2004

Entries (incl. max size A5 S.A.E.) to: Half Marathon, Snapewood Farm, Cabus, Garstang, Preston. PR3 0JP. Tel: 01995 603192



GARSTANG HALF MARATHON

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL: _____ MALE/FEMALE _____

D.O.B. (Min. 17 years for half marathon): _____ email address: _____

Category: M MV40 MV45 MV50 MV55 MV60 MV65+

(Please tick) F FV35 FV40 FV45 FV50 FV55 FV60+

AFFILIATED CLUB NAME _____ N.E.A.A. REG. No. _____

FEE ENCLOSED: AFFILIATED £7.00 UNATTACHED £9.00 (Entries on day £1.00 extra)

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (HALF MARATHON)

Closing day for postal entries: 14th September 2010

I declare that I am an amateur as defined by UKA laws. I certify that I am fit to run and take part in the event at my own risk. I will not hold the organisers responsible for any injury, illness or loss arising from my participation in the event.

I also agree that the organisers may alter details of the race without notice and that, in the unlikely event of abandonment, all or part of my entry fee may not be refunded. **NUMBERS MUST NOT BE FOLDED, CUT OR MUTILATED.**

SIGNATURE _____ DATE _____