

GARSTANG RUNNING CLUB



www.garstangrc.co.uk

Presents the

GARSTANG GALLOP 7m

SUN 29th MARCH, 2020 11.00 am

7m road race over an undulating scenic one lap course

Run under UKA Rules – no headphones

UKA
Licence
Applied For



**ALL RACE PROCEEDS TO BE DONATED
TO TRINITY HOSPICE BLACKPOOL**



PRIZES: 1st, 2nd, 3rd male and female; MV40, 45, 50, 55, 60, 65, 70, 75 and 80+,
FV35, 40, 45, 50, 55, 60, 65, 70 and 75+

Race limit 300. Entries on the day up to race limit if available.

ONE PRIZE PER RUNNER - MEMENTO FOR ALL FINISHERS

Race HQ at Garstang Sports and Social Club, PR3 1EB - No Parking for Runners. Use High Street or Leisure Centre Car Parks and register at the Sports and Social Club.

Undulating course not suitable for wheelchairs. No dogs.

Entries (incl. max size A5 S.A.E.) to: Garstang Gallop, Woodville, Tarnacre Lane, Churchtown, Preston. PR3 0TB. Tel: 07764 968760

IF NO ENVELOPE ENCLOSED PICK NUMBER UP ON DAY

On-line entries available on www.ukresults.net (see calendar)

GARSTANG GALLOP 7m

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL: _____ MALE/FEMALE _____

AGE ON DAY OF RACE (Min. 16 years): _____ Email: _____

EMAILS WILL ONLY BE USED TO SEND INFORMATION ABOUT THIS ENTRY OR DETAILS OF OTHER GARSTANG RC RACES ONLY

Category: M MV40 MV45 MV50 MV55 MV60 MV65 MV70 MV75 MV80+

(Please tick) F FV35 FV40 FV45 FV50 FV55 FV60 FV65 FV7+ FV75+

AFFILIATED CLUB _____ EA Reg No. _____

FEE ENCLOSED: AFFILIATED £10.00 UNATTACHED £12.00 (Entries on day £2.00 extra)

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (GALLOP)

Closing day for postal entries: MONDAY 23rd MARCH 2020

I hereby agree that any participation by me in the Event is solely and entirely at my own risk and (to the extent permitted by law) no person(s) or organisation(s) shall be liable for any accident, harm, injury, loss or damage to property, however so caused, arising out of or in connection with or, suffered during or as a result of, my participation in the Event. Full details on www.garstangrc.co.uk/club-races.

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. There will be no refunds or transfers to another event if an entrant is unable to attend once entered. However the entry can be passed onto another person provided the organisers are informed of the changes.

SIGNATURE (*Parent/Guardian if aged under 18*) _____ DATE _____