

GARSTANG RUNNING CLUB

www.garstangrc.co.uk – also on Facebook and Twitter



GARSTANG GALLOP 7m SUN 17th MARCH, 2024 10.15 am

UKA
Licence
Applied For



Please note new time

All race profits to be donated to CRY –
CARDIAC RISK in the YOUNG



7m road race over an undulating scenic one lap course

Run under UKA Rules – NO in-ear headphones

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 Club, (next to the football pitch) PR3 1EB - No Parking for Runners. Use High Street or Booths Car Parks and register at Garstang Sports Club.

Undulating course not suitable for wheelchairs. No dogs.

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

Closing day for online entries: FRIDAY 15th March 2024

ENTRY FEE: AFFILIATED £12.00 UNATTACHED £14.00 plus online entry fee

Entries on day £15 or £17 respectively
