

# **GARSTANG RUNNING CLUB**

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

## **GARSTANG GALLOP 7m**

**SUN 16<sup>th</sup> MARCH, 2025 10.15 am - new start time!**

All race profits to be donated to a local  
charity to be announced

***7m road race over an undulating scenic one lap course***

***Run under UKA Rules – NO in-ear headphones***

Undulating course not suitable for wheelchairs. No dogs.



**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+

***ONE PRIZE PER RUNNER***

***MEMENTO FOR FINISHERS***

**Race HQ at Garstang Sports Club, (next to the football pitch)**

**PR3 1EB No Parking for Runners. Please use High Street or  
Booths Car Parks and register at Garstang Sports Club.**

**On-line entries available on [www.ukresults.net](http://www.ukresults.net) (see calendar)**

**Closing day for online entries: FRIDAY 14<sup>th</sup> March 2025**

**ON-LINE ENTRY FEE: AFFILIATED £14.50 UNATTACHED £16.50**

Entries on day £16 or £18 respectively

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