

GARSTANG RUNNING CLUB

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

GARSTANG GALLOP 7m

SUN 16th MARCH, 2025 10.15 am

**All race profits to be donated to
Bowland Pennine Mountain Rescue**



***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
(see calendar)**

Closing day for online entries: FRIDAY 14th March 2025

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

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