



Myerscough  
College

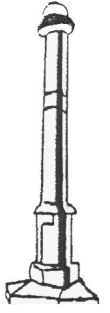


# MYERSCOUGH COLLEGE

In association with

## GARSTANG RUNNING CLUB

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



# MYERSCOUGH 10

## SUN 3rd Dec, 2023 10.00 am

A 10 MILE ROAD RACE OVER A FLAT COUNTRY COURSE

**CHIP TIMING and Sandham's Lancashire Cheese for all finishers:**

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

STARTING AND FINISHING AT THE EQUESTRIAN CENTRE,  
MYERSCOUGH COLLEGE, ST. MICHAEL'S ROAD, BILSBORROW PRESTON, PR3 0RY.  
(M6 Junction 32, 4 miles North on A6)

**RACE HQ in the Equestrian Centre with Car Parking & Refreshments**

**NOT SUITABLE FOR DOGS, WHEELCHAIRS AND PUSHCHAIRS**

*Prizes awarded for the first three men and women,  
First male veteran 40, 45, 50, 55, 60, 65, 70, 75 and 80+  
First female veteran 35, 40, 45, 50, 55, 60, 65, 70 and 75+  
Competitors may receive only one individual prize  
Male Team prize (4 fastest), Female Tea prize (3 fastest)*

**UKA**  
**Licence**  
**Applied**

**Entries on the day up to race limit if available • LIMIT 400 Entries**  
**On-line entries available on [www.ukresults.net](http://www.ukresults.net) (see calendar)**

**AFFILIATED £16.00 UNATTACHED £18.00 plus online admin charge**  
**Entries On the day Affiliated £20, Unattached £22**



### The legal bit

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](http://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.

*An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK.*