

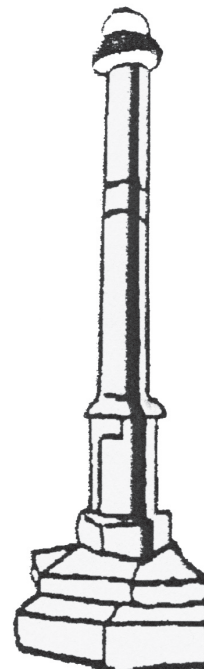
GARSTANG RUNNING CLUB



www.garstangrc.co.uk

Presents the

GARSTANG GALLOP 7m



**ALL RACE PROCEEDS
TO BE DONATED TO**

FacialPalsy^{UK}
INFORM • SUPPORT • RESEARCH

SUN 20th MARCH, 2016 - Start Time: 11.00 am

PRIZES: 1st, 2nd, 3rd male and female

MV40, 45, 50, 55, 60, 65 and 70+ FV35, 40, 45, 50, 55, 60 and 65+

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

UKA
LICENCE
APPLIED FOR



ONE PRIZE PER RUNNER - MEMENTO FOR ALL FINISHERS

7m road race over an undulating scenic one lap course - Run under UKA Rules

Race HQ at Garstang Sports and Social Club, PR3 1EB.

Use Community Centre or Leisure Centre Car Parks and register at the Sports and Social Club. (Car Parking Fees Apply).

Undulating course not suitable for wheelchairs. No dogs. **ENTRIES ON THE DAY UP TO RACE LIMIT ONLY IF AVAILABLE**

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

GARSTANG GALLOP 7m

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL: _____ MALE/FEMALE _____

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

Category: M ☐ MV40 ☐ MV45 ☐ MV50 ☐ MV55 ☐ MV60 ☐ MV65 ☐ MV70+ ☐

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

AFFILIATED CLUB _____ N.E.A.A. MEMBERSHIP No. _____

FEE ENCLOSED: AFFILIATED £8.00 UNATTACHED £10.00 (Entries on day £2.00 extra)

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (GALLOP)

Closing day for postal entries: MONDAY 14th MARCH 2016

I declare that I am an amateur as defined by UKA rules. I certify that I am fit to run and take part in the event at my own risk. I will not hold the organisers responsible for any injury, illness or loss arising from my participation in the event.

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.

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