

# GARSTANG RUNNING CLUB

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



## GARSTANG GALLOP 7m SUN 12th MARCH, 2023 10.30 am

UKA  
Licence  
Applied For

ALL RACE PROFITS TO BE DONATED  
TO 'Thumbs up for Charlie'



**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.

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

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

ENTRY FEE: AFFILIATED £11.00 UNATTACHED £13.00 (Entries on day £3.00 extra)

**CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (GALLOP)**

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### GARSTANG GALLOP 7m

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_ TEL: \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_

AGE ON DAY OF RACE (Min. 16 years): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_  
EMAILS WILL ONLY BE USED TO SEND INFORMATION ABOUT THIS ENTRY OR DETAILS OF OTHER GARSTANG RC RACES ONLY

AFFILIATED CLUB \_\_\_\_\_ EA Reg No. \_\_\_\_\_

**Closing day for postal entries: MONDAY 6<sup>th</sup> March 2023**

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. However the entry can be passed onto another person provided the organisers are informed of the changes.

*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.*

SIGNATURE (Parent/Guardian if aged under 18) \_\_\_\_\_ DATE \_\_\_\_\_