



Myerscough
College



MYERSCOUGH COLLEGE

In association with

GARSTANG RUNNING CLUB

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

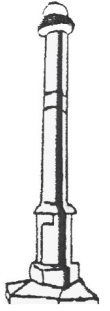
MYERSCOUGH 10

SUN 4th Dec, 2022 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 BUSINESS CENTRE,

MYERSCOUGH COLLEGE, ST. MICHAEL'S ROAD, BILSBORROW PRESTON, PR3 0RY.

(M6 Junction 32, 4 miles North on A6)

RACE HQ in the Business 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**

**UKA
Licence
Applied**

Postal entries (incl. max size A5 SAE - or collect number by 9.30am on the day) to:

Myerscough 10, Woodville, Tarnacre Lane, Churchtown, Preston. PR3 0TB. Tel: 07764 968760

Entries on the day up to race limit if available • LIMIT 400 Entries

On-line entries available on www.ukresults.net (see calendar)

MYERSCOUGH 10

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL: _____ MALE/FEMALE _____

AGE ON DAY OF RACE (Min. 17 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. _____

FEE ENCLOSED: AFFILIATED £15.00 UNATTACHED £17.00 (Entries on day £3.00 extra)

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (Myerscough 10)

Closing day for postal entries: MONDAY 27th Nov 2022

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.

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 _____