

GARSTANG RUNNING CLUB

www.garstangrc.co.uk – also on Facebook

GARSTANG GALLOP 7m

SUN 8th MARCH, 2026 10.15 am



*All proceeds from this race will be donated to
The Charity HOPE and MIND at LSCFT
(Lancashire and Cumbria Foundation Trust
<https://hopeandmind.org.uk/about-us>*



***7m road race over an undulating scenic one lap
course not suitable for wheelchairs. No dogs.***

Run under UKA Rules – NO in-ear headphones

Undulating course

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, PR3 1EB.

**No Parking for Runners at Race HQ. 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 6th March 2026

ON-LINE ENTRY FEE (inc admin fee):

Entry Fee £15.50 Affiliated, £17.50 Unattached

Entries on the day if race limit of 300 not reached:

Affiliated £18, Unattached £20