

# GARSTANG RUNNING CLUB

www.garstangrc.co.uk

Presents the

# GARSTANG GALLOP 10k

Run under UKA Rules

**SUN 22nd APRIL, 2007 - Start Time: 11.00 am**

Permit  
No.

07/7631

PRIZES: 1st, 2nd, 3rd, 4th, 5th male and female

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

*Race limit 300 entries on day up to race limit if available*



**ONE PRIZE PER RUNNER**

**MEMENTO'S FOR ALL FINISHERS**

10k road race over an undulating scenic one lap course

Race HQ at Garstang Sports and Social Club

Use Community Centre or Leisure Centre Car Parks and register at the Sports and Social Club

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: Mrs. H. Mitchell, Snapewood Farm, Cabus, Garstang, Preston. PR3 0JP. Tel: 01995 603192

## GARSTANG 10k

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+

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

AFFILIATED CLUB \_\_\_\_\_ N.E.A.A. MEMBERSHIP No. \_\_\_\_\_

FEE ENCLOSED: AFFILIATED £6.00 UNATTACHED £8.00 (Entries on day £1.00 extra)

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (GALLOP)

**Closing day for postal entries: MONDAY 19th APRIL 2007**

I declare that I am an amateur as defined by UKA laws. 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 \_\_\_\_\_ DATE \_\_\_\_\_