



GUY'S THATCHED HAMLET

in association with

GARSTANG RUNNING CLUB

www.garstangrc.co.uk

present the



A 10 MILE ROAD RACE OVER A FLAT COUNTRY COURSE
STARTING AND FINISHING AT GUY'S THATCHED HAMLET, BILSBORROW,
NEAR GARSTANG, PRESTON, LANCS., PR3 0RS.
(M6 Junction 32, 4 miles North along A6)

CHANGING AND SHOWER FACILITIES AVAILABLE
NOT SUITABLE FOR DOGS, WHEELCHAIRS AND PUSHCHAIRS

Postal Entries which exceed Licence Limit will be returned

Entries on the day up to race limit if available • **LIMIT 400 Entries**
For online entries go to www.ukresults.net • Run under UKA Rules



PERMIT
APPLIED
FOR

SUN. 2nd DEC., 2012 - Start Time: 10.30am

Mementoes to all finishers
Prizes awarded for the first three men and women,
First male veteran 40, 45, 50, 55, 60 and 65+
First female veteran 35, 40, 45, 50, 55, and 60+
Competitors may receive only one individual prize

Entries (incl. max size A5 SAE) to: Guy's 10, Snapewood Farm, Cabus, Garstang, Preston PR3 0JP Tel: 01995 603192

CLOSING DATE FOR POSTAL ENTRIES: 26th November, 2012

GUY'S 10

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

POST CODE: _____ TEL: _____ MALE/FEMALE _____

AGE ON DECEMBER 2nd (Min. 17 years): _____ email address: _____

Category: M MV40 MV45 MV50 MV55 MV60 MV65
(Please tick) L LV35 LV40 LV45 LV50 LV55 LV60

AFFILIATED CLUB _____ **TELEPHONE ENTRIES ARE NOT GUARANTEED**

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

CHEQUES PAYABLE TO GARSTANG RUNNING CLUB (GUY'S 10)

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 _____