

Garstang High School PTA Invite you to run the
Founded by Dave Clarke

Garstang 10K



Open to all 15 years and over. Under ARC Rules permit No
OR

FAMILY FUN RUN approx 2 MILES

Sunday 10th January 2010

Starting 10k 11.am Fun Run 11.05

From Garstang High School

Awards to all Finishers

PRIZES 10K 1-10 Men 1-10 Ladies

1st 2 vet male 40, 45,50,55,60,65,70

1st 2 vets female 35,40,45,50,55,60,65

Team Prize 1st male 3 to count 1st 3 female to count

Entry Fees 10k Attached £8.00 Unattached £10.00 Fun Run £2.50

Entries to: Diane Clarke, 3 Cock Robin Lane, Catterall, Garstang PR3 1YL

Please send S.A.E Cheques / Postal Orders made payable to "Road Races (Garstang 10k)"

Enter online at www.ukresults.net/online



GARSTANG 10K

FUN RUN

Leave Blank

Name

Club

Address

Post Code

Tele

Age

D.O.B

Male

Female

E-Mail

Data Protection: If you do not wish any details to be passed onto third party, including other running organisations. Please tick box
I declare that I am an Amateur as defined by UK Athletic Rules. I certify that I am fit to run and understand that the Organizers will in no way be held responsible for any Injury or my property during the event.

From ukresults.net

Signed.....

Date