



Give your staff LGN
fitness love via 50% discount
on 5km Run Club training
e: info@lgnwellbeing.com



LGN Run Club's

2022 Property 5km sponsored by JLL

Welcome to LGN's annual industry run

8th September – Regents Park



*Achieve
Ambitions*

Information and team entry

Previous team winners:

2021 JLL

2020 Covid-19 delayed play

2019 Workman

2018 Savills



LGN Run Club's 2022 Property 5km sponsored by JLL:

Date: 8th September 2022

Time: 6pm race start

Team competition: Fastest 5 men & 5 women

Location: Beautiful Regents Park - Hub Bar & Cafe

Course: Flat & fast 5k

Course map: [Click here](#)

Records:

Neilson Hall (iProspect) 14mins 43 secs &
Sandy Wilson (Sky Media) 17 mins 44 secs.

LGN Run Clubs

LGN Run Clubs have provided in-house Run Club training for clients such as JLL, Forsters, Unilever, Omnicom, BP, Investec & Mercer.

Check out our 60sec Run Club video [here](#)

If you'd like to trial an LGN Run Club in preparation for the 2022 LGN Property 5km sponsored by JLL, please email us via

info@lgnwellbeing.com

Do a runner with LGN



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Ambitions*

LGN Run Club's Property 5km sponsored by JLL Entry Form

Date: Thursday 8th September 2022

Location: Regents Park – Hub Cafe

Time: 5pm arrival, 6pm start

Booking Deadline: Friday 29th July 2022

Company Captain

Company

Address.....

.....

Email

Contact telephone.....

Cost – £27 (+ VAT) per runner

Please invoice me for the total amount

Purchase order number (if required): _____

PAYMENT TERMS & CONDITIONS

Make cheques payable to LGN Wellbeing Ltd (Send to LGN Wellbeing Ltd, 42 Bodriggy Street, Hayle, Cornwall, TR27 4ND)

By completing this form, the above company has confirmed entry to the LGN Run Club Property 5km sponsored by JLL and is committed to paying the entry fee of £27 + VAT per runner. Full costs are charged to the company should you or any of your entered team withdraw after 12th August 2022.

LGN DECLARATION

The captain's signature below declares that their colleagues are over 17 and medically fit to compete and have no medical disability that could endanger them in the event. It also accepts that each individual enters at their own risk and that the organisers (LGN Wellbeing Ltd) and/or venue owners will in no way be held responsible for any injury prior, during or after the event or for any property damaged or lost

APPROVED SIGNATURE:

Do a runner with LGN



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LGN encourage everyone to take part in their Industry 5k run, from fun running fancy dress, to those from our LGN Run Clubs looking to win the team trophy.

And remember to compete as a team you need a minimum of 5 men & 5 women.

The first 5 men and 5 women from your company over the finish line will count as your 'team A', the second 5 men and 5 women will count as 'team B' and so on. Please feel free to enter as many runners as you wish.

See you on Thursday 8th September!

Name	Gender	Over 40 Competitor?	Work Email Address

LGN Run Club's Property 5km sponsored by JLL Entry Form

Name	Gender	Over 40 Competitor?	Work Email Address

Please use multiple forms if you run out of space.
 Please email completed entry forms with confirmation of payment to info@lgnwellbeing.com

Please let us know how you heard about our LGN Run Club's Property 5km?

Please tick this box if you would prefer NOT to hear more about LGN Run Clubs