



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

# LGN Run Club's 2021 Advertising 5k

Welcome to our 14th annual ad-land run

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**2nd September – Regents Park**

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## Previous LGN winners:

- 2020** Covid-19 delayed play
- 2019** Dentsu Aegis Network
- 2018** GroupM
- 2017** Dentsu Aegis Network
- 2016** OMG UK
- 2015** Dentsu Aegis Network
- 2014** Dentsu Aegis Network
- 2013** OMG UK
- 2012** OMG UK
- 2011** OMG UK
- 2010** DDB London
- 2009** McCann
- 2008** DDB London
- 2007** DDB London

## Information and team entry





LGN's annual industry 5k event celebrates its 14th edition, and we look forward to celebrating with our ad-land family – so ditch the Brand Onion diagram or Cov & Freq analysis and don a headband to share running joy and our post-race licensed bar.

**VIDEO:**

Take a peak at LGN's 5k fun [here](#).

**FACT:**

**Dentsu Aegis Network** reclaimed the 2019 crown from Group M.

**QUESTION:**

Can Dentsu Aegis Network win for an unprecedented 5th time?

***Do a runner with LGN***

## LGN Run Club's 2021 Advertising 5k:

**Date:** 2nd September 2021

**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](#)

**2019 winning team:** Dentsu Aegis Network

**2019 most improved team:** Initiative UK

### **Individual 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 2021 LGN Run Club's Advertising 5k please email us via

**[info@lgnwellbeing.com](mailto:info@lgnwellbeing.com)**



*Do a runner with LGN*

# **LGN Run Club's Advertising 5k Entry Form**

**Date:** Thursday 2nd September 2021

**Location:** Regents Park – Hub Cafe

**Time:** 5pm arrival, 6pm start

**Booking Deadline:** Friday 6th August 2021

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**

By completing this form, the above company has confirmed entry to the LGN Run Club's Advertising 5k and is committed to paying the entry fee of £27 + VAT per runner. Full costs are charged to the company should you or your team withdraw after 16th August 2021.

## **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***



# **LGN Run Club's Advertising 5km Entry Form**

### **Covid-19 Mitigation:**

Whilst the 2021 LGN Run Club's Advertising 5k is scheduled to take place when the Government's road map restrictions are due to be lifted, we will plan to continue with previous race regulations in place until we have confirmation of protocol relaxation.

All entrants are requested to read & adhere to UK Athletics Covid Code of Conduct [here](#)

A one-way system will be in place along with social distancing signage. Queue markers must be observed at all times and sanitisation stations used as frequently as necessary. Race start will be staggered and detailed start information will be sent out prior to race day. Whilst running, participants should only overtake when there is enough room (at least 1m) to do so. Once finished, participants should continue moving and follow signage and marshal directions to keep the area clear for other finishers. Any post-event rewards (medal, water etc.) will be self-service (following hand-sanitisation) to ensure there is no contact amongst staff and participants.

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 2nd September!**

<b>Name</b>	<b>Gender</b>	<b>Over 40 Competitor?</b>	<b>Work Email Address</b>

***Do a runner with LGN***

