LGN Run Club's 2021 Advertising 5k Welcome to our 14th annual ad-land run

2nd September – Regents Park

Information and team entry





Give your staff LGN fitness love via 50% discount

on 5km Run Club training e: info@lgnwellbeing.com

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



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 ZGN

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

Do a runner with LGN

LGN Run Club's Advertising 5k Entry Form

Date: Thursday 2nd September 2021

Location: Regents Park – Hub Cafe Booking Deadline: Friday 6th August 2021 **Time:** 5pm arrival, 6pm start

Company Captain Company Address Email Contact telephone

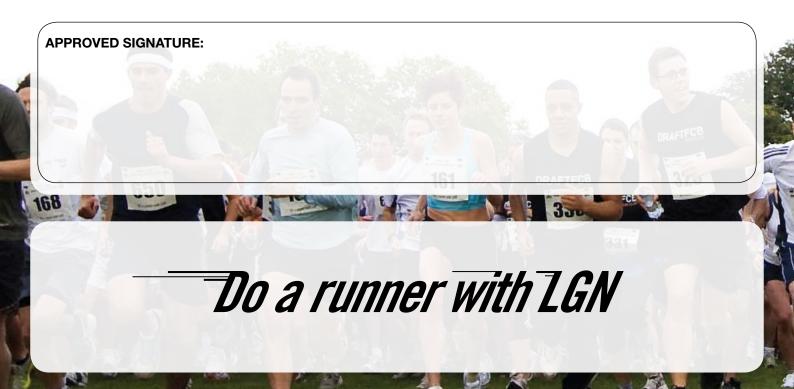
Cost – £27 (+ VAT) per runner	Please invoice me for the total amount Purchase order number (if required):

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



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.

Name Gender Over 40 Competitor? Work Email Address I

See you on Thursday 2nd September!



LGN Run Club's Advertising 5k 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 Inter Advertising 5km?

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

Do a runner with LGN