# **LGN Run Club's** 2022 Advertising 5k

Welcome to LGN's annual industry run

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Give your staff LGN fitness love via 50% discount

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



**Previous LGN winners:** 

2021 VCCP 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

**Thursday 1st September – Regents Park** 

# Information and team entry





LGN's annual industry 5k event celebrates its 15th 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 peek at LGN's 5k fun here.

## FACT:

**VCCP** won the iconic LGN team title for the first time in 2021.

## **QUESTION:**

Can VCCP retain their glory and will Battenhall win the Most Improved trophy again?

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*Do a runner with ZGN* 



## LGN Run Club's 2022 Advertising 5k:

Date: 1st 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.

*Do a runner with ZGN* 

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

### info@lgnwellbeing.com

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# LGN Run Club's Advertising 5km Entry Form

Date: Thursday 1st September 2022

Location: Regents Park – Hub Cafe Booking Deadline: Friday 5th August 2022 **Time:** 5pm arrival, 6pm start

Company Captain ...... Company ..... Address..... Email .... Contact telephone ....

<b>Cost</b> – £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'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 any of your entered team withdraw after 15th 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:			
		Sponsored by Trip	-





# LGN Run Club's Advertising 5km Entry Form

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 1st September!

Name	Gender	Over 40 Competitor?	Work Email Address
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A PARK IN		x 450	
Do a runi	ner	with	Sponsored by Tripadvisor

# LGN Run Club's Advertising 5km Entry Form

Name	Gender	Over 40 Competitor?	Work Email Address
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Please use multiple forms if you run out o Please email completed entry forms with	of space. confirma	tion of payment	t to info@lgnwellbeing.com
Please let us know how you heard at	oout our	LGN Run Club	o's Inter Advertising 5km?
Please tick this box if you would prefer N	UT to hea	ar more about L	GIN KUN CIUDS
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