



LGN Run Club's

2023 Advertising 5k

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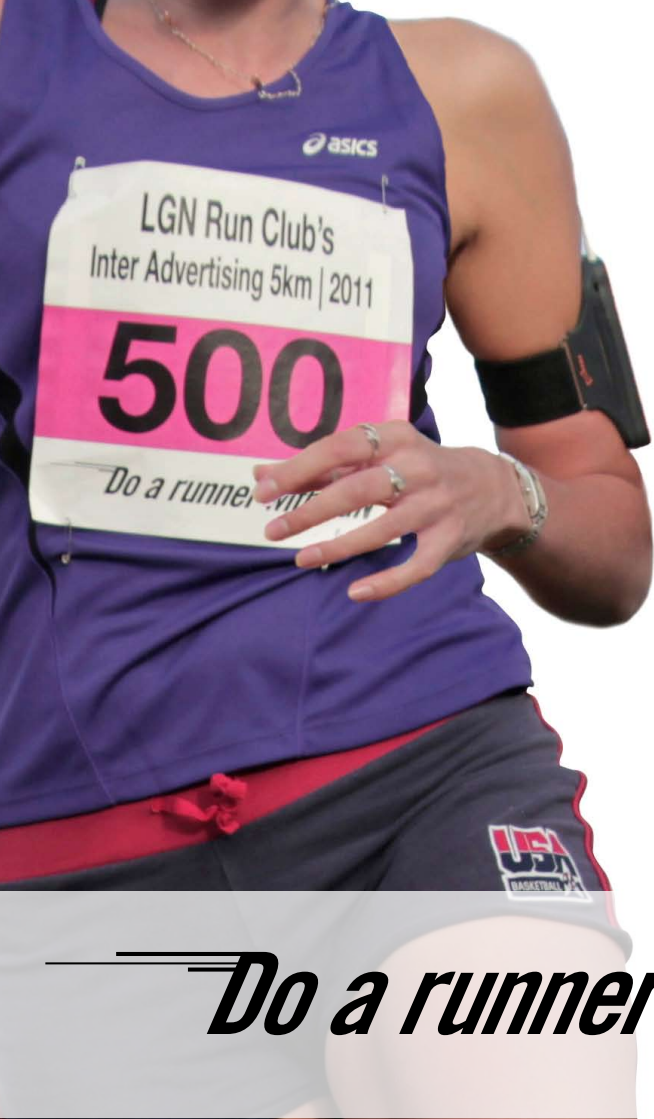


Thursday 31st August – Regents Park

Previous LGN winners:

- 2022 Dentsu Aegis Network
- 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





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](#).

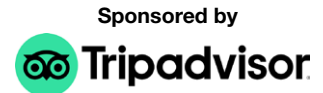
FACT:

Dentsu Aegis won the iconic LGN team title for the fifth time in 2022.

QUESTION:

Can Dentsu Aegis retain their glory and will Reprise Digital win the Most Improved trophy again?

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Date: Thursday 31st August 2023

Time: 5pm arrival, 6pm race start

Team competition: Any number can compete and team scoring is based on your first 5 men and 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.

Team entry and payment:

Booking Deadline: Friday 28th July 2023

Cost: £32 (+VAT) per runner

To enter your team please use our online portal;

<https://in.kronosports.uk/lgn-a2023>

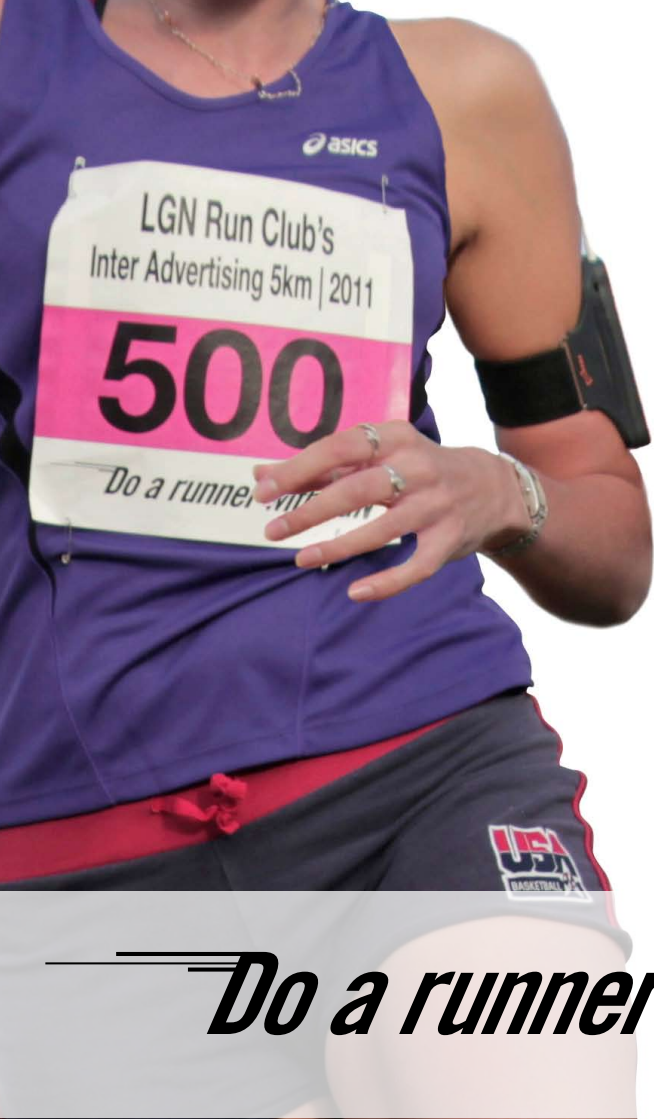
LGN encourage everyone to take part in their industry 5k run, from fun running fancy dress, to those from our LGN Run Clubs looking to win the team trophy.

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

...see you on Thursday 31st August!

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LGN Run Clubs

LGN Run Clubs have provided in-house Run Club training for clients such as VCCP, 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 2023 LGN Run Club's Advertising 5k sponsored by Tripadvisor, please email us via;

info@lgnwellbeing.com

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