

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



LGN Run Club's

2019 Inter Advertising 5km

Welcome to our 13th annual ad-land run

29th August – Regents Park

Previous LGN winners:

- 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 5km event celebrates its 13th 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 5km fun [here](#).

FACT:

GroupM won in 2018 to break Dentsu Aegis Network's monopoly.

QUESTION:

Can GroupM hold on to their new crown?

Do a runner with LGN

LGN Run Club's 2019 Inter Advertising 5km info:

Date: 29th August 2019

Time: 6pm race start

Team competition: Fastest 5 men & 5 women

Location: Beautiful Regents Park - Hub Bar & Cafe

Course: Flat & fast officially measured

Course map: [Click here](#)

2018 winning team: GroupM

2018 most improved team: Unilever

Individual records:

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

LGN Run Clubs

LGN provide in-house Run Clubs for clients such as Unilever, Omnicom Media Group, MediaEdge: CIA, M&C Saatchi, adam&eveDDB, Nails Inc, BP, Jones Lang LaSalle, Investec & Pernod Ricard.

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

If you'd like to trial an LGN Run Club in preparation for the 2019 LGN Inter Advertising 5km please email us via

info@lgnwellbeing.com



Do a runner with LGN

LGN Run Club's Annual Inter Advertising 5km Entry Form

Date: Thursday 29th August 2019

Location: Regents Park – Hub Cafe

Time: 5pm arrival, 6pm start

Booking Deadline: Friday 9th August 2019

Team Captain

Company

Address.....

Email

Contact telephone

I would like to book the following team(s):	Please tick as applicable:
<p>Team Name: <i>(5 men & 5 women required per team entry)</i></p> <p><input type="checkbox"/> 1 Team entry – 10 Runners cost £250 (+ VAT)</p> <p><input type="checkbox"/> Multiple Teams – For multiple teams please state how many - costed at £250 (+ VAT) per team</p> <p><input type="checkbox"/> Individual runner – cost £25 (+ VAT)</p>	<p><input type="checkbox"/> I enclose a cheque for the total amount made payable to LGN Wellbeing Ltd.</p> <p><input type="checkbox"/> Please invoice me for the total amount Purchase order number (if required):</p>

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 Inter Advertising 5km and is committed to paying the entry fee of £25 + VAT per runner. Full costs are charged to the company should you or your team withdraw after 15th August 2019.

LGN DECLARATION

The captain's signature below declares their team members 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:



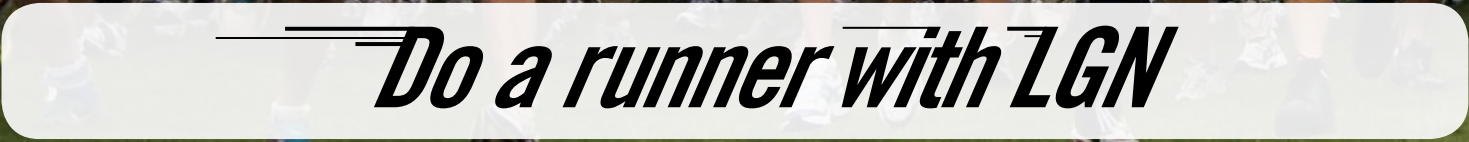
Do a runner with LGN

LGN Run Club's Annual Inter Advertising 5km Entry Form

LGN encourage everyone to take part in their Industry Advertising 5km, from fun running fancy dress, to those from our LGN Run Clubs looking to snaffle the crown from GroupM & Unilever. **And remember to compete as a team you just need 5 men & 5 women...see you on 29th August!**

TEAM NAME:.....

Name	Gender	Over 40 Competitor?	Work Email Address



LGN Run Club's Annual Inter Advertising 5km Entry Form

Name	Gender	Over 40 Competitor?	Work Email Address

Please feel free to enter as many runners as you wish, multiple teams are welcomed.
 Please email completed team entry forms with confirmation of payment to info@lgnwellbeing.com
 For multiple teams please copy & fill above registration form

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

