

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

*a runner
with LGN*



LGN Run Club's 2018 Property 5km

Welcome to LGN's annual industry run

6th September – Regents Park

Information and team entry



LGN Run Club's 2018 Property 5km info:

Date: 6th September 2018

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](#)

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, BP, Jones Lang LaSalle, Investec & Pernod Ricard.

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

If you'd like to trial an LGN Run Club in preparation for the 2018 LGN Property 5km please email us via

info@lgnwellbeing.com



Do a runner with LGN

LGN charity partner

Tesfa
www.tesfa.org

LGN Run Club's Property 5km Entry Form

Date: Thursday 6th September 2018

Location: Regents Park – Hub Cafe

Time: 5pm arrival, 6pm start

Booking Deadline: Friday 17th August 2018

Team Captain

Company

Address.....

Email

Contact telephone

I would like to book the following team(s):	Please tick as applicable:
<p>Team Name:</p> <p><i>(5 men & 5 women required per team entry)</i></p> <p><input type="checkbox"/> 1 Team entry – 10 Runners cost £200 (+ VAT)</p> <p><input type="checkbox"/> Multiple Teams – For multiple teams please state how many – costed at £200 (+ VAT) per team</p> <p><input type="checkbox"/> Individual runner – cost £20 (+ 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 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 Property 5km and is committed to paying the entry fee of £20 + VAT per runner. Full costs are charged to the company should you or your team withdraw after 24th August 2018.

LGN DECLARATION

The captain's signature below declares their team members are over 17 years of age, 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, prior, during or after the event or for any property damaged or lost.

APPROVED SIGNATURE:

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LGN Run Club's Property 5km Entry Form

LGN encourage everyone to take part in their Industry 5km, 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 just need 5 men & 5 women...see you on 6th September!

TEAM NAME:.....

Name	Gender	Over 40 Competitor?	Work Email Address

LGN Run Club's Property 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 Property 5km?

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

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LGN Run Clubs are proud to welcome The Tesfa Foundation as 5km charity partner & beneficiary. Tesfa means 'hope' in Amharic - The Tesfa Foundation is a program for the youth in Ethiopia where distance running heroes are more influential than politicians and celebrities combined.

Tesfa provide safe housing, education and food for young homeless people who travel from the countryside in pursuit of their running dream to become the next Olympic champion like Haile Gebrselassie et al.

We at LGN believe The Tesfa Foundation is a uniquely important charitable programme and thus will be contributing 10% of event profits to Tesfa funds, we would encourage all our Run Club friends to visit their website to consider a donation or buying a Tesfa gift for a friend.