



Lancaster Royal Grammar School

SUPPER & FUN RUN 2023

Wednesday 24th May

Entry: Pupils, parents,
family, staff and friends

Cost: £7 advance/£10
on the night

Course: 5.6km / 3.5m

Picturesque route
around Far Moor

Details:

5pm Registration opens

Pre-entry number collection
and entry on the night

**6.30pm Registration
closes**

6.45pm Race starts

Supper: included for all
runners ... *pre-enter to guarantee a
supper on the night*

Spectators' Supper: £4 buy
on the night

PLUS: Music! Ice cream! Fun!



Registration
from 5pm

Please complete
one entry form per
person

Fancy dress
optional

THE RUNNERS CENTRE



www.runnerscentre.com

Spot Prizes + Winners' Prizes + Fancy Dress Prizes



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Supper: Supper included for all runners ...
pre-enter to guarantee a supper on the night.

Spectators' Supper: £4 - buy on the night.

Course: 5.6km / 3.5miles

Further details and course map available from the school website.

Registration
Closes at 6.30pm
**6.45pm
start**



**Fancy Dress
optional**

HOW TO ENTER (PLEASE COMPLETE ONE ENTRY FORM PER PERSON)

Postal entries to: LRGS Supper Run, School Office, Lee House, East Road, Lancaster, LA1 3EF
Cheques payable to 'FRIENDS OF LRGS'

Online Entries: Pay via pupil Wisepay accounts **Pay on the night:** Cash only

MORE INFORMATION: Telephone: 01524 580600 Email: genoffice@lrgs.org.uk

First Name:	Surname:
Address and Postcode:	
Phone No:	Email:
Gender:	Age on race day:
LRGS Pupil Y/N	Form Group:
Emergency Contact (Name and Phone):	
Cash/Cheque/Wisepay	Number of Spectators' Suppers:

Please enter me for the above run. I take part at my own risk and will not hold the organisers responsible for any injury, sickness or loss as a result of my taking part. I agree to the organisers having the right to alter or amend any of the above information if required. Entrants under 16 years need a parent or guardian to sign.

Signed: Date

