



Lancaster Royal Grammar School

SUPPER & FUN RUN

Wednesday 18th September

Entry: Pupils, parents, family, staff & friends

Cost: £6 advance/£8 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

Registration from 5pm

FINISH

6.15pm Registration closes

6.30pm Race starts

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

Spectators' Supper: £3 buy on the night

PLUS: Music! Ice cream! Fun!

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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FUN RUN

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Cost: £6 in advance or £8 on night. Family tickets:

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

Spectators' Supper: £3 - buy on the night

Course: 5.6km / 3.5miles

Details: 5pm Registration opens in the Grab and Go (pre-entry number collection and enter on the night)
6.15pm Registration closes
6.30pm Race starts

Registration
Closes at 6.15pm
**6.30pm
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 or cheques

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

Name: Male/Female (*delete*)

Address:

Postcode: Date of Birth: Age on the day:

Phone No: Email Address:

Pupil's Form:

Emergency contact (Name/Telephone):

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 aged 15 years or under need a parent or guardian to sign. Results will be published online.

I give my consent for my result to be stored and published online (please tick)

Signed: Date

