

LANCASTER GIRLS' GRAMMAR MIDSUMMER SUPPER RUN

6K



Part of the Lancaster School Supper
Runs, with Central and Ripley

TUESDAY 19TH JUNE 2012, 7 PM START

**Start and Finish: Lancaster Girls Grammar School playing fields,
Carr House Lane, Lancaster.**

- ✓ Flat, traffic free course
- ✓ Presentation and spot prizes
- ✓ Toilets and changing facilities
- ✓ Open to all ages and abilities - families very welcome
- ✓ Fancy dress and beat the teacher
- ✓ Food for all runner
- ★ Online entry at www.shoestringresults.com
- ★ Entry Fee: £5, entry on the day £6

For postal entries send your entries to: Miss Sharples, Midsummer Supper Run,
Lancaster Girls' Grammar School, Regent Street, Lancaster, LA1 1SF.

Telephone Number: 0152432010

Cheques payable to 'LGGs'

Please include a Self Addressed Envelope to receive receipt of your payment and further details
about the event. Race numbers will be given out on the day.

Visit www.lggs.org.uk or www.lancaster-races.co.uk for updates and route maps

Closing date: Monday 4th June 2012



Name:..... Male/Female (delete)

Address

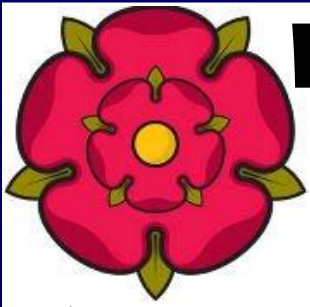
.....Postcode

Phone No Email Address

Date of Birth Age on the day

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 parent or guardian to sign.

Signed Date



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**Start and Finish: Lancaster Girls Grammar School playing fields,
Carr House Lane, Lancaster.**



This event is open to everyone to enjoy. From couch potatoes to serious road runners! The course, based around the surrounding areas of Lancaster Girls Grammar School, is open to young, old and all those in between.

- ✓ Flat, traffic free course
- ✓ Presentation and spot prizes
- ✓ Toilets and changing facilities
- ✓ Food for all runners
- ✓ Optional fancy dress
- ✓ Beat the teacher competition
- ★ Online entry at www.shoestringresults.com
- ★ Entry Fee: £ 5, entry on the day £6

For more information, please visit www.lggs.org.uk

To enter via post: visit the school website to download an entry form or visit www.shoestringresults.com to enter online.