



# LANCASTER GIRLS' GRAMMAR MIDSUMMER SUPPER RUN

# 6K



Part of the Lancaster School Supper Runs.

## THURSDAY 20TH JUNE 2019, 7 PM START

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

- ✓ Flat, traffic free course
- ✓ Presentation, **medals** and spot prizes
- ✓ Toilets and changing facilities
- ✓ Food for all runners
- ✓ Optional fancy dress
- ✓ Beat the teacher competition
- ★ Families and club runners very welcome
- ★ **Entry Fee: £8, entry on the night £9**  
**Family ticket 2x2/1 adult 3 ut16's; £28 prior £30 on night**

For more information, please visit [www.lggs.org.uk](http://www.lggs.org.uk)

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

Telephone Number: 01524581661

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](http://www.lggs.org.uk) for updates and route maps

Closing date: Monday 3rd June 2019



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

Address .....

Postcode ..... Phone No ..... Email: .....

..... Club: ..... Category: .....

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 .....