



# 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 -
- ✓ Fancy dress and beat the teacher
- ✓ Food for all runners
- ★ Entry Fee: £5.00
- ★ Entry on the day: £6.00

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](http://www.lggs.org.uk) or [www.lancaster-races.co.uk](http://www.lancaster-races.co.uk) for updates and route maps

Name:..... Male/Female      Date of Birth .....

Age on the day .....

(delete)Address .....

..... Postcode

.....

Phone No ..... Email Address .....

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 .....