



# LANCASTER GIRLS' GRAMMAR MIDSUMMER SUPPER RUN

# 6K



THE RUNNERS CENTRE  
  
www.runnerscentre.com

Part of the Lancaster School Supper Runs.

## THURSDAY 22ND JUNE 2017, 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 and cake stall
- ✓ Families very welcome
- ★ Entry Fee: £5, entry on the day: £7  
Family ticket 2:2 or 1 adult 3 u16's: £15

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



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 .....