



2023 LENZIE JOG JANUARY 2023



*Fun runs for all the family
organised by Kirkintilloch Olympians
and Lenzie Community Council*

Registration from 10am at Lenzie Union Parish Hall
(registration closes 10.45am)

Runs start at 11am

A choice of distances for different age groups:

- 9k race (over 15 years)
- 4.5k race (over 11 years of age)
- 2k family run (children under 9 years must be accompanied by an adult)

Entry fee for all runs: £2 adults £1 children (under 16)

I wish to enter the following race (please tick box)

2k 4.5k 9k

I understand that I enter the fun runs at my own risk and agree that the organisers will in no way be held responsible for any injury or illness incurred by me during or as a result of this event, or for any property lost on the course or changing areas. I agree that the above information can be shared with affiliated bodies and for the purposes of sharing the results of the runs.

Name (PLEASE PRINT clearly).....

Signed

Date 2/1/23

**PLEASE BRING THIS FORM (COMPLETED) WITH YOU TO THE RELEVANT REGISTRATION
DESK**

**(Your number must be worn on the front of your running top. Please add any medical
issues on the back of your race number)**