

# LAMBTON RUN SUNDAY 29 JUNE

## Sponsorship

All proceeds from this event will be donated to the Foundation of Light. Runners are encouraged to raise sponsorship money for the Foundation of Light (although this is not mandatory). Any money is to be brought on the day of the event or alternatively sponsorship money can be collected online via a Just Giving or Virgin Money Giving account. Community Club's, Football Teams, Schools and other 'not for profit' organisations can also raise funds for themselves. Please contact us for more information on sponsorship.

## Parking

There will be ample parking at the Lambton Estate, please ensure you allow plenty of time for parking and registration – we recommend arriving at 9am.

## Refreshments

Will be available onsite at the Lambton Estate.

## Entry and registration

To enter call the Foundation of Light or fill out your details and post to the address below or visit [www.foundationoflight.co.uk](http://www.foundationoflight.co.uk)

## Prizes

Winners will be invited to a SAFC game at the Stadium of Light and presented with their prizes pitch side.

## To enter please fill out your details below:

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Post code: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Email: \_\_\_\_\_

Twitter address: \_\_\_\_\_

UKA Club: \_\_\_\_\_ Reg No: \_\_\_\_\_

## Emergency contact details:

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Gender: (please tick)  Male  Female

10k entry fee: (please tick)  UKA: £12.00  Unattached: £14.00

3k entry fee: (please tick)  UKA: £6.00  Unattached: £8.00

Adult T-shirt size: (please tick)  Small  Medium  Large  X-large

(We will endeavour to ensure that T-shirts are provided in your chosen size - subject to availability).

How did you hear about the event? \_\_\_\_\_

**I am medically fit to run and take part at my own risk. I understand the organisers will in no way be held responsible for any injury, illness or loss of property.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

You may book and make your payment by calling 0191 551 5191 or post your completed form and cheque made out to Foundation of Light to Foundation of Light, Sunderland Stadium of Light, Sunderland SR5 1SU. Tel: 0191 551 5191 • email: [events@foundationoflight.co.uk](mailto:events@foundationoflight.co.uk)

To book or  
make your  
payment call  
0191 551 5191

# LAMBTON RUN SUNDAY 29 JUNE

3k & 10k



A RARE  
OPPORTUNITY  
TO VISIT  
THE PRIVATE  
LAMBTON  
ESTATE  
by special permission  
of Lord Durham

NOW INCLUDING  
TEAM  
CHALLENGE  
2014





# LAMBTON RUN SUNDAY 29 JUNE

A rare opportunity, do you accept the challenge?

Run in the exclusive, beautiful and private Lambton Park estate not normally accessible to the public, with special permission from Lord Durham himself. This year's event features:

- Improved registration process
- Race pack and number in advance
- Led pre-race warm up
- Innovative course across varied terrain



Raise funds for local charity



Unique course, scenery and terrain



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

The Foundation of Light is the registered charity of Sunderland AFC. The Foundation was established in 2001, we use the power of football to involve, educate and inspire more than 42,000 young people and their families across the North East each year.

## LAMBTON 10K RUN Challenge yourself



Recreation & Club

**Race Profile**  
Now in its fourth year the 10K course is a mixed terrain, rural undulating course taking in country side scenes from the BBC Drama The Paradise, the course also takes you right by the magnificent Lambton Castle. The race is aimed at club and recreational runners alike!

**Entry Fees:** £12 for UKA Members and £14 for all unattached runners.

**Registration:** from 9.00am

**Race Start Time:** 10.00am

**Minimum Age:** 17 years

**Prizes:** 1st, 2nd and 3rd Senior Men Snr women, veteran men (40+), vet women (35+) 1st Only for vet plus man (55+) 1st only for vet plus woman (50+).

Each runner will receive a running T-shirt and goody bag upon completion of the course.

Race is approx. 10K

## LAMBTON TEAM CHALLENGE

Enter a team from your workplace, football team, group of friends or school and win some great prizes!

Prizes for fastest team and team that raises the most for charity

Build team spirit and have fun together in one of the fastest growing running events in the North East

**Team challenge rules:**

- Three to six members per team
- Standard entry price applies



TEAM  
CHALLENGE  
2014



## LAMBTON 3K FUN RUN Fun for all the Family



Family Fun

**Race Profile**  
A 3km course less challenging than the 10k suitable for runners of all levels of mobility, experience and age.

**Fancy Dress:**  
We encourage all runners to dress in animal themed fancy dress, and run where the animals once roamed at Lambton Lion Park! Prizes on offer for the best fancy dress costume.

**Entry Fees:** £6 for UKA Members and £8 for all unattached runners.

**Registration:** from 9.00am

**Race Start Time:** 10.05am

Each runner will receive a running T-shirt and goody bag upon completion of the course and prizes available for the 1st, 2nd and 3rd finishers in the under 17's category.



To book: 0191 551 5191

events@foundationoflight.co.uk