



# Up for a new **challenge** this year?

Take the Lambton Challenge  
**SUNDAY 30th JUNE 2013**  
There's something for the whole family!



**10k Run & 3k Family Fun Run**



**FOUNDATION  
OF LIGHT**

THE WORLD AT YOUR FEET

If you would like further information or to register call  
**0191 551 5191**, email [events@foundationoflight.co.uk](mailto:events@foundationoflight.co.uk)

[foundationoflight.co.uk](http://foundationoflight.co.uk)  @SAFCFoL

# The Lambton Challenge

## SUNDAY 30th JUNE



The Lambton Challenge is suitable if you are a serious runner or simply want a fun family day out. Take part in either the 10k challenge or the 3k Family fun run. The event takes place at Lambton Park, an historic estate situated between Durham and Newcastle upon Tyne. The Lambton Estate is delighted to open its ground for a third time to host this special occasion.

### Entry information:

A 10k (approx) Run and 3k (approx) Family Fun Run under UK Athletics rules. Licence No: 2012-103070.

**MINIMUM AGE:** 17 years for 10k.

#### START TIME:

**Registration:** From 9.00am

**10k Challenge:** 10.00am

**3k Family Run:** 10.05am

#### COURSE:

Both the 10k and 3k will be run on a traffic free, mixed terrain course within the grounds of Lambton Estate.

#### PARKING:

There will be ample parking within Lambton Estate

#### ENTRY & REGISTRATION:

To enter call Foundation of Light or

fill out your details and post to the address below.

**ENTRY FEES before 9th June 2013:**

**10k Challenge:**

£12 for UKA members

£14 unattached runners

**3k Family Run:**

£6 for all UKA members

£8 for all unattached runners

**Bookings on the day:**

**10k Challenge:** £14 for UKA

members, £16 unattached runners

**3k Family Run:**

£8 for all UKA members,

£10 for all unattached runners

#### SPONSORSHIP:

We are also asking each participant to raise sponsorship money. All proceeds from this event will

be donated to Foundation of Light. Cards for individuals with numbers will be given on the day of registration, we ask you to bring all sponsorship money on the day of the event. Confirmation and directions will be sent upon receipt of registration fee. Numbers are not transferable.

#### PRIZES:

1st, 2nd and 3rd Snr men,  
Snr women, veteran men (40+),  
vet women (35+),  
1st only for vet plus man (55+),  
1st only for vet plus woman (50+)  
1st, 2nd and 3rd for 3k under 17's.  
**T-shirt & 'goody' bags  
for all finishers.**

### To enter please fill out your details below:

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

Address: \_\_\_\_\_

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

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

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

Gender: (please tick)  Male  Female  
10k entry fee: (please tick)  UKA: £12.00  Affiliated: £14.00  
3k entry fee: (please tick)  UKA: £6.00  Unaffiliated: £8.00  
Adult T-shirt size: (please tick)  Small  Medium  Large  X-large

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)



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Foundation of Light uses the power of football to involve, educate and inspire young people and their families through a broad range of innovative programmes helping improve lives across the North East.

Registered Office: Sunderland Stadium of Light · Sunderland · SR5 1SU  
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REGISTERED CHARITY NO. 1089333