



The ROYAL COLLEGE of  
OPHTHALMOLOGISTS

The Royal College of Ophthalmologists  
presents

## The Congress 5K Run

In aid of the John Lee Fellowship

Wednesday 20 May 6.15pm

Run on a flat traffic free 5km course  
Starting from the ACC building heading out and back  
along the Mersey.

Entry fee £5.00

Prizes for first 3 men and first 3 women as well as spot prizes

This is supposed to be a fun, social event for runners and joggers of all abilities so please join us and do not forget to pack your trainers. Water and snacks will be provided at the finish line and marshals will guide you along the course.

You must register for this run beforehand so please do so by emailing [George.Hibdige@rcophth.ac.uk](mailto:George.Hibdige@rcophth.ac.uk) or visit the College Stand in the exhibition area before 5pm on Wednesday 20 May.

There will also be a special team prize. Your team can have as many runners as you want, but must have at least 4 runners and be a mix of men and women.

**Please note, you do not have to be in a team to enter.**

