



Bungay Black Dog Running Club 35th Bungay Black Dog Marathon Half Marathon and 10 km

Organised under UK Athletics Rules – Licence Number 2017-applied for
Multi-Terrain - Statements of Course Measurement 14/014, 14/013, 15/106
This year's beneficiaries are Bungay Area Community Transport &
The NSPCC (Registered Charity Number 216401)



- o Race Date: Sunday 2nd April 2017
- o **Online entry only, No postal entry, No entry on the day**
- o Closing date for online entries: Midday Sat 25th March 2017
- o Marathon Start **9:00 am**
- o 10 km Start **9:30 am**
- o Half Marathon Start **11:00 am**
- o Prize Presentation **1.00 pm**
- o Time Allowed 3 hours on Half Marathon
- o 3 hour half-way cut-off on Full Marathon
- o Minimum age on race day:
15 (10 km), 17 (Half Marathon) and 18 (Full Marathon)
- o Entry Limit – 10 km 300, Half Marathon 700, Full Marathon 250
- o Full marathon £35 UKA affiliated*, £37 non-UKA affiliated
- o Half marathon £29 UKA affiliated*, £31 non-UKA affiliated
- o 10 km £10 UKA affiliated*, £12 non-UKA affiliated
- o Start and finish at Maltings Meadow, Nr Bungay, Suffolk **NR35 2RT**
- o Organised parking for competitors and supporters

- o **Enter Online** <http://www.bungayblackdogrunningclub.co.uk/>
- o Race Information and Entry List on website
- o Collect Race Numbers and Timing Chips on the day
- o Male and female showering, toilets and changing facilities
- o Medical and First Aid Support
- o Medal and goody bag for 10 km, Half and Full Marathon
- o New Technical T-Shirt for Half and Full Marathon
- o Refreshments available for runners, friends and family
- o Chip Timing, Baggage Facility
- o All three courses use a bike/footpath for 1.7 miles. It is a firm gritty surface suitable for normal road shoes/trainers.
Between 11.3 and 13 miles (Half and Full Marathon)
Between 22.6 and 26 miles (Full Marathon)
Between 7.1 and 9.6 km (10 km course)
- o The finish is on a grass sports field (last 100 yards)
- o Please make correct selection on entry (online) if you are a wheelchair entrant
- o *UKA Affiliated entries must quote UKA URN on entry
- o BARR Bronze MT Graded

Prizes for 1st, 2nd and 3rd overall, first in each category below
Club teams (UKA Affiliated) male and female.
Jim Jervis prize for under 22 male and female (not on 10 km).
Only one prize per runner will be awarded (except u22)

Male	U22M*	U40M	M40	M50	M60	M70
Female	U22F*	U35F	F35	F45	F55	F65

*not on 10 km

Marathon and Half: Technical T-shirt Size	XS	S	M	L	XL
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Parent or Guardian to give permission if runner is under 18 years old.

Race numbers are issued to the individual athlete completing the application form and are non-transferable. No dogs, cycles and wheeled carriages other than wheelchairs. Competitors are advised to familiarise themselves with the course prior to entering. The race numbers have space on the reverse for contact details and medical information which runners are advised to complete prior to the race.
The wearing of Earphones/iPods/mp3 players is banned and will lead to disqualification by the race referee.

Enquiries to ☎ 07766 542846 or 07887 571264 (only after 5pm or at weekends)
e: entries.secretary@bungay-marathon.co.uk
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