



We're supporting  
**NSPCC**

## Bungay Black Dog Running Club 36<sup>th</sup> Bungay Black Dog Marathon Half Marathon, 10 km & Double Doggie Challenge

Organised under UK Athletics Rules – Licence Number 2018-applied for  
Multi-Terrain - Statements of Course Measurement 14/014, 14/013, 15/106



- o Race Date: Sunday 8th April 2018
- o **Online entry only, No postal entry, No entry on the day**
- o Closing date for online entries: Midday Sat 31st March 2018
- o **Double Doggie Challenge**  
Finish the 10 km (by 10.45 am) and then do the Half !
- 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 Double Doggie Challenge £40 UKA affiliated\*, £42 non-UKA affiliated
- o Full marathon £36 UKA affiliated\*, £38 non-UKA affiliated
- o Half marathon £30 UKA affiliated\*, £32 non-UKA affiliated
- o 10 km £15 UKA affiliated\*, £17 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 Double Doggie, 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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).  
Double Doggie 1<sup>st</sup> male and 1<sup>st</sup> female only, no category prizes

<b>Male</b>	U22M*	U40M	M40	M50	M60	M70
<b>Female</b>	U22F*	U35F	F35	F45	F55	F65

\*not on 10 km

<b>Marathon, Half and Double Doggie: Technical T-shirt* Size</b>	XS	S	M	L	XL
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\*not on 10 km

### 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 (only after 5pm or at weekends)  
e: [entries.secretary@bungay-marathon.co.uk](mailto:entries.secretary@bungay-marathon.co.uk)  
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