



**Bungay Black Dog Running Club**  
**Wortwell Friday Evening 5 Mile Sizzler**  
**Organised under UK Athletics Rules – Licence Number 2018-35423**  
Gently Undulating - Statement of Course Measurement 2018/129

- Race Date: Friday 10<sup>th</sup> August 2018
- Online entry only, No postal entry, No entry on the day
- Closing date for online entries: Midday Tuesday 7<sup>th</sup> August 2018
- Start time 19.30hrs
- Prize Presentation 20.30hrs
- Race Cut Off time - 1hr 30mins
- Minimum age on race day: 15
- Entry Limit – 700
- Entry Cost £12 UKA affiliated, £14 non-UKA affiliated
- Race HQ – Wortwell Community Centre, Tunbeck Close, Wortwell, IP20 0HS
- Start – Low Rd, Wortwell
- Finish – Grass Playing Field, Wortwell Community Centre
- Organised parking for competitors and supporters
- **Enter Online** <http://www.bungayblackdogrunningclub.co.uk/>
- Race Information and Entry List on website
- Collect Race Numbers and Timing Chips on the day
- Male and female toilets and changing facilities
- First Aid Support
- Medal for all finishers
- Refreshments & BBQ available for runners, friends and family
- Chip Timing, Baggage Facility
- Surface suitable for normal road shoes/trainers.
- Please make correct selection on entry (online) if you are a wheelchair entrant
- UKA Affiliated entries must quote UKA URN on entry
- Race numbers are issued to the individual athlete completing the application form and are non-transferable.
- No dogs, cycles and wheeled carriages are permitted in the race other than wheelchairs. No dogs are permitted on the grassed playing fields or parking area
- 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.
- Under UKA Rule 240 the wearing of headphones (conventional or bone conducting)/iPods/mp3 players or phones is banned and will lead to disqualification by the race referee.
- Enquiries to [sizzler5@bungayblackdogrunningclub.co.uk](mailto:sizzler5@bungayblackdogrunningclub.co.uk)

Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall and 1st in each age category.  
Only one prize per runner will be awarded – age category as date of first race

**Age Categories**

**Male** U40M M45 M50 M55 M60 M65 M70+

**Female** U40F F45 F50 F55 F60 F65 F70+