



We're supporting
NSPCC

Bungay Black Dog Running Club 37th Bungay Black Dog Marathon Half Marathon, 10 km, 5km & Double Doggie Challenge

Organised under UK Athletics Rules – Licence Number applied for 2019-xxxxxx
Multi-Terrain - Statements of Course Measurement 18/xxx, 18/xxx, 18/xxx
Course Accuracy Certificate (5 km only) 18/xxx



- Race Date: Sunday 14th April 2019
- **Online entry only, No postal entry, No entry on the day**
- Closing date for online entries: Midday Sat 30th March 2019
- **Double Doggie Challenge**
Finish the 10 km (by 10.45 am) and then do the Half !
- Marathon Start **9:00 am**
- 10 km Start **9:30 am**
- Half Marathon Start **11:00 am**
- 5 km Start **11.30 am**
- Prize Presentation **1.00 pm**
- Time Allowed 3 hours on Half Marathon
- 6 hours on Full Marathon (3 hours cut off half-way)
- Minimum age on race day:
11 (5 km), 15 (10 km), 17 (Half) and 18 (Full Marathon)
- Entry Limit – 5 km 250, 10 km 500, Half 600, Full Marathon 250
- Double Doggie Challenge £40 UKA affiliated*, £42 non-UKA affiliated
- Full marathon £36 UKA affiliated*, £38 non-UKA affiliated
- Half marathon £28 UKA affiliated*, £30 non-UKA affiliated
- 10 km £15 UKA affiliated*, £17 non-UKA affiliated
- 5 km £10 UKA affiliated*, £12 non-UKA affiliated
- Start and finish at BARC, Ditchingham, Bungay, Suffolk **NR35 2RT**
- Organised parking for competitors and supporters
- **Strictly No Dogs**

- **Enter Online** <http://www.bungayblackdogrunningclub.co.uk/>
- Race Information and Entry List on website
- Collect Race Numbers and Timing Chips on the day
- Toilets and changing facilities. Sorry no showers.
- Medical and First Aid Support
- Medal and goody bag for 5 km, 10 km, Half and Full Marathon
- New Technical T-Shirt for Double Doggie, Half and Full Marathon
- Refreshments available for runners, friends and family
- Chip Timing, Baggage Facility
- 10 km, Half and Full Marathon 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)
- The finish is on a grass sports field (last 200 m)
- Please make correct selection on entry (online) if you are a wheelchair entrant
- *UKA Affiliated entries must quote UKA URN on entry
- 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 5km/10 km).
Only one prize per runner will be awarded (except u22).
Double Doggie 1st male and 1st female only, no category prizes

Male	U22M*	U40M	M40	M50	M60	M70
Female	U22F*	U40F	F40	F50	F60	F70

*not on 5 km or 10 km

Marathon, Half and Double Doggie: Technical T-shirt* Size	XS	S	M	L	XL
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*not on 5 km or 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.

The race numbers have space on the reverse for contact details and medical information which runners are required to complete prior to the race. If you have a medical condition we should be aware of please mark the front of your bib with a RED X.

The wearing of earphones including bone conducting headphones is banned and will lead to disqualification by the race referee.

Enquiries to

entries. BFor@bungayblackdogrunningclub.co.uk
MAR_ENTRYINFO_19C.DOC

