



Bungay Black Dog Running Club Summer Series 10 km Races 2019

Multi-Terrain single lap course

A series of three races on Wednesday evenings in the Summer
5th June – 26th June – 17th July

Organised under UKA Rules – MT Licence Number 2019-36229
Statement of Course Measurement – 18/244

- Start Time 7.30 pm
- Minimum Age on race day 15 (10 km)
- £11 UKA affiliated*, £13 non-UKA affiliated per race
- Entries on the day, if race not full, + £1 (cash only) per race
- Start/Finish at Bungay Area Running Centre (BARC)
- Parking at the HQ, BARC, Ditchingham, Bungay, Suffolk **NR35 2RT**
- **Enter Online Only** <http://www.bungayblackdogrunningclub.co.uk/>
- Closing dates: Midnight 3rd June, 24th June, 15th July
- Entry Limit 300
- Race Information on website
- Collect Race Number on the day
- Race number issued separately on the day for each race
- Largely traffic free country roads and off road path
- 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
- First Aid Support
- Memento to competitors who **enter** all three races online before the first race, and **collect** on third race

Prizes will be awarded for 1st 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 Female	M15-34 F15-34	M35 F35	M40 F40	M45 F45	M50 F50	M55 F55	M60 F60	M65 F65	M70+ F70+
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e: summerseries@bungayblackdogrunningclub.co.uk
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