



Bungay Black Dog Running Club
Wortwell Friday Evening 5Mile Sizzler
Organised under UK Athletics Rules – Licence Number Applied For
Course Accuracy Certificate Number 19/275 10th May 2019

- Race Date: Friday 16th August 2019
- Online entry only, No postal entry, No entry on the day
- Closing date for online entries: Midday Thursday 15th August 2019
- Start time 19.00hrs
- Prize Presentation 20.00hrs
- 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

Prizes will be awarded for 1st, 2nd and 3rd overall and 1st in each age category.

Only one prize per runner will be awarded

Age Categories

Male U40M M45 M50 M55 M60 M65 M70+

Female U40F F45 F50 F55 F60 F65 F70+