



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 or 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+

OFFICIAL USE ONLY

RACE NUMBER

First Name _____ Surname _____

Please Circle: Male / Female Date of Birth _____

Postal Address _____

_____ Post Code _____

Email Address _____

Club _____ Wheelchair _

UKA Affiliated Athlete's Licence Number* _____

***Must be given for affiliated entry fee to apply**

Phone _____ Mobile _____

We (Bungay Black Dog Running Club) would like to be able to contact you in the future by email. This would be limited to notifying you about similar events which we are organising which you may be interested in. We would retain your name and email address for this purpose, but no other data. You may opt out of this at any time by contacting us via our website (<https://bungayblackdogrunningclub.co.uk/>) or by replying to any email we send. We will not pass your personal details (including your email address) to third parties with the exception of MailChimp and Active (as processors) and the governing body (UKA) or any affiliated organisation.

Tick here if you would like us to do this

Signed* _____ Date _____

***Parent or Guardian to sign giving permission if runner is under 18 years old**

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. I declare I am an amateur as defined by UK Athletics. I agree to abide by the current rules for competition of UK Athletics. I declare that I will run entirely at my own risk. Participants under the age of 18 must have parental/guardian permission to participate. Race numbers are issued to the individual athlete completing the application form and are non-transferable. Race numbers must not be folded, cut or mutilated and must be worn on the front of the running top. No dogs, following cycles or prams. BBDRC policy is not to offer individual refunds unless the event is cancelled. However, deferrals and transfers will be considered on merit upon receipt of a written application. In the event of race cancellation, competitors will accept the organising committee's decisions regarding rescheduling, refunds and the like. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category.