



## Bungay Black Dog Running Club Summer Series 10 km Races 2011 Race 3 – 3<sup>rd</sup> August

Organised under UK Athletics Rules - Licence 2011-102404  
Course Measurement Certificate – 05/006  
1<sup>st</sup> June – 29<sup>th</sup> June – 3<sup>rd</sup> August

- Start Time 7.30 pm
- Minimum Age on race day 15 (10 km)
- £6 UKA affiliated\*, £8 non-UKA affiliated
- Entries on the day + £1 (cash only)
- Start and finish at Broome Village Hall, Nr Bungay, Suffolk NR35 2RW
- Parking at the village hall for competitors
- **Enter Online** <http://www.bungayblackdogrunningclub.co.uk/>
- Closing date: Midnight 1<sup>st</sup> August
- Entry Limit 150
- Race Information on website
- Collect Race Numbers on the day – no SAE required
- Separate Entry Form for Each Race
- Largely traffic free country roads
- First Aid Support
  
- Commemorative **T-shirt** to competitors who **enter** all three races, and **collect** on third race

Prizes will be awarded for 1st in each category.  
Only one prize per runner will be awarded.

**Male** Open M40 M50 M60 M70  
**Female** Open F35 F45 F55 F65



OFFICIAL USE ONLY

RACE NUMBER

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Please Circle: Male / Female Date of Birth \_\_\_\_\_

Postal Address \_\_\_\_\_

Post Code \_\_\_\_\_

Email Address \_\_\_\_\_

Club \_\_\_\_\_

UKA Affiliated Athlete's Licence Number\* \_\_\_\_\_

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

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Please Circle Category Entered – Minimum Age on race day 15 (10 km)

<b>Race 3 3<sup>rd</sup> August</b>	<b>Male</b>	Open	M40	M50	M60	M70
	<b>Female</b>	Open	F35	F45	F55	F65

Expected finishing time \_\_\_\_\_

Signed\* \_\_\_\_\_ Date \_\_\_\_\_

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

I declare I am an amateur as defined by UK Athletics. I agree to abide by the current laws of competition of UK Athletics. I declare that I will run entirely at my own risk. Bungay Black Dog Running Club is registered under the Data Protection Act with the Information Commissioner's Office. Certain details of this form will be entered into a computer for club and race purposes only and will not be divulged to a third party. Race numbers are issued to the individual athlete completing the application form and are non-transferable. No dogs, following cycles or prams. Competitors are advised to familiarise themselves with the course prior to entering. BBDRRC policy is not to offer individual refunds. 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.

**The wearing of Earphones/iPods/mp3 players is banned and may lead to disqualification.**

Please return the entry form with cheque payable to Bungay Black Dog Running Club  
SAE not required - Please collect your number at the Race HQ on the evening of the race

- £6 UKA affiliated\*, £8 non-UKA affiliated, age 15+

(+ £1 On the Day - Cash Payment Only Please)

Return to: BBDRRC Summer Series, Walnut Tree Barn, Homersfield, Harleston IP20 0EX

☎ 01986 788304 broome10k@bungayblackdogrunningclub.co.uk

<http://www.bungayblackdogrunningclub.co.uk>

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