



Bungay Black Dog Running Club

Roger Wing Memorial Charity 10 km and 1 mile approx Off Road Fun Run

New course, New venue for 2012!

Good Friday – 6 April 2012

Ditchingham Village Hall, Nr Bungay, Suffolk NR35 2QN

Charity for 2012:

All Hallows Healthcare Trust, Ditchingham

Registered Charity No 1124717

Organised under UK Athletics Rules – Licence No 2012-103572
Course Measurement Certificate – measured and applied for.

- 10km Start Time 10.45 am
- Fun Run Starts 10.00 am
- Minimum Age on race day 15 (10 km), 5 to 101 (Fun Run)
- 10km £8 UKA affiliated*, £10 non-UKA affiliated
- Fun Run £2
- 10 km Entry Limit is 300
- Entry closing date 4 April 2012
- Entries on the day if 10 km Entry Limit not reached + £2 (cash/cheque only)
- No refund of entry fee will be offered
- **Enter Online** <http://www.bungayblackdogrunningclub.co.uk/>
- Race Information on website
- Collect Race Numbers on the day – no SAE required
- First Aid Support

Prizes (Easter Eggs) 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 on 10km Race**

Phone _____ Mobile _____

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

**Roger
Wing
10km**

Male

Open M40 M50 M60 M70

Female

Open F35 F45 F55 F65

Fun Run

Male

Under 10 Under 12 Under 14 Under 16 Over 16

Female

Under 10 Under 12 Under 14 Under 16 Over 16

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. The 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. **The wearing of Earphones/iPods/mp3 players is banned and will lead to disqualification by the race referee.**

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 day

- £8 UKA affiliated*, £10 non-UKA affiliated, age 15+
(+ £2 On the Day – Cash or Cheque Payment Only Please)

Roger Wing 10km, Redhouse Farm, Chediston Road, Rumburgh, Halesworth IP19 0NE

If you don't put the right stamps on your envelope it will not be collected from Royal Mail

07765 830020 rogerwing10k@bungayblackdogrunningclub.co.uk GOOD_FRIDAY_ENTRY_FORM_12D.DOC