



## **BUNGAY BLACK DOG RUNNING CLUB**

(S.E.A.A./Suffolk County AA. Affiliated)

Founded 1982 after the first Bungay Marathon, provides an ideal opportunity to get fit and make new friends. Running is probably the most natural fitness activity. Club events include – 20k.Great East Run, Marathon and Half Marathon, 10k.Good Friday Charity Race, IOk. Summer Series, and Boxing Day Cross Country. Social events are also provided to members with subsidised transport to events. Training held on Tuesday and Thursday evenings at Bungay Sports Hall - Tuesday, training with coach 1830 hours, Thursday, training runs at 1800 hrs or 1830 hrs, circuit training at 1900 hrs, followed at 1930 hrs by a choice of activities which include basketball, netball, football, and much more.

If you are interested in joining - please use the form below.

Club Website: [www.bungayblackdogrunningclub.co.uk](http://www.bungayblackdogrunningclub.co.uk)  
Website sponsored by Sanderling Internet  
[www.sanderling.co.uk](http://www.sanderling.co.uk)

### **APPLICATION FORM FOR MEMBERSHIP**

Name.....

Address.....

.....

E-mail address.....

Telephone..... Mobile.....

Date of birth.....Age.....

Cost £15.00

Please return to :-

Ian Ash (membership secretary),

1 Orchard Rise, Worlingham, Beccles NR34 7RZ,

or just turn up at Sports Hall on training evenings, for a warm welcome!