



**Great East Run**

**Adnams Half Marathon & Adnams 10km**

Organised under UK Athletics Rules – Licences applied for  
Course Measurement Certificates – measurement arranged (half), 09/102 (10km)



- Race Date: **3<sup>rd</sup> November 2013**
- Closing date for postal entries: 26<sup>th</sup> October 2013
- Closing date for online entries: 30<sup>th</sup> October 2013
- Start Times 11:30am (10 km), 11:00am (Half)
- Time Allowed 1½ hours (10 km), 2½ hours (Half)
- Minimum Age on race day 15 (10 km), 17 (Half)
- Entry Limit – 250 (10 km), 550 (Half)
- 10 km £8 UKA affiliated\*, £10 non-UKA affiliated, (+£2 on day)
- Half Marathon £17 UKA affiliated\*, £19 non-UKA affiliated, (+£3 on day)
- No refund of entry fee will be offered unless race is cancelled
- Entries on the day (cash only) close at 10:45 (10 km), 10:15 (Half)
- Start and finish at Bungay Sports Centre, Suffolk
- Organised parking for competitors and supporters
- NO PARKING AT THE START. Parking satnav: **NR35 1JY**
- **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 showering and changing facilities
- Medical and First Aid Support
- Largely traffic free country roads. Quality goody bag and medal
- Bottle of **Adnams** beer to every finisher (18+)
- Refreshments & warm hall available for friends and family
- BARR Graded Race, Chip Timing, Baggage Facility
- View and order photos from event at <http://www.digitography.co.uk/>

Half Marathon: Prizes will be awarded for 1st, 2nd and 3rd in each category.  
Only one prize per runner will be awarded.

**Male** Open M40 M45 M50 M55 M60 M65 M70  
**Female** Open F35 F40 F45 F50 F55 F60 F65

10 km: 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

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 \_\_\_\_\_

Circle Race and Category Entered – Minimum Age on race day 15 (10 km), 17 (Half)

<b>Half Marathon</b>	<b>Male</b>	Open	M40	M45	M50	M55	M60	M65	M70
	<b>Female</b>	Open	F35	F40	F45	F50	F55	F60	F65
<b>10 km</b>	<b>Male</b>	Open	M40	M50	M60	M70			
	<b>Female</b>	Open	F35	F45	F55	F65			

Expected finishing time \_\_\_\_\_ **Max 1½ hours (10 km), 2½ hours (Half)**

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. 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.

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

Please return the entry form with at least 9" x 4" SAE (\*\*if no email address given) and Cheque payable to Bungay Black Dog Running Club

- 10 km £8 UKA affiliated\*, £10 non-UKA affiliated, (+£2 on day), age 15+
- Half £17 UKA affiliated\*, £19 non-UKA affiliated, (+£3 on day), age 17+  
(On the Day - Cash Payment Only Please)

Return to: Adnams GER, 46 Orchard Valley, Holton, Halesworth IP19 8LX

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