Bungay Black Dog Running Club Summer Series 10K Races
Information for Runners

Dates: 3rd and 24th of June and 15th of July 2026

The Bungay Black Dog Running Club are looking forward to welcoming you to their Summer Series races for 2026. Below are a few details that you might find useful.

Venue: Bungay Area Running Centre (BARC), Pirnhow Street, Ditchingham. NR35 2RT.

Parking: Available at the venue. Please be guided by our parking marshals.

Timings: 7pm start.

Registration: Race numbers will be available at registration from 6pm on race day. Please arrive in good time to collect your race number.

Entries are open until 5 minutes before the start of the race via Total Race Timing. The Club cannot take last minute entries at Race HQ.

Note: Marshals will be stood down 90 minutes after the start of the race, if you feel you may take longer, for safety reasons please bring a hi vis and a torch.

Spectators are welcome, but BARC is a **no dog** site (with the exception of assistance dogs).

Facilities:
Toilets: Toilets will be available on site, but no changing facilities will be made available.
Bag Drop: There will be no bag drop facilities.
Refreshments: Water stations will be able to provide you with water approximately halfway through the race and at the finish line. If conditions are warm and you anticipate that you will need additional hydration, please ensure you carry this yourself.
Tea, coffee and cakes will be available to buy, on the field.
Medical Provision: First Aiders will be on site and at points around the course for any first aid requirements.

Safety: You will be running on roads with vehicles. Please keep left unless instructed otherwise by marshals and be considerate of other road users. Marshals will be in place along the route for your safety, please listen to the marshals and adhere to their advice.
Note that some of the surfaces you will be running on are very uneven, with for example, potholes. Please take care.

Conduct: We expect both athletes and spectators to respect all those involved in the race. Please read our code of conduct to find out more.
Headphones are not permitted during the race (this includes bone conducting headphones) and will result in disqualification.
It is not permitted for you to remove your running top during the race, this can result in disqualification.

Photographers: Photographers will be taking images of runners on the route for use on social media, our website and printed media. If you would prefer not to have your photo shared, please let us know on the day.

At the finish: All finishers can expect to receive a medal.