

A range of benefits exist for you as a Club Member:

Subsidised purchase of the Club's fluorescent running vest, T-Shirt and Buff.

Discretionary travel grants are available for competing in Masters events off-island.

Entry into a ballot for a place in the London Marathon. Conditions apply.

Entry into the Club Annual Trophy Competitions:-

Walking League Fell Running League Road Running Shield Track & Field League
Details can be found on the [Club Events](#) link

Affiliated rates for entering races. Typically at least £2.00 cheaper

Free entry to the Club's Spring and Autumn Handicap Walk & Run races

Free entry to the Easter Festival of Running races

Free access to British Masters On-Line Magazines (three a year)

Discounted subscription to Athletics Weekly (£7.49 per month as of 1 July 2017)
See BMAF website for details <http://bmaf.org.uk/>

10% discount on goods bought from Up and Running in Douglas

Discounted sessions with Physiotherapist Steve Brearley:-

30 minute treatment: Members pay £15.00 (normal cost £25.00).

Steve is based at the Palace Health Club, Douglas

Telephone: 453072