

## **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 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