

# FLYERS FLYING 30 WEEKEND



As part of Ampthill Flitwick Flyers running club 30<sup>th</sup> year celebrations we will be holding a 30 hour running challenge and family weekend at Box End Park on Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> July 2018.

We're pleased to provide further details of what is being planned for the weekend and details of how you can confirm your participation.

**Although the focal event of the weekend is the 30-hour running challenge, the weekend is as much of a social event as a running event and members and their families are welcome to join us for either all or just part of the weekend.**

## What's planned so far...

Saturday 28 <sup>th</sup> July	
Time	What's Happening
08:30am	Arrival and breakfast
09:45am	Running challenge and safety briefing
10:00am	Running challenge starts
13:00pm	Games for all the family!
14:00pm	Beer mile (30x30)
15:00pm	Summer BBQ
19:00pm	Games for all the family!

Sunday 29 <sup>th</sup> July	
Time	What's Happening
08:30am	Breakfast
10:30am*	Aqua park*
12:00pm	Lunch
13:30pm**	Wake boarding**
16:00pm	Running challenge ends
16:15pm	Running challenge awards
17:00pm	Post event celebrations!

**...with more to be announced!**

\* **Aqua park** – We'd like to book the aqua park (<http://www.boxendpark.com/watersports/aquapark.php>) for this time within the schedule. The cost will be £15 per person.

\*\* **Wake boarding** - We'd like to have a wake boarding session (<http://www.boxendpark.com/watersports/cable-tow.php>) available for people to join at this time within the schedule. The cost will be £35 per adult and £25 per child.

Although we can collect payment nearer the time we would like to have an indication of numbers before confirming whether this will be in the schedule for the weekend, or if we look at alternatives for this time.

If you and/or any of your family are interested in the aqua park or wake boarding please can you let us know on Facebook, in person, or by sending us an email to 'flyersflying30@gmail.com' as soon as you can.

## Why not make it a weekend away!

Camping is available for either both the nights of Friday 27<sup>th</sup> July and Saturday 28<sup>th</sup> July, or just one night if you'd prefer.

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Tent pitches are available at £5 per person per night, with all pitches being in close proximity to the start and finish of the 5km trail loop being used for the running challenge.

There are shower and toilet facilities on site, with electric hook ups available at an additional cost.

If you'd like to secure a camping pitch, please either email Box End Park directly and quote 'Ampthill & Flitwick Flyers Running Club'. The contact details for Box End Park are:

Tel: 01234 846222

Email: [info@boxendpark.com](mailto:info@boxendpark.com)

Web: <http://www.boxendpark.com/index.php>

## Wanting to join in the celebrations?

To help us organise what we have no doubt will be a great event and weekend, can we please ask you to let us know whether or not you, and if applicable your family, will be joining in the celebrations, whether for the entire weekend or just part of it. We welcome everyone for free if joining for the celebrations, games or summer BBQ but if wishing to join the running challenge there will be an entry fee and additional charges for camping and water sport activities.

We simply ask you either communicate with one of us on Facebook, in person, or by sending us an email to 'flyersflying30@gmail.com' as soon as you can.

## Wanting to take part in the running challenge?

In short, the running challenge is to complete 30 hours of continuous running by running laps of a 5k trail course as an individual or team (course attached). There are no rules on how to divide up the running, only that at least 1 person, solo or from your team is running at all times during the 30 hour event. The challenge will start at 10am on Saturday 28<sup>th</sup> July and end at 4pm on Sunday 29<sup>th</sup> July.



If you would like to participate in the running challenge, either individually, or if you are sensible as part of a team, we're simply asking for a £10\* entry fee from each runner.

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Unless you're wanting to take part in the challenge individually we encourage people to arrange their own teams and welcome the formation of mixed ability teams. If you would like to take part but want help in arranging a team, please just let us know you are interested and we will help organise this for you.

If you're going to be participating as a team can we please ask you to email 'flyersflying30@gmail.com' with your team name and who are going to be the members of your team. A team constitutes 2 or more runners, with there being no restriction on the maximum number in a team.

Payment can be made via bank transfer to the following account, after which we'll confirm payment has been received.

A/C - 42442710 Sort Code - 60-07-27 - *Please include your name as the payment reference*

If anyone would prefer to pay cash, any of us are happy to collect this from you, for which we'll also confirm payment has been received.

Everyone taking part in the running challenge will receive a special edition memento. Awards will be presented to both the team and individual who complete the most laps of the 5km trail route within the 30-hour period, with acts of encouragement and special achievements also being recognised!

**\* Sign up now - We're offering an early bird offer of an £8 entry fee to everyone who enters by making payment before 31<sup>st</sup> May.**

## **Willing to volunteer?**

As with any event there are always things to organise and do, whether in advance or during the event itself. If you'd like to volunteer to help

We look forward to seeing you there!

Your 'Flyers Flying 30' Team – Charlene Halpin, Christine Sharman, Emily Mead, and Richard Gale