



AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan www.afrunningclub.org.uk President: Phil Berton

Proudly present the annual



Amphill Trophy



Sunday 17th October

Main Race, 11:00 Start

(Junior race 10:00 Start, Junior prize giving at 10:50)

Dear Runner

Thank you for entering the Amphill Trophy Cross Country.

Your running number will be available for you to collect from Race HQ on the day. Please display the race number on the front of your vest. The race organisers will not be held responsible for incorrect reporting of results where race numbers are not displayed correctly. **Strictly no MP3 players, Ipods or iPhones** to be used during race – anyone seen using one **will be** disqualified.

The Main Race entry limit is 500 (England Athletics Permit No. **TBA**). Entries accepted on the day subject to limit not having been reached. Late entry desk will close promptly at 9.30 for Junior Race and 10:30 for the Main Race.

Number transfer

Entrants are permitted to transfer their race number provided the replacement runner completes an entry form and posts this to the Race Secretary, with an explanatory note to arrive by 12th October. Alternatively, you should forward your race entry confirmation email to the Race Secretary, together with **FULL** details of the person to whom you are transferring the entry. Once a race entry has been transferred, no further requests to transfer that entry will be accepted. No dialogue will be entered into. Any runners found to be wearing an "illegal" race number will be disqualified. Transfer may be made on the day at Race HQ.

Race Secretary: David Stanley, 21 Blackbird Close, Flitwick, Beds, MK45 1SB

Race HQ

The Race HQ is at Parkside Hall, Woburn Street, Amphill, MK45 2HX.

Refreshments

Light refreshments will be available in Amphill Park and at The Hub Café situated next to the car park nearest to the football ground.

Race assembly, start times and finish

The race start is in Amphill Park. Please allow 10 minutes to transfer from race HQ.

The combined **Junior Race** will start promptly at 10:00. U11 and U13 athletes will complete one lap (2K). U15 and U17 athletes compete over two laps (4K).

The **Main Race** will start at 11:00 prompt.

All finishers will receive a race medal.

Toilets and changing facilities

There are limited changing facilities and toilets at the Race HQ. There are also public toilets adjacent to The Hub Café in Ampthill Park, situated next to the car park by the football ground.

We regret to inform you that there are no showers at the Race HQ. However, facilities are available at the nearby Flitwick Leisure Centre [1¾ miles due south, blue dot on map below] if you wish to freshen-up before lunch.

Facebook page

A facebook community page is also available. Search 'Ampthill Trophy' on Facebook.

Medical assistance

Ambtrans UK Ltd will be in attendance.

Results

Race results will be displayed inside the Race HQ as soon as possible after the race. Provision will be made for results to be mailed to runners addressing a SAE and depositing the appropriate fee of £1. Results will also be available on the event website: www.AmpthillTrophy.org.uk.

Photography

This year we do not have the services of professional photographer but members of the public may take photos and publish them on social media.

Images captured during this event using digital photography, video or other mediums may be used as publicity material and may be provided to the media for publication, unless (written) express objections are received (prior to the event) individuals attending this event are deemed to have given their consent by attending or remaining at the event

Prizes and trophies

We hope to award prizes by 12:30. Trophies will be awarded to the 1st Man and Woman. Medals will be awarded to 2nd & 3rd men and women, and to 1st FU20, FV35+, FV45+, FV55+, MU20, MV40+, MV50+ & MV60+. Veteran awards will be made on inclusive age banding so that runners are eligible for all awards below their current age band. Entrants are only eligible for one award in individual categories, to be determined by the race organiser. Winning men's & women's team prizes will also be awarded (1st three UKA or ARC members to score).

In the combined Junior Race prizes will be awarded to the 1st & 2nd boy and girl in U11, U13, U15 and U17 categories and will be awarded at 10.50, prior to the start of the main race, near the Start/Finish.

Ampthill Park: Facilities & Eating

Historic Ampthill Park is a great place to explore and also benefits from a well-equipped children's play area.

'The Hub' Cafe in Ampthill Park serves hot drinks, light snacks, cakes and ice creams.

You can also choose from a broad range of pubs and restaurants in Ampthill [400m] covering a wide range of cuisines.

The Ampthill Trophy is a traditional event that was re-launched in 2003 to much acclaim. We hope that you have a successful race, enjoy yourselves and come back again.

Louise Wilkins, Race Director

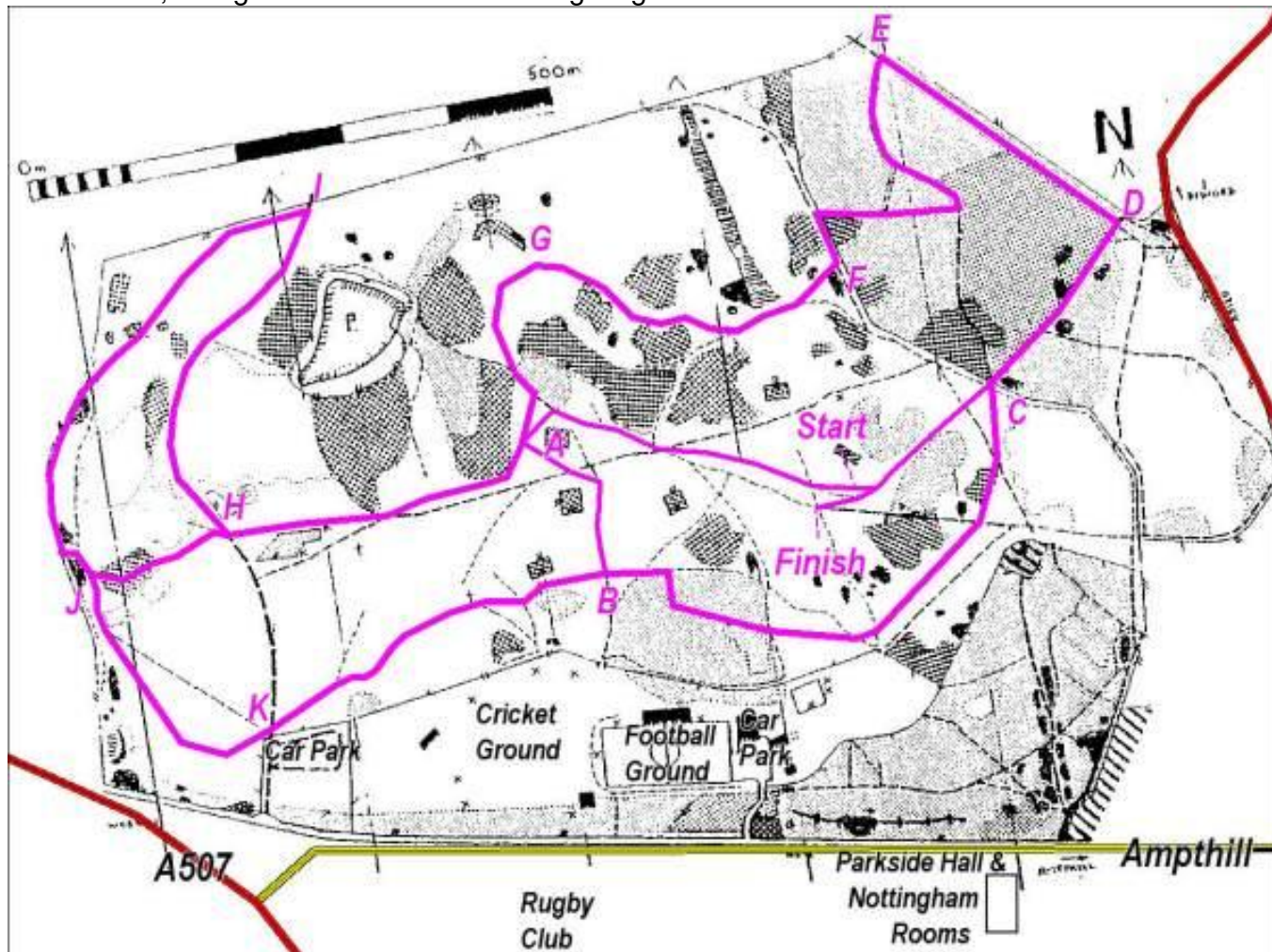
Tel: 07709 411620

Email: RaceDirector@AmpthillTrophy.org.uk

The course

A fast, challenging, course in historic Ampthill Park, which suits X/Country spikes or studs. The combined **Junior Race** (9-16yrs) starts at 10:00am. U11 and U13 athletes will complete one short lap (2K) [A H J K B C]. However, U15 and U17 athletes tackle two short laps (4K).

The **Main Race** is two & half laps (10K) [A H I J K B C D E F G H I J K B C D E F G H I J K B C] and starts at 11:00, straight after the Junior Prize giving.



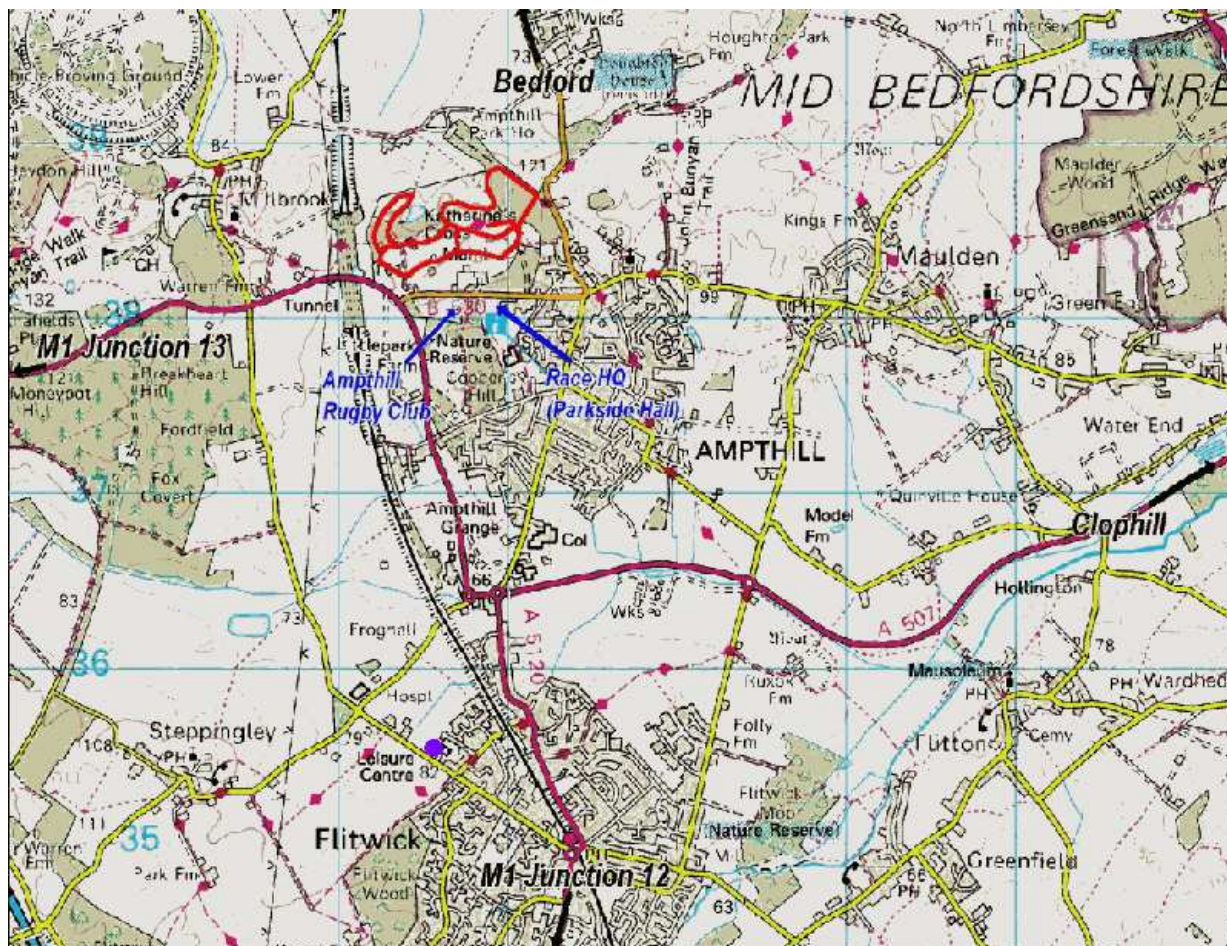
Race Etiquette

Please stay in finish order and move through the funnel until your position has been recorded. Please do not re-enter the race funnel.

The Ampthill Trophy is sponsored and supported by:



How to get there and where to park



Race HQ – Parkside Hall, Ampt Hill, MK45 2HX

From Milton Keynes & M1, Jn 13

Follow signposts to Ampt Hill on the A507. After the Millbrook roundabout, take a left turn towards Ampt Hill town centre, past the rugby club. Parkside Hall is located about ½ mile, from the junction, on your right hand side.

From M1, Jn 12

Follow signposts to Flitwick & Ampt Hill on the A5120. Follow the A5120 through Flitwick, crossing the railway at the Tesco roundabout and immediately turn left until you reach the roundabout by the Shell garage. Turn left at this roundabout onto A507 and right at the next mini roundabout. After about a mile, past 2 roundabouts, turn right, past the rugby club. Parkside Hall is located about ½ mile, from the junction, on your right hand side.

From A6 at Clophill

Take the A507 to Flitwick & Ampt Hill for about 3 ½ miles. Go straight over at the roundabout bt the Shell garage and right at the next mini roundabout. After about a mile, past 2 roundabouts, turn right, past the rugby club. Parkside Hall is located about ½ mile, from the junction, on your right hand side.

Other routes

Find your way to the centre of Ampt Hill. Take the westerly, uphill exit from the mini roundabouts, Woburn Street. Parkside Hall is located about ¼ mile, on your left hand side.

Car parking

There is car parking at Parkside Hall and in either car park at Ampt Hill Park. Please refrain from parking along Woburn Street.

Rail

The nearest railway station is at Flitwick [2½ miles]. Taxi rank at Flitwick Station.