FLITWICK 10K

everyone ACTIVE

Race Pack

FLITWICK 10K

Sunday 11th April 2027 10:00am

Dear Runner

Thank you for entering the 2027 Flitwick 10k.

Please read this document carefully in advance of Sunday April 11th (race day) so that you can enjoy the race to its fullest and have a safe and enjoyable day.

We know that a lot of entrants come back year after year, so
PLEASE NOTE THAT THERE IS A NEW RACE HQ AT FLITWICK LOWER SCHOOL THIS YEAR.
W3W.com ///shampoos.foiled.pints
If you require any further assistance after reading this pack, please email RaceDirector@Flitwick10k.org.uk

We hope that you have a successful and enjoyable run. And don't forget to enter our fast and friendly Marston 5k in June.

Ampthill & Flitwick Flyers Running Club

Summary Event Information

Address

Flitwick Lower School
Temple Way
Flitwick
MK45 1LU

w3w.co/chuckle.butternut.expose

Timings

Sunday 11th April 2027

08:30 – Race number and t-shirt collection opens

09:40 – Race briefing followed by warm up

10:00 – Race start

11:30 – Children's Fun Run and Presentations

Event Safety

We want EVERYONE to enjoy a safe event.

It is important that you are fit to run and free from any serious medical conditions. Please do NOT run if you are ill.

There will be medical support at the event. They will be located at the finish area and roving the course. They will respond to any incidents on the course. If you need medical assistance, please speak to a marshal who will be along the course route.

The race organisers will have a record of any medical conditions entered on the sign up form. However, please make sure you fill in the details on the rear of your race number if you have a medical condition, so we can access this information more readily

Detailed Event Information

Travel

This year the Race HQ is located at

Flitwick Lower School
Temple Way Flitwick
MK45 1LU

Parking

Woodlands Lower School - Free parking is Right off Kendal Drive. This car park is marshalled and you will be directed to this car park by signage on the day W3W.com **///handfuls.chum.decades**

Village Hall Dunstable Road - VERY LIMITED
Please use the 1st entrance nearest roundabout. The other entrance is restricted for essential and emergency vehicles only.
W3W.com **///barrel.bikers.cherish**

NCP - Right off Station Road. This car park is operated by NCP and requires payment through the NCP app. W3W.com
///jousting.teams.automate

Train station - Additional parking is available in Flitwick Station car park. A charge applies and requires payment through the relevant app.
W3W.com ///darts.digests.witty

Alternative free car parking – Rufus Centre
Additional free car parking is available at the Rufus Centre. Please note this car park is approximately a mile from Race HQ,.
W3W.com ///voted.oxidation.buying

Please avoid parking in the surrounding streets, NO PARKING ON Temple Way.

Please refrain from parking in the Tesco customer car park. Tesco monitor the car park, and non-customers are liable to be issued a PCN

Rail

Flitwick railway station is 600m from the Race HQ. Please check timetables before travelling.

Race Numbers

We are pleased to offer chip time recording and remind you that **you collect your race number on the day** – please arrive in good time to do this. Simply find one of our volunteers outside the HQ and they'll organise your number. Race numbers will have a medical template on reverse, please take a moment to complete this section as it could prove invaluable in the event of a medical emergency. Please note that race numbers must not be folded, cut or mutilated in any way and worn on the front of your vest.

Race entry limit is 1000 (UKA Permit No. 31697). Entries accepted on the day subject to this limit not having been reached. All entries, including on the day, must be completed using online race entry portal. Competitors for the main race must be at least 15 years old on race day. The event is hosted under UK Athletic Rules.

Please note that race numbers are allocated on the day.

Number Transfer

Entrants are permitted to transfer their race number to a replacement runner. You can do this through the race entry portal. Any runners found to be wearing an "illegal" race number will be disqualified.

T-shirt Collection

If you purchased a race t-shirt, please go to the relevant desk to collect prior to the race

Toilets and Baggage Facilities

Toilets and a baggage area are available at Race HQ. If you intend to leave baggage, use the detachable label on your race number. Kit storage is at the owner's risk. There are no showers

Please also use the toilets located on the school playing field. There are no toilets available in the school building.

Inclusion

We welcome entries from disabled athletes. Please do contact us in advance of race day to discuss your needs and requirements. Unfortunately, due to the nature of the course, we regret that this race is not suitable for wheelchair athletes.

Race literature is available in large print format if required, should you have any specific requirements on race day please alert the race director prior to race day.

We regret that dogs are not allowed on the course.

Time limit

There are no time limits or cut offs for our races. We encourage runners of all abilities to join in our races. We do kindly remind everyone that this is a running event involving local road closures so we ask you to consider the implications of entering if you are likely to take more than 10 minutes per kilometre.

Refreshments

Light refreshments including bacon rolls will be available to purchase at the Race HQ/Finish area, provided by local scouts.

Photography

We regret that we may not have the services of a professional photographer this year but will be taking photos around the course to be displayed on the race website. Due to the large number of runners we regret that we cannot guarantee every runner will feature in a photo. But don't forget to look out for the selfie frame at the start and finish and upload your photos to our Facebook page.

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.

Full race terms and conditions can be found at **www.Flitwick10K.org.uk**

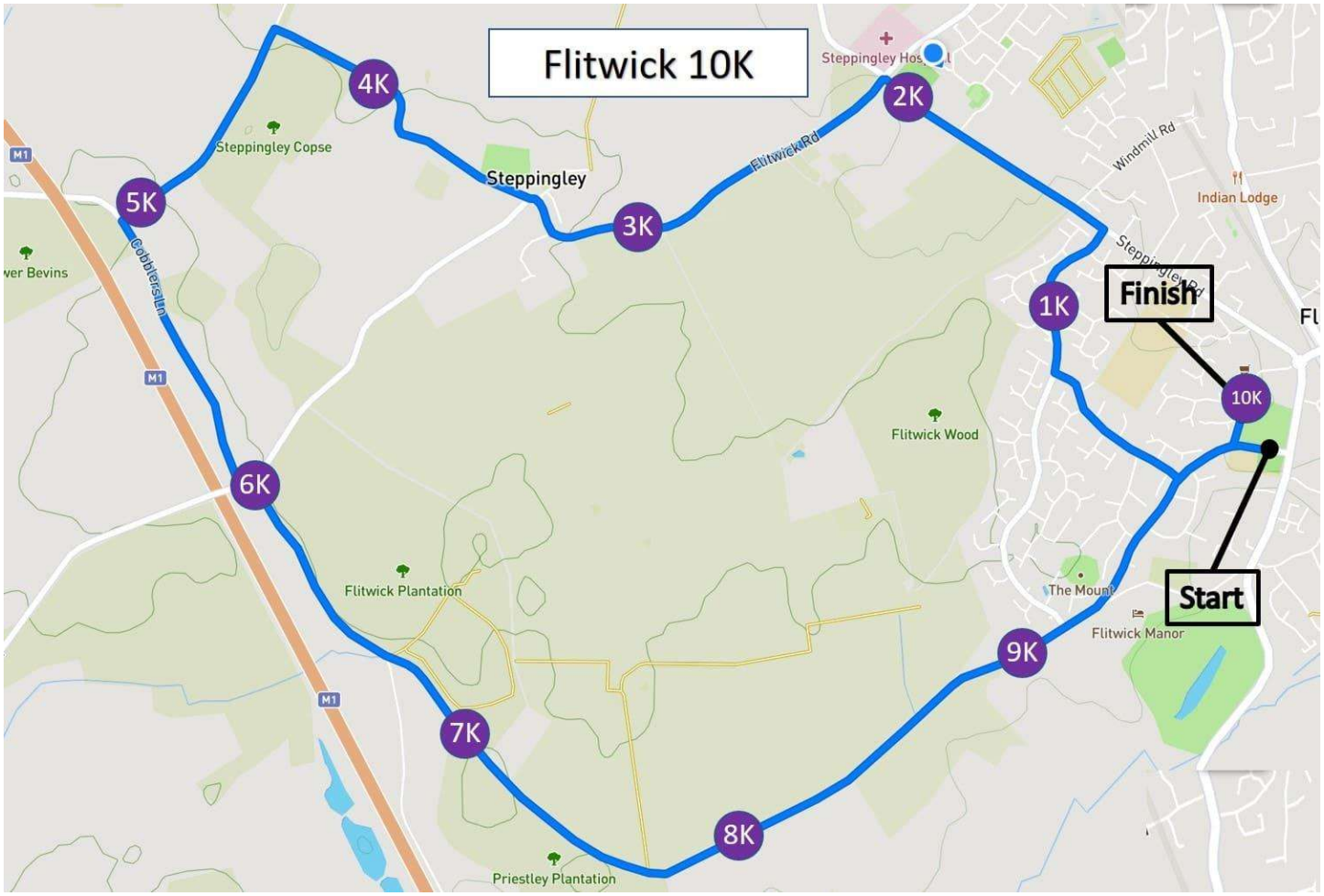
The Race

Race entrants are asked to assemble on**Flitwick Lower school playing field adjacent to the Race START for the race briefing at 9:40am.** This will be followed by a warmup, organised by Everyone Active at 9:45am. Marshals will then supervise your transfer onto Temple Way for the start. Late arrivals will be directed to the back of the pack via the bottom corner of the field so as not to congest the start area.

Race starts at 10:00am prompt

A fast, undulating course that is based on the original Flitwick 10K. The course is measured and deemed accurate by an official course measurer (Course Measurement Certificate No 24/438).

The race finishes on Millennium Green, Flitwick



Free Junior Fun Run

This will take place after the main race, approx 11:30 – NO REGISTRATION REQUIRED. This will provide an opportunity for your children to join in the fun. The course is approx 1 mile of footpaths and will be well marshalled. A medal is awarded to all junior fun run finishers. Parents/guardians are encouraged to run with young children if required.

Race Etiquette

Please keep to the left side of the road unless directed to do otherwise. Marshals have no powers to stop or direct traffic therefore all runners are responsible for their own safety. Please remember to respect and thank marshals as you are passing. They have all given up their time voluntarily to ensure the event runs smoothly. Any runner deliberately disobeying marshals' or officials' instructions may face disqualification

Medical Assistance

Professional medical assistance will be in attendance. It is in your own interest to take any advice they may give you. If you have any pre-existing medical condition that you feel the race organisers need to know about please include a note with your entry form or complete details with your online registration. Look after your fellow runner, if you see another runner in distress please contact the nearest marshal or official.

Litter

Please dispose of your litter responsibly throughout the event.

Water stations

There will be a water station around 5K, an additional sponge station may be provided at 7K should weather conditions dictate it. Water is also available at the finish.

Kilometre Markers

Distance markers will be placed along the course at 1K intervals, except the 10K point. Signs are positioned as near as possible to the location indicated by the official measurer.

Finish

A digital clock will display the time at the finish line, which is identified by an inflatable gantry on Millennium Green. Please ensure your race number is clearly visible to officials.

When you have crossed the finish line, please move away from the finishing funnels as quickly as possible, so this doesn't cause confusion with the marshals or cause a bottleneck of finishing runners.

Headphones

The Race Director has taken advice and, in line with current UKA competition rules, the wearing of headphones or similar devices (including but not limited to earbuds and skull conductor types) is not permitted as the course is not closed to traffic unless medically prescribed, in which case you are asked to notify the Race Director in advance.

Anyone wearing them when on the course will be disqualified from the race and will not receive a time

Results

Race results will be available on the event website - **www.Flitwick10K.org.uk** and will be displayed on the timing provider's website - http://results.eventchiptiming.com

Please note under UK Athletics rules prizes are presented on finishing positions the Gun Time is the official time, the Chip timing is provided for personal interest.

Prizes and Trophies

Prizes will be awarded after the Fun Run.

- Top three men and women
- Age group categories for first finisher - veteran awards will be made on inclusive age banding so that runners are eligible for all awards below their current age band:
    - Female - U20; FV35; FV45; FV55; FV65
    - Male - U20; M40; M50; M60; M70
- Winning men's & women's team prizes will also be awarded (1st three UKA or ARC members to score).
- Cash prize for a new course record + cash bonus for 1st Man (sub-30) and Woman (sub-33.30).
- Each finisher will receive a commemorative memento.
- Entrants are only eligible for one award in individual categories, to be determined by the race organiser.

Powered by

We are delighted that the 2027 race is again powered by Everyone Active, the longest-established leisure operator in the UK. Everyone Active's mission is to encourage everyone it comes into contact with to participate in at least 30 minutes of moderate physical activity, five times a week.

Everyone Active manages in excess of 230 leisure and cultural centres in partnership with more than 65 local authorities, including Central Bedfordshire and Flitwick Leisure Centre, which you will pass shortly before the 2km marker. Everyone Active will be present on race day to enhance your experience. Find out more about their offering by visiting www.everyoneactive.com

The Flitwick 10K is also supported by:

OSS O'Connor Scaffolding Services
MBS TROPHIES
MID BEDS SOCCER Est. 1996
M&M Driver Hire Services Ltd
• Deliveries • Collections • Removals • Storage
• Upto 2 Pallets or 1200KG
• Time Sensitive & Delicate Documents
Telephone: 01525 633550 - Mobile: 07764 409773

AFF Flyers Charity

Every year AFF donates a large proportion of net income after costs of our races to the charity we have selected. In each of the last two years, we have donated over £5,000 to local charities.

This year's chosen charity, nominated by club member Zoey Didlick, is the East of England Ambulance Service.

Find out more about the East of England Ambulance Service and its work.

Marston 5k

Ampthill & Flitwick Flyers also organise the Marston Forest 5k. The 2027 event takes place on **Friday 11th June, start time 7:30pm**

A fast, flat course in the beautiful Marston Vale country park with lots of PB potential!. There is also a **free** junior 1K fun run before main race, all participants receive a medal!

Follow our dedicated Marston Forest 5k Facebook page to keep up to date with the latest information about the race and lots more.

RUNEVENTS
Event licensing powered by England Athletics

Full UKA Road Race Licence: 2027-30697