

AMPTHILL & FLITWICK **FLYERS**

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

Proudly present the annual

FLITWICK 10K

www.Flitwick10K.org.uk

Sunday 10th April 2022
10.30am Start



Welcome

Thank you for entering the Flitwick 10K. We are delighted that, after two years of being unable to stage the race because of Covid-19, we are back for 2022.

In this pack you will find everything you need to ensure that your participation in the Flitwick 10K is as enjoyable as possible.

A map is enclosed to help you find the race HQ. Please remember that **you collect your chip and race number on the day** – please arrive in good time to do this, and go to the desk relevant to your number/surname.

Race entry limit is 1000 (UKA Permit No. **TBA**). Entries accepted on the day subject to this limit not having been reached. Late entry desk closes promptly at 10:00, or before if we reach maximum capacity. Competitors for the main race must be at least 15yrs on race day. The event is hosted Under UK Athletic Rules.

You can check your entry details on the website (www.Flitwick10K.org.uk) where you can also note your number (for labelling baggage). Race numbers will not be available until the day before the event. Please check other details such as age category and club and notify us of any amendments.

I would like to take this opportunity to thank everyone who has worked tirelessly to make this year's event possible and, once again, you will be encouraged at every step of your race by Ampthill & Flitwick Flyers Running Club's amazing and vocal volunteer marshals.

We hope that you have a successful race and enjoy the Flitwick 10K, we also organise the Marston Forest 5K in June and Ampthill Trophy Cross Country in October.

Race Director – Nick Rimmer
Tel: 07813259351
Email: RaceDirector@Flitwick10K.org.uk

The **Flitwick 10K** is supported and sponsored by:



Event Info

Race HQ

The Race HQ is at Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP – see map.

Number Transfer

Entrants are permitted to transfer their race number to a replacement runner provided the replacement runner completes an entry form and posts this to the Race Secretary, with an explanatory note by 4th April. 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.

Race Secretary: c/o Ann De Winter, 142 Bedford Road, Barton Le Clay, MK45 4LR - RaceSecretary@AFFRunningClub.org.uk

Race Cancellation

In the unlikely event of the organisers of this race being left with no alternative but to cancel the event at short notice, please be aware that the following methods will be used to try and avoid you having a wasted journey.

We will endeavour to place a message on the race website, facebook page and if there is time text/phone and send out an email to all entrants who have provided us with contact details. If the event is cancelled no money will be refunded, any surplus will go to a local charity.

We are pleased to offer chip time recording, and remind you that **you collect your chip and race number on the day** – please arrive in good time to do this, and go to the desk relevant to your number/surname. 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.

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Wheelchair Athletes

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.

Toilets, Baggage, Changing and Shower Facilities

Toilets and a baggage area are available at Race HQ. If you intend leaving baggage, please bring a tie label with your race number on it to put on your baggage. Kit storage is at the owner's risk. There are no showers.

Amphill & Flitwick Flyers has arranged free use of additional toilets.

Refreshments

Light refreshments including bacon rolls will be available to purchase at the Race HQ/Finish area, provided by local scouts. There will also be sweets and treats for children.

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.

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.

Race info

Race Assembly, Start and Finish

Race entrants are asked to assemble on Flitwick recreation area, adjacent to the Race HQ at least 10 minutes before the race start. Marshals will then supervise your transfer onto Temple Way – When advised to do so, please assemble by the board, which displays your estimated time of completion. Late arrivals will be directed to the back of the pack via bottom corner of the field so as not to congest the start area.

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 can you move away from the finishing funnels, so this doesn't cause confusion with the marshalls or cause a bottleneck of runners.

The race will start at 10.30am prompt

Results

Race results will be displayed in the Race HQ as soon as possible after the race. They will also be available on the event website:- www.Flitwick10K.org.uk, hopefully by Sunday evening, and will be displayed on the timing provider's website:- www.sportstimingsolutions.co.uk

Please note under UK Athletic 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
- 1st FU17, FV35+, FV45+, FV55+, FV65+, MU17, MV40+, MV50+, MV60+ & MV70+.
- 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.
- 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.

Free Juniors Fun Run

This will take place after the main race, approx 12:00 – 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. Medal to all junior fun run finishers. Parents/guardians are encouraged to run with young children if required.

Time limit

There are no time limits or cut offs for our races. We encourage runners of all abilities to join in our races.

Litter

Please dispose of your litter responsibly throughout the event.

Medical Assistance

OBS Medics Ltd 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.

Weather and Illness/Hydration

The race will take place in most weather conditions. Please ensure that you have suitable clothing for before, during and after the event for conditions on the day. If it is sunny and warm please remember to use adequate sun block to last the duration of the race. Please do not attempt to start the race if you have been unwell in the few days before the event. This is for your safety. Please bring your own supply of water to consume before the event to ensure you are adequately hydrated (see below for information on water stations on the course).

If you feel unable to complete the course, either make your own way back to the start/finish area if able or present yourself to the nearest Marshall who can arrange medical assistance.

Instructions for correct fitting of your Disposable Pro Trainer Tag

Check your timing chip and make sure that it matches your race number. Our timing chip for running is provided on a self adhesive water proof strap. This timing chip will be supplied with your race number it will be supplied printed with your number. The number should match your race number.



Step 1 & 2

Take the strap and thread through either 1 or 2 laces with the logo and your race number facing outwards as illustrated below.

Step 3

Peel the removable tape off and stick the 2 tabs together using the black square as a guide ensuring that you have created a loop.

Step 4

Rotate the strap so your race number is visible from the front and the Black Square part of the timing chip is against your trainer. The shoe tag should now be attached forming a loop through the shoe lace with the race number facing upwards you can tighten your laces to ensure the tag does not rotate around.



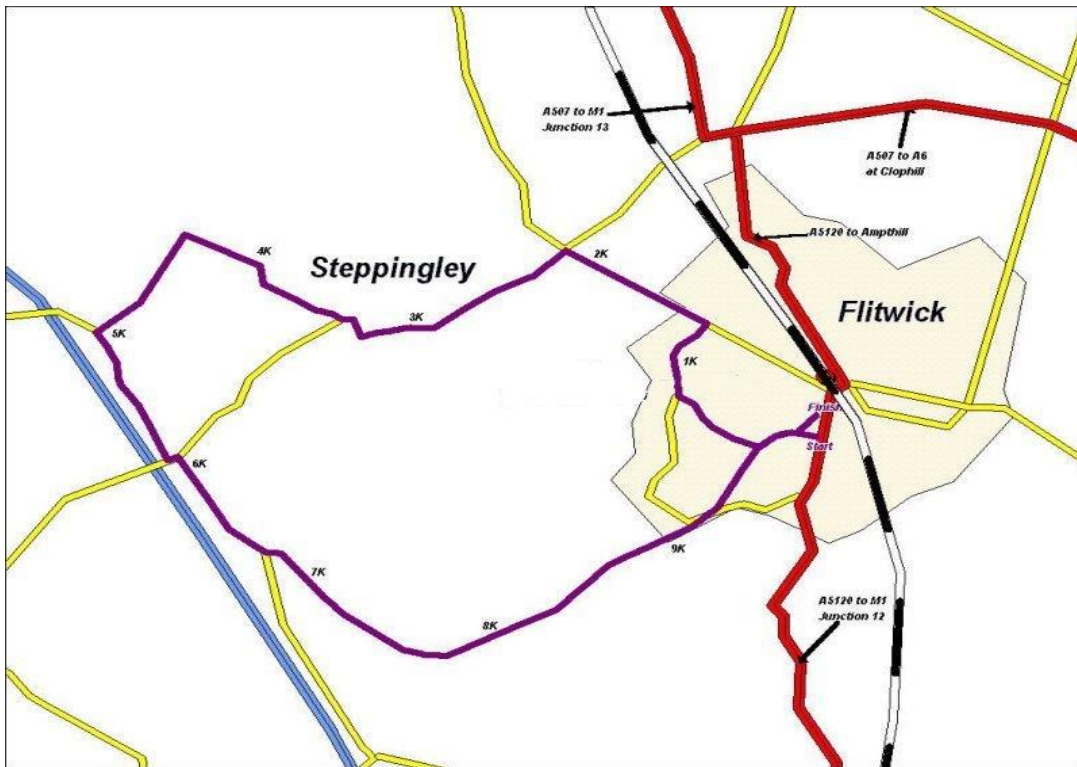
YOU MUST ENSURE THAT YOUR TIMING CHIP FORMS A LOOP. IF YOU FLATTEN THE CHIP IN ANYWAY YOU WILL REDUCE THE EFFECTIVENESS OF THE CHIP AND MAY NOT GET ANY TIMES



Failure to attach your timing chip correctly could affect your results. Please follow the instructions above.

The Course

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 15/097).



The race starts on Temple Way. Up a gentle incline and then right onto Eagle Drive before turning right onto Manor Way [1K]. Left onto Steppingley Road and enjoy a quick second kilometre along the flat. Left onto Flitwick Road [2K] which winds past Drovers Arms [3K] then climbs through a tight right and into Steppingley village.

Over a T-junction by the French Horn (Public House) and onto Rectory Road which falls away quickly on towards the 4K mark. Fields are replaced by woodland.

A steady climb up to a water station just before the 5K mark then the course descends to a left turn onto Cobblers Lane. A series of small undulations and then cross a staggered crossroads. Woodland is banked up on the left at 6K and then left into Church Rd, with a steady climb to 7K. Undulating countryside past Priestley's Farm on 8K and then back into Flitwick on 9K. A final short hill and then Temple Way falls away steadily, left onto Flitwick recreation area and the finish is in sight.

Water stations

There will be a water station around 5K, additional sponge station may be provided at 7K should weather conditions dictate it.

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.

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

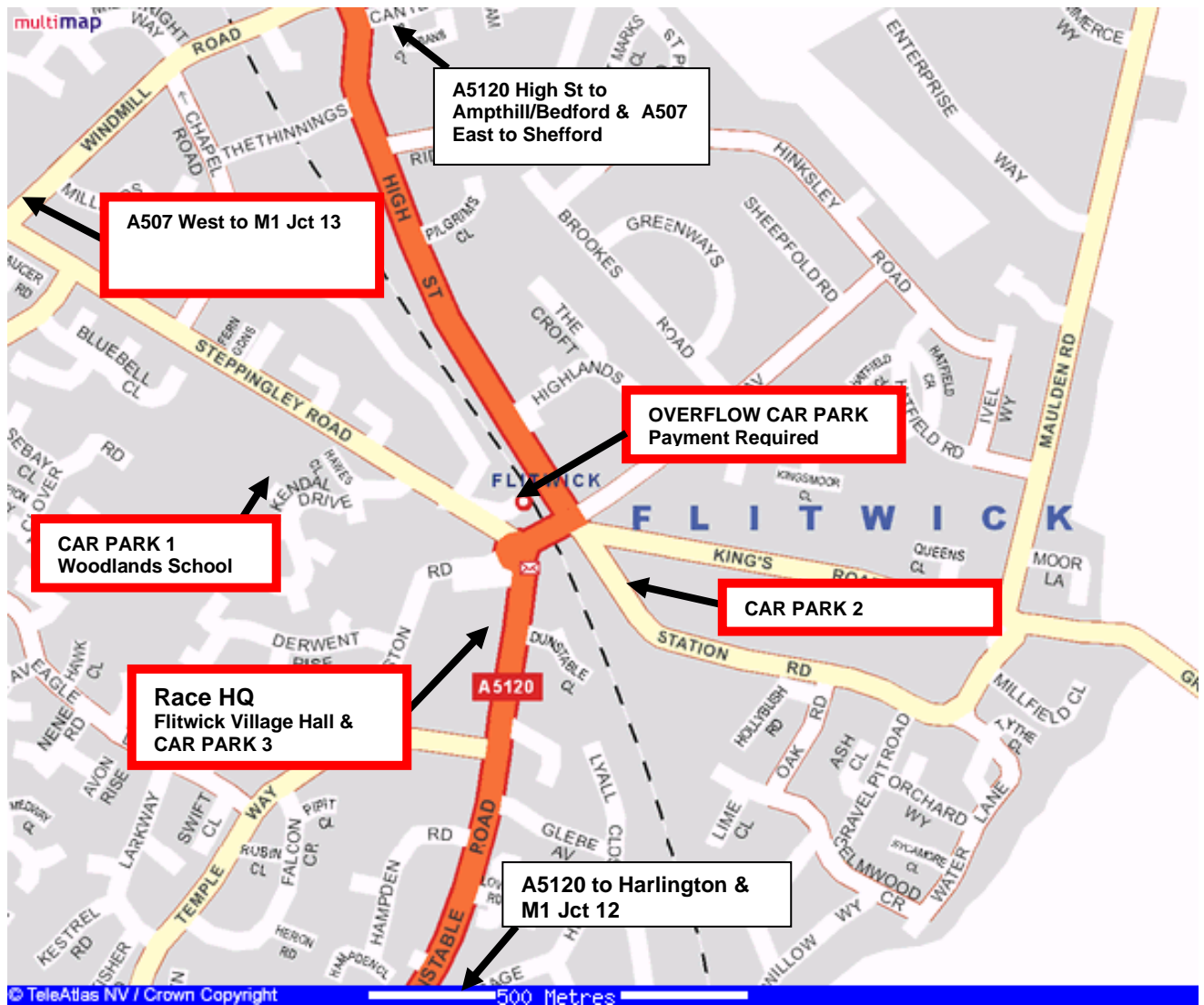
We regret that dogs are not allowed on the course.

IPOD&MP3 PLAYERS: The Race Director has taken advice and in line with current UKA and BARR recommendations on health and safety grounds, that IPod&MP3 Players are banned whilst racing as the course is not closed to traffic.



Anyone wearing them when on the course will be disqualified!

Travel and parking



Please note that there are roadworks on Steppingley Road which are scheduled to continue until the race date, so please check your planned route carefully to make sure you have enough time to park, collect your number and get to the start.

Car parking

Please use the car parks shown on the map otherwise your journey may be delayed. On race day a sign will be displayed at the entrance to each car park. Car parking is free, except for the station overflow car park, for which there is a £2.80 charge (please check parking fee in advance if planning to use this site). Please avoid parking in the surrounding streets, particularly Temple Way.

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

From Milton Keynes & M1, Jn13

Please park at Woodlands Lower School [**Car Park 1**], right off Kendal Drive.

From Bedford, Shefford A507 and Luton A6

Please park in the Flitwick Town Council car park [**Car Park 2**], right off Station Road.

From M1, Jn12

Please park at the Race HQ [**Car Park 3**] on Dunstable Rd.

Overflow car parking

Is available in Flitwick Station car park [**Overflow**]. A £2.80 charge applies (please check parking fee in advance if planning to use this site).

Rail

Flitwick railway station is 100yds from the Race HQ. On Sundays the First Capital Connect Service (Bedford to Brighton via St.Pancras) runs about every 15mins in both directions, but please check timetables before travelling.

Local Accommodation

Local Accommodation may be found through the local tourist information branch or by visiting www.information-britain.co.uk

Charity

Every year, Ampthill & Flitwick Flyers Running Club nominates a charity to support. This year's charity is the Children's Liver Disease Foundation. Part of your entry fee is set aside to enable a large donation to be made.



Childhood liver disease – the facts:

- Every week 20 children in the UK are diagnosed with a life-threatening childhood liver disease.
- More children in the UK are currently diagnosed with a liver disease than childhood leukaemia.
- There are over 100 different liver diseases that can affect babies, children or young people.
- For most childhood liver diseases the cause is unknown.
- Liver disease has no cure.

Formed in 1980, Children's Liver Disease Foundation is the only UK charity dedicated to fighting all childhood liver diseases.

The charity offers information on childhood liver disease for healthcare professionals and for families, a tailored support service for children, young people and young adults with liver disease and their families, research into all aspects of childhood liver diseases and a collective voice for everyone affected by childhood liver disease.

To learn more or to support the charity, go to <https://childliverdisease.org/>

Don't forget

Amphill & Flitwick Flyers organise two more races each year so if you enjoyed the Flitwick 10K, why not enter these great, friendly events this year.

MARSTON FOREST 5K

The Amphill & Flitwick Flyers Marston Forest 5K chip timed race takes place every summer, the date for 2022 will be announced soon.

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.

AMPHILL TROPHY CROSS COUNTRY

Follow in the footsteps of Paula Radcliffe and Mo Farah on a challenging cross-country event through stunning parkland at Amphill Park that welcomes all abilities.

As well as Senior Men's and Women's races there are races for Juniors too. Ages 9 to 16 (Under 13s 2k and Under 17s 4k).

Follow our dedicated [Amphill Trophy Facebook](#) page to keep up to date with the latest information about the race and lots more.