

AMPTHILL & FLITWICK **FLYERS**

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

Proudly present the annual

FLITWICK 10K

Sunday 14th April 2024
10.00am Start



www.Flitwick10K.org.uk

Welcome

This year is the 35th anniversary of the Flitwick 10k. Starting in 1989, the Flitwick 10k has become an integral part of the local racing calendar every spring. Over the past 35 years, we have welcomed thousands of runners from the local area and we are delighted that we can welcome you to our 2024 race – and a gentle reminder not to forget the earlier starting time though!

This year, we are pleased to offer glass medals as an upgrade from our traditional wooden medal, whilst maintaining our efforts to minimise our impact on the environment. We are also able, subject to availability, to offer the opportunity to buy a souvenir race t-shirt – but, be quick, once they are gone, there are no more available.

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.

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 Amptill & Flitwick Flyers Running Club's amazing and vocal volunteer marshals. Special thanks to our supports and sponsors without whom the race would not be possible.

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

Race Director – Nick Rimmer

Tel: 07813259351

Email: RaceDirector@Flitwick10k.org.uk

The Flitwick 10K is sponsored and supported by



Event Information

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. You should forward your race entry confirmation email to the Race Secretary (RaceSecretary@AFFRunningClub.org.uk), together with **FULL** details of the person to whom you are transferring the entry. The cut-off for transfer requests is seven days before the race – it may be possible to transfer numbers after this date, but this is at the sole discretion of the Race Director. Once a race entry has been transferred, no further requests to transfer that entry will be accepted. Any runners found to be wearing an “illegal” race number will be disqualified.

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:

- Message on the race website and Facebook page
- If time allows, text and/or email to all entrants who have provided contact details

If the event is cancelled no money will be refunded, any surplus will go to a local charity.

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, 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.

Race entry limit is 1000 (UKA Permit No. 2024-46233). Entries accepted on the day subject to this limit not having been reached. Late entry desk closes promptly at 9:30, or before if we reach maximum capacity. Competitors for the main race must be at least 15 years old 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 – see note below). 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.

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.

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.

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, located at the back of the village hall.

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.

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.

And don't forget to look out for the selfie frame at the start and finish and upload your photos to our Facebook page.

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

Race Information

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 for the race briefing. Marshals will then supervise your transfer onto Temple Way. 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 move away from the finishing funnels as quickly as possible, so this doesn't cause confusion with the marshals or cause a bottleneck of runners.

The race will start at 10.00am prompt

Results

Race results will be available on the event website:- www.Flitwick10K.org.uk, hopefully by Sunday evening, and will be displayed on the timing provider's website:- <https://jcracesolutions.co.uk/results/>. In addition, our timing provider, JC Racing, offers on the day printout of individual finish times.

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
- 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:
 - 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.
- 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 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. Medal to all junior fun run finishers. Parents/guardians are encouraged to run with young children if required.

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

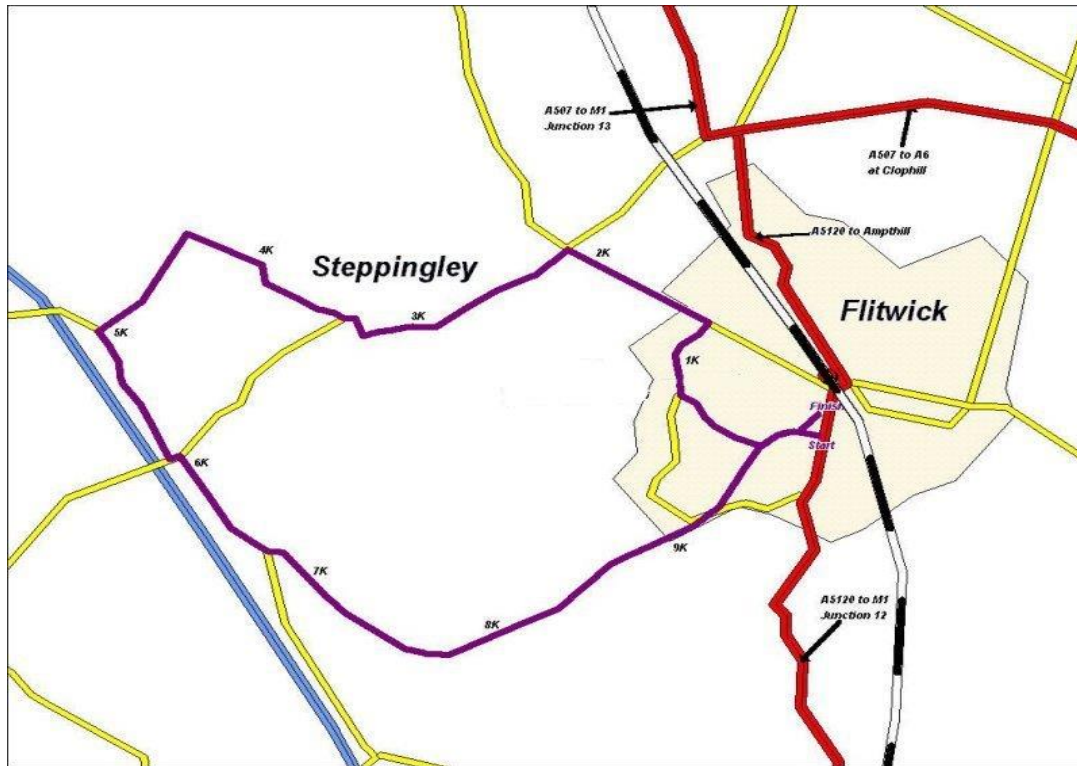
The race will take place in most weather conditions. Please ensure that you have suitable clothing for before, during and after the event for conditions on the day. If it is sunny and warm please remember to use adequate sun block to last the duration of the race. Please do not attempt to start the race 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.

Litter

Please dispose of your litter responsibly throughout the event.

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. 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.

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.

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.

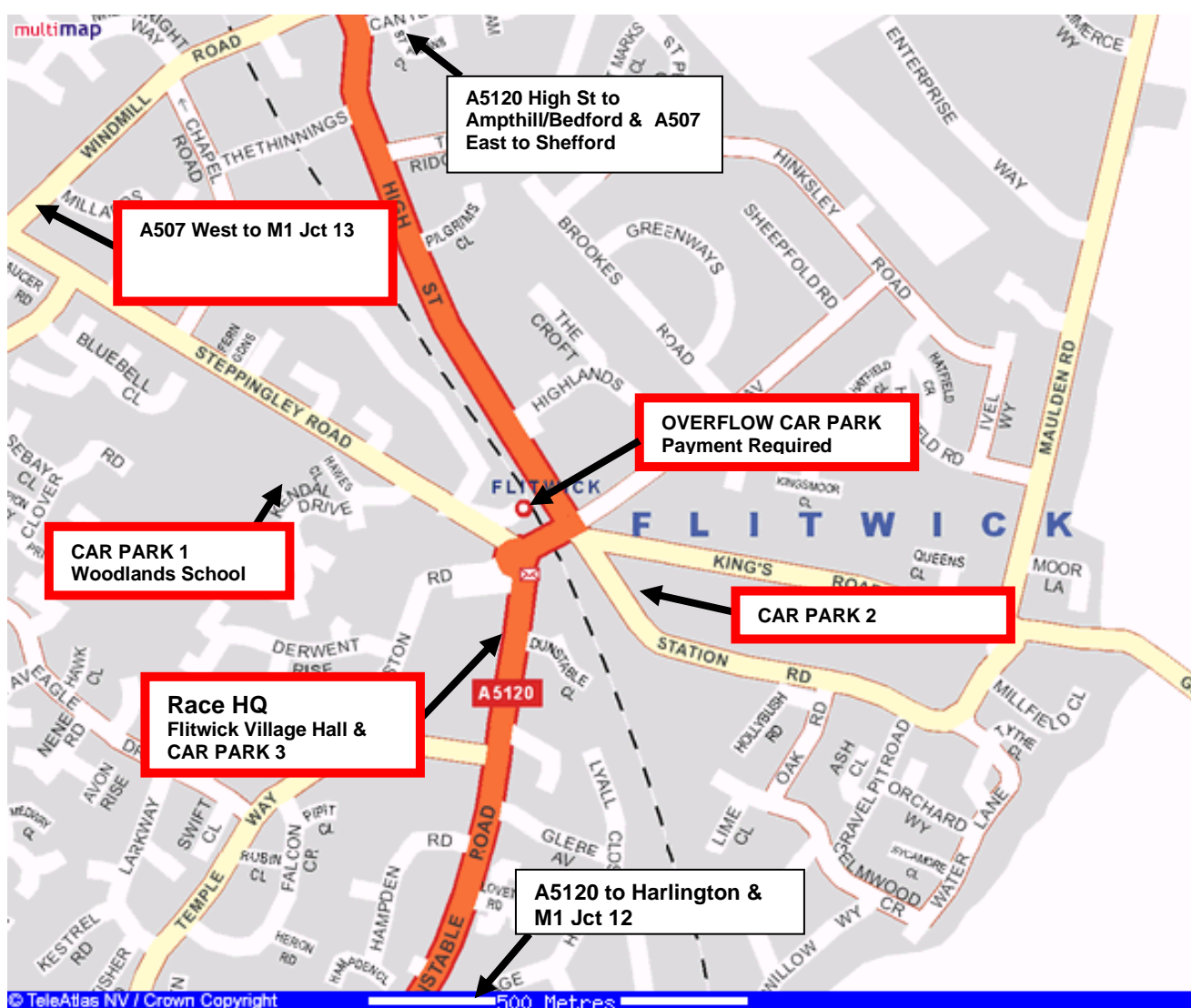
Anyone wearing them when on the course will be disqualified from the race

Travel and parking

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 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 charge applies (please check parking fee in advance if planning to use this site).

Rail

Flitwick railway station is 400m from the Race HQ. 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 AFF donates 15% of net income after costs of our races to the charity we have selected.

This year, we have chosen to support a local charity – Above & Beyond – in recognition of the support it has provided to a family member of two long serving club members.



Find out more about [Above & Beyond](#)

Above & Beyond offers a personal support network, that is not primarily group focused for those dealing with cancer. It believes that people are best helped one to one. It provides a listening ear, points you to resources and helps you with your understanding so that you equip yourself for the challenge ahead. The charity predominantly serves Central Bedfordshire.

Don't forget

MARSTON FOREST5K

Ampthill & Flitwick Flyers also organise the Marston Forest 5k. The 2024 version takes place on **Friday 7 June, start time 7:30pm** – entries are open now

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.