



AMPTHILL & FLITWICK FLYERS



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



Proudly present the annual

Marston Forest 5K



www.MarstonForest5K.org.uk

Friday 23rd July

7.30pm start

Dear Runner,

Thank you for entering the Marston Forest 5K. A map is enclosed to help you find the race HQ. We are keen to work with the local community so please avoid parking on the road side on Gold Furlong leading to Marston Forest entrance.

There is plenty of parking within the centre car parks

Covid-19 has brought many challenges over the last 18 months not least with some or all restrictions being lifted 4 days before our race. We will endeavour to keep you informed of our current Covid-19 status leading up to the start of the race.

Please follow all the safe practices we have in place to keep you and the Forest Centres staff safe.

From July 19th the Government now asks us all to take 'personal responsibility' and it's up to individuals to make their own choices mask wearing, social distancing etc. We are encouraging runners to wear a mask when moving to and waiting at the start area. These can be removed once the race starts. We will be sanitising the number stations, hygiene gel is available, marshals wearing gloves in case they need to help a runner.

When entering the HQ building please scan the track and trace QR code via the NHS app for your safety.

We will continue to have hand sanitiser around the HQ and finish so please use it when you pass a station.

We are pleased to offer chip to chip time recording and remind you that **you collect your chip and number on the day** Please arrive in good time to do this, and go to the desk behind the cycle hire building relevant to your surname.

We will be following a one way system to collect your number so please follow the correct channel to maintain social distancing.

We will provide chip recording to help us to provide you with the results more efficiently and award the prizes on time. This year we are once again using chip to chip timing to make the results more accurate.

Please display your race number on the front of your vest and ensure it is not folded, cut or mutilated in any way. The race organisers cannot not be held responsible for incorrect reporting of results where race numbers are not displayed correctly.

Race entry is limited to 450. Entries on the day are accepted subject to this limit not having been reached.

Late entry desk will close at 18.30 or before if we reach maximum capacity. Late entry payment can **only be accepted by card payment**. Competitors for the main race must be at least 13yrs on race day. The event is hosted under UK Athletic rules.

You can check your entry status on the website (www.MarstonForest5K.org.uk). Race numbers will be allocated once entries close so they can be allocated in surname order. Please check other details such as age category and club and notify us of any amendments.

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 18th July. Alternatively, you should forward your race entry confirmation email to the Race Secretary, together with **FULL** details (**name, gender, address, date of birth, club, UKA No. and email. Plus mobile number for SMS results**) 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. **Be aware, we adopt a zero tolerance policy to unauthorised number swapping, any runner found to be wearing any illegal race number will be disqualified and possible ban from future AFF events for both parties.**

Race Secretary: racesecretary@marstonforest5k.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 time allowing, text/phone and send out an email to all entrants who have provided us with contact details. We will also contact local radio stations to request announcements. If the event is cancelled no money will be refunded; any surplus will go to the event charity.

Race Charity

Amptill & Flitwick Flyers support **Marston Vale Trust** (Registered Charity No 1069229). Thank you in anticipation of your support.

Race HQ

The Race HQ is at The Forest Centre, Marston Vale Millennium Country Park, Marston Moretaine, MK43 0PR See map below. **At present you WILL be required to wear a mask to enter the building. This includes using the Late Entry Desk, toilets and the Café area. Please don't forget your mask. If things change after 19th July and in consultation with MVFC we will try and let you know but please be prepared and bring a mask.**

Please note that the **main gate will close at 6.50 pm to allow the junior race to start.**

Wheelchair Athletes

We regret that this race is not suitable for wheelchair athletes. However disabled parking is available close to the race start and all facilities are wheelchair accessible for spectators

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



Race Assembly, Start and Finish

The race start is just inside the Marston Vale Millennium Country Park main entrance on the main drive about 650m from the Race HQ. **Race entrants will be called to assemble at the start as soon as the junior race has finished. You can make your way to the start early by using the track at the side of the main drive to avoid the junior race in progress. Please move to the start along the road leaving a social distance as you walk. We encourage you to wear a mask while moving to and at the start. No race briefing will be made at the start unless required for an emergency.**

You are requested to assemble at the start by 7.20pm. Late arrivals will be asked to join the back of the pack. The race will start promptly at **7.30pm**. The race finishes 250m past the Race HQ. **Please be aware**, that if you have a child running in the junior race you will have approximately 650m from where they finish to get to the 5K start line.

A digital clock will display the time at the finish line. 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 marshals or cause a bottleneck of runners'. Your well-deserved finishing medal will be set out on a table for you to collect and wear proudly. Water will be available at the finish. Please take 1 cup as refills will be available from our finish marshals away from the main tables. In line with the Forest Centres ecological ethos all our cups are biodegradable so please deposit them in the correct bin.

Toilets, changing and baggage area

Modern, well-equipped toilet facilities are available at the Race HQ but we regret to inform you that there are no showers. **Please be aware the wearing of a mask is required when entering the building at all times and follow the Covid secure distancing instruction within the building at all times. If this changes we will let you know on race day.**

Please use the QR code Track and Trace if entering the building;

We will NOT have changing facilities or a bag drop area this year. Please come ready to run.

Results

Race results will be displayed inside the Race HQ as soon as possible after the race. They will also be available on the event website: www.MarstonForest5K.org.uk and on the www.SportsTimingSolutions.co.uk website.

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.

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

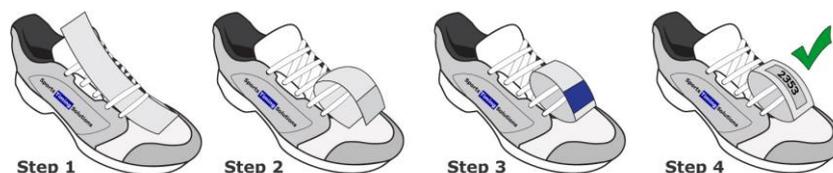
Take the strap and thread through either 1 or 2 laces with the logo and your race number facing outwards as illustrated below.

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.

Prizes and Trophies

We hope to award prizes by 9pm. Trophies will be awarded to the 1st man and woman. Medals will be awarded to 2nd & 3rd men and women, and to 1st FU17, FV35+, FV45+, FV55+, FV65+, MU17, MV40+, MV50+, MV60+ & MV70+. 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).

A cash prize will be awarded for a new course record

Men:	14:40	Neilson Hall,	Bedford & County AC (2009)
Ladies:	17:23	Frances Briscoe,	White Horse Harriers (2008)

Each finisher will receive a commemorative medal or memento.

Refreshments

The Forest Centre benefits from a licensed café. The Forest Centre will be providing a delicious outside BBQ after the race and food will be available to purchase. Please stay and enjoy your triumphs and stories with friends and family.

Please be aware that the Forest Centre only takes card payments.

Publicity

Images may be captured during this event using digital photography, video or other mediums. Images may be used as publicity material and may be provided to the media for publication, unless express, written, 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.

FREE Junior Fun Run

This race will start at 7.00pm near the 5K finish line. From there they run back towards the start line, turn and return to the finish line. A commemorative medal will be given to all junior finishers. This will be marshalled and provides a great opportunity for your children to join in the fun; parents/guardians are encouraged to run with young children if required. **NO REGISTRATION IS REQUIRED.**

Family entertainment

The Forest Centre boasts nature trails, a sensory garden, children's play area and a gift shop.

Medical Assistance

Medical Services 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. You can also state this on the rear of your entry number. Look after your fellow runners; 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 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 sunblock 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. ***With recent hot weather PLEASE take hydration seriously. Please bring your own supply of water to consume before and after the event to ensure you are adequately hydrated.*** Water is available in the finish area.

The Course

A fast, scenic course, traffic free and almost completely flat. The course is not measured officially due to the terrain. Technically, the course is classed as multi-terrain; however, this is a bit misleading. The course uses a private driveway and footpaths. Also, with a total height variation of just 8m over the entire distance the Marston Forest 5K offers genuine PB potential.

The race starts on the main drive, just inside the entrance to Marston Vale Millennium Country Park. Along the main drive for 650m, around the roundabout, across an area of grass and then out onto a meandering footpath alongside peaceful areas of wood and wetland. On the 3K mark the course falls away very slightly and then, approaching 4K, it crosses the race start and tracks back alongside the main drive. Past the Forest Centre and the Race Finish is in sight.



Water Stations

Water will not be offered on the course but will be provided in the finish area.

Kilometre Markers

Distance markers will be placed along the course at 1K intervals, except the 5K point, signs are positioned as near as possible to the KM location.

Race Etiquette

Please keep to the left side of the main drive and footpaths unless directed to do otherwise, so that quicker runners can pass. 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.

Please be aware and remember the park will still be open for members of the public to use while the race is taking place. Every effort have been made to advertise the race but please be courteous to all guests using the park

Headphones:

The Race Director has taken advice, and in line with current UKA and BARR recommendations on health and safety grounds, advises that headphones (*other than those medically prescribed*) **INCLUDING BONE CONDUCTORS** **must not** be worn whilst racing.



Any runner wearing any such device will be disqualified from the race.

Local Accommodation

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

The Marston Forest 5K is supported by



Registered Charity No.1069229



We hope that you have a successful race and enjoy the **Marston Forest 5K**, we also organise the Flitwick 10K in April (www.Flitwick10K.org.uk) and Ampthill Trophy Cross Country in October (www.AmpthillTrophy.org.uk).

Race Director Richard Jones

Tel: 07762 564821

Email: RaceDirector@MarstonForest5K.org.uk



How to get there and where to park



Cycle

Route 51 (Milton Keynes – Sandy) goes through Marston Vale Millennium Country Park so there's a safe option if you wish to bike

Rail

A Silverlink (Bletchley – Bedford) rail service stops at Millbrook Station, which is at the edge of Marston Vale Millennium Country Park. The Race HQ is an easy 1 mile jog.

Car parking

There is supervised parking next to the Race HQ. However, in the spirit of this event, please cycle or car share where possible to help limit CO₂ emissions. Please note that the **main gates will close at 6.50pm to allow the race to start**. Late arrivals will need to park outside the country park entrance. Please avoid parking outside residents houses.

From Milton Keynes & M1, Jn13

Please follow A421 east towards Bedford. Marston Vale Millennium Community Forest is clearly signed.

From Bedford & A1

Please follow A421 west towards the M1 and Milton Keynes. Marston Vale Millennium Community Forest is clearly signed.