



# AMPTHILL & FLITWICK FLYERS



Founder: Steve Jordan [www.afrunningclub.org.uk](http://www.afrunningclub.org.uk) President: Phil Berton



Proudly present the annual

## Marston Forest 5K



[www.MarstonForest5K.org.uk](http://www.MarstonForest5K.org.uk)

Friday 10<sup>th</sup> June 2022

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 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 relevant to your surname.

We 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.

Prizes are presented based on finishing positions, the Gun Time is the official time.

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 will not be held responsible for incorrect reporting of results where race numbers are not displayed correctly.

Race entry limit is 450. Entries on the day are subject to this limit not having been reached. Late entry desk will open until 19.00 or before if we reach maximum capacity. 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](http://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 a FULLY completed entry form and email to the Race Secretary, [racese secretary@marstonforest5k.org.uk](mailto:racese secretary@marstonforest5k.org.uk) with an explanatory note by 6th June 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: [racese secretary@marstonforest5k.org.uk](mailto:racese secretary@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, @afrunning twitter account 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 after expenses already paid out will go to the event charity AFF are supporting for this year

### Race Charity

Amphill & Flitwick Flyers support a local or national charity that our members choose at our AGM for the race year. 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.

Please note that the **main gate will close at 6.50 pm to allow the 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; on the main drive about 650m from the Race HQ. Race entrants 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 1K 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. Make your way to the designated area where your chip will be removed. Toilets, changing and baggage area Modern, well-equipped facilities are available at the Race HQ but we regret to inform you that there are no showers. Again this year there will be NO baggage drop. The car park is very close to the race start and finish so please come ready to race. 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](http://www.MarstonForest5K.org.uk) and on the [www.SportsTimingSolutions.co.uk](http://www.SportsTimingSolutions.co.uk) website.



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## Results

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Your race chip is incorporated into your race number bib. Please Do Not fold or cut your race number bib in any way. Attach on your front with pins or number clips. Do not puncture the chip.

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

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## Prizes and Trophies

We hope to award prizes by 9pm. Trophies will be awarded to the 1<sup>st</sup> man and woman. Medals will be awarded to 2<sup>nd</sup> & 3<sup>rd</sup> men and women, and to 1<sup>st</sup> 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 (1<sup>st</sup> 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:	17:17	Alice Ritchie	Marshall Milton Keynes (2021)

Each finisher will receive a commemorative medal or memento.

## Refreshments

The Forest Centre benefits from a licensed café and will put on a delicious BBQ post-race. Food will be available to purchase. Please stay after and enjoy the BBQ with family and friends during the presentation.

## 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.

**If you show any signs or have been tested positive for Covid19 please do not attend or run.**

**This is for yours and others safety and wellbeing.**

Please bring your own supply of water to consume before 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 the private driveway and footpaths around The Pillinge and Wetlands. 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, along the wide track towards the giant wind turbine 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 that the park is still open to the general public and dog and horses are also using the park. Please be considerate to other park users.

## Headphone Advice

The Race Director has taken advice, and in line with current UKA and BARR recommendations on health and safety grounds, advises that all headphones including (but not limited to) earbuds and skull conductors types are banned unless required for medical reasons.



**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](http://www.information-britain.co.uk)

The Marston Forest 5K is supported by



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](http://www.Flitwick10K.org.uk)) and Ampthill Trophy Cross Country in October ([www.AmpthillTrophy.org.uk](http://www.AmpthillTrophy.org.uk)).

Race Director      Richard Jones  
Tel:                    07762 564821  
Email:                [RaceDirector@MarstonForest5K.org.uk](mailto:RaceDirector@MarstonForest5K.org.uk)

**Full details of the Terms & Conditions** for all of our events can be found on the club website  
[https://affrunningclub.org.uk/wp-content/uploads/AFF\\_RaceTC.pdf](https://affrunningclub.org.uk/wp-content/uploads/AFF_RaceTC.pdf)



## 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 London Northwestern Railway LNR (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 strict supervised parking next to the Race HQ. However, in the spirit of this event, please cycle or car share where possible to help limit CO<sub>2</sub> 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 park considerately.

### 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.