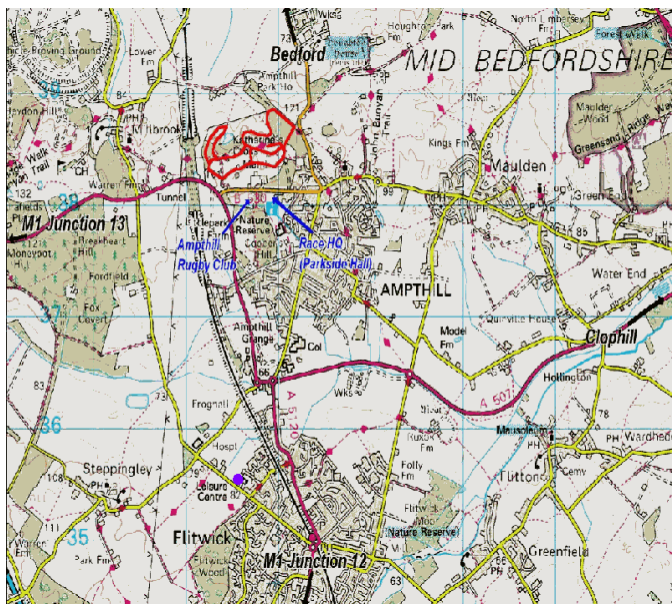


AMPTHILL TROPHY CROSS COUNTRY



Ampt Hill Trophy Location Map



We regret that this race is not suitable for wheelchair athletes

Sponsors & Supporters



Ampt Hill Park Hub
Tel: 01525 406256



Don't forget our other events

FLITWICK 10K

www.Flitwick10K.org.uk

MARSTON FOREST 5K

www.MarstonForest5K.org.uk

www.AmptHillTrophy.org.uk

AMPTHILL TROPHY CROSSCOUNTRY



uk:athletics 


ENGLAND ATHLETICS
EAST REGION

Sunday 20th October

2019

Entry Form

10K Cross-Country Race in Amphill Park

- Fast, challenging course in stunning parkland
- Extensive prize list
- Light refreshments
- Race medal to all finishers
- Well marshaled
- Supporting the work of "The Greensand Trust"

**AMPTHILL & FLITWICK
FLYERS**

AMPTHILL TROPHY CROSS COUNTRY

Entry Form

PLEASE COMPLETE IN BLOCK CAPITALS

(Photocopies of this form are acceptable)

Forename:

Surname:

Address:

Postcode:

Tel No:

Email:

UKA Affiliated Club:

UKA Competition Number:

(For affiliated entrants only)

Gender: Male/Female/Non-Binary Date of Birth:

DECLARATION: In the unfortunate cancellation of the event through circumstance beyond the control of the race organisers, I understand, and accept, the rules and terms of the entry including that there will be no refund of race fees; any surplus will go to local charities. I declare that on the day of the race I will be medically fit to run. I agree that the organisers will not be held responsible for any injury, illness, accident to me or loss/damage to my property, as a result of my participation in this event. I agree to abide by the rules and laws governing this event.

HOW WE USE YOUR PERSONAL DATA: We will only use and process your personal data to administer your participation in the race(s) you have entered. If you give us an email address, we will email you important information about the race(s). You agree that your race results including name, gender, race time and age category may be published on the event website. Photographs may be taken at the event and published on the event and Ampt Hill & Flitwick Flyers websites and social media. Full details of how we process your data can be found in our Privacy Policy which can be found on the club website, http://www.aflrunningclub.org.uk/AFF_PrivacyNotice.pdf

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!



I enclose a cheque made payable to: **Ampt Hill & Flitwick Flyers**

Junior Race: £7 for all runners.

Main Race: £10 for attached or £12 for unattached runners

£7 attached V60+ (advance entries only).

Signed: Date:

(If under 18 MUST be signed by a Parent / Guardian)

Please send completed entry forms to reach us no later than Monday 15th October to:

Ampt Hill Trophy, c/o Dave Stanley, 21 Blackbird Close,
Flitwick, Bedfordshire MK45 1SB

List of Entrants and Race Pack will be available on the website:

RACE PACKS WILL NOT USUALLY BE SENT BY POST.

Please provide an SAE should, you require one to be sent.

AMPTHILL TROPHY CROSS COUNTRY

Race Information

Date	Sunday 21 st October Junior Race(9-16): 10am, Main Race: 11am Junior Prize giving 10:50 near Start/Finish
Race HQ	Parkside Hall, Woburn St, Ampthill, MK45 2HX Allow 10 minutes to race start in Ampthill Park.
Numbers	Collect from Race HQ on the day.
Course	Following the undulating footpaths around this beautiful historic park and is suited to X/C spikes or studs. Main race is 2.5 laps and approx 10K. A course map will be provided on the day. England Athletics Permit No. TBA
Facilities	Car parking, late entries desk, Ambtrans medical service, baggage area, play area and refreshments. Limited changing and toilet facilities – Sorry no showers
Prizes	Trophy for 1st Man & Lady, medals to 2nd & 3rd Man and Lady. Medals to 1st FU20, FV35+, FV45+, FV55+, MU20, MV40+, MV50+ & MV60+. Men & Ladies team prizes (1st three UKA/ARC club members to score).
Age Limit	Main Race: Minimum age 17 yrs on race day. Juniors: Age 9-16 on 31 Aug.
Results	At Race HQ and www.AmpthillTrophy.org.uk
Entries	£10 attached, £12 unattached, £13 on race day (if not full) £7 advance entry for attached V60+ <ul style="list-style-type: none">• Full List of Entrants and Race Information Packs will be available on the website or can be sent by email if SAE provided.• Late entry desk open until 9:30 (Juniors) and 10:30 (main race) - or until race limit of 500 reached.• Online at www.sportsentrysolutions.com/allraces.php
Enquiries <i>Race Director</i>	Louise Wilkins - 07709 411620 Email: RaceDirector@AmpthillTrophy.org.uk

Junior Race (Ages 9-16) Start 10am

Course	U11 & U13 approx 2K [1 short lap] U15 & U17 approx 4K [2 short laps]
Prizes	Medal for 1st and 2nd boy & girl in each age band (Age as of 31 Aug).
Entries	£7 advance entry or £8 on race day