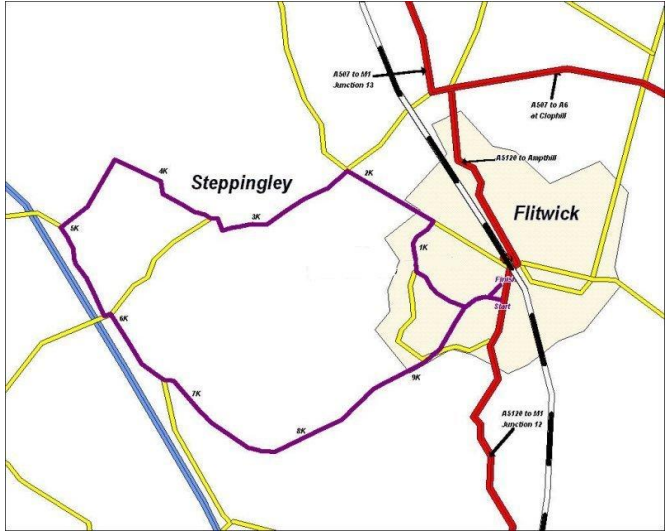


FLITWICK10K



The Flitwick 10K Course



We regret that this race is not suitable for wheelchair athletes

Sponsors & Supporters



Don't forget our other events



www.Flitwick10K.org.uk

FLITWICK10K



uk:athletics 


ENGLAND ATHLETICS
EAST REGION

Sunday 14th April

2019

Entry Form

Memento for all 10K finishers

- Supporting the work of local charity
- Free juniors fun run
- Extensive prize list
- Refreshments
- Pre and post race massage
- Chip to Chip recording



AMPTHILL & FLITWICK FLYERS

FLITWICK10K

Entry Form

PLEASE COMPLETE IN BLOCK CAPITALS

(Photo copies of this form are acceptable)

Forename:

Surname:

Address:

.....

Postcode: Tel No:

Mobile No:

(For text results service)

Email:

UKA Affiliated Club:

UKA Competition Number:

(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 Ampthill & 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 inline 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: **Ampthill & Flitwick Flyers**
£14 for attached/£16 for unattached runners

£8 attached V60+ (advance entries only).

Race entry fees are non-refundable if you are unable to compete for any reason.

Signed: Date:

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

Please send completed entry forms to reach us no later than Monday 8th April to: FLITWICK 10K, c/o Ann De Winter, 142 Bedford Road, Barton Le Clay, MK45 4LR

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

RACE PACKS WILL NOT USUALLY BE SENT BY POST.

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

FLITWICK10K

Race Information

Date	Sunday 14 th April, 10.30am start.
Race HQ	Village Hall, Dunstable Rd, Flitwick, MK45 1HP Allow 5 mins to race start on Temple Way.
Chip/No	Collected from race HQ on the day.
Course	Fast, undulating, scenic, mostly on roads, accurately measured and well-marshalled. Hosted under UK Athletic Rules UKA Permit No. TBA Course measurement Cert No. TBA
Facilities	Car parking, late entries desk, baggage area, support from Ambtrans Medical, massage, play area and refreshments, toilets and running kit retailer.
Prizes	Trophy for 1st Man & Woman, medals to 2nd & 3rd Man and Woman. Medals to 1st FU17, FV35+, FV45+, FV55+, FV65+, MU17, MV40+, MV50+, MV60+ & MV70 Men's & Women's team prizes (1st three UKA/ARC club members to score). Cash prize for new course record & cash bonus for 1st Man (sub-30) and Woman (sub-33:30).
Age limit	Minimum age 15 yrs on race day.
Results	At Race HQ and www.Flitwick10K.org.uk or by text message if you provide your Mobile No.
Entries	£14 attached, £16 unattached, £17 on race day (if not full) £8 <u>advance entry</u> 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 requested.• Late entry desk open until 10:00 (or until race limit of 1000 reached).• Enter Online at www.sportsentrysolutions.com/allraces.php
Enquiries <i>Race Director</i>	Steve Gibbons Mob: 07913 405291 Email: RaceDirector@Flitwick10K.org.uk

FREE Junior Fun Run

Start	After the main race, approx 12:00
Course	Approx 1 Mile on footpaths, well-marshalled.
Prizes	Medal to all junior finishers.