

# MARSTON FOREST 5K



## Directions to Race Location



We regret that this race is not suitable for wheelchair athletes

## Sponsors & Supporters



the Forest of Marston Vale  
Registered Charity No. 1069229



Don't forget our other events

**FLITWICK 10K**  
[www.Flitwick10K.org.uk](http://www.Flitwick10K.org.uk)

**AMPHILL TROPHY**  
CROSS COUNTRY  
[www.AmphillTrophy.org.uk](http://www.AmphillTrophy.org.uk)

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

# MARSTON FOREST5K



uk:athletics 

  
ENGLAND ATHLETICS  
EAST REGION

Friday 23<sup>rd</sup> July

# 2021

## Entry Form

- Fast, Flat course
- Memento for all finishers
- Supporting the work of the Marston Vale trust
- Free juniors 1km fun run
- Extensive prize list
- Refreshments
- Chip to Chip recording

AMPTHILL & FLITWICK  
**FLYERS**

# MARSTON FOREST 5K

## Entry Form

**PLEASE COMPLETE IN BLOCK CAPITALS**  
(Photocopies 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 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.afrunningclub.org.uk/AFF\\_PrivacyNotice.pdf](http://www.afrunningclub.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: **Ampt Hill & Flitwick Flyers**  
£12 for attached or £14 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 19<sup>th</sup> July to:-  
MARSTON FOREST 5K, 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 a large SAE should you require one to be sent

# MARSTON FOREST 5K

## Race Information

<b>Date</b>	Friday 23 <sup>rd</sup> July, 7.30pm start.
<b>Race HQ</b>	The Forest Centre, Marston Vale Millenium Country Park, Marston Moretaine, MK43 0PR (main gates close at 7pm to allow race to start)
<b>Chip/No</b>	Collected from race HQ on the day.
<b>Course</b>	Fast, flat and scenic, accurately measured on private driveways and footpaths. Well-marshalled. Hosted under UK Athletics Rules UKA Permit No. <b>TBA</b>
<b>Facilities</b>	Car parking, late entries desk, baggage area, support, play area and refreshments, toilets, BBQ & Licensed cafe. Sorry No Showers.
<b>Prizes</b>	Trophy for 1st man & woman, medals to 2nd & 3rd man & 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 (Men 14.40, Ladies -17.23).
<b>Age Limit</b>	Minimum age 13 yrs on race day.
<b>Results</b>	At Race HQ and <a href="http://www.MarstonForest5K.org.uk">www.MarstonForest5K.org.uk</a> or by text message if you provide your Mobile No
<b>Entries</b>	<b>£12</b> attached, <b>£14</b> unattached, <b>£15</b> on race day (if not full) <b>£8</b> <u>advance entry</u> for attached V60+ <ul style="list-style-type: none"><li>• Full list of Entrants and Race Information Packs will be available on the website or can be sent by email if SAE provided.</li><li>• Late entry desk open until 19:00 (or until race limit of 450 reached).</li><li>• Online at: <a href="http://www.sportsentrysolutions.com/allraces.php">www.sportsentrysolutions.com/allraces.php</a></li></ul>
<b>Enquiries Race Director</b>	Richard Jones Tel: 07762 564821 Email: <a href="mailto:RaceDirector@MarstonForest5K.org.uk">RaceDirector@MarstonForest5K.org.uk</a>

## FREE Junior Fun Run

<b>Start</b>	Before the main race at 7.00pm
<b>Course</b>	Approx 1K on footpaths, well-marshalled.
<b>Prizes</b>	Medal to all junior finishers.