

MARSTON FOREST 5K



Directions to Race Location



We regret that this race is not suitable for wheelchair athletes

Sponsors & Supporters

 <p>the Forest of Marston Vale Registered Charity No.1069229</p>	<p>Photographers tbc</p>
<p>Number suppliers tbc</p>	 <p>STUART BROWN Landscape & Arborist Supplies 01525 841842</p>
 <p>runbritain WE ARE ROAD RUNNING</p>	 <p>Flitwick Glass Conservatories, Doors & Windows 01525 717070</p>
 <p>Sports Timing Solutions Perfect results the first time and every time... <small>Sports Timing Specialists Covering The Whole Of The UK & Europe "It's all about the results!"</small></p>	 <p>graphic designers parallel motion 01525 721417</p>

Don't forget our other events

FLITWICK 10K
www.Flitwick10K.org.uk

AMPHILL TROPHY
CROSS COUNTRY
www.AmphillTrophy.org.uk

www.MarstonForest5K.org.uk

MARSTON FOREST 5K



uk:athletics 


ENGLAND ATHLETICS
EAST REGION

Friday 14th June

2013

Entry Form

- Fast, Flat course
- Memento for all finishers
- Supporting the work of the Marston Vale trust
- Running kit at discount prices
- Free juniors 1km fun run
- Extensive prize list
- Refreshments
- Pre and Post Race Massage
- Chip to Chip recording

AMPTHILL & FLITWICK
FLYERS

MARSTON FOREST 5K

Entry Form 2013

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)

Male: ... Female: ... Date of Birth:

DECLARATION:

In the unfortunate cancellation of the event through circumstances 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.

Data Protection Act 1998 I agree to my personal details submitted with this entry form, being held on a computer for all purposes relating to the event only, which may include passing them onto England Athletic where required.

Amphill & Flitwick Flyers present other events including the **Flitwick 10K & Amphill Trophy.**

I do not wish to receive information about these future events.

IPOD&MP3 PLAYERS: The Race Director has taken advice and in line with current UKA recommendations on health and safety grounds, that IPOD&MP3 Players should not be worn whilst racing.. It is recommended they are not used.

I enclose a cheque made payable to:

"Amphill & Flitwick Flyers"

£8 for attached/ £10 for unattached runners

£5 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 before 8th June 2013 to: MARSTON FOREST 5K, c/o Rebecca Fleckney, 6 Pilcroft House, Holme Street, Bedford, Bedfordshire MK42 9AW

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

MARSTON FOREST5K

Race Information

Date	Friday 14 th June 2013, 7.30pm start.
Race HQ	The Forest Centre, Marston Vale Millenium Country Park, Marston Moretaine, Bedfordshire (main gates close at 7pm to allow race to start)
Chip/No	Collected from race HQ on the day.
Course	Fast, flat and scenic, accurately measured on private driveways and footpaths. Well-marshalled. Hosted under UK Athletics Rules England Athletics Permit No. TBC
Facilities	Car parking, late entries desk, baggage area, support from Ambstram Medical, massage, play area and refreshments, toilets and running kit retailer. BBQ & Licensed cafe. Sorry No Showers
Prizes	Trophy for 1st Man & Lady, medals to 2nd & 3rd Man and Lady. Medals to 1st FU17, FV35, FV45, FV55, MU17, MV40, MV50 & MV60. Men & Ladies team prizes (1st three UKA club members to score). Cash prize for new course record (Men 14.40, Ladies -17.23).
Age Limit	Minimum age 13 yrs on race day.
Results	At Race HQ and www.MarstonForest5K.org.uk or by text message if you provide your Mobile No
Entries	£8 attached, £10 unattached, £11 on race day (if not full) £5 <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 SAE provided.• Late entry desk open until 19:00 (or until race limit of 400 reached).• Online at www.runnersworld.co.uk
Enquiries <i>Race Director</i>	Ann De Winter Tel: 07504-134853 Email: RaceDirector@MarstonForest5K.org.uk

FREE Junior Fun Run

Start	Before the main race at 7.10pm
Course	Approx 1K on footpaths, well-marshalled.
Prizes	Medal to all junior finishers.