



Proudly present the annual

AMPTHILL TROPHY

RACE APPLICATION (Photocopies of this form are acceptable)

Forename: Surname:

Address:
.....

Tel No: Postcode:

Email:

UKA Affiliated Club:

Male Female Age on race day

Where did you hear about the 2006 Amphill X/Country Trophy

Race website Running shop Running magazine

Race flyer Own club Other

DECLARATION: 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. I also agree to my personal details being held on a computer for all purposes relating to the event.

Amphill & Flitwick Flyers present other events including the Flitwick 10K & Marston Vale Forest 5K. I do not wish to receive information about these future events.

I enclose a cheque/P.O made payable to "Amphill & Flitwick Flyers"
Junior race £3 or £5 for unattached, £5 attached or £7 for unattached runners.

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

Please send your completed entry form before **13th October 2006**
(including a large 9x6 SAE for race number and instructions) to:

Amphill Trophy, c/o A. Wadsworth, 25 Park Road, Westoning MK45 5LA

No S.A.E. No Entry



Amphill Trophy Race Information:

Date: Sunday 22nd October 2006, Main race starts at 11:00am

Race Hq: Parkside Hall, Woburn Street, Amphill
Allow 10 mins transfer to race start in Amphill Park

Course: Following undulating footpaths around this beautiful, historic park and is suited to X/C spikes or studs. Main race is approx 8K [two laps]. A course map will be provided on the day. SEAA Permit No. 22/06

Facilities: Car parking, late entries desk, St. John Ambulance, baggage area, play area and light refreshments. Limited changing.

Prizes: Trophy & prize for 1st Man & Lady, medals to 2nd & 3rd man and lady. Medals to 1st FU20, FV35, FV45, FV55, MU20, MV40, MV50, MV60 & MV70. Men & ladies team prizes (1st three UKA club members to score)

Age limit: Minimum age 17yrs on race day

Results: Posted at Race HQ and on the website,
www.AmphillTrophy.org.uk

Entries: £5 attached, £7 unattached, £8 on race day
• Postal entries on or before 13th October
• Late entry desk open until race limit of 350 reached

Enquiries: Race Director: Stephen Hartley
Tel: 01525-840140
Email: RaceDirector@AmphillTrophy.org.uk

Juniors Race Information:

Start: At 10.20am, before the Main Race

Course: U13 approx 1.5K [1 short lap]
U17 approx 3K [2 short laps]

Prizes: 1st & 2nd boy & girl in each age band.
Medal to all junior finishers

Age Limit: 11-17yrs on race day

Entries: £3 attached, £5 unattached, £5 on race day



Getting there

From M1, Jn 13

Follow signposts to Ampthill on the A507. Take left turn towards Ampthill town centre, past the rugby club. Parkside Hall is about ½ mile, from the junction, on your right hand side. Parking at the rear.

From M1, Jn 12

Follow signposts to Flitwick & Ampthill on the A5120. Follow the A5120 through Flitwick, crossing the railway at the Tesco roundabout and immediately turn left until you reach the 101 roundabout. Turn left at the roundabout onto A507 and right at the next mini roundabout. After about a mile turn right, past the rugby club. Parkside Hall is about ½ mile, from the junction, on your right hand side. Parking at the rear.

From A6 at Clophill

Take the A507 to Flitwick & Ampthill for about 3 ½ miles. Go straight over at the 101 roundabout and right at the next mini roundabout. After about a mile turn right, past the rugby club. Parkside Hall is about ½ mile, from the junction, on your right hand side. Parking at the rear.

Other routes

Find your way to the centre of Ampthill. Take the westerly, uphill exit from the mini roundabouts, Woburn Road. Parkside Hall is about ¼ mile on your left hand side. Parking at the rear.



Proudly present the annual

Ampthill Trophy

Sunday 22nd October 2006

11:00 am start

Fast, challenging course in stunning parkland

- Extensive prize list •
- Combined Juniors race at 10.20am •
- Well marshalled •
- Light refreshments •
- Running kit at discount prices •
- Supporting the work of the Greensand Trust •

www.AmpthillTrophy.org.uk

The Greensand Trust is a registered charity No.1077055

Closing date for postal entries is 13th October 2006

Race Director: Stephen Hartley

Tel: 01525-840140

Email: RaceDirector@AmpthillTrophy.org.uk