

# FLITTON FLITS FUN RUNS

## 1<sup>st</sup> May 2023 - 10.30am

A friendly running event on a flat cross-country route around Flitton and Flitwick Moors for adults and children.

**Kids** - 200m run for children age 7 and under - donations on the day.

Start: approx **10.35am**.

**Juniors** - 1 mile run for 8 -12 yr olds. Entry fee £3.00

Start: approx **10.40am**.

**Main Race** – 5k race across the moors for adults and children 13yrs & over. Entry fee in advance:

£8.00 (£10.00 on the day)

Start: approx **11.00am**.

**Fun Team Challenge:** enter as Pub Team, Work Team or other group.

**Enter in advance or on the day if numbers permit. Main race is limited to 170 entries.**

Prizes donated by local businesses will be awarded to race winners at the White Hart Pub after the races.

There will also be food, drinks and entertainment in the pub garden from 12pm onwards.

**Race HQ – Church Hall, Brook Lane, Flitton, MK45 5EJ**

**Please collect your race numbers on the day from the Church Hall.**

**Collection and entries on the day from 9.00am until 10.00am**

**In aid of Flitton Church Hall and conservation work on Flitton Moor**



Sponsored by



Oakley Bros

And in association



with the

Festival



Find us on "Flitton Flit Fun Runs"

# ENTRY FORM

Name	Age on Day	M/F	5km	1 Mile

Print Name.....

Address.....

Email .....Phone.....

Running Club.....

Fun (or school) Team Name.....

(Teams: max of 6 runners: - first 4 to count for prize)

### Consent to storing personal data:

We/ I agree to my personal data being held on a password protected computer until May 31<sup>st</sup> 2023 for the purposes of event management. Also that my name, age and gender will be published online in the race results (**tick box on right**).

### Please also sign the declaration below:

We are/I am medically fit to run. We/I agree that the organisers will not be held responsible for any illness, injury or loss of property during or after the event as a result of my participation. We/I agree to abide by the rules and safety instructions governing this event. We/ I agree that any photos taken during the event may be used for publicity.

Signed..... Date.....

Please send completed entry form to arrive by **Sunday 23<sup>rd</sup> April 2023**

Entries to: Andrea McCormick, 8a Flitton Rd, Greenfield, MK45 5DJ

Enquiries to: flittonflit@gmail.com

Cheques payable to "Flitwick & District Heritage Group"