



Athlete Information Pack

MK Autumn Run - Half Marathon and 10K 2020

The MK Autumn Run 2020 is returning in October. Having built up an excellent reputation over the last 21 years, this event has become key in the Milton Keynes sporting calendar attracting both experienced and first-time runners from around the UK.

COVID-19 has meant that the event will follow a different format this year, however we at Big Cow Sports have tried our best to bring you a fantastic event with the safety of participants and staff at the forefront of our minds.

This year's MK Autumn Run will take place on **Sunday 4th October 2020** at **Willen Lake**.

10am – Half Marathon waves begin.

11:40am – 10K waves begin.

4-hour cut off for Half Marathon.

2-hour cut off for 10K.

All Half Marathon finishers will receive a medal and a t-shirt.

All 10K finishers will receive a medal.

In order to ensure the safety of our athletes and to stick within the government guidelines, athletes will be grouped together based upon estimated finish time (athletes also have the option of placing themselves in groups) in groups of 6. 5 groups of 6 (30 athletes) will then be set off every 10 minutes to avoid congestion at the start of the route, each group of 6 heading off one by one. Please note these guidelines may change prior to the event taking place.

Athletes will be informed of their start times no more than 1 week before the event.

Venue and Parking

Venue: Willen Lake Showground, Brickhill Street, Milton Keynes MK15 0DJ

A link to Willen Lake and parking near the venue can be found here:

<https://www.google.com/maps/d/viewer?mid=1q6wNVasRjmza775EqqNRAu8Wxu7-DwpR&ll=52.048901494300765%2C-0.7305238447553397&z=14>

Please be mindful of the car park that you are using. The car parks listed are either pay on departure or pay and display.

Registration

All race packs will be posted to athletes prior to the event. There will be **no on the day registration**.

What to expect in your race pack:

- Race bib
- 4 pins
- Leaflet with last minute details

There will be a tent at the event venue where athletes can pick up race packs that did not arrive in the post. Please get in touch before event day if your pack has not arrived.

Race Briefing

Race briefings will be uploaded onto the Big Cow Sports and Results Base websites a few days before the event. They can be accessed here:

<https://resultsbase.net/event/5118> or <https://bigcowsports.com/events/mk-autumn-run>

Final briefings will be given to participants before the start of the race. If for any reason you are unable to access the briefing or have any questions, please do not hesitate to get in touch.

Risk Assessment

A copy will be held at Event Control for your viewing. These assessments are carried out every year and checked before each race for your safety.

Routes

Half Marathon and 10k

Routes for both events can be found here:

<https://www.google.com/maps/d/u/0/edit?mid=1T69zM2-yfc2n8FWrwQjtVS5Fk3UmaTtL&ll=52.05180968059236%2C-0.7259238030457738&z=14>

Half Marathon runners will do 2 laps of the course, with the 2nd lap being slightly longer.
10k Runners will complete 1 lap.

COVID-19 Measures and Competitor Welfare

COVID-19 measures will be implemented throughout the entire event to keep the spread of the virus to a minimum.

- Sanitisation zones will be available for use at the event venue.
- All spectators and staff will be required to wear appropriate PPE.
- Registration will be closed and everything you need will be sent to you prior to the event except your t-shirt and medal which can be collected when you finish.
- No water stations will be available, it is up to you to bring your own bottles and sweets.

If you have been displaying symptoms of COVID-19 or do not feel well, please do not attend the event and let us know.

Please see the NHS information on COVID -19 here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Participants will be asked to complete a Google form 3 days prior to the event stating that they are fit and well and not showing any signs of COVID-19. They will not be permitted to take part in the event if this confirmation has not been provided.

Spectators are discouraged from attending the event.

First Aid and Emergencies

For all issues with participants or spectators, whether it is an emergency or not, please contact Race HQ through one of our marshals or crew members.

Our Event Director will take care of contacting relatives and paperwork regarding the incident.

Medical cover provided by: AAMS.

Personal Medical details

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions, please fill it in. It will allow our medical team to provide you with the correct treatment as quickly as possible.

Lost or Found Children

All marshals and crew will be fully briefed on how to deal with these situations.

If you, as a member of the public get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the Big Cow team who will assist you with your needs.

Helpful Information

Water Station

All participants are encouraged to bring their own water to the event and carry it with them throughout the race.

There will be water available at the venue, there will be no water stations on route.

Catering

There will be a food concession at the event selling both hot and cold food and drinks although we encourage you to bring your own.

Waste and Litter Management

We will provide litter bins at the venue, please use them to dispose of any litter. If you use energy bars or gels on course, please take them with you and dispose of them properly.

Toilet Facilities

Portaloos will be provided at the race venue and will be cleaned regularly by crew.

Timing and results

Results Base, our official timing partner will be supplying the finish times for this event. All times will be uploaded to the Results Base website, there will be no ticket printer at the event.

Prizes

There will be no prizes for this event.

Finisher Goodies

All finishers will need to collect a finisher goodie bag upon completion of the event from the finishing tent.