



Athlete Information Pack

MK 10K 2021

Big Cow Sports are pleased to announce our new 10k event around Milton Keynes. The MK 10K is a fantastic 1 lap route!

The MK 10K will take place on **Wednesday 14th July 2021**

Waves will be between 18:15 – 19:00

The cut-off time for the event is 21:00

All finishers will receive a bespoke wooden medal.

Please note: If you are living in an area of local lockdown you will be unable to take part this year. Please email us at info@big-cow.com for more information.

Elite Runners

If the 1st place Male completes the race in under 00:32 minutes, he will be awarded £100. If the 1st place Female completes the race in under 00:34 minutes, she will be awarded £100. Prize money will be given after the event. Trophies will also be sent out after the event to 1st, 2nd, and 3rd place male and female. There will be no prize money for 2nd or 3rd places.

We will be offering 2 'race' waves for elite runners at 18:00 and 18:05. If you intend to race for the podium places, please ONLY enter these waves. You will not qualify for the prize money if you are not in these waves. Winners will only be calculated once all elite runners have finished their race. If you wish to run for fun, then please enter any wave from 18:15.

Elite runners may enter at a discounted rate. Please email info@big-cow.com and provide your Power of Ten 10km time.

Venue and Parking

Venue: Newlands (located between Campbell Park and Willen Lake), off V10 Brickhill Street, MK15 0DL

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

<https://www.google.com/maps/d/u/0/viewer?mid=1VP015mbCvjCw5qjGD3QHe5hz6Lmm8lrU&ll=52.049119363179116%2C-0.7415960035688163&z=15>

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
- A leaflet with last minute information

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 emailed to you before the event.

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.

Route

The route can be viewed here:

<https://ridewithgps.com/routes/35986057>

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.

- In order to run the event in a COVID-19-safe manner, you will have to choose a starting wave. If you wish to run in a COVID-bubble then please enter the same wave. Waves will start from 18:00 for Elite runners and 18:15 for non-elite runners.
- Sanitisation zones will be available for use at the event venue.
- All spectators and staff will be required to wear appropriate PPE.
- A refill station will be available at the finish line and marshals will refill your water bottles. 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/>

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 a refill station available at the venue. No sweets or cups will be provided. It is up to you to bring your own bottles and sweets.

Catering

There will be a food concession at the event selling both hot and cold food.

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. If caught littering, you will be disqualified.

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.

Timing enquiries should be made directly with the timing team at timingcrew@resultsbase.net

Prizes

Prizes will be posted out after the event to 1st, 2nd and 3rd Male and Female.

Bag Drop

There will be no bag drop at this event. Please leave your belongings in your vehicles.

Headphones

This is a UKA event and headphones/earphones are not permitted. If caught wearing them on event day you will be disqualified. Bone conduction headphones are allowed ONLY.