



Athlete Information Pack

## MK 10K 2021

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

The route starts and finishes within the Showground of Willen Lake, taking runners through the outskirts of the city centre and back through Campbell Wharf Marina.

The MK 10K will take place on **Sunday 13<sup>th</sup> June 2021** at **Willen Lake**.

**Start waves begin at 09am**

**The cut-off time for the event is 1pm.**

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](mailto:info@big-cow.com) for more information.

### Elite Runners

We will be offering 2 'race' waves for elite runners at 0900, and 0904. 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 0908.

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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female. There will be no prize money for 2<sup>nd</sup> or 3<sup>rd</sup> places.

## Venue and Parking

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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

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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/32407891>

## COVID-19 Measures and Competitor Welfare

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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 09am for Elite runners and 09:08 for non-elite runners. You will have until **31<sup>st</sup> May 2021 at 23:59** to change your wave. You will not be able to make any changes after this time; this includes those of you who register after this date.
- 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

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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

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### 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](mailto:timingcrew@resultsbase.net)

### Prizes

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

### Finishers medal

When you have finished the race please make your way quickly out of the finisher funnel and collect your medal.

### 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.