



MK10K

- Race packs

Most of you should have received your race pack by now, although if it doesn't arrive by Wednesday then please collect a replacement on the day.

If you registered after the 5th July then you will need to collect a race pack on the day from the registration desk.

- Signage

You will be following black on yellow signs and the course is well marshalled.

- COVID-19 procedures

Please make sure you are keeping to the government guidelines and following social distancing measures.

We encourage you to obtain rapid flow tests and ensure they are negative within 48 hours prior to the event. These however are not compulsory.

- Start Line – Opposite the Tree Cathedral

The start line for the MK10K is opposite the Tree Cathedral and beside V10 Brickhill Street. We will have crew and signage at the venue to direct you to the start line.

- 18:15 and 19:00 wave starters

If you're in the first or last wave there is the slight possibility that there will be an overlap of those coming in to finish and those leaving to start. Please keep to the left-hand side if you happen to be in this scenario.

- No bag drop

We will not have a bag drop at the event. Please leave all your belongings in your vehicle.

- Be careful of other people on the route.



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You don't necessarily have right of way so please be mindful of those around you. Make sure you keep a wide berth wherever possible.

- UKA Affiliated Event

This is a UKA affiliated event. Bone conduction headphones only.

No running with dogs or prams.

- Water stations

There will be no water stations on route. There will be a re-fill station at the start/finish line where you can fill your water bottles.

- Parking

There is limited parking at the venue so please do not park there. A list of parking venues has been provided in the Athlete Information Pack.

- If you can't complete the 10K course and need to pull out of the race, please let a marshal or member of the crew aware.