



milton keynes

WINTER HALF MARATHON

ATHLETE INFORMATION PACK

We hope you're just as excited as us for this year's MK Winter Half Marathon. We cannot wait to see you on race day, please see below for this year's athlete information.

DATE AND TIME

The Milton Keynes Winter Half Marathon will take place on **Sunday 12th December**.

There will be start waves between 09:00 – 09:35 and these will be broken down into the following (approx.) times:

09:00	Black/Purple Bibs	Elite Wave
		Sub 1hr 30
		Sub 1hr 40
09:10	Green Bibs	Sub 1hr 50
		Sub 2hr
09:25	Red Bibs	Sub 2hr 10

09:35 **Orange** Bibs

Sub 2hr 20

Sub 2hr 30

Sub 2hr 40

Sub 2hr 50

Sub 3hr

You will be emailed your wave start and colour soon. You must run in your assigned wave.

CUT OFF TIME

The event has a cut off time of 2pm and we will be closing each water station at the times below:

3 Mile Water Station 11:00

6 Mile Water Station 12:00

9 Mile Water Station 13:00

FINISH REWARDS

All finishers will receive an awesome long sleeved MK Winter Half Finishers T-shirt and bespoke medal.

VENUE AND PARKING

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

[Directions to Willen Lake](#)

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

<https://www.google.com/maps/d/u/0/viewer?mid=1x1vbmbXcLjnqFzjRLAYh4AvXsqk4Dvs&ll=52.049119363179116%2C-0.7415960035688163&z=15>

Many of the car parks are pay and display or pay on departure. For more information about parking at Willen Lake, see [HERE](#).

DELIVERY OF RACE PACKS

Race packs will be posted to athletes who have registered before **Monday 22nd November at 09:00am**. All registered athletes after this time will need to collect their race pack from the registration tent at the venue.

What to expect in your race pack:

- Race bib
- A leaflet with last minute information
- Baggage Tag

REGISTRATION TENT

The registration desk will be open **Saturday 10:00am – 12:00am** and on **Sunday from 07:30am**.

Race packs will need to be collected from the registration desk if you have registered after Monday 22nd November 9am. You will need to bring formal ID with you (Passport or Driver's License). If you are collecting on someone else's behalf, you will need to provide a note with written consent and that person's ID.

You can also collect a replacement pack if yours did not arrive in the post. You will still need formal ID to claim a replacement pack.

TRANSFERS AND ON THE DAY ENTRIES

Transfers must be made by 22nd November at 09:00am. After this time, you will not be able to transfer your entry. There will be no transfers on the day.

On the day entries can be purchased for £36 on a first come, first serve basis. There will be a limited number available.

RACE BRIEFING

Race briefings will be emailed to you before the event.

Final briefings will be given to you 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.

ROUTE

<https://ridewithgps.com/routes/31391238>

THE SERIOUS STUFF – COVID-19 MEASURES AND COMPETITOR WELFARE

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

- Sanitisation zones will be available for use at the event venue.
- Marquees and other potentially enclosed areas will be well ventilated.

You must not attend if you or someone in your household is feeling unwell and/or has coronavirus symptoms in the last 14 days and/or has been asked to self-isolate by NHS Test & Trace.

It is also recommended that you and any spectators coming with you complete lateral flow tests (LFT) the day before you're due to take part in the event.

Please see the NHS information on COVID-19 here:

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

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.

An emergency contact number can also be found on your race bib.

Medical cover provided by: Acute Ambulance Medical Services.

PERSONAL MEDICAL DETAILS

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

HELPFUL INFORMATION

WATER STATION

There will be 4 water stations providing cups of water only. These will be based at 3, 6, 9 and 12 miles.

There will also be toilets at 6 miles for you to use.

CATERING

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

WASTE AND LITTER MANAGEMENT

We will provide litter bins at the venue and at each water station, 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 at 6 miles.

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 and there will also be a ticket printer where you can print out your finish time.

PRIZES

Prizes will be awarded to Top 3 Male and Female and 1st Male and Female in the following age categories:

Vet 40

Vet 50

Vet 60

BAG DROP

There will be a bag drop this year.

In your race pack you will find a baggage tag. Please attach this to your bags and hand it to the bag drop crew. You should travel light, bringing only one bag with you. Your bag cannot be accepted or returned without your baggage tag and race bib.

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.

MULTISPORT

Multisport is a Milton Keynes based sports distribution business established back in 2008. They sell a number of well-established brands through their website <https://multisportdistribution.co.uk/> including Danish Clothing Brand, Fusion, USA electrolyte Saltstick and more. Enjoy 25% discount across all products and brands by using code **BCS25** on their website.

