



milton  **AUTUMN**  
**RUN** keynes

# ATHLETE INFORMATION PACK

The Milton Keynes Autumn Run will take place across the 1<sup>st</sup> and 2<sup>nd</sup> October 2022.

We hope you're just as excited as us for this year's MK Autumn Run. We cannot wait to see you on race day, please read the pack thoroughly for this year's athlete information.

## DAY SCHEDULE SATURDAY 1<sup>ST</sup> OCTOBER 2022

10:00 Event village opens. Street food, live music and entertainment begins at the amphitheatre

10:15 Nuffield Health **FREE** gym session at the amphitheatre

*This will be a fun full body, bodyweight workout focusing on elevating the heart rate and developing muscle tone. It will be accessible to all fitness levels with downgrade options available. The 30-minute session will consist of a warmup, the workout and a cool down.*

12:00 Registration opens

12:45 5K Race Briefing

13:00 Run for Willen 5K Starts

14:15 MK10K Race Briefing

14:30 MK10K Race Starts

Registration closes

15:15 MK10K prize giving at the amphitheatre

16:30 Event village closes

## DAY SCHEDULE SUNDAY 2<sup>ND</sup> OCTOBER 2022

- 07:00 Event village opens, and registration begins
- 07:45 MK Autumn Marathon Race Briefing
- 08:00 MK Autumn Marathon Starts
- 08:45 MK Autumn Half Marathon Race Briefing
- 09:00 MK Autumn Half Marathon Starts
- 11:15 MK Autumn Half Marathon prize giving at the amphitheatre
- 11:45 MK Autumn Marathon prize giving at the amphitheatre
- 15:00 Race Cut Off for all races
- 16:00 Race HQ closed

## VENUE, PARKING, AND ACCOMMODATION

### Venue:

The Events Plateau, Campbell Park, Milton Keynes MK9 4AD

What3Words: [///assures.ethic.believer](#)

### Parking:

The centre:mk multi storey car park situated by John Lewis is open 6am – Midnight daily. Payment machines are located inside the car park.

Sat Nav: MK9 3QA (Marlborough Gate).

What3Words: [///described.menu.trailer](#)

From here it is less than a 10-minute walk to the event venue.

A bike park will also be available for those cycling to the venue, although these are left at your own risk. Please bring bike locks with you.

### Travelling by train:

Trains run regularly from London Euston to Milton Keynes Central (approx. 45 mins journey time). From Milton Keynes Rail Station, any bus service from stops Y1 to Y6 can be used to travel to centre:mk, which if dropped off near the Xscape, should be less than a 10-minute walk to the event venue. Services between the rail station and centre:mk run every few minutes, and the journey time is approximately 5 minutes.

\*information from centre: mk.com\*

### Accommodation:

## HOTEL LA TOUR

Hotel La Tour is situated within walking distance of the event venue and boasts a glass lift providing a unique visual experience of Campbell Park and beyond as guests travel to the top floor.

Those attending the MK Autumn Run Weekend 2022 can benefit from an awesome 20% off by clicking [HERE](#).

\*Notes:

- The link automatically defaults to 2 guests in the room – if you require single occupancy, please amend this before you progress with the booking.
- The link will only allow 5 rooms to be booked at once. You can use the link multiple times to book further rooms.
- If you need to do a group booking for more than 10, please email [reservations@hotel-latour.co.uk](mailto:reservations@hotel-latour.co.uk)

## DELIVERY OF RACE PACKS

Race packs will be posted to athletes who have registered before **Monday 19<sup>th</sup> September 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 (Sunday athletes only).

## REGISTRATION TENT

The registration desk will be open **Saturday 12:00 – 14:30** and on **Sunday from 07:00**.

Race packs will need to be collected from the registration desk if you have registered after Monday 19<sup>th</sup> September 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 (screenshots accepted).

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 can be made online up until 28<sup>th</sup> September 2022. After this time any transfers must be made in person at the registration desk. Only those who will be running on the day will need to come to registration, although written/digital confirmation from the original entrant is required to complete the transfer. Failure to transfer correctly will result in disqualification.

On the day entries will be available across the weekend, along with the opportunity to purchase a finisher's tee.

## 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.

## FINISH REWARDS

All finishers will receive an awesome MK Autumn Run medal. An optional t-shirt is available to purchase by clicking on the image below!



## ROUTES

All routes can be viewed [HERE](#).

## THE SERIOUS STUFF – COVID-19 MEASURES AND COMPETITOR WELFARE

Please always refer to the government website for details on 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.

The Race HQ 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 STATIONS SATURDAY**

There will be a water station at the finish line which will double up as the 5K water point on the MK10K route. 5K runners will have access to water at the finish line.

### **WATER STATIONS SUNDAY**

There will be 4 water stations on course.

1. Downs Barn 5K and 26K
2. Stanton Low 11K and 31K
3. Bradwell 17K and 38K
4. Campbell Park (Race HQ) 21K and 42K

## **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 the Stanton Low water station (11K and 31K) for Sunday's races.

## **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 in all races excluding the Run it for Willen 5K which is a fun run.

## **BAG DROP**

There will be no bag drop on Saturday, only on Sunday.

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**

All races excluding the Run it for Willen 5K are affiliated with Run Britain/UKA and headphones/earphones are not permitted. If caught wearing them on event day you will be disqualified. Bone conduction headphones are allowed ONLY.

# VOLUNTEERING

We are on the hunt for some awesome marshals to help us as we couldn't put on events like this without the help of our amazing volunteers!

Volunteer on Saturday and you can race for free in either the Run for Willen 5K or the MK10K!

## [5K and 10K Volunteer Form - 1st October 2022](#)

Volunteer on Sunday and receive:

- This fabulous pink crew T-shirt!
- MK Autumn Run crew coaster
- A delicious lunch pack
- 50% off a future BCS event of your choice
- Finally, just an awesome day out 😊

## [Half Marathon and Marathon Volunteer Form - 2nd October 2022](#)



# OUR PARTNERS

## MKFM 106.3



MKFM is the local radio station for Milton Keynes providing a mainstream service with all the latest news, weather and travel for the area.

Broadcasting live daily from Stadium MK, MKFM supports the community in a number of ways including support for charities and local business.

During the pandemic MKFM became the most listened to station locally with over 395,000 unique users visiting MKFM.com each month. With the biggest social media platform in Milton Keynes, MKFM provides a number of services for businesses including radio and digital media.



## RUNNA

Runna is the UK's #1 rated running coaching app that provides personalised training plans to help you reach your goal. We've partnered with them to help you arrive at the start line ready to run and have the best chance of getting that new PB!

All of their plans are fully personalised, adapt around your running ability and schedule, and sync with fitness watches too. They've also just had British Olympian Steph Davis join their coaching team to get you in the best possible shape ahead of race day!

To get your first week free and 20% off your first month of training, use code **BCS20**. See you at the start line!

**BON VIVEUR**



**- COFFEE HOUSE -**

Bon Viveur is a coffee shop located in central Milton Keynes who provide a myriad of delicious hot and cold drinks, yummy savoury and sweet treats and platters – perfect for that office meeting! They also provide our volunteer lunch packs...Just another reason to help on Sunday!!

**NUFFIELD HEALTH**

We are Nuffield Health the UK's largest healthcare Charity\*

Driven by our purpose to build a healthier nation, our experts have been working together for more than 60 years to make the nation fitter, healthier, happier and stronger.



We achieve this through our industry-leading network of 37 hospitals, 114 fitness and wellbeing centres, medical centres and workplace wellbeing facilities. We believe that the best healthcare should help prevent illness by looking after mind and body. Our holistic wellbeing offering spans physical and mental health — from personal training, health assessments, GP services, and physiotherapy to providing mental health support or hospital treatments for serious conditions. We also use our expertise to support the NHS and help people to prevent illness and injury, working in collaboration with all parts of the health service.

*Follow the instructions below to claim your free day pass!*

Email [miltonkeynesFWmanagement@nuffieldhealth.com](mailto:miltonkeynesFWmanagement@nuffieldhealth.com) with the following info:

*Subject: BCS Day Pass*

*First name*

*Last name*

*DOB (must be 16+)*

*Gender*

*Date you wish to use the pass.*

*Contact Number*

# OUR CHARITIES

## WILLEN HOSPICE

Willen Hospice is the only adult care Hospice in Milton Keynes.

"None of what we do is possible without the support of the volunteers, donors and event participants that actually raise the money. There are too many to name, but their help is generous, selfless and makes a huge difference to so many children. Our gratitude and thanks is with each and every one of you."

BCS Events are proud to be working with Willen Hospice where 25% of the entry fee in the Run it for Willen 5k will go towards the charity.



Willen Hospice  
always there to care

## SAMUEL'S CHARITY

# SAMUEL'S CHARITY

Samuel's Charity is a local charity to Milton Keynes. The charity was started by Samuel, who in 2013 was admitted to St George's hospital in South London and diagnosed with a rare cancer, Precursor T-Cell Non-Hodgkins Lymphoma. This particular type had not been seen before which meant the treatment for it wasn't black and white, and there was trial and error in the type of treatment he got.

On Wednesday 22nd January 2014 Samuel lost his fight. He was 9 years old. Samuel started his charity to help really sick kids and their families get through what is most likely the worst time in their lives, to make their time more bearable and to bring some relief, fun and hope to their day. The charity helps any sick children, whether in hospital or not.

Martin from Samuel's charity has a limited number of London Marathon virtual places that could be yours if you opt to fundraise for this great cause. So, sign up to the MK Autumn Marathon, and get in touch with Martin and you could bag yourself the amazing MK Autumn Run finishers medal AND the London Marathon medal, which is also not bad!!