



MK10K

Tuesday 5th September 2023

Start Time – 18:00

Athlete Information Pack and Race
Briefing

Welcome

The MK10K Race Series is a 1-lap course taking place Bi-monthly on the 1st Tuesday of each month. The series will start and finish at Willen Lake, Milton Keynes near Benugo's Cafe.

It is an awesome way to see your progress throughout the year and a great way to keep fit.

Event Venue

Willen Lake Showground, Brickhill Street, Milton Keynes MK15 0DJ (Near the new Watersports centre/Benugos coffee)

What3words ///intricate.aside.uptake

Car Parking

A link to parking at Willen Lake can be found below:

<https://www.willenlake.org.uk/discover-willen-lake/plan-your-visit/car-parking/>

Car parking is pay on arrival.

Registration

All race packs will be collected on the day at the registration tent which will open at 5pm.

We will be taking on-the-day entries at £11.

Bag Drop

There will be a bag drop at the registration tent. Only small bags will be allowed.

Toilets

There is a toilet block at the venue available for all runners.

Race Start

Start time: 18:00

At 17:45 we'll have a race briefing. Any last-minute changes will be communicated to you here. After the briefing we'll get you ready to start.

There will be one mass start.

Headtorches

Head torches are compulsory.

Rewards

All finishers will receive a bespoke wooden medal.

Prizes

Prizes will be awarded to the fastest Male and Female across the series taking your best 4 races into account. This will be awarded at the last race on Tuesday 7th November.

Cut off time

The cut off time for this event is 20:00pm (2 hours). All runners need to have finished by then.

Route

<https://ridewithgps.com/routes/41369688>

There are a few cattle grids and gates on course. Take care when crossing the cattle grid as it may be slippery. If you go through the gate, please make sure you close it behind you.

Water Stations

There will be water at the finish line only, none on course. We advise to bring a bottle if required.

First Aid and Emergencies

Medical cover provided by: AAMS – Acute Ambulance Medical Services.

There will be a cycle medic following the last runner and a medic based at the finish line should you need them.

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.

Additional

The event takes place on tarmac paths. We recommend road shoes for this race series.

If you would like to run with your dog, you are more than welcome to.

Spectators

Spectators are welcome to attend! Willen Lake is a beautiful place to visit and there is a pub nearby where they can wait for you to finish your race.

Route Signage

There will be a lead and sweeper bike for the MK10K. The course will be thoroughly signed with black on yellow arrows.

There is 1 road crossing and no marshals on route.

Other road users

You don't necessarily have right of way so please be mindful of those around you. Always try and leave a wide berth when overtaking and try not to run more than two abreast to avoid crowding around the course.

Headphones

Please don't wear headphones as there are some sections of road crossings. You can wear bone conduction headphones if you have them.

Headtorches

Sunset is due around 19:42 on Tuesday 5th. Headtorches will be optional.

If you drop out let us know!

Please let us know if once you have started the race, you are no longer able to finish. Otherwise, we'll have to send out the search party!

Departure

When leaving the venue please be careful of runners who may still be finishing and ensure you do not disrupt their race.

We hope you really enjoy the MK10K. If you have any feedback after the race or questions before, then please get in touch to: info@big-cow.com.

Last in the series...

- Tuesday 7th November

Can you complete them all?