



NEWPORT PAGNELL CARNIVAL

5K



2023

SATURDAY 1ST JULY 2023



ATHLETE GUIDE

Newport Pagnell Carnival are hosting their annual Carnival and have teamed up with us, BCS Events to bring a fun 5K on Saturday 1st July.

Here at BCS Events we provide a team of well-trained, experienced stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one.

The 'Serious' 5K will be UK affiliated. The results for this and the 'fun' 5K will be uploaded separately on [Results Base](#).

Newport Pagnell Carnival 5K (the 'serious' one) will be kicking off at 12pm, this event is for those aged 11 and above looking to commit themselves to a UKA affiliated, 5K challenge and potential PB.

You can view the course measurement certificate [HERE](#) and the Run Britain License [HERE](#).

If you are looking to take part in a fun run with your friends and family, the **Newport Pagnell Carnival Family 5K (The Family Fun One)** is the one for you! It is open to everyone to run, jog, walk, buggy push and enjoy! This will be kicking off shortly after the 'Serious one'.



EVENT VENUE

The start and finish are in different locations. You'll start your run in Blakelands Business Park (off Tanners Drive) and you'll finish your 5K by following the path around the Carnival Meadow and into the main arena (Riverside Meadow) to cross the finish line.

There will be a limited number of electric scooters available by 'Willen Gate' to get runners back up Tongwell lane to Blakelands. – Approx - [///paying.slung.ensemble](http://paying.slung.ensemble)

These can be used on a first come, first served basis.

Start Line Location

<i>Address</i>	Blakelands Industrial Estate, Tanners Dr, Blakelands, Milton Keynes MK14 5BN
<i>Coordinates</i>	52.07695,-0.74241
<i>What3Words</i>	///clerics.conjured.twin

Finish Line Location

<i>Address</i>	Riverside Meadow, Dove Close, Newport Pagnell MK16 9DA
<i>Coordinates</i>	52.08157,-0.71954
<i>What3Words</i>	///booklet.severe.chips



PARKING

WE STRONGLY ADVISE RUNNERS TO WALK TO THE START LINE OR GET DROPPED OFF IF POSSIBLE, TO REDUCE TRAFFIC IN THE START AREA.

For anyone coming from outside the town there will be local car parks near the start line:

TONGWELL LAKE -

Brunswick Court, Yeomans Dr, Blakelands, Milton Keynes MK14 5LR (16 minutes' walk)

BRICK KILN CAR PARK -

Great Linford, Milton Keynes MK14 5JT (20 minutes' walk)

LINFORD MANOR PARK -

Parklands, Great Linford, Milton Keynes MK14 5DZ (23 minutes' walk)

Parking is NOT available in Tanners Drive; this is for parade entrants only. Please do not attempt to enter Tanners Drive by car as you will be turned away and may cause delays to yourself and Carnival Parade entrants.

Once you've enjoyed all the offerings of the Carnival event, it's an easy 3K walk or jog back to the start and your vehicle.

FOR PARKING AT THE FINISH LINE:

You can access the Carnival field via Welland Drive – use the postcode MK16 9DX if you have a sat nav and it should bring you to the right place.

Please DO NOT park in the residential streets, there is room for all on the meadow.

We are the first to admit that the parking isn't the easiest to find; but we have added lots of signs to help so please follow them, be patient and if lost ask anyone in a high-vis jacket.



DIRECTIONS

Turn onto Severn Drive (By Harben House not Kings Arms)

Take a left onto Thames Drive

Take a left again into Welland Drive

Follow Welland Drive until the road forks in the left for there is a gate onto the field

Go through the gate and park up

If you do choose to park in Riverside Meadow please note, you will not be able to leave until the roads are open again which may be a few hours wait.



REGISTRATION AND RACE PACK COLLECTION

Race packs can be collected from Body Limits, our 5K sponsor from Monday 19th of June until Thursday 29th June. Please check online for their opening hours before collecting your race pack. Their address is:

Body Limits Clinic, 99 Wolverton Road, Newport Pagnell, Bucks, MK16 8HX

If you **registered after 14th June**, you would need to collect your race pack from the start line on the day of the race (Tanner's Drive).

Entries on the day will also be available to purchase on a first come first serve basis for £25.

BAG DROP

There will be a bag drop based at the start line.

Once the event has started, all off your belongings will be driven to the finish line, ready for when you get there. Any belongings left unattended will be left at your own risk and will not be taken to the finish line. All start line staff will be relocating to the finish venue.

TOILETS

There will be portaloos at the start and finish venues.

WATER STATIONS

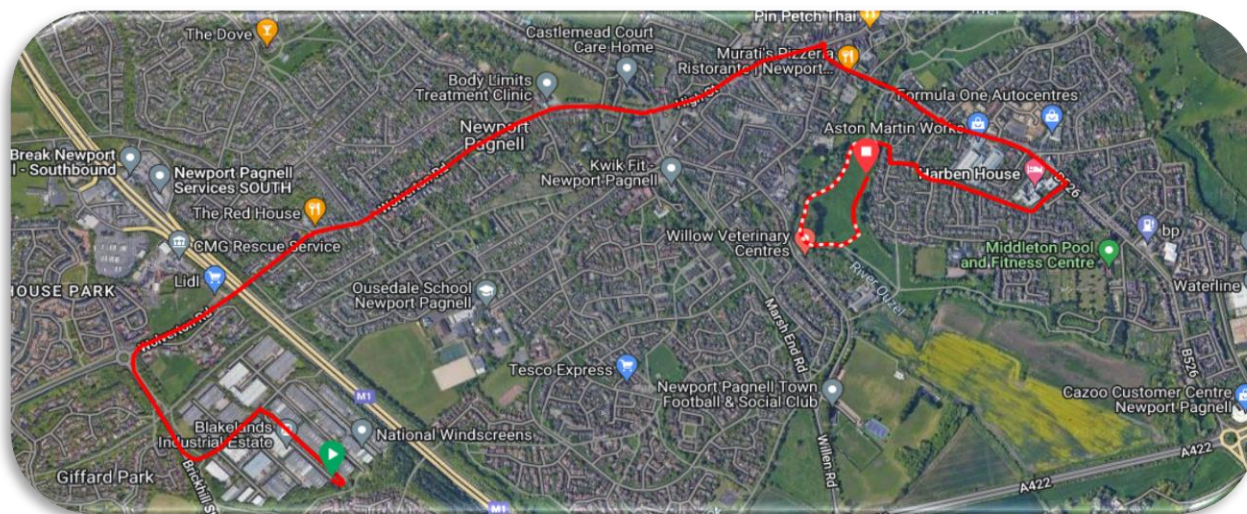
There will be water stations at the start and finish line area and outside Body Limits which is around 2.2km. We advise you to bring a small bottle of water if you feel you will require water on route.



5K ROUTE

You can view the route interactively by clicking on the image below!

The Serious and Family 5K route.



CUT OFF TIMES

The Newport Pagnell Carnival Parade will begin once the last runners in the Family Fun 5k have started at around 12:05

There is no cut-off time as such, but you must run ahead of the carnival parade at all times.



WHAT'S INCLUDED

- Awesome medal
- Chip timing
- Entry into Riverside Meadow
- Official race photographer
- Optional finisher's T-shirt

T-SHIRTS

Official Event T-shirts have now been ordered with limited sizes remaining. You can pre-order online or purchase on the day. We can't guarantee we'll have your size on the day, so we advise pre-ordering to ensure you do not miss out!

All T-shirts will be based at the finish line, this is where they should be collected and/or purchased. This includes 2020 and 2022 T-shirts.

[Click on the image below to get your hands on one!](#)





RISK ASSESSMENT

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort.

FIRST AID AND EMERGENCIES

For all issues with participants or spectators, whether it is an emergency or not please contact Sasha (Event Director) through one of the stewards or crew members. She will liaise with the medical team on the quickest form of action.

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 this in with any pre-existing medical conditions, or if there are none then just write N/A. This allows our medical team to provide you with the correct treatment as quickly as possible.

LOST OR FOUND CHILDREN

All stewards and crew members are 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 BCS Events team or Newport Pagnell Carnival team who will assist you with your needs.

The team can be recognised by their yellow high visibility vest.

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.

WE LOOK FORWARD TO SEEING YOU ON RACE DAY!