



**milton keynes**

**WINTER HALF MARATHON**

**ATHLETE INFORMATION PACK**

**Thank you for entering the MK Winter Half Marathon. We hope your training has gone well and you're injury free. Below are a few important details for race day and links to other useful pieces of information.**

## Event Location

Newlands, Milton Keynes MK15 0DT

## Parking

We have a map of all the local car parks at the end of this document. Please note that only 4, 5, 6 and 8 are free, all other car parks are Pay & Display. Please DO NOT park in either Gullivers Land or Eco Park!

If you come by bike we will have a manned bike park area but we suggest that you bring a lock – you can leave the keys with us!

## Registration

Opens at 08:00 and closes at 09:45. It is located in the big Newlands field and will be inside the large marquee. If you have already collected your race pack you will not need to attend registration on the day.

If you are looking to register on the day we will have a limited number of slots available from our Race HQ which will be in a tent to the rear of the main marquee.

## Race Pack Collection

You can collect your pack from DW Fitness on Stadium Way, Milton Keynes up until 7pm on Wednesday 7<sup>th</sup> December.

We will have race pack collection at the race venue at the following times:

**Saturday 10<sup>th</sup> December: 12pm-4pm**

**Sunday 11<sup>th</sup> December: 8am-9:45am**

Our registration will be divided in to queues sorted by SURNAME. If you are able to remember your number this will help to speed up the process on the day.

## Transfers

If you are running with a bib which has been transferred from another runner you will need to report to Race HQ to register your new details.

## Bag Drop

If you need to drop a bag off, this is by registration and will be divided in to 2 tents according to bib number. Your bag will be tagged with a numbered strap. You will need to show your race bib to collect your bag afterwards.

## Toilets

These are located at the Western end of Newlands there will be cubicles as well as a urinal for the men as well as one disabled toilet.

## Race Start

We will have a briefing on the start line at 9:50am, with the race starting at 10:00am

## Route

You can view an interactive version of our map on our website [www.fqevents.co.uk](http://www.fqevents.co.uk)

## Headphones Policy

As this is a UKA certified event which has road crossings this is officially a no headphone event. Anybody seen wearing headphones will be disqualified. This is in the interest of safety so you can hear what is happening.

## Feed Stations

There are FOUR feed stations on the route. 3 miles, 6 miles, 9 miles & 12 miles. All of them will have water, 3, 6 & 9 miles will have bottles, the final station at mile 12 will have cups.

There will be a variety of sweets at feed stations 1 to 3, please note that we will **not** have gels on the course so you will need to bring your own.

PLEASE only drop any litter within the marked litter zones which extend 100m from each Feed Station.

## Medals & Tee-Shirt

Please follow the corridor from the finish to collect your well-earned medal and T-shirt. An engraver will be on site if you want to have your finish time engraved on the medal, they will make a small charge for this and all payment must be in cash.

Tee-Shirts will be handed out per the size indicated on your race bib, we will only offer size exchanges at the end of the event.

## Post Race

There will be food and water at the finish plus catering for those wanting something more substantial.

## Awards

Presentations for the top three male and female will be within 15 minutes of the top 3 males and females finishing.

There will be a second presentation at 12:30 for the fastest male and female in the following veteran categories: Vet 40+, Vet 50+, Vet 60+

## Photographer

We will have photographers at the start / finish area and on course. Photos will be available to view and purchase through [www.sportivephoto.com](http://www.sportivephoto.com) after the event

## Departure

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

**We hope you really enjoy the MK Winter Half Marathon. If you have any feedback after the race, then please get in touch. We look forward to seeing you on the day.**



## Car Parks

CP4, 5, 6 and 8 are free car parks, please note that CP8 (Unify) closes at 15:30. CP1, 2, 3 and 7 are Pay & Display, if you don't have a ticket or it has run out you will get fined by the Wardens!