



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.

KEY INFORMATION

Event Location: Willen Lake, off V10 Brickhill Street, Milton Keynes, MK15 0DS

Briefing Start Time: 09:50

Race Start Time: 10:00

RACE ENTRIES

Race Packs:

If you have opted for postage, your pack will be sent out to you ahead of the event via Royal Mail. Depending on when you completed your registration, you will receive your pack between 2 and 4 weeks prior to the event.

If you have opted to collect, you have a choice of the below:

- a. Collect your pack from Up and Running in Milton Keynes (Elder Gate, Milton Keynes, MK9 1EN) between Wednesday 22nd November, and Wednesday 6th December inclusive, during opening hours.
- b. Collect your pack from the race venue on Saturday 9th December between 12:00 and 16:00.
- c. Collect your pack on race day from 08:00 to 09:45.

Registration on the day:

If you have a friend or family member who is keen to enter on the day, registration will be open in the Event Village between 08:00 and 09:45 on race day. Please note, there will be a limited number of spaces available, so entering in advance is advised to avoid disappointment.

Transfers:

Transfers are open **until 22nd Nov**. You can make the change yourself [HERE](#) (on your profile). Full instructions can be found [HERE](#).

For any **transfers after this date** the new runner must attend registration on Saturday 9th December or Sunday 10th December to confirm the changes (this will incur a £5 charge). Any runner found running with a number in another runner's name or without a valid entry will be disqualified and may be banned from future events. This is in accordance with UKA guidelines.

Deferrals:

Deferrals are able to be processed **until 22nd Nov**. If you wish to defer to the 2018 event, please email info@fqevents.co.uk with your name and order number. A place which has been deferred from 2016 will not be able to be deferred again.

Prizes:

Prizes will be awarded to the following during a presentation at 11:45:

- Top 3 males
- Top 3 females
- Top 3 teams (top 8 times to count)

Prizes will be awarded to the following during a presentation at 12:30:

- Top male and female Vet 40+
- Top male and female Vet 50+
- Top male and female Vet 60+

EVENT PARKING

Event Parking:

There are two main event car parks as shown on the map [HERE](#).

- Car Park 1 (slightly further from the event village) is a free car park
- Car Park 2 (next to event village) is a Pay and Display car park – it is your responsibility to pay for your stay on exit, otherwise you will be fined by the authorities.

On arrival, you will be able to choose either Car Park 1 or Car Park 2, which will be managed on a first come first served basis.

Other surrounding car parks have also been marked on the map, which are a little further away from the event (however, still within 1 mile radius). These are a mix of Pay and Display and free car parks for you to choose from. It is your responsibility to pay any associated parking charges, as these spaces are not linked to the event.

EVENT VILLAGE

Luggage Drop:

There will be secure luggage storage at a manned marquee in the event village. The area will be divided according to your bib number – please look out for the signage to guide you. Your bag will be tagged with a numbered sticker on the day, and you will need to show your race bib to collect your bag after your race.

Toilets:

Toilets will be located in the event village – a mix of cubicles and urinals to limit any queues.

Finishers Medal & T-Shirt:

Once you have finished the race, please follow the finish funnel 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.

T-shirts will be handed out as per the size indicated on your registration (highlighted on your race bib) – we will only offer size exchanges at the end of the event.

Food and Drink:

In the event village there will be a collection of food outlets to ensure you have a coffee ahead of your race, and a treat to congratulate yourself afterwards! We'll also have some mulled wine and mince pies for you all to get into the Christmas spirit... Please make sure you have cash on you for these purchases.

Departure:

When you are leaving the event village after the event, please be cautious of runners who may still be finishing, as you do not want to disrupt their race.

ROUTE

Route Map:

Due to the new event location, the route has slightly changed from previous years. To see an interactive route map, please [click here](#).

Feed Stations:

There will be four feed stations on the route at 3, 6, 8.5 and 11 miles. These will all be equipped with water (using cups) and sweets. Please note that sports nutrition/ gels will not be provided so if you are used to these in your training then you will need to bring with you. We are working closely with the Parks Trust, and MK as a whole, so it goes without saying that we would like the event to continue and therefore please only drop litter within the marked litter zones at each feed station, and not elsewhere on the course.

Headphones:

Due to improvements in technology, the use of 'bone conductor' headphones are allowed to be used whilst running in the MKWH as they are the only headphones which are approved under UKA event rules and regulations. However, the use of generic headphones are still not permitted for safety reasons.

Medical Support:

There will be medical provision in the event village, and also out on the course both at the aid stations and roaming the route, so you will feel fully supported.