

25-27 JUNE 2021

COVID-19 EVENT SAFETY

** IMPORTANT **

DO NOT attend the event if you are showing any Covid-19 symptoms.

- High temperature
- New or continuous cough
- Loss or change in taste and/or smell



GENERAL

- Participants are required to be NHS Test & Trace compliant. Use the QR Codes at the venue.
- Spectators should avoid the start/finish area and find a quiet spot on the course.
- Overtake only when it is safe to do so.
- Be mindful of other footpath users.
- Follow marshal instructions for a safe event.
- Do not spit or blow your nose when you are running to protect other participants.
- First aid will be provided in a safe manner if needed.
- There will be no bag drop facilities at this event.
- Only bone conductor headphones are allowed.
- Mile markers every mile for half and marathon.
- KM markers every km for 5k and 10k.
- MK Challenge medals can be collected from the Info Desk.

START AND FINISH AREA

- Your Wave Time is your venue arrival time.
- Keep 2m distance from other participants before the start and finish.
- Toilets will be available before the start.
- Make use of the sanitiser stations.
- You must wear a face mask before the start.
- Bins will be provided to dispose of masks at the start line.
- We will start small groups of runners every

minute in line with the latest Government rules.

- All events except the fun run will be chip timed.
- Collect your medal and any rewards when you finish.
- Please keep moving after you cross the finish line and do not hug or shake hands.
- Leave the stadium area as soon as possible.

RACE BIBS

- Race bibs will be posted 2 weeks before the race.
- Complete your details on the back.
- Report to Info Desk for late collection and missing bibs.
- Bring your own safety pins.
- No entries on the day.
- You must not give your bib to anyone else.

AID STATIONS

- Please be self-sufficient and bring with you what you will need to refuel and hydrate during the event.
- Aid Stations will be every 5 miles.
- No Aid Stations for the 5k and 10k.
- Aid Stations will refill your bottles using jugs.
- Paper cups of water will be available at Aid Stations.
- There will be portable toilets at the Aid Stations.
- Do not drop any litter on the course.
- Volunteers will wear masks & gloves.

Go to: <https://mkmarathon.com/race-guides> for detailed information.

Thank you for helping us stage a safe and enjoyable race