

MK

marathon
WEEKEND

ROCKET 5K

EVENT GUIDE



5 MAY 2024

mkmarathon.com/mk-rocket-5k



FOR
OUTSTANDING
RACE MANAGEMENT

Welcome to the MK Rocket 5K

THE MK MARATHON TEAM WOULD LIKE TO THANK OUR SPONSORS,
PARTNERS AND VOLUNTEERS FOR THEIR GENEROUS SUPPORT.
WITHOUT THEM THIS EVENT COULD NOT TAKE PLACE.



Brioche Pasquier UK are proud to sponsor the MK Marathon Weekend.

Baking life's special moments, right here in Milton Keynes!

Find out more at: www.briochepasquier.co.uk

RACE RULES

This event will be run under UK Athletics rules. The course has been officially measured taking the shortest route without cutting corners or mounting pavements. If you cut corners then you might not complete the full distance.

GOLD STATUS EVENT

The MK Marathon Weekend has won GOLD from the British Association of Road

Races (BARR) for the TENTH year running!

This award recognises our exceptionally high standard of race organisation and commitment to our runners.

HEADPHONES

We do not recommend the use of headphones on the course as you need to be aware of other runners and to hear marshals instructions. If you do wear headphones then it's at your own risk.

Rocket 5K Overview

EVENT DATE: Sunday 5th May 2024

RACE START: 09:00

The start will be on Midsummer Boulevard outside Wetherspoons Pub heading east towards the shopping centre.

RACE HQ

The Race HQ will be based in the Wetherspoon Pub, 201 Midsummer Blvd, Milton Keynes, **MK9 1EA**.

The HQ will be open from 07:00.

[///hinder.ing.achieving.reveal](#)

BAGGAGE

No baggage facilities will be available for this event and runners should turn up ready to run.

TOILETS

Runners can use the pub toilets and the portable toilets located outside in the car park.

WATER

There will be no water stops en route, however water will be available at the finish.

KM MARKERS

There will be a markers at every km. They will be located on the nearest lamp post.

FINISH

The finish area will be outside StadiumMK in the perimeter road.

TIME LIMIT

You need to complete the 5K in 45 minutes or less as roads will be reopened to a tight schedule.

AWARDS

Bespoke Medals for ALL finishers

Presentation of the race awards will take place at the finish area, at approximately 10:00, or as soon as all three men and ladies have finished.

Trophies: First 3 Men and First 3 Ladies

MINIMUM AGE

12 on race day.

RACE TIMING

Runner Numbers will incorporate timing chip on the reverse. Please don not remove the timing chip.

RESULTS

Results will be available as soon as you finish the race.

mkmarathon.com/results



Baking life's special moments

Proud Sponsor of the  **marathon WEEKEND**

80+ year old French recipe!

In 1936, our father Gabriel Pasquier opened his boulangerie in the small village of Les Cerqueux, situated in the Loire region of France. Since then, we have been committed to offering you simple, yet tasty products using our classic French recipe. After many years of baking our delicious brioche, one day we had the idea to create a scrumptious brioche for children that would be great to enjoy wherever they go. A little while later, the PITCH we know and love was born: a yummy filled brioche roll, that is perfect for lunchboxes or for a breaktime snack.



COME AND GRAB YOUR FREE SAMPLE AT THE FINISH LINE!



Runner Numbers & Parking

ENTRIES ON OR BEFORE 16 APRIL

Running numbers are not posted.

- Collect your running number from the Up & Running store.
- Any time until Sunday 5th May at 16:00.
- Bibs are sorted in number order, so please check the entry list before going to U&R.
- mkmarathon.com/results/

ENTRIES FROM 17 APRIL

Running numbers are not posted.

- We will notify you when you can collect your bib.

LATE ENTRIES AT THE MINI EXPO

You will be able to grab a late entry place only at the Mini Expo, subject to availability, which will be held at Up & Running.

- £25 cash only.
- Thursday 2nd May: 16:00 - 20:00
- Friday 3rd May: 16:00 - 20:00

COLLECTION ON RACE DAY

If you are unable to collect your running number from the Up & Running store, then you will be able to collect it from the Race HQ between 07:00 and 08:45.

IMPORTANT INFORMATION

1. Up & Running, Inside Go Outdoors, Central Retail Park, Patriot Dr, Bradwell Common, Milton Keynes MK13 8PU.
2. You can also collect Friends and family running numbers. You will just need to confirm their full name and postcode.
3. If you purchased a coach ticket, then you will find it in your race envelope.
4. If you are not sure when you entered, then you can check your account here: mkmarathon.eventrac.co.uk/users/profile
5. There will **ONLY** be entries on race day if we have any availability. Please check our social media posts leading up to the event.
6. Safety pins can be found on a table near the Info Desk. Please do not get in the Info Desk queue to get pins.
7. Attach your number to the front of your running top where marshals can see it and complete any medical details on the back.
8. 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.
9. We do not offer refunds for this event.
10. *When you receive your Running Number you are ready to run! Just pin on your number and you're ready to go.*

Runner Checklist

Take time to run through this checklist in preparation for Race Day.

BEFORE YOU LEAVE THE HOUSE:

- Running watch
- Breakfast/pre-race fuel
- Running kit and trainers
- Running number and Safety pins

ON RACE DAY, REMEMBER TO:

- Fill in the medical and emergency contact details on the back of your race number
- Pin your race number to the front of your top (where Race Marshals can see it)
- Keep your running number if you are aiming to get the MK Challenge medal

ON THE DAY

Remember to check weather forecasts before the race and dress accordingly on Race Day.

DO NOT RUN IF YOU FEEL UNWELL

Leading up to Race Day, one of the bravest decisions any runner has to make is not to run if they have been unwell. If you find yourself in this dilemma, no matter how hard you have trained or how much you have been looking forward to the race, it is essential for your own health and safety and that of others, that you do not run if you are unwell or unfit in any way.

MEDALS

In addition to the 5K finisher medal, runners who participating in both the 5K and the marathon/ half/relay will receive a third medal – the MK Challenge Medal.

These will be collected after the main event from the Info Desk inside the Stadium gate 6 (Arena baggage and rewards).



LITTER

Please do not leave/drop any litter or items of clothing on the rocket course.

PLEASE RESPECT MILTON KEYNES!

PARKING AT THE START (CMK)

Pay by phone using RingGo, location code 8694. This can be pre-booked to set the parking to start at 08.30.

myRingGo.co.uk

PARKING AT THE STADIUM

Please note that you need to pay for parking at the stadium site this year. Pay by phone using the RingGo app, location code 63452. This will need to start from the time you park.

myRingGo.co.uk

UP & RUNNING
EST. 1992

MK **marathon**
WEEKEND

6 **REASONS**
TO STEP
INTO STORE

15% OFF
WITH RACE ENTRY
CONFIRMATION



Stores
nationwide



Free in-store
gait analysis



Award-winning
customer service



Family run
since 1992

MK MARATHON MINI EXPO

16:00-20:00 | MAY 2ND-3RD | MK UP & RUNNING

RACE DAY ESSENTIALS
EXPERT ADVICE
GIVEAWAYS

UPANDRUNNING.CO.UK

Subject to availability | Offer excludes electronics | Full-priced items only
T&C's Subject to availability, offer valid on full priced products only. Not available on electronics.

First Aid

The MK Marathon Weekend has employed the services of a team of experienced clinical specialists to support the event. Medical teams will be on site at all times; at the Start, Finish and following on the course.



Acute Ambulance & Medical Services

There will be a First Aid station half way and at the finish. The runners will also be followed by an Ambulance.

Casualties will be treated at the finish, and in serious cases, patients will be transported by ambulance to A&E at Milton Keynes Hospital.

If you feel unwell or pick up an injury then you should wait for the ambulance or report to a marshal.

EMERGENCY ACCESS

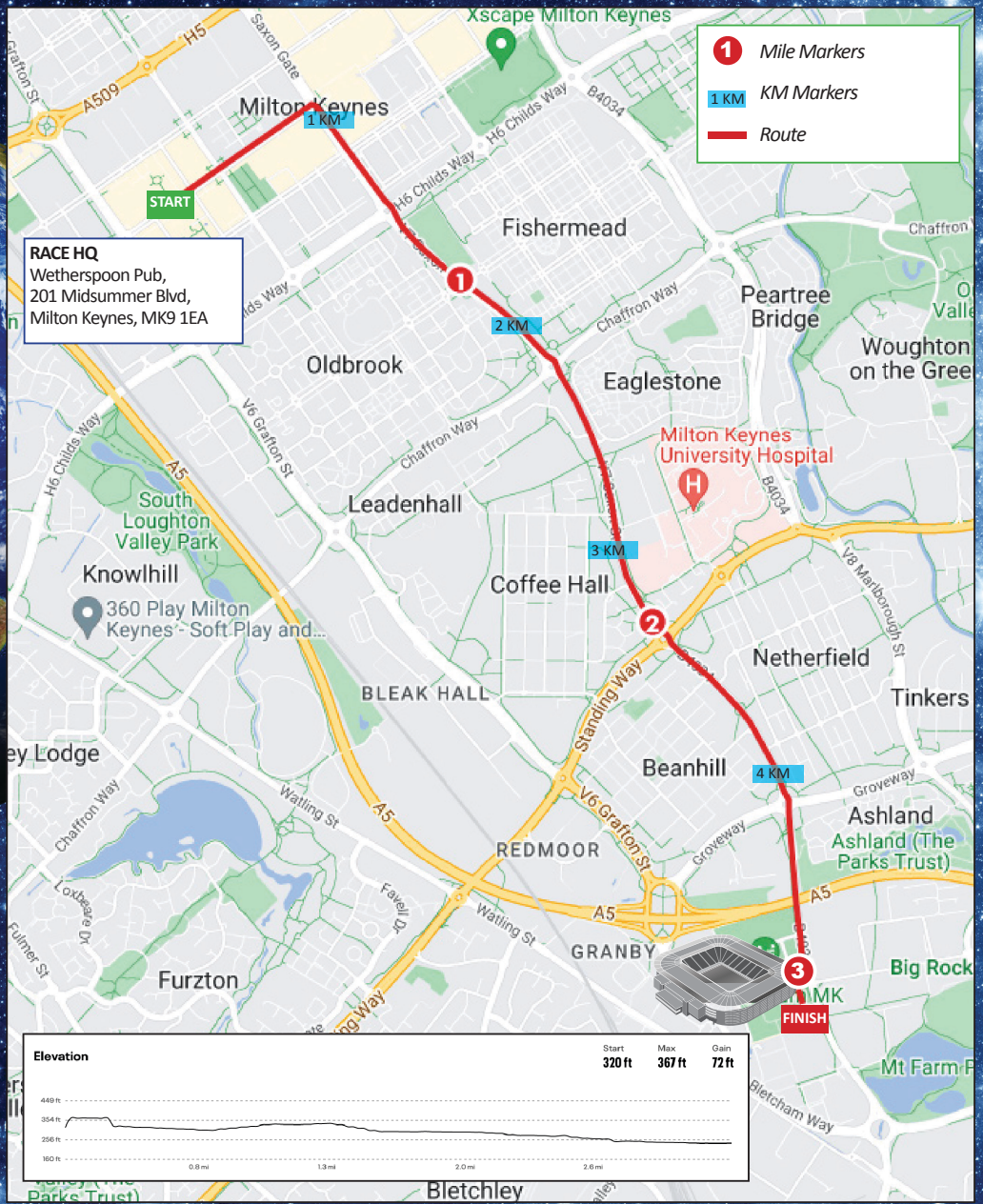
In the unlikely event that an emergency vehicle needs to cross or access the course, we ask you to please stop and not to obstruct them.

SUMMARY

- Please take care and listen to your body.
- Make sure you train properly, following a good training plan well ahead of Race Day.
- Consult your GP if you have any medical problems or are taking medications.
- If you are feeling unwell before the race, DO NOT run.
- If you become unwell during the race, stop and ask a marshal for medical assistance, at the half way first aid station, or wait for the tail ambulance.
- Drink sensibly before the race and do not take on too much or too little fluids.
- If you feel unwell after the race, seek advice from your GP or a medical professional.

MK ROCKET 5K

SUNDAY 5 MAY 2024 @ 09:00





Baking life's special moments

PROUD SPONSOR OF THE



**COME AND SEE US
AT THE RACE VILLAGE
FOR YOUR FREE SAMPLE**

Discover more
on our website



Road Closures

In order to facilitate the safety of the runners and spectators there will need to be a certain number of temporary traffic measures. These are outlined below, with the times they refer to. Traffic management will be managed by Event People.

The following lengths of road will be closed from 06:00 am to 09:10 am: -

- Midsummer Boulevard (both sides) - between Grafton Gate & Witan Gate.
- Upper Second Street - It's entire length.

The following lengths of road will be closed from 08:30 am to 09:10 am: -

- Saxon Gate (both sides) - From its junction with Midsummer Boulevard to its junction with H6 Childs Way.

The following lengths of road will be closed from 08:30 am to 09:20 am: -

- Childs Way (both sides) - From its junction with South Witan Roundabout to its junction with South Secklow Roundabout.
- Saxon Street (both sides) - From its junction with H6 Childs Way to its junction with H7 Chaffron Way.

The following lengths of road will be closed from 08:30 am to 09:35 am: -

- Saxon Street (both sides) - From its junction with H7 Chaffron Way to its junction with H8 Standing Way.

The following lengths of road will be closed from 09:00 am to 09:30 am: -

- H8 Standing Way (both sides) - From its junction with Chapter/Medale Road to its junction with Hospital Roundabout.
- Controlled Access for blue lights, emergency services, and hospital staff with ID.

The following lengths of road will be closed from 08:30 am to 09:40 am: -

- Saxon Street (both sides) - From its junction with H8 Standing Way to its junction with H9 Groveway.

The following lengths of road will be closed from 09:00 am to 09:45 am: -

- H9 Groveway (both sides) - From its junction with Redmoor Roundabout to its junction with Simpson Roundabout.
- Controlled Access to Blue Light Hub via Redmoor Roundabout.

The following lengths of road will be closed from 08:30 am to 10:00 am: -

- Saxon Street (both sides) - From its junction with H9 Groveway to its junction with H10 Bletcham Way.
- Access to Bramley Road from H10 Bletcham Way.

The following lengths of road will be closed from 05:00 am to 10:30 am: -

- Stadium perimeter road between KFC and service road

As this is a rolling closure the temporary restrictions will only apply whilst the competitors pass along the above stated roads. All roads will reopen once the final runner has passed through, and it is safe to do so.

TRAFFIC UPDATES

- Traffic Hotline: 0845 387 1685
- Email questions to: Traffic@event-people.co.uk

Finish Area

PEDESTRAIN ZONE

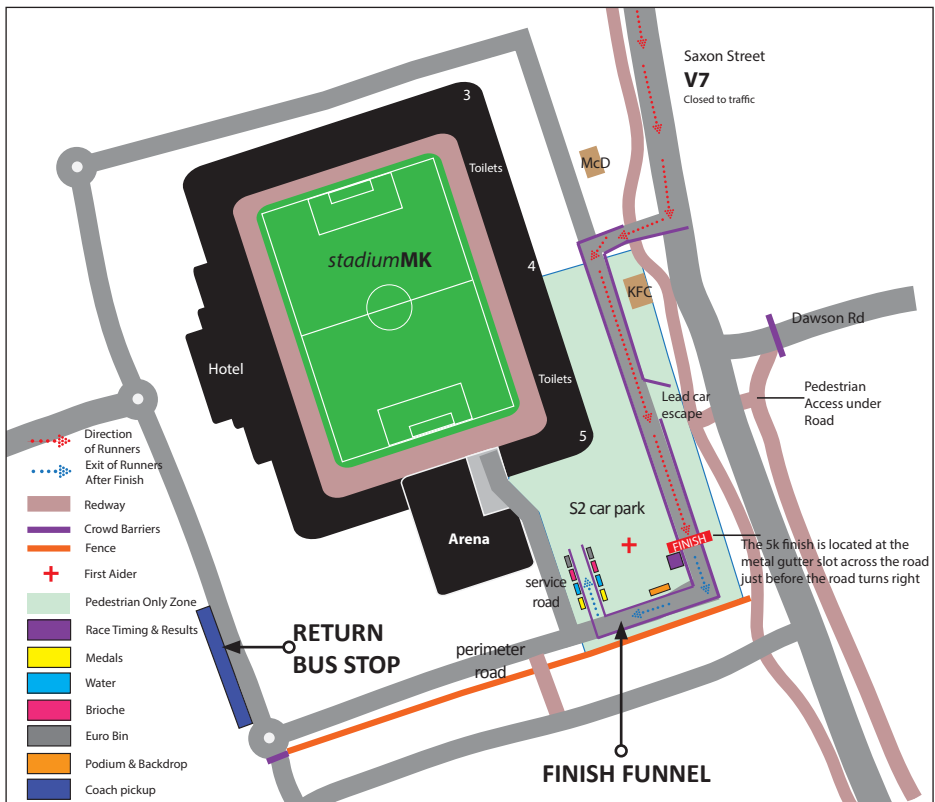
This zone will be closed from 05:00 until 10:30 am so that the Timing Team and finish event crew can set up and pack away safely.

RETURN BUS

You can book a return bus ticket for £10 during event registration. The return bus will leave the stadium at 10:30 from outside the Fitness First Gym. If you booked a return bus ticket then you will receive a wrist strap in your race packet.

Spare bus tickets will be available at the Race HQ box subject to availability.

It is always better to purchase your ticket in advance, so that we can hire the required amount of buses.



Don't Forget

RUNNER PHOTOS

PRE-ORDER YOUR EVENT PHOTOS AND SAVE ££!



- Save £10.00 on post-event price (33% discount)
- Select up to 30 Photos
- Coupon emailed to you, to be used at checkout
- Minimum of 2 photos or your money back

mkmarathon.com/runner-photos

iTABS

Did you know that you can personalise your medal with your name and finish time?

We've partnered with iTAB to make your race one to remember.

If you ordered an iTAB before the event, then you don't need to do anything as it will be posted out to you.

LIVE RESULTS

You can view the live results here:

mkmarathon.com/results

RACECHECK REVIEW

If you enjoyed the event, then please give us a positive review on racecheck.

racecheck.com/races/mk-marathon-weekend



We will select one lucky reviewer to win a goody bag containing a hoodie and other branded merchandise!

If you need any further information please check the FAQ section on the website: mkmarathon.com/faqs

Thank you for taking part in the MK Rocket 5K