

MK

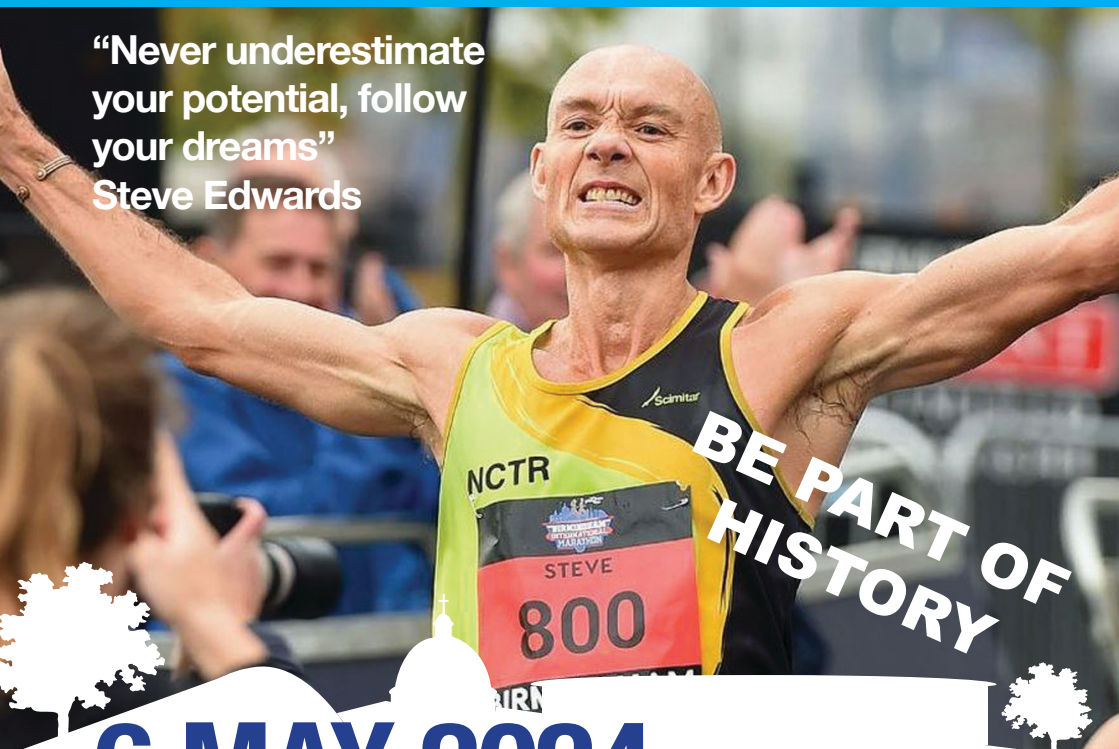
MK **marathon**
WEEKEND

HALF MARATHON & MARATHON

SPECIAL EVENT GUIDE

#teamedwards1000

“Never underestimate
your potential, follow
your dreams”
Steve Edwards



BE PART OF
HISTORY

6 MAY 2024

RACE STARTS AT 09:00

mkmarathon.com



FOR
OUTSTANDING
RACE MANAGEMENT

Welcome to the MK Marathon

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.

MAIN SPONSOR



Event Partners



One of these medals will be waiting for you at the finish!

Twitter: @mk_marathon
Facebook: MiltonKeynesMarathon
EA Licence ID: 2024-47459

Event Schedule

SCHEDULE

Car Parks	Open	07:00
Stadium	Open	07:00
Warm Up	Start	08:40
Half Marathon	Start	09:00
Marathon	Start	09:00
Marathon Relay	Start	09:00
Superhero Fun Run	Start	09:30

AWARDS

Awards will be presented on the podium at the finish line as soon as possible.

Age category certificates will be posted after the event.

Winners can win more than one award.

All awards are based on gun time.

Team Edwards Lifetime Achiever Award will be presented when the chosen winner has finished.

- Superhero Fun Run expected to be @ 10:00
- Half Marathon expected to be @ 10:30
- Marathon expected to be at @ 12:00
- Marathon Relay expected to be @ 12:30
- Steve Edwards 1000th expected to be @ 12:45

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

The use of bone conductor type headphones is acceptable, but NO OTHER types of headphones/earphones will be allowed at this event.

Anyone seen wearing headphones/earphones (excluding bone conductor headphones) will be disqualified from the race and listed as DSQ on the results.

We know this isn't fun, but your safety is our priority.



SHOKZ Bone conduction headphones are our preferred brand and are available from the Up & Running store in Milton Keynes.

Steve Edwards - 1000th *Making history at MK!*

Steve Edwards to complete his 1000th marathon at Milton Keynes!



Known by many in the UK running community as The Godfather, Steve has accomplished several world records & landmark achievements and is now on the cusp of achieving what is arguably the ultimate multi-marathon record, **1000 official marathons in the fastest average finish time!**



Steve has been a regular pacer at MK.

He had hoped to achieve this monumental goal in 2022 just before his 60th birthday, but Covid restrictions put paid to that and trying to regain the momentum following this testing period proved to be a massive hurdle.

Now in his 62nd year and slowing down with age and wear & tear from the sheer number of miles that his body has endured from both training & racing, he hopes to achieve the goal at the iconic Milton Keynes Marathon with an estimated average finish time of 3:21:45.

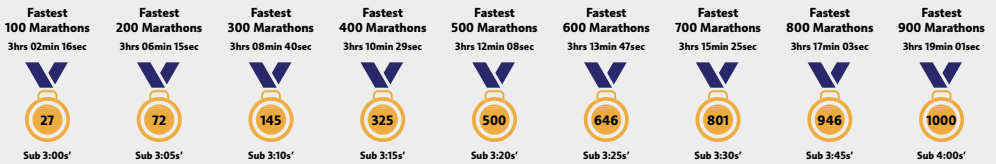


Steve has had massive support from his wife, Teresa.

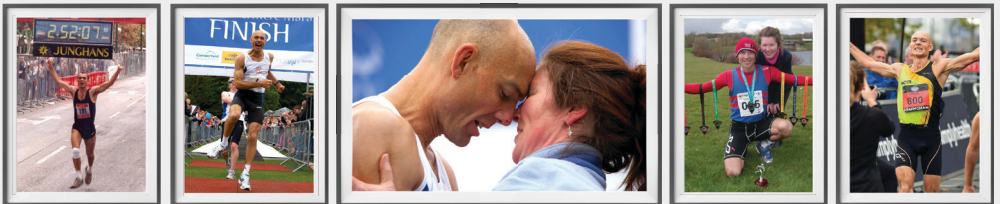
“For me, Milton Keynes ticks so many boxes in terms of what makes a great city event, and it’s also my most visited city for running. This year will also be my **10th Milton Keynes Marathon**, so all in all, it seemed fitting to run my 1000th at this iconic event,” says Steve.



AVERAGE FINISH TIMES SUMMARY



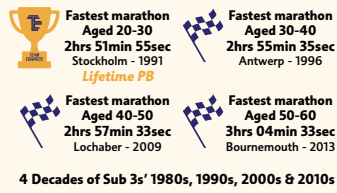
ALL 1000 MARATHONS 3hrs 21min 45sec



MULTI-DAY MARATHON PBs



AGE CATEGORY PBs



An official competitive marathon race on average every 13 days for the last 36 years and No DNFs



26,200 Marathon race miles at 7min 41sec per mile
The Earths circumference around the equator is 24,901 miles

RUNNING NUMBERS

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, which will be held at Up & Running.

- *Half marathon @ £45 cash only*
- *Marathon @ £60 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 Info Point 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 are not sure when you entered, then you can check your account here: mkmarathon.eventrac.co.uk/users/profile
4. There will be NO entries on race day.
5. Safety pins can be found on a table near the Info Point. Please do not get in the Info Point queue to get pins.
6. Attach your number to the front of your running top where marshals can see it and complete any medical details on the back.
7. 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.
8. We do not offer refunds for this event.
9. ***When you receive your Running Number you are ready to run! Just pin on your number and you're ready to go.***



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



Runner Checklist

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

BEFORE YOU LEAVE THE HOUSE:

- Warm clothing you don't mind leaving behind, to keep you warm at the Start (you will be able to discard these before the race)
- Running watch
- Breakfast/pre-race fuel
- Vaseline to prevent chafing (this will also be available at every water stop)
- Sunscreen
- Running kit and trainers
- Race Pack and Safety pins (unless collecting on the day)

PUT IN YOUR KIT BAG:

- Clean / warm items of clothing for after the race (top, bottoms, socks)
- Flip flops for sore feet!
- Micro-pore tape or blister plasters
- Money
- Wet wipes
- Mobile phone (turned off)
- Post-race snacks / fuel

DON'T PUT IN YOUR KIT BAG:

- Food items that can leak, squash or ruin other items
- Sharp items such as scissors, razor blades or pen knives
- Flammable devices or substances
- Valuables or expensive items e.g. laptops, iPads, jewellery
- Heavy items

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)
- Attach the baggage label to your kit bag
- Arrange where and when you will meet your friends and family after the race.
- Tell your supporters your running number so they can track you on the website: mkmarathon.com/results

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.



BRING THE NOISE



**MK DONS
VS CRAWLEY TOWN**

THURS 9TH MAY 2024
K.O 8PM | STADIUM MK



#BRINGTHENOISEMK

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.

Run - Cheer - Volunteer

RUN

The MK Marathon makes it easy to join the run of a lifetime with quick online registration. Whether you want to run the 5k, the marathon, half marathon or marathon relay, or get the family signed up for the Superhero Fun Run, you'll find all the options online at mkmarathon.com. Just visit our website and click "Register Now" to see what spaces we have available.

CHEER AT THE STADIUM

The stadium is the perfect place for you to see your runner run a victory lap of the pitch and cross the finish line. There is free entry to the stadium all day from 07:00. You can come and go as you please. Seats will be filled on a first come, first served basis – so grab a seat, bring your bells and whistles and cheer them on to the finish!

NB. Dogs are not allowed in the stadium.

CHEER ON THE COURSE

Check out the spectator guide here:

mkmarathon.com/spectators

VOLUNTEER

Our volunteers are the backbone and heart of the MK Marathon Weekend event. Everyone of them is a hero and we thank them from the bottom of our hearts for their support.

As a volunteer you will receive a Subway lunch, an amazing 'Back to the Stadium' technical t-shirt and a commemorative badge.

Please join our team here

mkmarathon.com/eventcrew

FAMILY MEETING POINT

We suggest that you agree to meet your friends and family in the Race Village outside Gate 7.

RUNNER TRACKING

You can track a runner's timing chip as they cross timing mats on the course, however, their real-time location on the map might not be accurate if they speed up or slow down between mats. The tracking will capture your runner's time at 1 Mile, 10Km, 13.1 Miles, mile 20, and when they cross the finish line.

mkmarathon.com/results

Tracking will begin to work when the runners cross the first tracking mat at Mile 1.

YOUR RITUAL AFTER

 **marathon
WEEKEND**



Marathon & Half Marathon

Monday 6th May @ 09:00

The stadium is totally enclosed and has a bowl like design. It certainly is a large and imposing stadium. A spacious concourse area runs around the stadium where you will find ample toilets.

THE VENUE

Stadium MK, Stadium Way, Milton Keynes, Bucks, **MK1 1ST**.

The stadium will open at 07:00 and there will be concessions offering hot drinks and snacks.

BAGGAGE

Baggage will be located in the Arena. Please use Gate 6. There will be male and female changing areas (large toilets) for the sole use of runners.

Remove the luggage tag from the bottom of your race number and securely attach to your kit bag.

Please don't bring valuables to the event. If you leave a mobile phone in your bag, please make sure that it is switched off.

All items are left at your own risk.

INFO POINT

There will be an Information Point inside the Arena, which you can access via Gate 6. Our helpful team will be ready to answer your queries and provide assistance. This is also the lost child and lost property point, as well as bib collection.

LOST PROPERTY

Please go to the Info Point (see Info Point above).

TOILETS

Toilets will be open in the Stadium from 07:00. There will also be portable toilets at every water stop.

MK CHALLENGE MEDAL

If you are taking part in the Rocket 5K on Sunday, then you should take **both Runner**

Numbers to the Info Point in the Arena to collect your 3rd MK Challenge Medal after the main event.

Please make sure you collect this after the main event as we will be unable to post them to you afterwards.

MK LEGEND MEDAL

The MK Marathon has a Loyalty Club known as 'The Legends' to reward runners who have completed 5 or 10 MK Marathons (need not be consecutive).

To claim your Legend medal simply take a photo of yourself with your medals after the fifth or tenth marathon event and show our team at the Info Point. #Legend

mkmarathon.com/legends

THE FINISH

All races finish next to the players tunnel inside the Stadium. Encourage your friends and family to give you a shout as you enter the stadium. A video camera will display your finish on the big screens. When you cross the line please keep moving around the pitch where you will be presented with water and medal.

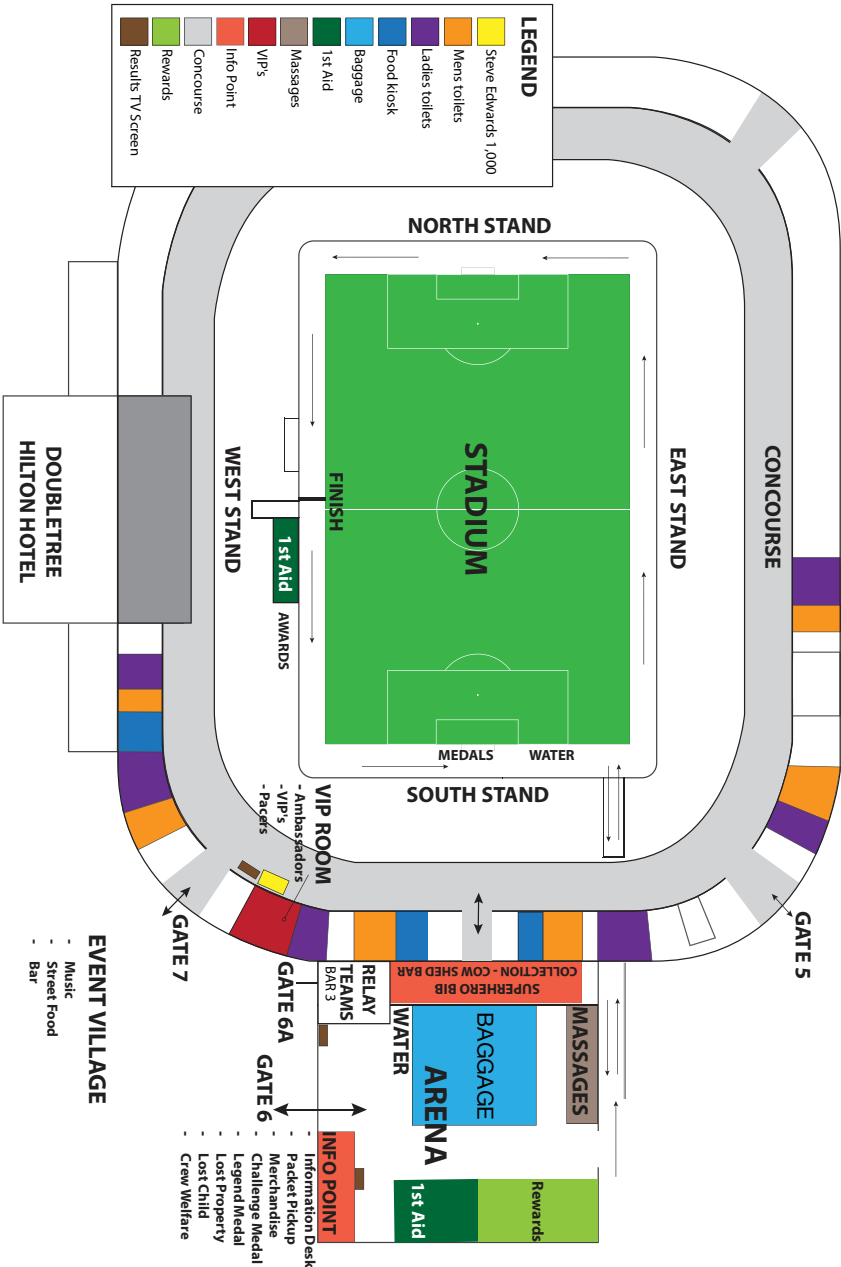
You will then continue along the service tunnel to the Arena. In the Arena you will be given your rewards, and then on to collect your baggage.

Only finishers will be entitled to a Medal.

MASSAGE

The massage area is located in the Arena. Massages are provided by Body Limits for a small fee.

Stadium Layout

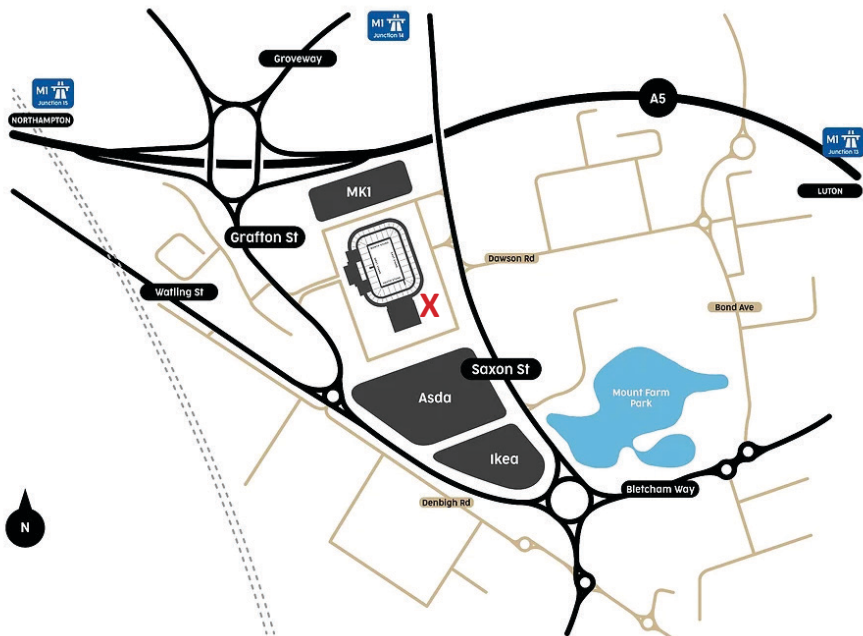


Travel Information

THIS IS A LARGE EVENT AND WE SUGGEST YOU ARRIVE EARLY TO AVOID CONGESTION AND STRESS!

We're located in the heart of Milton Keynes, at the centre point between London, Birmingham, Oxford, and Cambridge. Getting here is easy, with excellent transport links by road, train, and bus. If you're coming from London, we're just a 35-minute train journey from central London. Whether you're driving or using public transport, you'll find us easily accessible and well-connected.

Stadium MK, Stadium Way West, Milton Keynes, MK1 1ST



ROAD CLOSURES

www.mkmarathon.com/road-closures

TRAVEL & PARKING

www.mkmarathon.com/travel-parking

NATIONAL RAIL

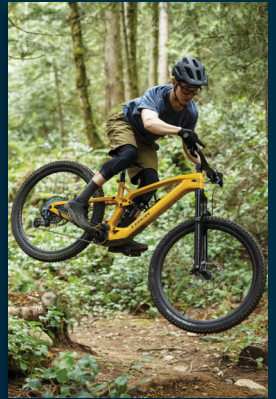
www.nationalrail.co.uk

BY COACH

www.book.nationalexpress.com

BY BICYCLE

Free bike park X



24 HOUR SERVICE

No appointment necessary, our expert mechanics will carry out maintenance within 24 hours or you will receive a free loaner bike.

YOU'RE WELCOME

Together we provide attention, hospitality and expertise. Every cyclist deserves that.

NOT HAPPY, MONEY BACK

Are you not 100% satisfied with your purchase? Then come back within 30 days and we will exchange your product or get your money back.

TEST AN E-BIKE

Make an appointment for an extensive test ride on an e-bike and change your life too! We have the routes ready for you.

CONTACT US

 01908 671122

 miltonkeynes@trekbikes.com

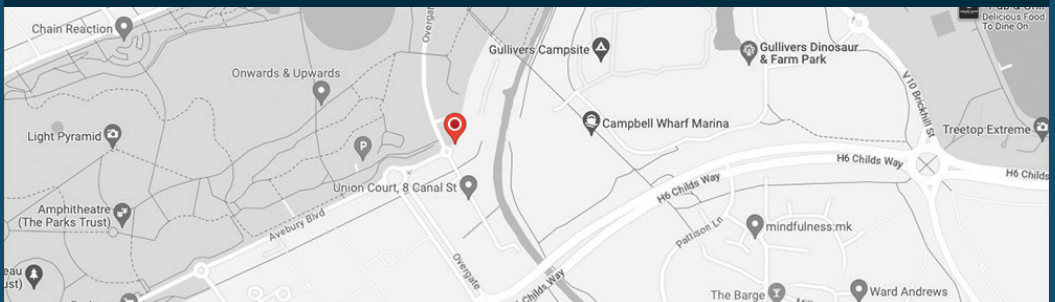
 trekbikes.com/miltonkeynescentral

 @TrekMK

OPENING HOURS

Sun - Mon	Closed
Tuesday	9:30-6pm
Wednesday	9:30-6pm
Thursday	9:30-6pm
Friday	9:30-6pm
Saturday	9:30-6pm

FIND US HERE



2 Campbell Wharf, Milton Keynes MK9 4BG

Race Number

The timing chip is stuck on the back of your race number please do not remove it or damage it.

Your Race Number incorporates a timing chip on the reverse and a removable luggage label.

Complete any medical information and emergency contact details on the reverse of your running number. Attach your number to the front of your running top where marshals can see it. The timing chip is disposable and you don't need to return it if you are not able to run.

There will be split timing points where your time will be recorded at 10km, 13.1 miles and 20 miles. The digital clock at the halfway point will display time of day. The clock at the finish line will show the elapsed event time, from the gun start time. Individual chip times will be available as soon as you finish at

mkmarathon.com/results

Please follow all instructions from marshals on the route and be aware of any emergency vehicles that may need to use the route.

WARN UP

There will be a pre-race warm up near the start at 08:40.

START ZONES

The race will start at 09:00.

There will be four starting zones, with a small gap between each zone starting. Join your start zone, which is the coloured stripe on the left of your race number.

All relay participants start in the red zone. People with similar estimated finish times are grouped together by colour. These zones are marked with large signs.

Please be realistic about your expected finish time and go to the right area. This reduces the chances of bunching and accidents at the start of the race.

RED START

HALF <1:45

FULL <3:30

YELLOW START

HALF <2:10

FULL <4:20

BLUE START

HALF <2:30

FULL <5:00

GREEN START

HALF 2:31+

FULL 5:01+

Your time won't start until you cross the start timing mat.

PACERS

Pace runners will be available for people who are looking to run a specific time.

HALF MARATHON: Every 5 minutes from 1:30 to 2:15 plus 2:30 and 2:45

MARATHON: Every 15 minutes from 3:00 to 5:30 for the marathon. Pacers will be wearing backpacks with flags so you can find them in the starting zone. Meet your pacer at: mkmarathon.com/pace-runners

ENTRY RULES

You must not give your running number to anyone else. Amongst other potential problems, doing so may cause problems with runner identification for the event medical services, in the case of an accident or injury. Any attempt to do so will result in immediate disqualification of the individual(s) concerned and removal from the event.

Runner Number

continued

RUNNER NUMBER

- **Marathon** numbers are blue from number 1000.
- **Half Marathon** numbers are green from 4001.
- **Relay** numbers have a picture background and are from 9001.
- The coloured bar on the left of the number shows your start zone.
- There is a tear off tag on the bottom for your baggage.
- Runner numbers will be personalised and show t-shirt size if you entered before 31st March.
- Any runner found to be wearing another person's number will be disqualified.



**The timing chip is stuck on the back of the race number.
Runners must not remove it or damage it!**

Please note all competition times will be based on your Gun time and not your Chip time.

HIGH 5

FUEL THAT
HIGH5
FEELING

HIGHFIVE.CO.UK



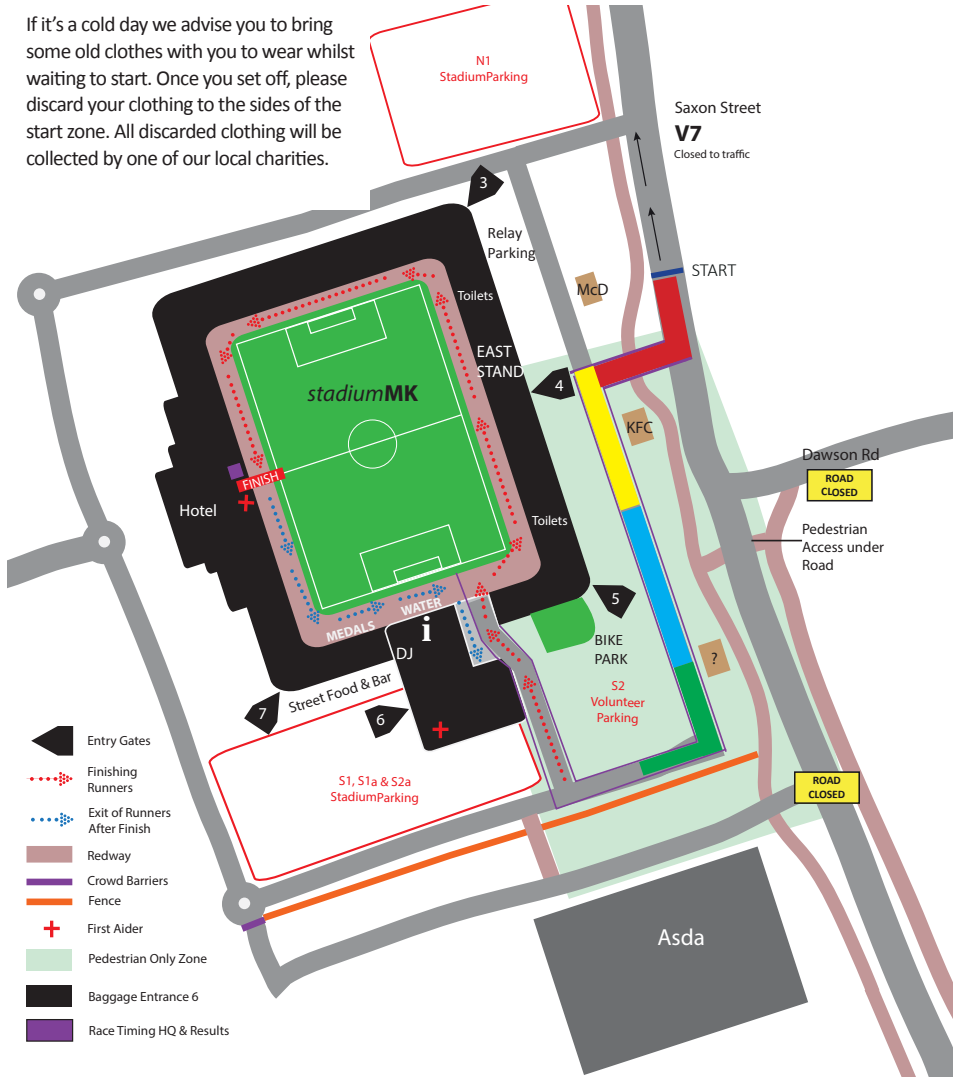
Race Start Zones

YOU SHOULD BE IN YOUR STARTING ZONE BY 08:40

There will only be a short break between each zone starting.

DISCARDING CLOTHES AT THE START

If it's a cold day we advise you to bring some old clothes with you to wear whilst waiting to start. Once you set off, please discard your clothing to the sides of the start zone. All discarded clothing will be collected by one of our local charities.



Medical Advice

There are enormous health benefits to participating in and training for a marathon. However, it is also a huge physical challenge, which requires a sensible and safe approach.

ARE YOU FIT ENOUGH TO TAKE PART?

We advise that you do not participate on Race Day unless you have achieved the recommended mileage in your training runs and urge you to take the time to understand issues surrounding hydration, fuel and any medications you might be taking.

If you have any medical conditions such as heart (cardiac) problems, asthma or diabetes, it is essential that you check with your medical advisers or GP whether there is any medical reason why you should not train or take part. They may advise you against you running and if they do, you must take their advice.

We request that you include full details of any medical problems, medication, allergies and contact details on the back of your running number, should we need to treat you during the race.

If you have previously encountered any significant medical problems while taking part in a running event, such as heat or hydration issues, it is especially important that you check with your medical advisers and/or a sports physician whether or not you should take part in the MK Marathon Weekend.

BOOKING PROTECTION

If you took out Refundable Booking at checkout then you can receive a refund if you cannot attend and can evidence one of the many reasons in their Terms and Conditions. This insurance is offered through Refundable Booking and you must contact them directly in the case of a claim and not the MK Marathon team.

www.refundable.me/extended/en

DEFERRALS

Entries may be deferred to the following year for a deferral fee if your bib number has not been used. Deferments cost £10.00 (plus booking fee). You must defer before midnight on 14th April. Simply purchase a deferral ticket and we will do the rest!

mkmarathon.com/registration-info

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 on the course.



Acute Ambulance & Medical Services

There will be a First Aid station at mile 6, 8, 11, 16, 21 and 24 for the marathon and mile 6, 8 and 11 for the half marathon. There will also be Rapid Response Cars, Emergency Ambulances and Cycle Response Units.

Most casualties will be treated at the nearest medical station to them, more serious cases will be transported to the Static First Aid Point at the stadium. In serious cases, patients will be transported by ambulance to A&E at Milton Keynes Hospital.

DROPPING OUT OF RACE

If you feel unwell or pick up an injury then you need to get to a First Aid station or water station for transportation back to the start. If you have a serious medical requirement and can not reach a First Aid station or water station then please see one of the course marshals who will request medical assistance.

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 course marshal for medical assistance, or at the nearest first aid station.
- Drink sensibly during the race and do not take on too much or too little fluids.
- Consult the manufacturer's advice on consuming energy drinks or gels.
- If you feel unwell after the race, seek advice from your GP or a medical professional.

The Course



HELP US LEAVE MK NEAT & TIDY BY DISCARDING BOTTLES & GEL WRAPPERS IN THE DROP ZONES AFTER EACH WATER STOP.

Hydration

We recommend that you stay hydrated before the race and take little sips often but avoid drinking too much in the hour before the race start.

MILE MARKERS

There will be a mile marker at every mile, located on the nearest lamp post.

COURSE TIME LIMIT

We have an agreed road closure plan in place, giving you up to 6 hours and 30 minutes to finish. This works out at approximately 15 min/mile pace for marathon runners. There will be a Shuttle Bus picking up anyone who requires a lift to the finish from each water stop. Anyone refusing or not requiring a lift in this vehicle will be asked to regard themselves as a pedestrian, and will need to observe the Highway Code.

MARATHON RUNNERS: If a marathon runner doesn't reach the Mile 21 water stop by 14:35 they will be asked to withdraw from the race.

Water Stops

Water will be available at miles 3, 5, 8, 11, 12.5, 15, 18, 21, and 24.

Orange Boost sports drink will be available at miles 11, 18, and 24.

High5 gels will be available at miles 8 and 21.

Please discard your bottles/cups in the bins provided at the side of the path. These will be collected for recycling. Do not drop them on the path for

participants behind to slip on!

Massive thanks to the clubs and charities managing our water stops.

- AGE UK
- WATLING ROTARY
- MK GRAND UNION
- THE PARKS TRUST
- NSPCC
- RIDE HIGH

mkmarathon.com/water-stops

No Litter Zones

To keep the route as clear as possible for the safety of your fellow runners, we will have 'No Litter' zones after each water stop.

We ask you to only drop litter in these zones to be considerate and respectful to local residents and businesses.

If you carry your bottle/cup/gel wrapper beyond the 'No Litter' zone, then please keep hold of it until you either reach the next water stop or a marshal.

Please respect Milton Keynes!





MK HALF MARATHON

BANK HOLIDAY MONDAY, 6 MAY 2024

START TIME: 09:00

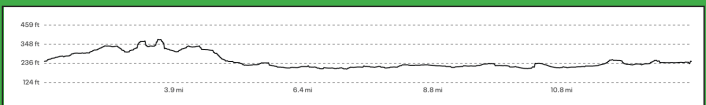


- Mile Markers
- Route
- Water
- High5 Gels
- Boost Orange
- Entertainment
- Medical
- Portable Toilets

WATER STATIONS
No Mile Offering

1	3	Water in bottles
2	5	Water in bottles
3	8	Water in cups & High5
4	11	Water in cups & Sport

VENUE
Stadium:MK, Grafton Street
Milton Keynes, MK1 1ST
Buckinghamshire, UK



MILTON KEYNES MARATHON

BACK TO THE STADIUM

2024 EDITION

MK MARATHON

BANK HOLIDAY MONDAY, 6 MAY 2024

START TIME: 09:00



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

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

GOOD LUCK AND HAVE A GREAT MK MARATHON WEEKEND.