

MK

MK **marathon**
WEEKEND

MARATHON RELAY

EVENT GUIDE

RACE STARTS AT 09:00



6 MAY 2024

mkmarathon.com/marathon-relay



FOR
OUTSTANDING
RACE MANAGEMENT

Welcome to the MK Marathon Relay

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



Sponsors



Event Partners



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

Key Information

RACE START TIME **09:00**

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

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



WHAT3WORDS

The world has been divided into 3 metre squares and given each square a unique combination of three words. We have provided a what3word combination for each relay changeover location. Please download the free app in advance of race day.

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.

INSTRUCTIONS

Race Day: Monday 6th May 2024

Briefing Time: 08:00

Warm Up: 08:40

Race Start time: 09:00

Start Zone: Red (first wave)

TEAM CHANGES

Email run@miltonkeynesmarathon.co.uk up until the 23rd of April with your Team Name and the person withdrawing from the team. We will cancel the place so that the Team Captain can invite a new team member to join. Further changes can then be made on race day.

PARKING

Relay teams can park in E1 and E2 near gate 3 of the stadium. Enter via Grafton Street and access the car park near Dominoes. Please note that there is no height restriction to enter the car park.

[///quest.fact.cook](http://quest.fact.cook)

There will be a couple of minutes walk to the Relay team room between gate 6A and gate 7. Walk anti-clockwise around the stadium to access the team room.

[///store.freed.grant](http://store.freed.grant)

Your team Parking Permit will be emailed to the Team Captain during the week leading up to the event. Strictly one per team.

BRIEFING

Only the Team Captain should attend the briefing in the Relay team room. During the briefing the Team Captain will be given the team runner numbers and timing baton.

Any team runner changes can be registered at the briefing.

The Team Captain should arrange to meet the team members after the briefing to hand out the runner numbers. The baton must be given to the first runner.

BAGGAGE

We suggest that you take your baggage with you in the team vehicle, so that you have it when you finish your leg.

RUNNING NUMBERS

Your team running number will be the same for each team member, for example 9001, followed by a Letter.

- 9001A = Leg 1 [start to Woolstone]
- 9001B = Leg 2 [Woolstone to Saxon Street]
- 9001C = Leg 3 [Saxon St to Willen Lake]
- 9001D = Leg 4 [Willen Lake to the finish]

TEAM RUNNING ORDER

Team members can run in any order you like, however the team bibs must be used in sequence A, B, C then D.



Marathon Relay Runner Numbers Example

Marathon Relay

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

StadiumMK, Milton Keynes, MK1 1ST.

TIMING MATS

Timing mats will be at mile 6.2, 13.1 and 20. The changeover may be before or after the mat, so please look out for the advance warning signs. Please allow plenty of time to arrive at the changeover point.

TIMING CHIP

Your team timing chip will be inside the relay baton. Your team must finish with the baton to get a time. You will be able to find your individual chip time here:

mkmarathon.com/results

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

TEAM PRIZE CATEGORY

When you entered you selected 'Male', 'Female' or 'Mixed' (at least one female) category and these cannot be changed.

If you make any substitutions, then please make sure that you are still in the correct category.

- 1st male, female & mixed team
- Based on gun time
- At the finish area as each category finishes.

MK CHALLENGE MEDAL

Participate in an event on Sunday (Rocket 5K) and on the Bank Holiday Monday (Half, Marathon, or Relay) and you will receive our coveted third medal – the MK Challenge Medal.

These can be collected after the main event (by presenting both running numbers) from the Info Point near gate 6.

[///those.pitch.shrimp](http://those.pitch.shrimp)

THE FINISH

All races finish inside the stadium. If your team would like to finish together, then meet your last runner in Saxon Street near KFC and then you can all run over the finish line together.

[///tilt.slap.pushed](http://tilt.slap.pushed)

Please go straight to the Relay team room to collect your medal, and rewards and return your team baton.

Then you can enjoy street food, a bar, and entertainment right outside the team room.

MASSAGE

Massages are available inside the Arena and are provided by Body Limits for a small fee.

YOUR RITUAL AFTER

 **marathon
WEEKEND**

ERDINGER

ALKOHOLFREI





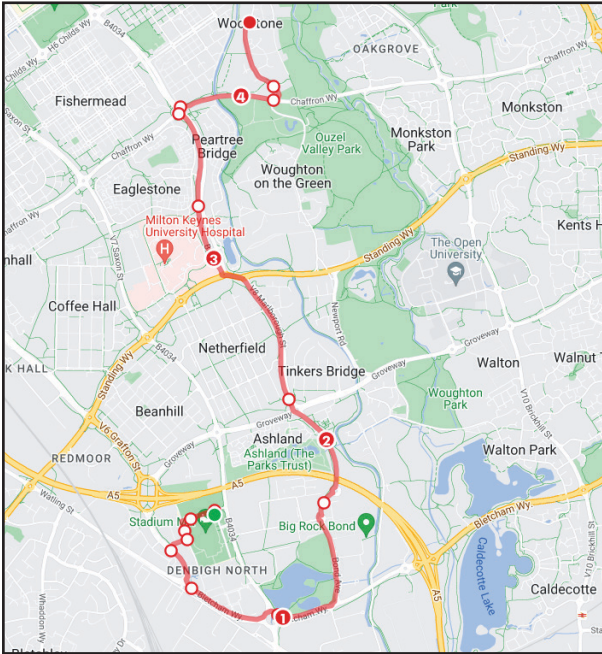
RELAY TEAM ROOM

RELAY PARKING

The car park can only be accessed by following the pink line

RELAY CHANGE POINT 1

Access Woolstone via Chaffron Way and park in Patterison Lane or Marshalls Lane. Do not try and access Newport Road [///rivers.raves.pools](http://rivers.raves.pools)
Follow the route below to avoid road closures.
Walk to the change point at approx mile 6.4 showing consideration to the runners



LEG 1 RUNNER

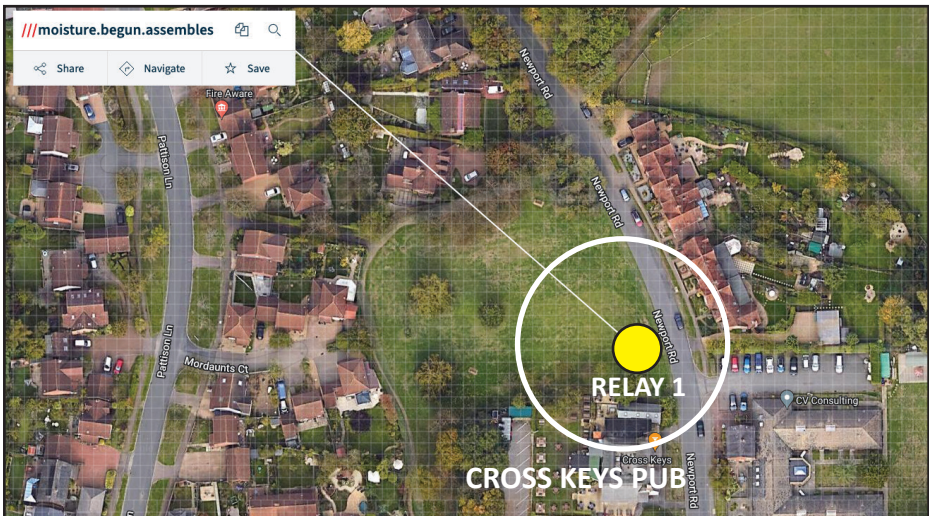
Look out for the warning signs 200m before the change point. Pass the baton on to the next runner in your team just after the Cross Keys Pub.

LEG 2 RUNNER

After you have received the baton join the race showing consideration to other runners. Continue to the next relay change point at Mile 12.75, which will be the race start arch.

TEAM

Return to your car and drive to the next change over point near the stadium.



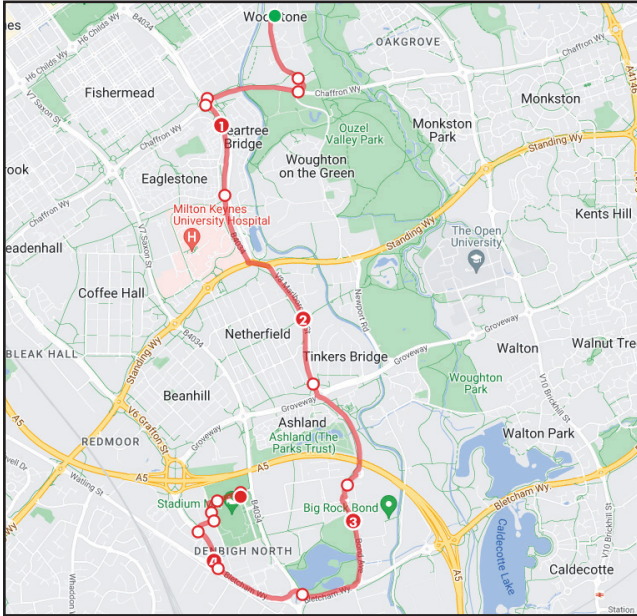
RELAY CHANGE POINT 2

Return to the stadium via the same route and park in the original parking space at the stadium

[///quest.fact.cook](#)

Follow the route below to avoid road closures.

Walk to the original race start arch and change point in Saxon Street at Mile 12.75 showing consideration to other runners [///slip.strong.trials](#)



LEG 2 RUNNER

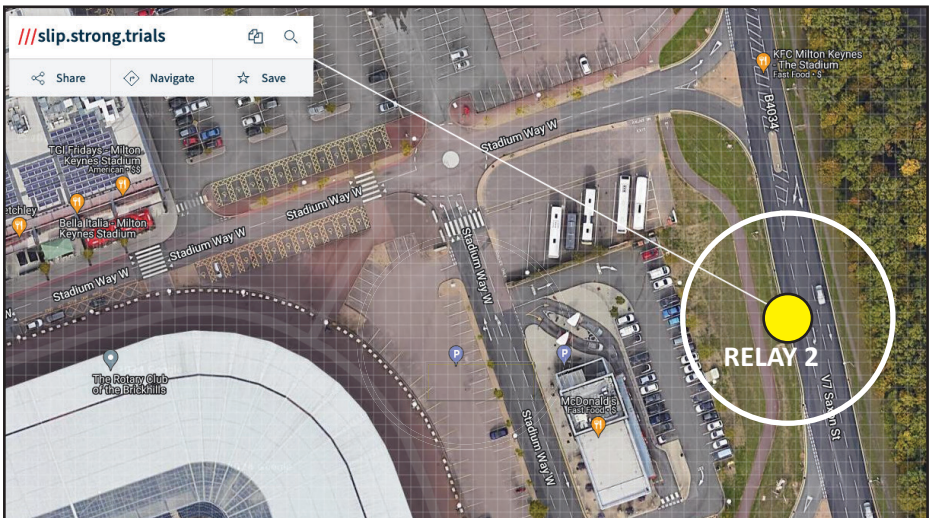
Look out for the race start arch in Saxon Street next to MacDonalds. Pass the baton to the next runner just after the arch.

LEG 3 RUNNER

After you have received the baton join the race showing consideration to other runners. Continue to the next relay change point at Mile 19.7.

TEAM

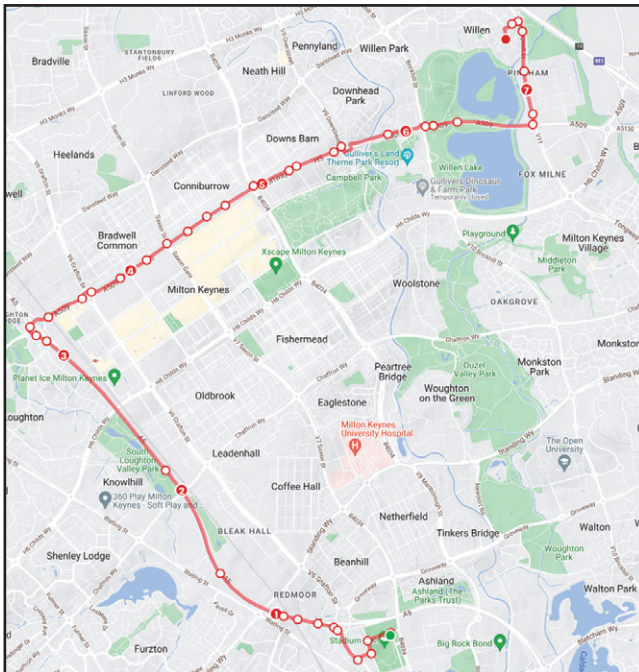
Return to your car and drive to the next change over point.



RELAY CHANGE POINT 3

Use the A5 and A509 to get to Willen Lake, and park in Aldrich around the circle showing consideration to residents. [///driftwood.making.climate](http://driftwood.making.climate)

Walk to the change point at [///district.letters.interlude](http://district.letters.interlude) showing consideration to the runners.



LEG 3 RUNNER

Look out for the relay change point when you leave Willen Lake. Pass the baton on to the next runner in your team.

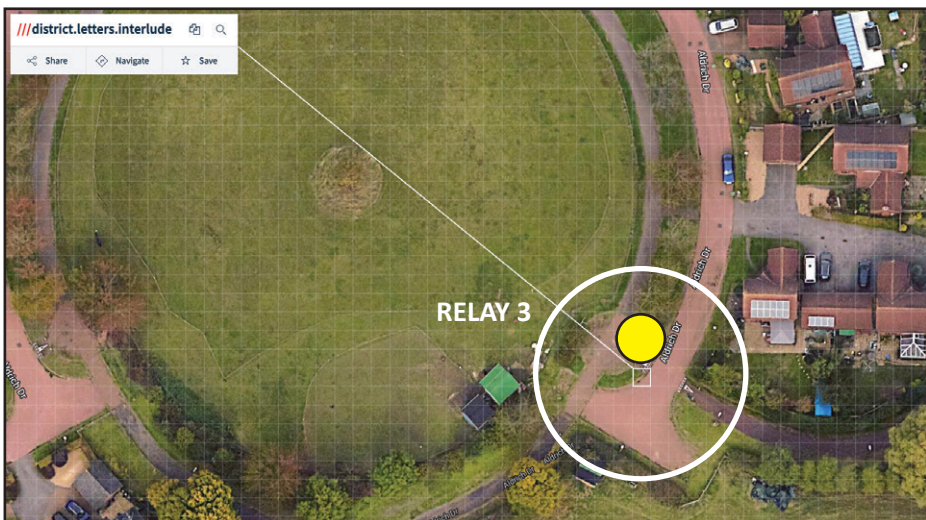
LEG 4 RUNNER

After you have received the baton join the race showing consideration to other runners. Continue to the stadium race finish.

TEAM

Return to your car and drive to the original car park at the stadium. If your team want to finish together, then meet your last runner near KFC and then you can all run over the finish line together.

[///tilt.slap.pushed](http://tilt.slap.pushed)





Baking life's special moments

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AT THE RACE VILLAGE
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on our website



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 always on site; at the Start, Finish and following on the course.



Acute Ambulance & Medical Services

There will be a First Aid station at approximately mile 6, 8, 11, 16, 21 and 24 for the 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 in the Arena 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 water station for transportation back to the start. If you have a serious medical requirement and cannot reach a 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.

For more information, an excellent resource is:

www.runnersmedicalresource.com

Water Stops



WE ARE ALWAYS STRIVING TO REDUCE SINGLE USE PLASTIC AND THIS YEAR WE WILL BE GIVING YOU WATER IN A MIXTURE OF BOTTLES AND RECYCLABLE PAPER CUPS

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.

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
- MK Watling Rotary
- MK Grand Union
- The Parks Trust
- NSPCC
- Ride High

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!



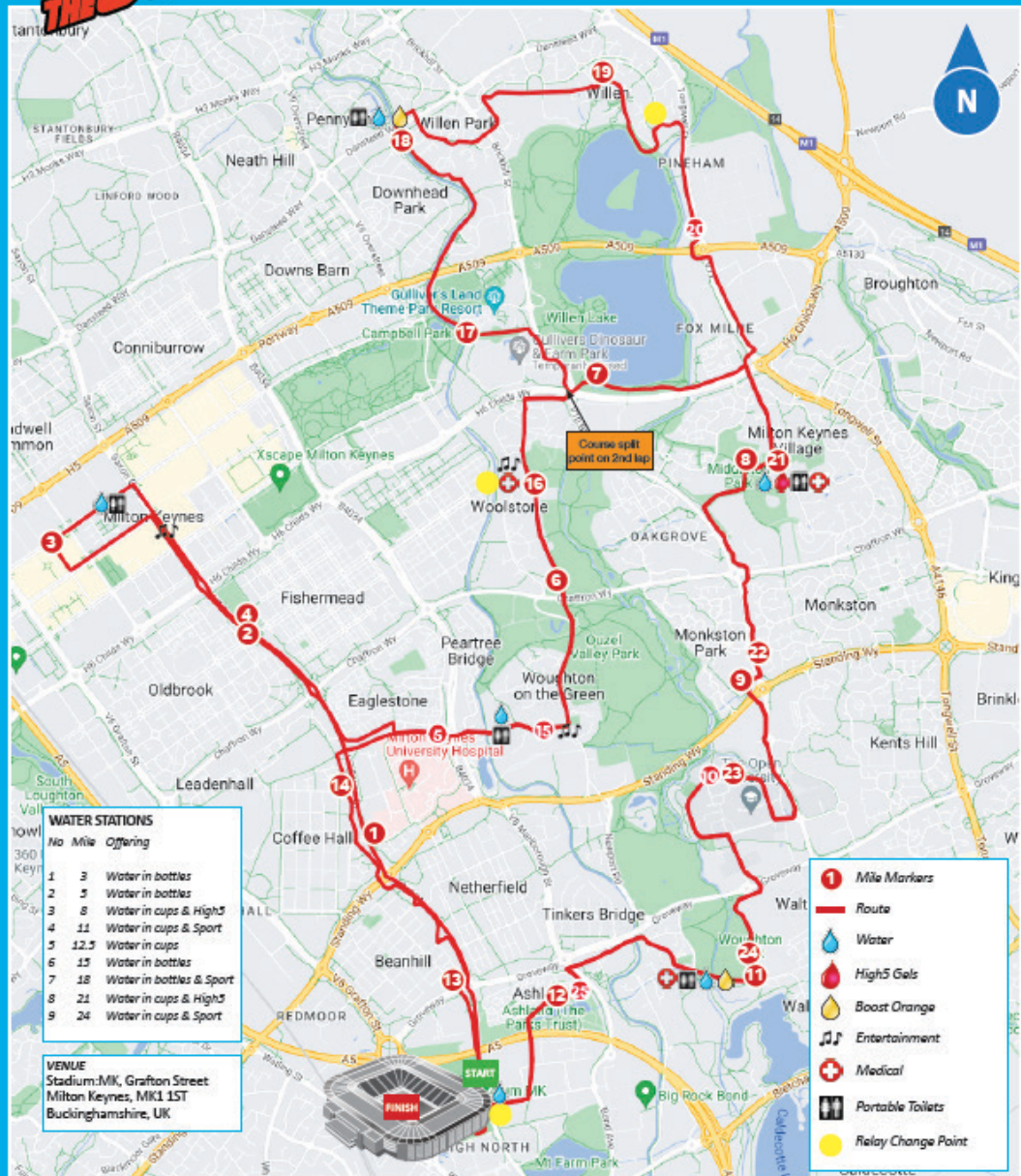
mkmarathon.com/water-stops

MILTON KEYNES MARATHON BACK TO THE STADIUM 2024 EDITION

MK MARATHON

BANK HOLIDAY MONDAY, 6 MAY 2024

START TIME: 09:00



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
5	12.5	Water in cups
6	15	Water in bottles
7	18	Water in bottles & Sport
8	21	Water in cups & High5
9	24	Water in cups & Sport

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



HIGH 5

FUEL THAT
HIGH5
FEELING

HIGHFIVE.CO.UK



Don't Forget

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

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GOOD LUCK AND HAVE A GREAT MK MARATHON WEEKEND.