



SUPPORTER & WEEKEND GUIDE

EARLY MAY BANK HOLIDAY WEEKEND

WELCOME!

Whether this is your first time participating in the Milton Keynes Marathon Weekend or your tenth, we are very excited for you to experience our amazing city.

As this multi-award-winning Marathon Weekend continues to grow year on year, so does the support. This is why we have created this guide, especially for supporters.



SUPPORTERS & WEEKEND GUIDE

Focusing on how to best support your loved ones running over the Milton Keynes Marathon Weekend. Giving top tips on the best viewpoint locations and tracking options available.

Milton Keynes has a wide range of incredible attractions and places for adults and families. We have selected various options and put them in this simply-to-go guide.

Perfect for runners looking to make the most of their fabulous weekend, and those dedicated

supporters who have helped push you through all the training to get to this point.

A huge amount of the success of the Milton Keynes Marathon weekend is the atmosphere.

Not running? Why not volunteer?

<https://mkmarathon.com/eventcrew/>

**EXPECT AN
ELECTRIC
WEEKEND
NEVER TO BE
FORGOTTEN!**

MILTON KEYNES WEEKEND GUIDE

WHERE TO EAT

TURTLE BAY

It is located in central Milton Keynes, just a short walk from the train station and in the main restaurant and bar district. Milton Keynes is the very first Turtle Bay, visit this iconic restaurant for some rum, reggae, and jerk!

MIDDLETONS STEAKHOUSE & GRILL

Located in MK city centre, this stylish casual, premium steakhouse and grill is perfect for enjoying a delicious mix of prime cuts of meat, grills, burgers, fresh fish, and delicious desserts in an outstanding setting in the heart of MK.

WAGAMAMAS

Noodles to nourish the body and soul!

Located in MK shopping centre, get seated and get ready to slurp. A little ginger to warm you up and chillies that kick. Re-charge your batteries after a long day's shopping!

ALL BAR ONE

A stylish cocktail bar in the centre of the hustle & bustle of MK. From lunches enjoyed at your leisure to dinners & drinks you refuse to end until closing time, they have got it all covered.

FOURTEEN SKY BAR & RESTAURANT

Fourteen Sky Bar and Restaurant located on the top floor is set to be Milton Keynes newest hot spot. Boasting unparalleled views over Buckinghamshire, the finest mouth-watering cuisine, a plentiful selection of premium spirits, cocktails & more.

KASPA'S

An exciting dessert house that offers the world's favourite hot and cold desserts under one roof. selection of gelatos, waffles, crepes, shakes, smoothies, and sundaes.



OUT OF OFFICE COFFEE SHOP

Visit our popular coffee house in Central MK for all day light bites, an unlimited supply of our delicious coffee the perfect spot to have a meeting or do some work.

MELIS

A charming, family-run Turkish restaurant that celebrates the rich flavours of Turkish cuisine while offering a delightful blend of Mediterranean influences.

MAAYA INDIAN KITCHEN

Experience authentic Indian cuisine at Maaya, MK' award-winning restaurant, offering exquisite flavours, and luxurious ambiance.

MILTON KEYNES WEEKEND GUIDE

ATTRACTIONS

CENTRE:MK

With 1000's of brands under one

roof, centre:mk is one of the UK's top shopping destinations based in the heart of Milton Keynes.



SNOZONE

Located at the Xscape centre Snozone Yorkshire is the UK's leading snow centre for indoor skiing and snowboarding on real snow. Whether it's your first time on skis or you're an experienced snowboarder, Snozone has a range of indoor activities to suit all ages and abilities and you're guaranteed an unforgettable experience.

IFLY INDOOR SKYDIVING

Feel the thrill of skydiving without jumping out of an airplane at the world's newest and most advanced wind tunnel, where you'll experience free-fall conditions with the help of an instructor.

MILTON KEYNES MUSEUM

Set in beautiful farmland just outside Wolverton, we tell the story of Milton Keynes pre-1970s before the New Town was developed through interactive and hands-on exhibits. Meet the friendly volunteers who will transport you back to a time gone by.

WOBURN SAFARI PARK

Explore the Road Safari animal reserves from the warmth and comfort of your car, and spot Dmitri the stunning Amur

tiger. Check your timetable and catch all the fascinating keeper talks in the Foot Safari - the best way to see all the smaller creatures and critters!

WILLEN LAKE AQUA PARC

Located on our picturesque Willen Lake, Aqua Parcs is a large inflatable obstacle course - on water. With over 30 obstacles (chosen for all capabilities), this activity is great for families, kids, and the adventure seekers. It's wet. It's wild. It's fun! Sessions include a wetsuit and buoyancy aid (free to hire), experienced and dedicated lifeguards and 60-minutes of entertainment for the whole family. Double sessions and private hires are also available.



MILTON KEYNES PARKRUN LOCATIONS

SATURDAY MORNING

For those wanting to stretch their legs on Saturday morning, why not take part in one of our local and inclusive parkruns. For those who are new to parkrun, parkrun is free 5k held every Saturday morning at 9 am. These are great community events offering a very inclusive experience. You will never be the last runner! With no time limits and tail walkers at every location. Everyone is welcome!

WILLEN LAKE

The course takes a beautiful lap of the Willen Lakes area in North Milton Keynes. Starting on the path between Campbell Park and Willen Lake following a single clockwise lap heading along the canal before turning towards the lake and up the famous Zigzags.

WATERMEADOWS

The course is 4 laps on a hard compacted surface around a scenic meadow. With the

last section of about 250 metres is on grass.

RUSHMERE

This beautiful two-lap course takes runners through mixed woodlands, conifer plantations, beside a pond and across a meadow. Starting at the Tree Tops Cafe next to the car park, the course follows the wide forest trail. Descending a steep hill leading towards the meadow finish.

BUCKINGHAM

The course is a “lollypop” shape that involves an out section, two laps of a circuit, and a return section. The run starts next to the Bridge Street Skate Park. Following the path east through Heartlands, before descending gradually. The course follows the River Great Ouse, then embarking on an anti-clockwise loop.



SALCEY FOREST

The course consists of one lap in a clockwise direction on a mixture of gravel and trail through the forest. The start and finish are close to the main car park, café, and toilets.

BURY FEILD

One lap course on a mixture of grass and trail of two fields and alongside the river Ouzel. The start and finish are close to the main Queens Avenue car park.

LINFORD WOOD

A winding, single lap, clockwise course. The course is marked with cones, arrows, and marshals. The first half of the run is on tarmac, with the second half on narrower, cemented gravel path that winds through the stunning, ancient woodland.

ROCKET 5K

SUNDAY

SHOOT FOR THE STARS ON OUR RAPID ROCKET RUN!

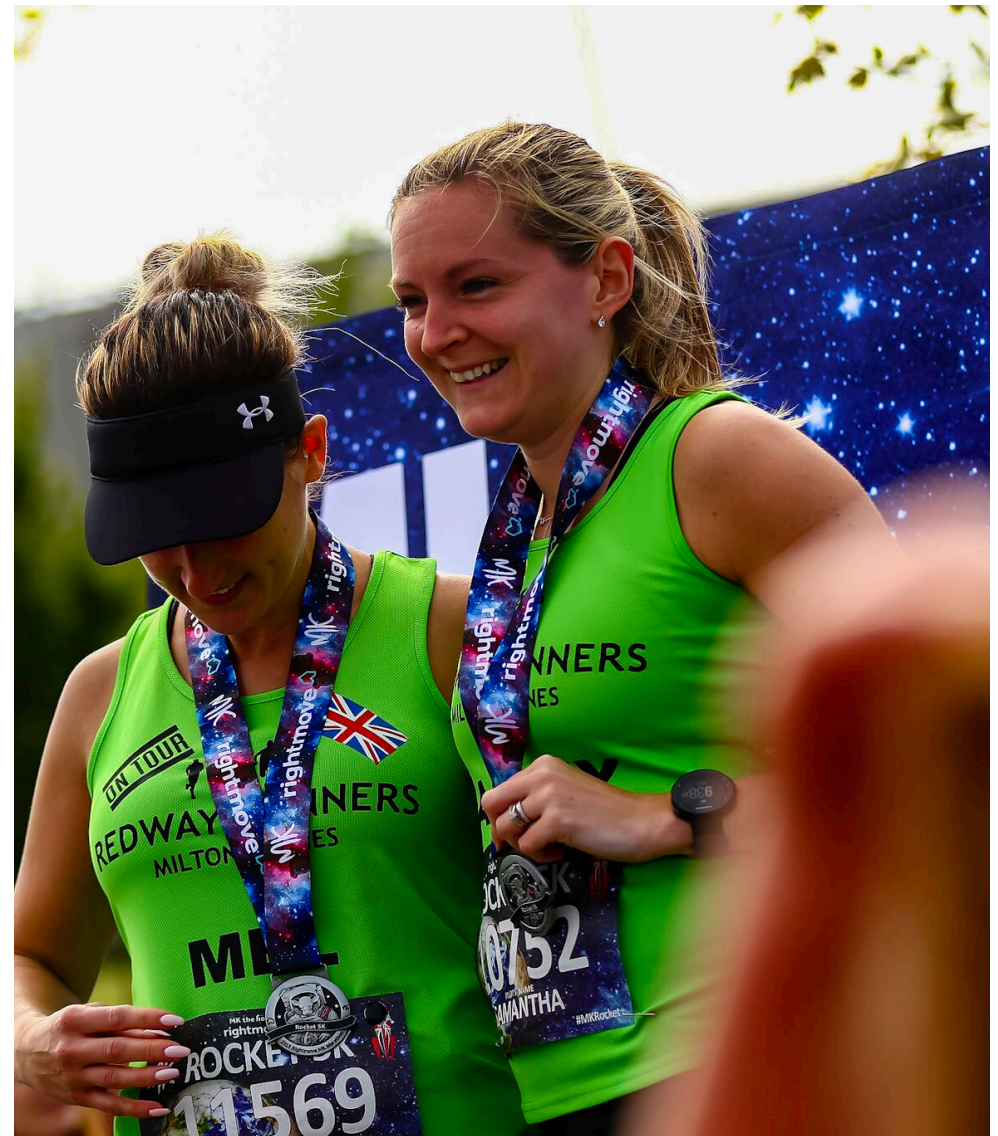
The Rocket 5K will take place on Sunday at 09:00 am, the day before the MK Marathon. Whether you're a seasoned runner or a beginner, this event is perfect for all paces. It's also a fantastic warmup for anyone participating in one of our main events.

This fast, flat, point-to-point race will take you from Midsummer Boulevard outside Wetherspoons Pub in central Milton Keynes all the way to Stadium MK!

Runners who participate in both the Sunday Rocket 5K and the Marathon, Half, or Relay on Bank Holiday Monday will receive a third medal – the MK Challenge Medal aiming to claim their challenge medal!

One weekend. Two days of running. Three times the bling!

Why not join your friends or family members and stretch those legs on Sunday?! The Rocket 5k is the ideal balance between the thrill of a marathon and keeping the mileage within grasp. This event promises an exciting community vibe mixed with the satisfaction of a physical accomplishment. It's a great chance to experience the excitement of the marathon weekend without the daunting distance!



WATCHING IN MILTON KEYNES

BANK HOLIDAY MONDAY

Being a supporter at a Marathon or half marathon is a big task. A lot of planning and dedication goes into cheering your friends or family members for hours, but it will be worth it! Any runner whether they are a beginner, or an Elite can get an extra boost from seeing their loved ones en route or at the Finish. The Marathon, half marathon, and marathon relay will all start at 09:00 am, with the Superhero Fun run starting at 09:30 am.

TOP TIPS:

Make sure you dress accordingly. Check the weather forecast beforehand bring plenty of sun-cream and an umbrella so you are covered for every possibility.

Having a large sign or something distinctive is key, this way runners can look out for this and spot you easily.



TOP LOCATIONS

TO WATCH THE MK MARATHON

WOOLSTONE

Mile 6 & 16

Woolstone is a historical village in Milton Keynes packed with bundles of character. The runners will be passing this area twice, so this is a great place to remain if you don't want to travel around. With plenty of traditional English pubs for you to wait in.

WOUGHTON ON THE GREEN

Mile 5 & 15

Woughton-on-the-Green is a traditional Buckinghamshire village that is now part of MK. The runners will be passing this area twice with a water stop and a DJ placed in this area. This location will have a buzzing atmosphere on the day.

THE STADIUM MK

START AND FINISH AREA

The Stadium MK is an amazing football stadium with the largest indoor space in the area! Join thousands and cheer on your friends & family in the comfort of the supporter's seats. With food, drink vendors and music you will have plenty to keep you entertained.

WILLEN LAKE

Mile 19

Willen Lake is a popular park, offering a wide range of activities on and off the water with something for everyone to enjoy, including Treetop Extreme, the county's only urban high ropes course, outdoor splash park Splash 'n' Play, and water sports such as kayaking and stand up paddleboarding. It's a great place to entertain family and friends of all ages, with café and restaurant for you to wait in.

OUZEL VALLEY PARK

Mile 11 & 24

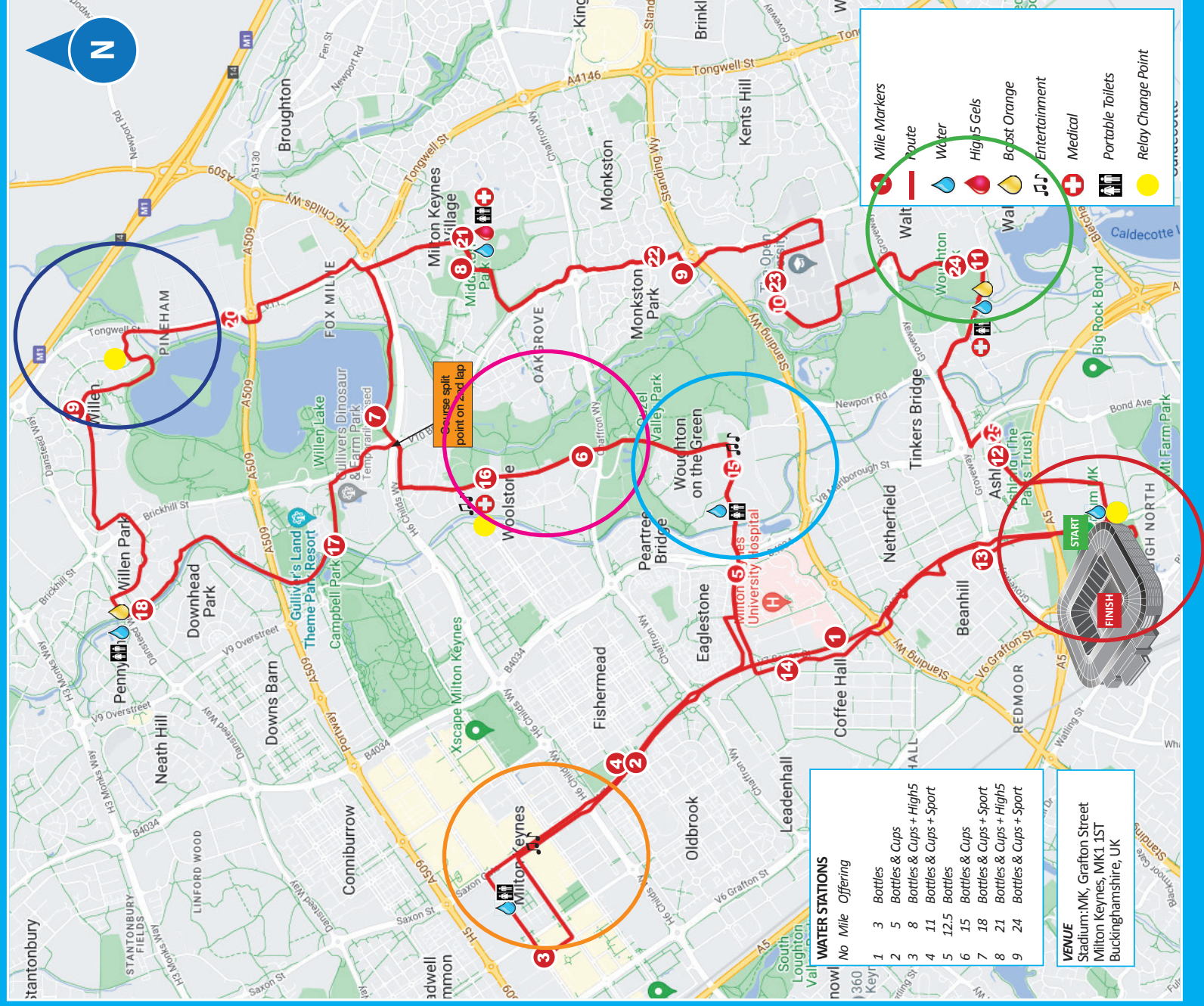
The Ouzel Valley Park is a spacious, open atmosphere with long views. The park is bordered on its western side by the Grand Union Canal and historic villages of Woolstone and Woughton-on-the-Green. The Runners will be passing this spot twice meaning you wouldn't need to move from location to location. There will also be a water stop placed here manned by our AMAZING volunteers creating a cheerful location to be in.

THE CENTRE MK

Mile 3

The runners will pass Centre MK once at mile 3. The town centre of Milton Keynes is home to the Centre:MK, which is one of the UK's top shopping destinations. With over 1000 brands under one roof as well as plenty of restaurants and bars to choose from. There is plenty to keep you occupied whilst you're waiting for your runner.

MK MARATHON



RUNNER TRACKING

Your friends and family can track you via the 'results' page on our website. They can search by name or bib number. Your progress will be shown on the route map.

mkmarathon.com/results

Tracking will start when your runner crosses the first tracking mat at mile 0.5. Their actual location will be updated each time they cross a timing mat, and then an average used to plot their progress until the next timing mat. Their real-time location might not be accurate if they speed up or slow down between mats.



TOP TIPS:

It's a good idea to agree on a location beforehand. This not only saves you running around the city trying to find a clear spot but also means your runner has something to aim for, knowing they will see you in a specific location.

Make sure you know your runner's predicted finish time.