

# MK MARATHON

MK marathon  
WEEKEND

## EVENT CREW GUIDE



2025

[mkmarathon.com/eventcrew](https://mkmarathon.com/eventcrew)



FOR  
OUTSTANDING  
RACE MANAGEMENT

# Welcome to the MK Marathon Event Crew



We would like to say a special Thank You to all the wonderful volunteers with us over the weekend. This year we will have a team of over 400 people, some of whom commit their time over several days, to ensure that every athlete has the most enjoyable event day possible.

These instructions will provide you with essential information alongside our more detailed briefing, which you will get when you arrive at the event. Please read this carefully and take the time to understand your responsibilities as a member of our Event Crew.

We hope that you enjoy your experience with us, make some new friends and most importantly have fun whilst helping our runners and spectators have a great weekend!

Thank you again for giving up your time and energy; the event would not be able to take place without your kindness and commitment. Equally, our participants would not receive the valuable encouragement and support that is so essential to their success and achievement on Race Day.

Andy Hully

*MK Marathon Weekend Race Director*

*#MKMarathon*

Big thanks to our main sponsor...



# MK Marathon

## Weekend Overview

The MK Marathon Weekend encompasses the Rocket 5K, Superhero Fun Run, Marathon Relay, Half Marathon and Full Marathon.

### SUNDAY 4th MAY

*Awards will be next to the finish.*

#### Rocket 5K

Start	09:00
Awards	09:30

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### MONDAY 5th MAY

*Awards will be next to the finish.*

#### Stadium

Open	07:00
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#### Red Zone

Start	09:00
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#### Yellow Zone

Start	09:05
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#### Blue Zone

Start	09:10
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#### Green Zone

Start	09:15
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#### Superhero Fun Run

Start	09:30
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## 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

# Speedy Check in at the event

This year, we will trial a RaceDay CheckIn app to provide a quick, stress-free race-day check-in experience.

We will resend your volunteer confirmation email a few days before the event. The email will include your unique QR code.

Please bring the email or screenshot of the QR code with you so your manager or captain can check you quickly.

## **BALLOT**

Every volunteer who checks in will automatically be entered into a ballot. Three places will be up for grabs in the 5k, half marathon, or full marathon for next year.

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## **Volunteer Welfare**

Safeguarding refers to measures taken to protect individuals' health and well-being.

**SAFEGUARDING LEADER:** Portia Simond

**WELFARE OFFICER:** Rena Galardziak

Should you need to report or discuss any issues, please go to the Info Point in the Arena and ask to speak to a manager, who will contact one of the above.

	<p>The world has been divided into 3 metre squares and each square has been given a unique combination of three words. We have provided a what3word combination for the Rocket start and finish locations. Please download the free app in advance of race day to make sure you are in the correct spot.</p>
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# Event Crew Roles

## Sunday 4th May

If you have volunteered for a role on Sunday 4th May, then you will need to attend a briefing as listed below.

### Rocket HQ Team

Giving out runner numbers, sorting out issues and helping with the race start. Clearing up after the runners have left.

**BRIEFING:** 07:00 - Wetherspoon Pub, 201 Midsummer Blvd, Milton Keynes, MK9 1EA

**REPORTING TO:** Corinne Hully

**what3words:** ///presumes.proven.wriggle

**JOB DURATION:** 07:00 to 09:30

**PARKING:** Pay by phone using RingGo, location code 8694. This can be pre-booked. We will reimburse this to you.



### Rocket 5k Finish Area

Setting up the finish barriers and branding. Giving out medals, helping with the awards, answering questions and clearing the site.

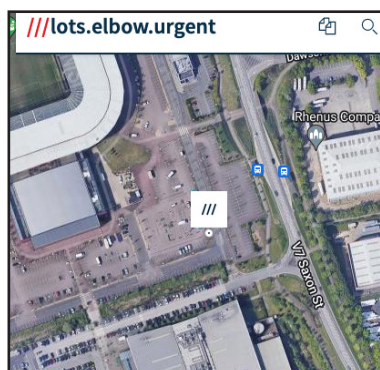
**BRIEFING:** 07:30 - South Eastern Corner of the stadium car park, between KFC and ASDA, StadiumMK, MK1 1ST

**REPORTING TO:** Scarlett Chambers

**what3words:** ///lots.elbow.urgent

**JOB DURATION:** 06:30 to 10:30

**PARKING:** There is plenty of parking at the Stadium, however you will need to give us your car registration to avoid getting a ticket.



# Event Crew Roles

## Sunday 4th May continued

### Rocket 5k - Course Marshals

Managing the running flow at Coffee Hall Roundabout in case emergency services need to access the hospital from the west. We will use a bungie cord to divert the runners each side of the roundabout as required.

**PARKING:** Robins Hill (off Saxon Street)

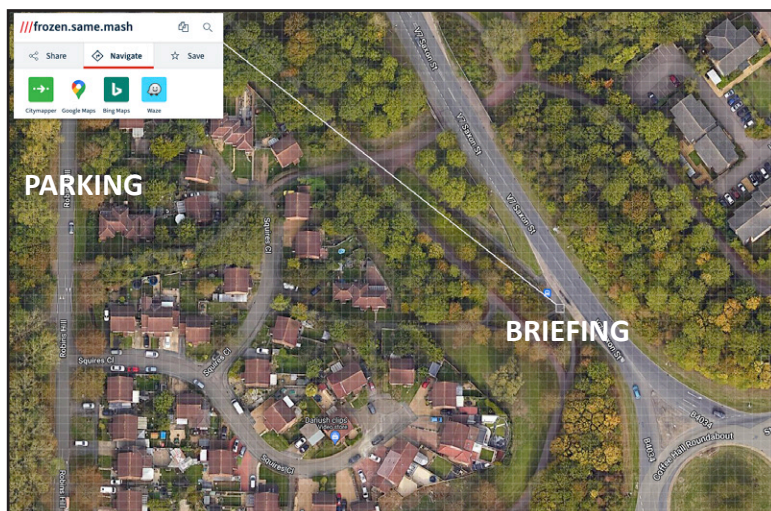
**what3words:** ///below.glare.unrealistic

**BRIEFING:** 08:30 - The northbound bus stop on Saxons Street just north of Coffee Hall Roundabout. Do not go into the road until the closure is in place.

**REPORTING TO:** Andy Hully

**what3words:** ///frozen.same.mash

**JOB DURATION:** 08:30 to 10:00



### Pre-Race Set Up

You will assist in packing the finisher bags for the Marathon and Half Marathon, ensuring everything is ready for Monday's event.

**PARKING:** Stadium car park (we requested your car registration when you entered)

**what3words:** ///truck.curiosity.moved

**BRIEFING:** 12:00 - On the stadium service yard. South eastern corner of stadium

**REPORTING TO:** Portia Simond

**what3words:** ///shield.gone.each

**JOB DURATION:** 12:00 to 14:00

# Event Crew Roles - STADIUM

## Monday 5th May

### **VOLUNTEER PARKING AT MOUNT FARM**

We have secured off-site parking at Mount Farm. You will be sent a parking permit a week before the event, and you will need to show this to access the car park. There is a 5-10 minute walk to the stadium.

**Car park what3words:** ///descended.beside.hugs

#### **Stadium Finish Area**

Finish area. Setting up, giving out water and medals then clearing down. Access via the service tunnel.

**BRIEFING:** 07:30 [Location \*5]

**REPORTING TO:** Jim Nesbitt

**JOB DURATION:** 07:30 to 16:30

#### **Race Registration/Info/Merc**

Giving out numbers to runners and sorting out any issues and selling merchandise. Access Arena using gate 6.

**BRIEFING:** 06:30 [Location \*6]

**REPORTING TO:** Scarlett Chambers

**JOB DURATION:** 06:30 to 16:00

#### **Baggage**

Setting up the baggage area. Taking baggage and storing in number order and giving back to runners when they finish. Access via service yard or gate 6.

**BRIEFING:** 06:30 [Location \*1]

**REPORTING TO:** Jason Raggett

**JOB DURATION:** 06:30 to 16:00

#### **Rewards in the Arena**

Setting up the rewards queue. Giving out rewards to finishers. Access via service yard or gate 6.

**BRIEFING:** 06:30 [Location \*2]

**REPORTING TO:** Portria Simond

**JOB DURATION:** 06:30 to 16:30

#### **Race Start Area**

Setting up the race start, organising the start into zones, clearing up the start area and marshalling the finish from Saxon Street to the stadium entrance.

**BRIEFING:** 06:00 [meet on Saxon St near McDonalds at the start]

**REPORTING TO:** Michelle Amesbury

**JOB DURATION:** 06:00 to 16:30

#### **Photographer**

Based out on the course or at the stadium.

Taking photos to show the race day atmosphere. Groups of runners, volunteers and water stops, etc. Please note that we do not want individual shots of runners.

**BRIEFING:** 08:00 [Location \*6]

**REPORTING TO:** Marion Van Onselen

**JOB DURATION:** 08:00 to 15:00

#### **Cow Mascot**

You should be outgoing and happy to mingle with the runners before the race and give runner cuddles above the waist only as they cross the finish line.

**BRIEFING:** 08:00 [Location \*6]

**REPORTING TO:** Marion Van Onselen

**JOB DURATION:** 08:00 to 15:00

#### **Here to Help**

Giving out information to runners. Helping runners locate where they need to be. Please note you will be walking around the Stadium area, holding a sign and answering any questions

**BRIEFING:** 07:00 [Location \*6]

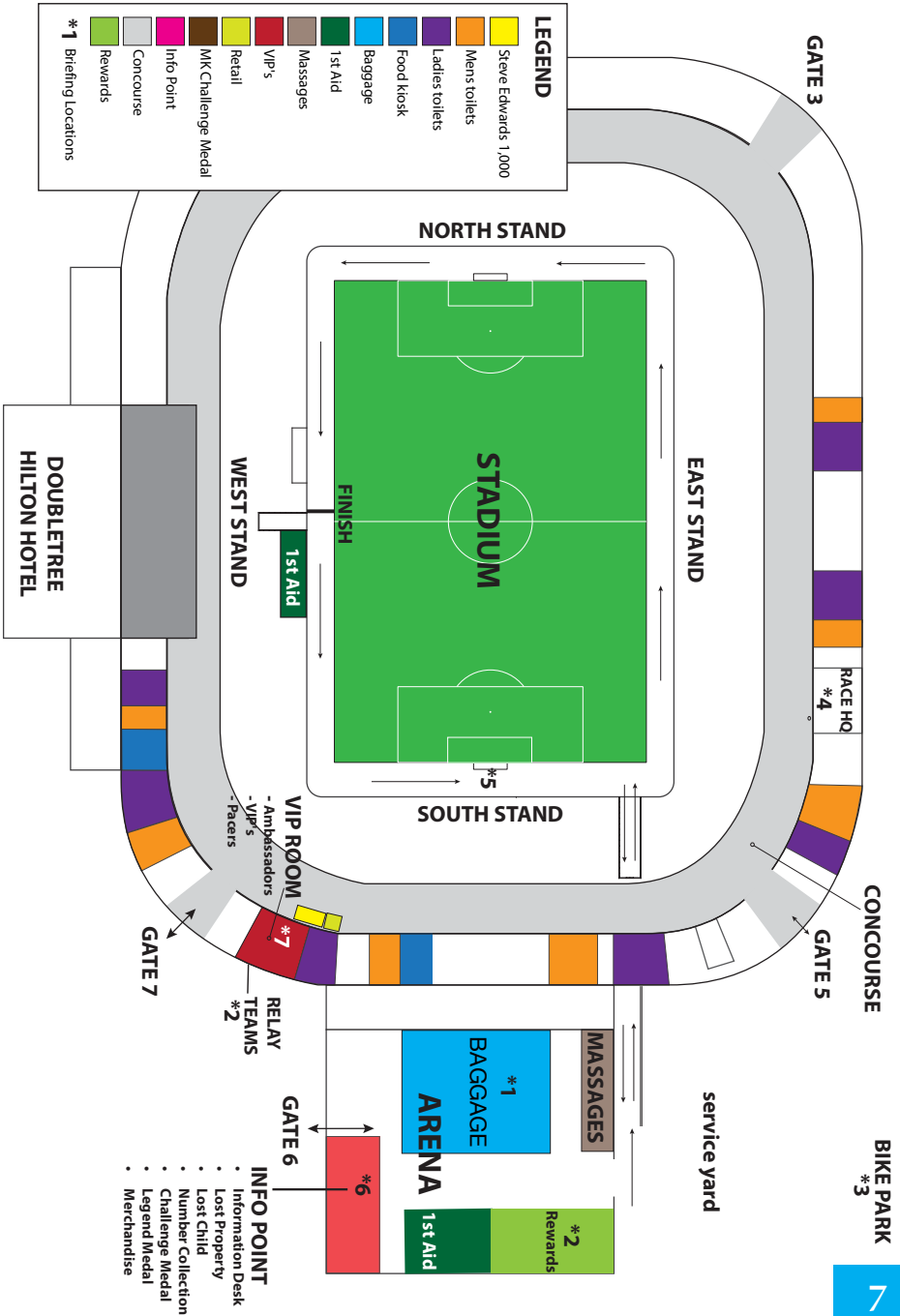
**REPORTING TO:** Marion Van Onselen

**JOB DURATION:** 07:00 to 14:00

#### **Superhero Fun Run Crew**

Sorting out number collection, and course marshalling. Meet at the number collection desk in the Arena. Access Arena using gate 6.

# Stadium Area Layout



# Event Crew Roles

## *continued*

**BRIEFING:** 06:30 [Location \*6]

**REPORTING TO:** Rena Galardziak

**JOB DURATION:** 06:30 to 11:00 \*

*\* It would be great if you could help elsewhere after your shift. Just go to the Event Crew desk if you can stay and they will direct you.*

### **Lead Bikes**

Lead the 1st Male runner, 1st female runner in the full and half marathon, plus the 1st Relay team around the marathon course. You must be familiar with the route. You can request a .gpx file. You need to attend a briefing before the race starts at 09:00.

Go to the Bike Park outside gate 5.

**BRIEFING:** 08:00 [Location \*3]

**REPORTING TO:** Nick, Corley Cycles

### **Tail Bike Marathon**

Following the marathon runners on both laps. On the 2nd lap give any runner who falls behind 15min/mile pace the option to pull out at each water stop where they will be collected by the sweeper bus.

Go to the Bike Park outside gate 5.

**BRIEFING:** 08:30 [Location \*3]

**REPORTING TO:** Nick, Corley Cycles

### **Tail Buggy Marathon**

Following the runners in a buggy and taking down the signs as you go. You will need to attend a briefing and collect the keys. Start north of McDonalds and do not go over the start line.

**BRIEFING:** 08:00 [Location \*4]

**REPORTING TO:** Andy Hully

**JOB DURATION:** 08:00 - 16:15

### **Rapid Response Course**

Collect any unopened water packs from the water stops. Do not collect any packs that have been opened as we can't return them. React

to any emergencies on race day, which might include delivering water, signs, bin bags, etc. Access from outside the stadium.

**BRIEFING:** 08:00 [Location \*4]

**REPORTING TO:** Andy Hully

**JOB DURATION:** 08:00 - 16:30

### **Shuttle Bus**

Collect runners who have pulled out of the race from each water stop. You will be given a schedule and maps.

**BRIEFING:** 08:00 [Location \*4]

**REPORTING TO:** Andy Hully

**JOB DURATION:** 08:00 - 16:30

### **VIP Team**

Responsible for looking after the VIP's, Pacer's and Ambassadors in the VIP room. The Pacer Manager will also be responsible for pacers in this area. Access on the concourse from gate 5 or 7. Please make sure the pacers return their flags when they finish.

**BRIEFING:** 07:00 [Location \*7]

**REPORTING TO:** Corinne Hully

**JOB DURATION:** 07:00 - 16:00

*Pacer Manager: Group photo at 08:00*

*VIP Director: Collect Mayor at 08:15*

# Course Marshal Roles

## Monday 5<sup>th</sup> May

### RELAY TEAM

You will be looking after the MK Marathon Relay Event. Dealing with Registration, getting the teams to the start line and organising the relay changeover points. Giving out medals and awards. You will be divided into teams.

**BRIEFING:** 06:30 [Location \*2]

**REPORTING TO:** Annette Smyth

**JOB DURATION:** 06:30 - 16:30

**PARKING:** You will receive a parking permit for a car park at Mount Farm. This is a 5-10 minute walk to the stadium.

**Car park:** ///descended.beside.hugs

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## COURSE MARSHALS 1 - 7

If you have volunteered for a role as a course marshal then you will need to attend a briefing with your Course Captain as listed below.

### Course Section 1

**BRIEFING:** 08:00

**COURSE CAPTAIN:** Julie Martin

**PARKING:** ///magic.shrimp.slap

**BRIEFING:** ///boring.video.gates

**JOB DURATION:** 08:00 - 13:00

### Course Section 2

**BRIEFING:** 08:00

**COURSE CAPTAIN:** Daria Crocker

**PARKING:** ///stammer.beaten.realm

**BRIEFING:** ///inflates.megawatt.outnumber

**JOB DURATION:** 08:00 - 11:00

### Course Section 3

**BRIEFING:** 08:00

**COURSE CAPTAIN:** Paul De Denis La Sol

**PARKING:** ///views.warp.workbook

**BRIEFING:** ///embraced.typed.chugging

**JOB DURATION:** 08:00 - 11:30

### Course Section 4

**BRIEFING:** 08:15

**COURSE CAPTAIN:** Debbie Dickinson

**PARKING:** ///player.solve.wins

**BRIEFING:** ///anyone.jukebox.treat

**JOB DURATION:** 08:15 - 13:30

### Course Section 5

**BRIEFING:** 08:25

**COURSE CAPTAIN:** Jen Bates

**PARKING:** ///spike.leads.shaped

**BRIEFING:** ///entrust.lift.thinnest

**JOB DURATION:** 08:25 - 13:30

### Course Section 6

**BRIEFING:** 08:30

**COURSE CAPTAIN:** Annis Turner

**PARKING:** ///elect.tuxedos.hostels

**BRIEFING:** ///bless.tank.tabs

**JOB DURATION:** 08:30 - 13:30

### Course Section 7

**BRIEFING:** 09:15

**COURSE CAPTAIN:** Judith Cumino

**PARKING:** ///alerting.stars.spots

**BRIEFING:** ///physical.conquests.divides

**JOB DURATION:** 9:15 - 13:50

# Course Marshal Roles

## Monday 5<sup>th</sup> May continued

### COURSE MARSHALS 8 - 14

If you have volunteered for a role as a course marshal then you will need to attend a briefing with your Course Captain as listed below.

#### Course Section 8

**BRIEFING:** 09:30

**COURSE CAPTAIN:** Kevin Church

**PARKING:** ///cubs.outbursts.soda

**BRIEFING:** ///alerting.stars.spots

**JOB DURATION:** 09:30 - 14:15

#### Course Section 12

**BRIEFING:** 08:45

**COURSE CAPTAIN:** Alice Richards

**PARKING:** ///hung.answer.things

**BRIEFING:** ///union.truly.wool

**JOB DURATION:** 08:45 - 15:00

#### Course Section 9

**BRIEFING:** 09:30

**COURSE CAPTAIN:** Ellie Dickinson

**PARKING:** ///freshest.mimed.pricing

**BRIEFING:** ///pulps.popped.named

**JOB DURATION:** 09:30 - 14:30

#### Course Section 13

**BRIEFING:** 08:45

**COURSE CAPTAIN:** Lucy Briglin-King

**PARKING:** ///lines.maker.spent

**BRIEFING:** ///beams.chairs.bank

**JOB DURATION:** 08:45 - 15:30

#### Course Section 10

**BRIEFING:** 08:30

**COURSE CAPTAIN:** TBC

**PARKING:** ///double.scratches.performed

**BRIEFING:** ///idea.keeps.wrenching

**JOB DURATION:** 08:30 - 14:35

#### Course Section 14

**BRIEFING:** 09:00

**COURSE CAPTAIN:** Gary Howard

**PARKING:** ///drew.testers.miles

**BRIEFING:** ///boot.plant.space

**JOB DURATION:** 9:00 - 15:45

#### Course Section 11

**BRIEFING:** 08:30

**COURSE CAPTAIN:** Steve Burlace

**PARKING:** ///overhear.clots.positions

**BRIEFING:** ///idea.keeps.wrenching

**JOB DURATION:** 08:30 - 14:45

#### Course Section 15

**BRIEFING:** 09:00

**COURSE CAPTAIN:** Laura Beechey

**PARKING:** ///opens.study.angel

**BRIEFING:** ///bumps.windy.remedy

**JOB DURATION:** 9:00 - 16:00

### PLOGGERS

You will follow the last marathon runner on the second lap, picking up litter between water stops.

**BRIEFING:** 11:00 [Location \*6]

**REPORTING TO:** Marion Van Onselen

**JOB DURATION:** 11:30 to 16:00



# General Rules & Customer Service

It will benefit your day hugely if you take some of this information on board. Rest assured that we are working very hard to make this event very special for everyone involved and we really hope you have a fantastic and rewarding experience.

## **ON THE DAY YOU HAVE SOME KEY RESPONSIBILITIES:**

- Sign in at your job role location in plenty of time.
- Being the friendly approachable face of MK Marathon Weekend.
- To report accidents and incidents to your Manager or Course Captain.
- To be understanding and helpful to all participants and spectators.
- To monitor the crowd and be visible and calm.
- To look out for participants' and volunteers' well being.
- To have a duty of care to yourself; come prepared, wear comfortable clothes and shoes and get a good night's rest the evening before.
- To arrive on time to your correct area
- To not leave your point on the day until told to do so.
- The MK Marathon Weekend operates a no smoking policy – please help us to enforce this.

## **WHAT IS NOT YOUR RESPONSIBILITY:**

- To deal with medical incidents. You are not here to administer First Aid and you are not insured to either. We have a very large and experienced medical team – it is imperative that you communicate any medical incidents. You will be given a laminated medical card at the briefing.
- You will receive a full briefing about your role when you arrive to check in for your duties.

# Your Safety

## Whilst Volunteering

Please remember that your safety and the safety of our volunteers is paramount. If it is a hot day please make sure you drink plenty of water, wear a hat and sunscreen and take breaks as instructed by your Manager.

At all times, please be aware of your own safety, particularly in regard to traffic and moving vehicles. If you have any concerns please raise them with your Manager.

### THINGS YOU SHOULD KNOW FOR HEALTH & SAFETY:

- Do not put yourself in compromising situations and if something feels wrong tell your Director or Manager.
- Make sure you are aware of your surroundings.
- Make sure you have told someone where you are for the day.
- Never give your personal details out to strangers.
- Make sure you have the tools you need to do the job safely.
- Only lift or carry things that you can easily manage.
- If you are asked to operate a piece of equipment make sure you have been properly shown how it works.
- If you are given safety equipment and or clothing please use it – this is your responsibility.
- Inform your Director or Manager if you have any medical conditions or are pregnant.

# 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, the finish and in the Arena. First Aid posts will also be on the course at mile 6, 8, 11, 16, 21 and 24.

## IN THE EVENT OF A RUNNER HAVING A MEDICAL ISSUE

### PROTECT THE CASUALTY

Protect the casualty from further injury, or from other runners tripping over them. Do not move the casualty if there is any indication of a neck or back injury – otherwise move them to a safe location (from which they can be easily evacuated).

### ASSESS THE CASUALTY

Is he/she conscious? Are they responding (talking sensibly)? Is there any obvious sign of injury? If they are unconscious check if they are breathing freely. If not check that their airway is not obstructed.

If the runner is in clear need of urgent medical attention (eg. Not conscious or breathing) please **dial 999** immediately. You must also report to Medical Control so that they can despatch one of our ambulances, which may be in the area. Check the back of the casualty's race number for details of any medical condition listed and report it to the medical team. Do not remove the race number.

### REPORT THE CASUALTY

You will be asked for:

- Your own name, phone number
- Your marshal number & location
- The exact location of the casualty and the nearest vehicle access point
- The casualty's race number
- The nature of the incident and the condition of the casualty – including any notes on the back of the race number
- Are they conscious?
- Are they breathing?

### STAY WITH THE CASUALTY

Stay with the casualty until the medical team arrive, monitor his/her condition periodically. Prepare the access route for the medical team – you may need to move spectators.

### Medical Team: 01908 921111

*This number is to be used on race day only*

# Communication

Due to the large number of staff and volunteers on site and the complexity of the event, it is essential to have a clear communication structure.

## **STADIUM AREA**

All Directors and some Managers will have radios at the stadium area. Please see your Manager if you need to report an incident or need to leave your post.

## **RACE HQ**

The Race HQ will be located in the stadium. There will be no access to runners or spectators.

## **THE COURSE**

The Race HQ will have contact with the lead bike, tail bike, tail buggy, course directors and the rapid response team.

## **COURSE MARSHAL**

We are asking all volunteers to come with

their mobile phone fully charged on the day. Each marshal will be given a laminated map at the briefing showing their marshal location using what3words and marshal number.

Please make sure that you have the phone number for your Manager and/or Director and the Medical Help Line.

You should contact our medical team in case of a medical issue and your Manager if you have any other issues.

# Lost Children

## **DIFFERENCE BETWEEN A LOST CHILD AND A FOUND CHILD**

- Lost child: A child is reported lost by a parent or guardian.
- Found child: When a child cannot see/find their parent or guardian.

## **REPORTING A LOST OR FOUND CHILD**

- Ensure you stay with the found child or person reporting the lost child, until given further instructions
- Report the lost / found child by one of the following:
  - See if there is anyone close by with a radio – e.g. a medic or steward and ask them to report in that you have a lost / found child
  - If this is not possible, contact your Manager
  - If no answer, then please call the Event Co-ordinator on 07825 654 199
- When reporting the incident please give a description of the child but **DO NOT** give the child's name over the radio or over the telephone.
- Please do ensure you provide the following:
  - Child's age
  - Child's hair colour
  - Child's height and sex
  - Child's clothing description
  - Location on where the child was found/or last seen
  - Your name and contact details
- Once reported, you will be given next steps as to how to manage the lost or found child.

# Lost and Found Property Policy

## ACCEPTING LOST PROPERTY

- Lost property can be accepted by MK Marathon volunteers and staff
- Please ensure all lost property is handed in to your Manager if it is found on the course or Info Point (near gate 5) if it has been found at the stadium.
- They will then look after this until the zone closes down.
- When an item is received please ensure the item is logged with the following details:
  - Item description
  - Where and when the item was found
  - Handed in by whom

## RETURNING LOST PROPERTY

- Property can be returned if the Manager is happy that they are the rightful owner.
- A full description should be obtained to support proof of ownership.
- For record purposes it is important that the rightful owner signs prints and dates when the item is collected.

## POST EVENT

- After the event all lost property will be taken back to the MK Marathon HQ in Great Linford.
- All lost property enquiries will be handled by the event organisers from there.
- If anyone enquires about a lost item once your zone has closed down, please ask them to email [run@miltonkeynesmarathon.co.uk](mailto:run@miltonkeynesmarathon.co.uk) with a detailed description of the item they have lost.

# Event Crew Checklist

## WHAT TO WEAR & BRING WITH YOU

- Appropriate clothing for the weather
- Suitable footwear
- A pen / notebook
- Mobile phone with enough battery
- A hot drink in a thermos if a cold day
- Sun screen and hat

## WHAT WILL BE PROVIDED

- A high-viz jacket – please wear this over the top of a jumper /fleece or jacket
- Sublimation T-Shirt
- Commemorative pin badge
- Sandwich Shack roll (Monday only) and Brioche roll but you may wish to bring extra snacks to keep you going especially if you have any special dietary requirements

## HIGH-VIZ JACKETS...



DIRECTORS



MANAGERS



EVENT CREW

## WHAT TO DO AT THE END OF YOUR SHIFT:

As with any event, an exact finish time is very hard to predict. Please do not leave your location until you have permission of your Manager/Course Captain. Please return the high-viz jacket to your Manager after your shift. Course Marshals should also return their location map lanyard.



# Runner Numbers

There are different coloured bibs for each event.

COLOURED STRIP  
SHOWS THE  
STARTING ZONE

HALF/  
MARATHON  
timing chip is  
stuck on the  
back of the  
race number.  
Runners must  
not remove it or  
damage it!

RELAY teams  
will run the  
full marathon  
distance. The  
timing chip will  
be in the baton



REGISTRATION  
DETAILS  
*only a manager can  
read this QR code*

TEAR OFF  
BAGGAGE LABEL



T-SHIRT IMAGE SHOWS  
THE SIZE IF THEY  
PURCHASED ONE



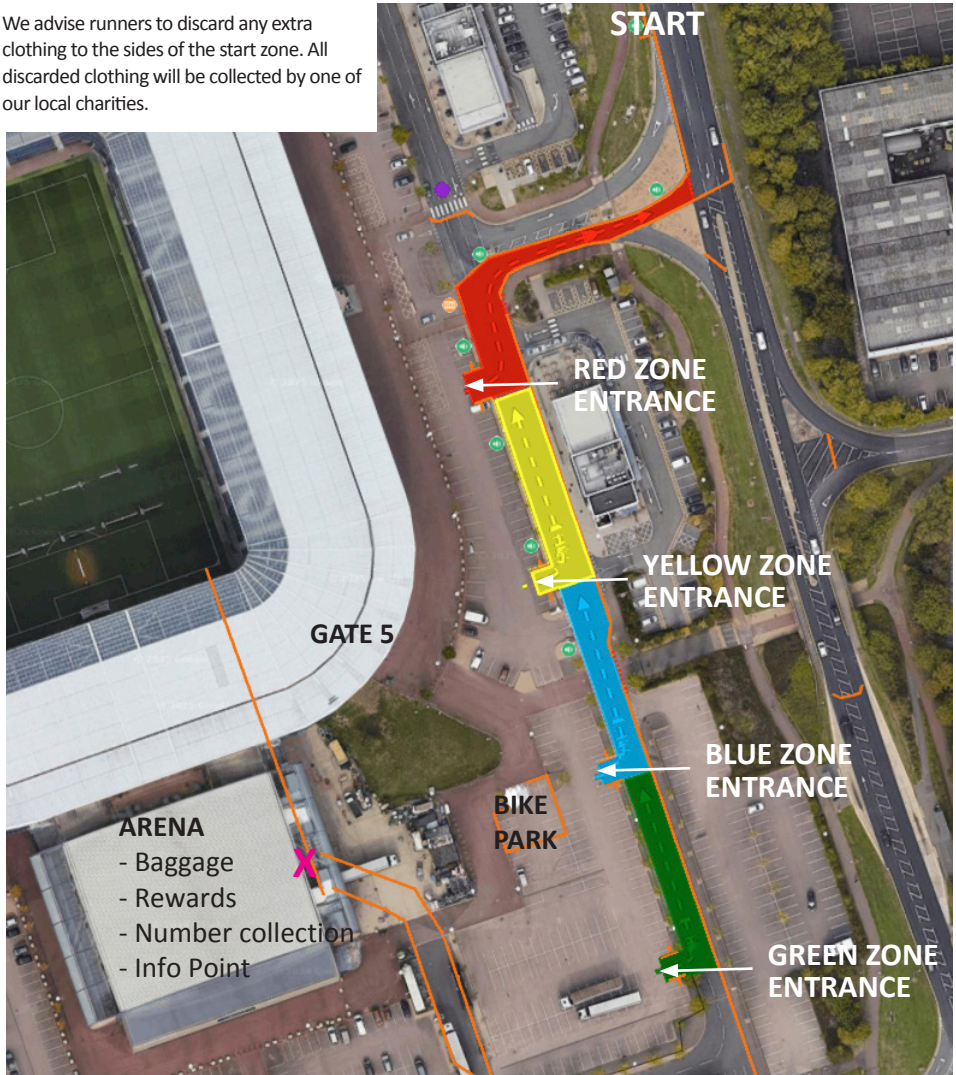
# Race Start Zones - Monday

## RUNNERS SHOULD BE IN THEIR STARTING ZONE BY 08:40

They can exit the stadium via Gate 5 or the Arena door on to the service yard **X**

### DISCARDING CLOTHES AT THE START

We advise runners to discard any extra clothing to the sides of the start zone. All discarded clothing will be collected by one of our local charities.



# Water Stops, Toilets, Course Time Limit & Litter

## **WATER STATIONS**

There will be water stations along the course, providing bottles of water. These will be positioned at approximately mile 3, 5, 8, 11, 12.5, 15, 18, 21, and 24 miles.

## **TOILETS**

There will be portable toilets at every water stop.

## **SPORTS DRINK**

Gatorade Sport will be available in cups at the water station at mile 11, 18, and 24.

## **ENERGY GELS**

High5 EnergyGels will be available at mile 11 and 21 on the marathon route. This year we will be using bins to collect gel wrappers so we can return them for recycling.

## **MILE MARKERS**

There will be a mile marker at every mile.

Mile markers will be located on the nearest lamp post to the mile point.

## **EMERGENCY ACCESS**

In the unlikely event that an emergency vehicle needs to cross or access the course, please give them every assistance.

## **COURSE TIME LIMIT**

We have an agreed road closure plan in place, giving runners up to 6:30 to finish the marathon. This works out at approximately 15min mile pace. If runners slow down they may be asked to run as a pedestrian on the pavement observing the Highway Code. We want them to finish and will give them every encouragement to do so.

**We want to leave Milton Keynes neat and tidy. Runners are encouraged to discard bottles, cups and gel wrappers in the Drop Zones after every water stop.**

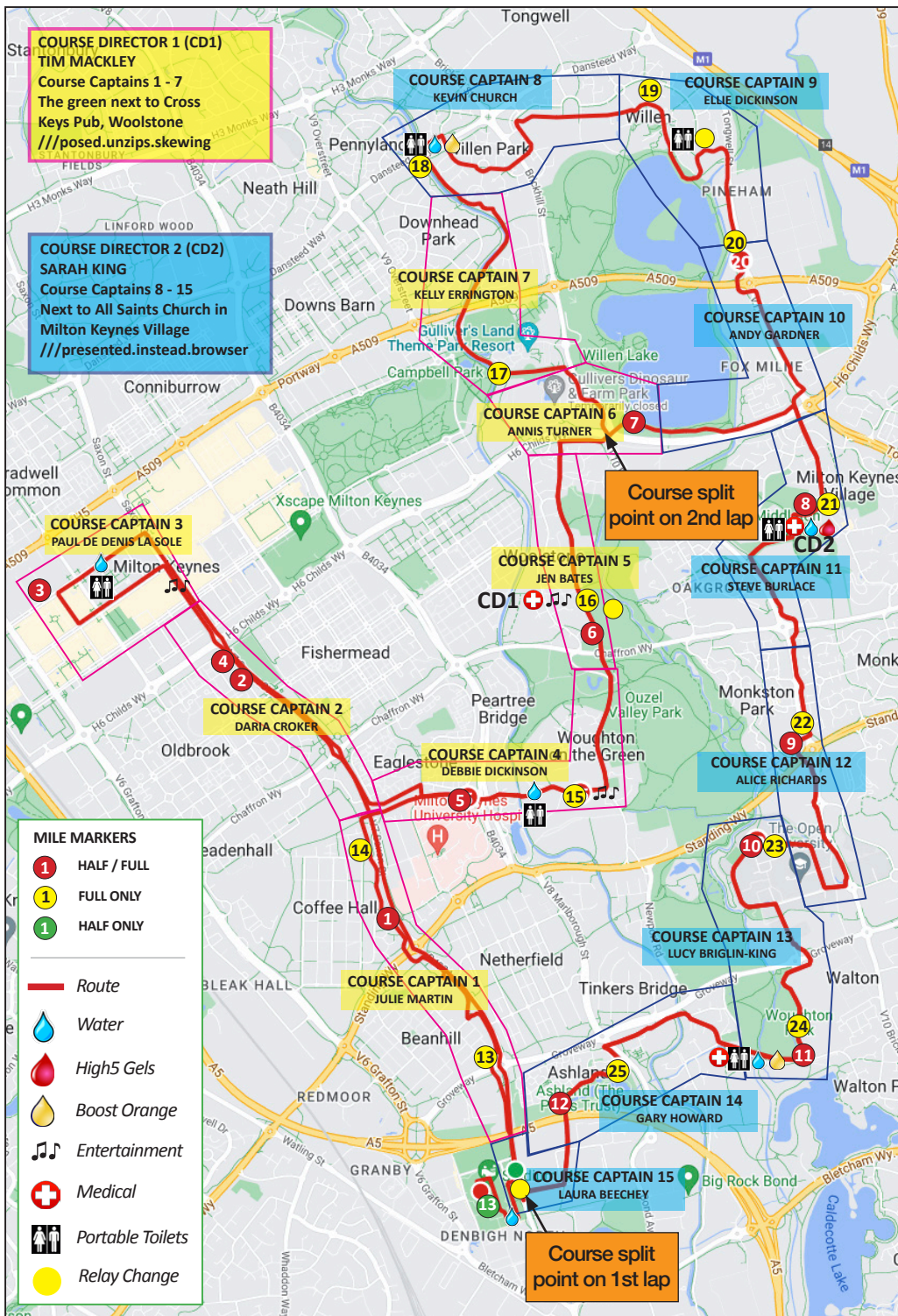


## **LITTER**

Hopefully most of the rubbish will be discarded in the drop zones, however every course marshal will be given a black bin bag just in case.

Please collect any rubbish in your area and give it to your Manager.





# Let's Do it Again!

MK Marathon Weekend 3-4 May 2026



Take advantage of Super Early Bird Pricing for the 2026 MK Marathon Weekend from Monday, May 5th, until Saturday, May 10th, at midnight. Sign up using the QR code below.



May the 4th  
be with you

[www.mkmarathon.com](http://www.mkmarathon.com)



2026 medals are inspired by Star Wars.



# Don't Forget

## PHOTOS

SHARE YOUR PHOTOS ON THE DAY.

Using [#MKMarathon](#) [#MKRocket](#)

## WE'RE STILL RECRUITING

Your friends or family can get a front-row seat to the race by signing up as a Course Marshal!

Course Marshals are assigned locations throughout the marathon and half marathon course, and they play an essential role on race day: cheering runners on and keeping an eye on their section of the course.

Click below for more information and to sign up. It's also a great experience for groups, so please spread the word!

More info is available here:

[www.mkmarathon.com/eventcrew](http://www.mkmarathon.com/eventcrew)



Thank you again for volunteering at the MK Marathon Weekend. This event really couldn't happen without you and we rely on every single one of you.