

# MK

MK marathon  
WEEKEND

# ROCKET 5K

## EVENT GUIDE



# 4 MAY 2025

[www.mkmarathon.com/mk-rocket-5k](http://www.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](http://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 entire distance.



**Event Permit Number: 27933**

## GOLD STATUS EVENT

For the 11th year running, the MK Marathon Weekend has won GOLD from the British Association of Road Races (BARR)! This award recognises our exceptionally high standard of race organisation and commitment to our runners.

## HEADPHONES

We do not recommend wearing headphones on the course, as you need to be aware of other runners and hear marshal instructions. If you do wear headphones, do so at your own risk.

**Twitter:** [mk\\_marathon](https://twitter.com/mk_marathon)

**Facebook:** [MiltonKeynesMarathon](https://www.facebook.com/MiltonKeynesMarathon)

# Rocket 5K Overview

**EVENT DATE:** Sunday, 4th May 2025

**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.

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## 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 on the route. Water will be available at the finish.

## KM MARKERS

There will be 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.

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## 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

The race awards will be presented at the finish area as soon as all three men and women have finished.

Trophies: First 3 Men and First 3 Ladies



## MINIMUM AGE

12 on race day.

## RACE TIMING

Runner Numbers will incorporate a timing chip on the reverse.

## RESULTS

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

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



**PROUD SPONSOR OF THE**



MK marathon  
WEEKEND

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

**Discover more  
on our website**





# Runner Numbers

## RUNNER NUMBERS ARE NOT POSTED.

### ENTRIES ON OR BEFORE 4<sup>TH</sup> APRIL

- Collect your running number from the Up & Running store.
- Between Saturday, 19th April, at 11:00 until Saturday 3rd May at 16:00.

### ENTRIES ON OR BEFORE 15<sup>TH</sup> APRIL

- Collect your running number from the Up & Running store.
- Between Saturday, 26th April, at 11:00 until Saturday 3rd May at 16:00.

### LATE ENTRIES

- Collect your running number from the Race HQ on the day of the event from 07:00.

### AT THE MINI EXPO

You can grab a late entry place or coach ticket at the Mini Expo, subject to availability.

- Thursday 1st May: 16:00 - 20:00
- Friday 2nd May: 16:00 - 20:00
- Up & Running Store.
- £25 cash only.

### COLLECTION ON RACE DAY

If you cannot collect your running number from the Up & Running store, then as a last resort, 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. Enjoy 15% OFF non-sale items at Up & Running when you collect your number.
3. You can also collect the running numbers of friends and family. You will need to confirm their full name and postcode.
4. If you purchased a coach ticket, you will find it in your race envelope.
5. If you are not sure when you entered, then you can check your account here: [mkmarathon.eventrac.co.uk/users/profile](http://mkmarathon.eventrac.co.uk/users/profile)
6. There will be NO entries on race day.
7. Safety pins and pens are on a table near the Info Desk. Please do not get in the Info Desk queue to get pins or pens.
8. Attach your number to the front of your running top where marshals can see it and complete any medical details on the back.
9. 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 following UKA guidelines.
10. We do not offer refunds for this event.

**When you receive your Running Number you are ready to run!  
Just pin on your number and you're ready to go.**

**UP & RUNNING**

EST. 1992



**marathon  
WEEKEND**

**6** REASONS TO  
STEP INTO  
STORE

**15% OFF**  
WITH RACE ENTRY  
CONFIRMATION



Free in-store  
gait analysis



Expert advice  
in-store & online



Family run  
since 1992



Stores  
nationwide



Fun, free & friendly  
weekly 5k runs



Award-winning  
customer service

# MK MARATHON MINI EXPO

16:00 - 20:00 | MAY 1ST - 2ND | MK UP & RUNNING

**RACE DAY ESSENTIALS  
EXPERT ADVICE  
GIVEAWAYS**

**UPANDRUNNING.CO.UK**

SUBJECT TO AVAILABILITY | OFFER EXCLUDES ELECTRONICS | FULL PRICED ITEMS ONLY | OFFER MAY BE WITHDRAWN AT ANYTIME

# 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

Check weather forecasts before the race and dress accordingly on Race Day.

## DO NOT RUN IF YOU FEEL UNWELL

One of the bravest decisions any runner must make leading up to Race Day 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 health and safety and that of others that you do not run if you are unwell or unfit.

## MEDALS

In addition to the 5K finisher medal, runners participating in the 5K and the marathon/half/relay will receive a third medal – the MK Challenge Medal. These can be collected after the main event from the Info

Desk inside the Stadium Arena gate 6 (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.

[myRingGo.co.uk](https://myRingGo.co.uk)

## PARKING AT THE STADIUM

Pay by phone using RingGo, location code 63452. This can be pre-booked.

[myRingGo.co.uk](https://myRingGo.co.uk)

# Event T-shirt

If you purchased an Event T-shirt as part of your entry, you will have a T-shirt symbol and size on your race bib.



If you purchased an Event T-shirt, you must collect it at the end of the finish funnel.

If you didn't pre-order an Event T-shirt, you cannot buy one after the Rocket 5K race. However, we will have some available for purchase on Monday, May 5th.

*NB. We do not post Event T-shirts; you must collect yours on race day.*



# 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.

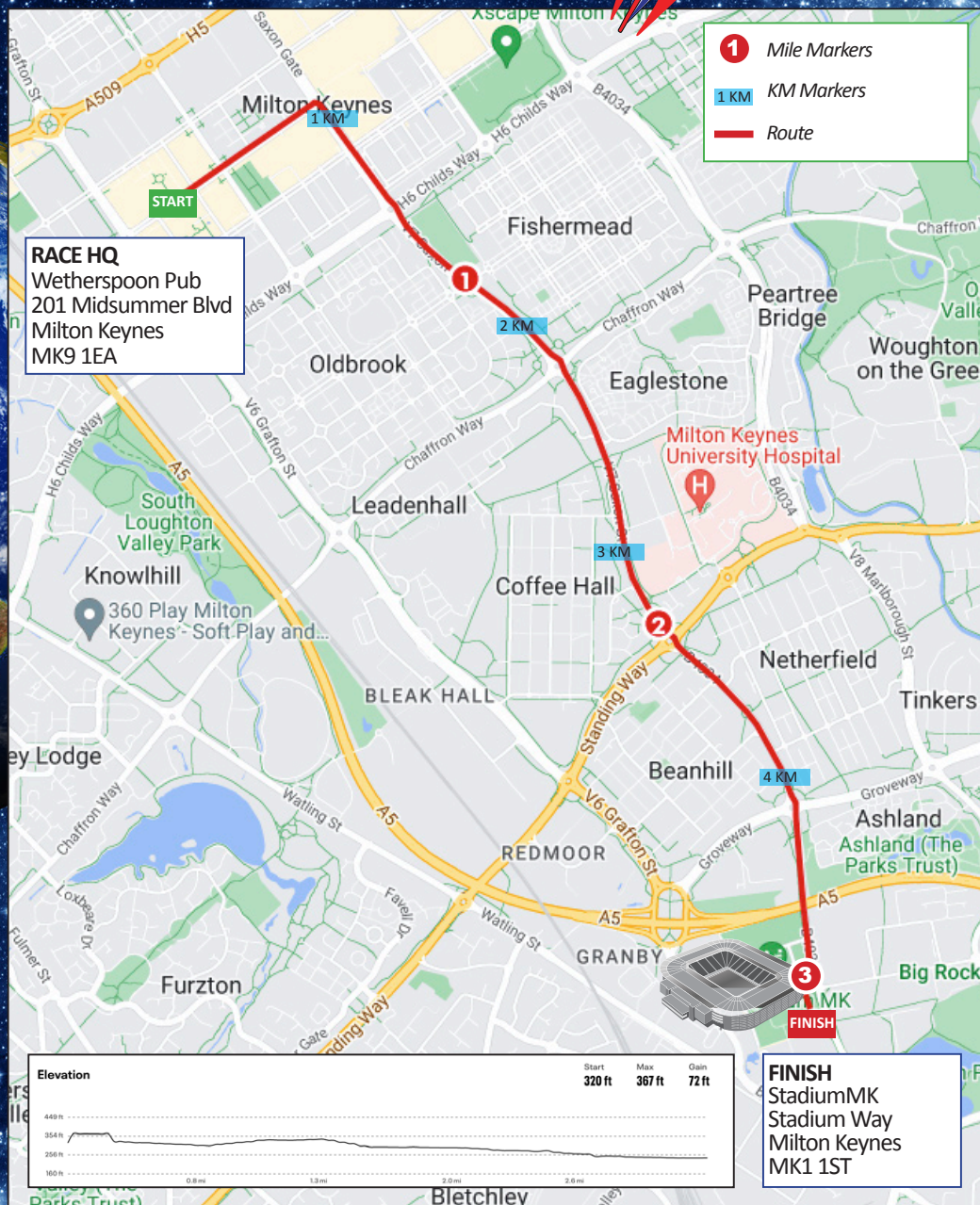
## EMERGENCY ACCESS

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 marathon WEEKEND ROCKET SK



# Finish Area

## PEDESTRAIN ZONE

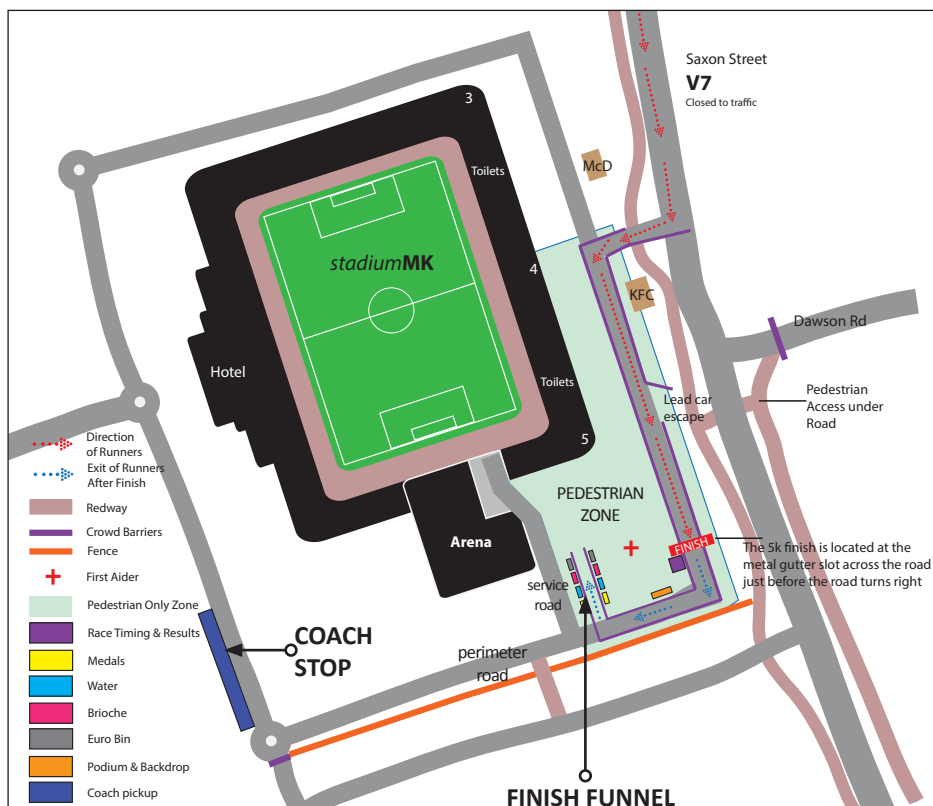
This zone will be closed from 05:30 until 10:30 am so that the Timing Team and finish event crew can set up and pack away safely.

## RETURN BUS

You can book a return bus ticket for £7.50 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 subject to availability.

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





# Let's Do it Again!



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

## RACE PHOTOS

Simply upload an image of your face and you will be presented with a selection of photos to purchase. Photos will be available here: [mkmarathon.com/runner-photos](https://mkmarathon.com/runner-photos)

## RACECHECK REVIEW

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

[racecheck.com/races/mk-marathon-weekend](https://racecheck.com/races/mk-marathon-weekend)

We will select one lucky reviewer to win a fabulous hoodie!



## 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](https://mkmarathon.com/results)

If you need any further information please check the FAQ section on the website: [mkmarathon.com/faqs](https://mkmarathon.com/faqs)

Thank you for taking part in the  
**MK Rocket 5K**

