

# MK

**marathon  
WEEKEND**

# HALF MARATHON & MARATHON EVENT GUIDE



# 5 MAY 2025

**RACE STARTS AT 09:00**

[mkmarathon.com](http://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



## 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

The use of bone conductor headphones is allowed, 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.

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

# RUNNING 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 Sunday 4th 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 Sunday 4th May at 16:00.

### LATE ENTRIES

- Collect your running number from the Number Collection Desk on the day of the event from 07:00.

### AT THE MINI EXPO

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

- Thursday 1st May: 16:00 - 20:00
- Friday 2nd May: 16:00 - 20:00
- Up & Running Store.
- Half Marathon @ £50 cash only.
- Marathon @ £65 cash only

### COLLECTION ON RACE DAY

If you cannot collect your running number from the Up & Running store, you will be able to collect it from the Info Point from 07:00 until 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 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)
5. There will be NO entries on race day.
6. The Info Point will be located inside gate 6 of the Arena.
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.**



*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



Pasquier SAS, with a capital of 2 065 572 euros, Route d'Yverny, 49360 Les Cerqueux.  
RCS Angers 329 263 933. Non-contractual photos and visuals. Credit photo : Shutterstock.com March 2024



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

## ON THE DAY

Remember to check weather forecasts before the race and dress accordingly on Race Day.

**This is a large event and we suggest you arrive early to avoid any stress.**

## 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.

# 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 from the T-shirt Collection Desk in the Arena when you finish.

If you didn't pre-order an Event T-shirt, you can buy one from the merchandise stall, subject to availability.

NB. We don't post Event T-shirts; you'll need to collect yours on race day.

**UP & RUNNING**  
EST. 1992

**MK** **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

# 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. Just visit our website and click "Register Now" to see what spaces we have available.

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

## 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:

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

All volunteers will receive:

- A quality sublimation-printed event T-shirt.
- A delicious sandwich roll from the Sandwich Shack.
- A commemorative pin badge.
- An exclusive invitation to a special celebration gathering on Monday, May 5th, at 6:30 pm.

Please join our team here

[www.mkmarathon.com/eventcrew](http://www.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 0.5 Mile, 10Km, 13.1 Miles, Mile 20, and when they cross the finish line.

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

**Tracking will begin to work when the runners cross the first tracking mat at Mile 0.5.**



# ***YOUR RITUAL AFTER***

**MK** marathon  
WEEKEND



# Marathon & Half Marathon

## RACE START 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

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

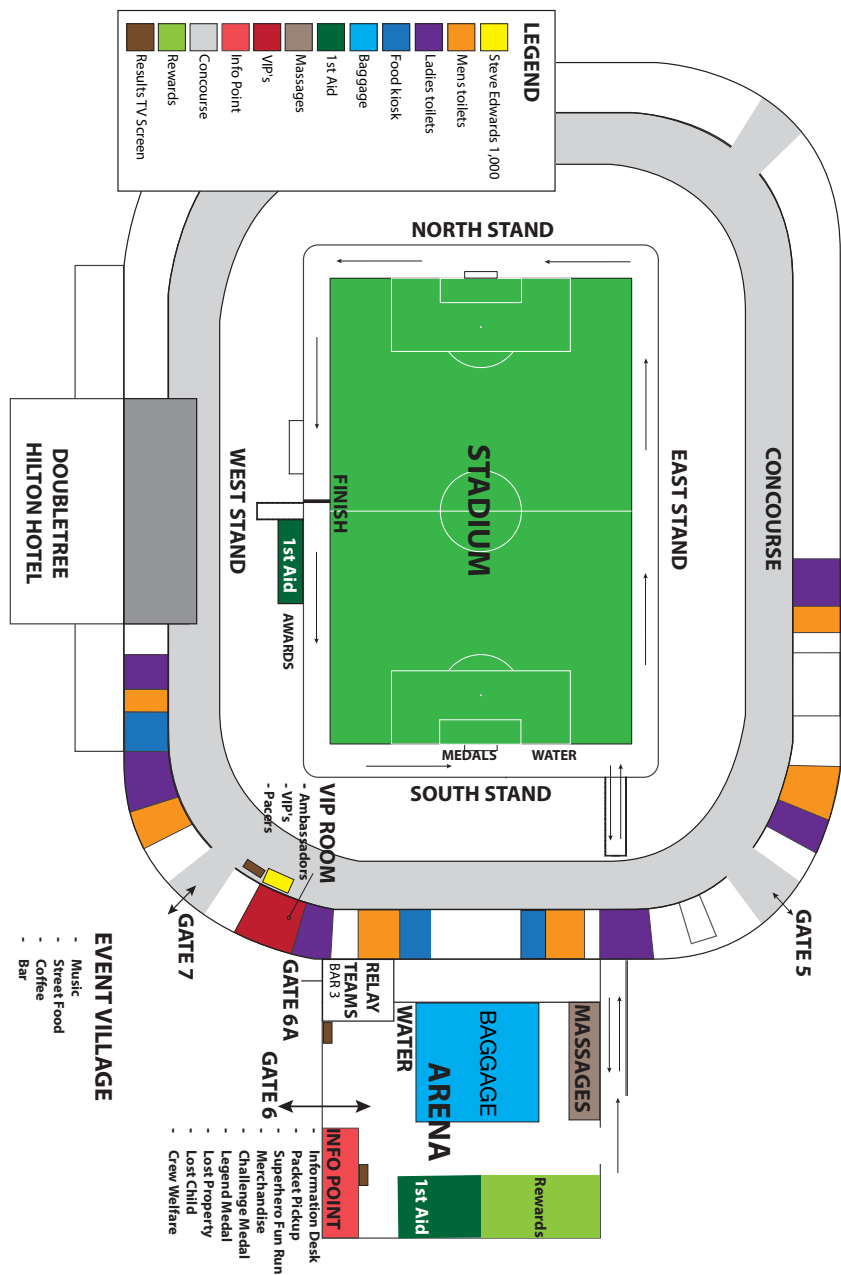
You will then continue along the service tunnel to the Arena. In the Arena you will be given your rewards, and then on to collect your baggage.

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

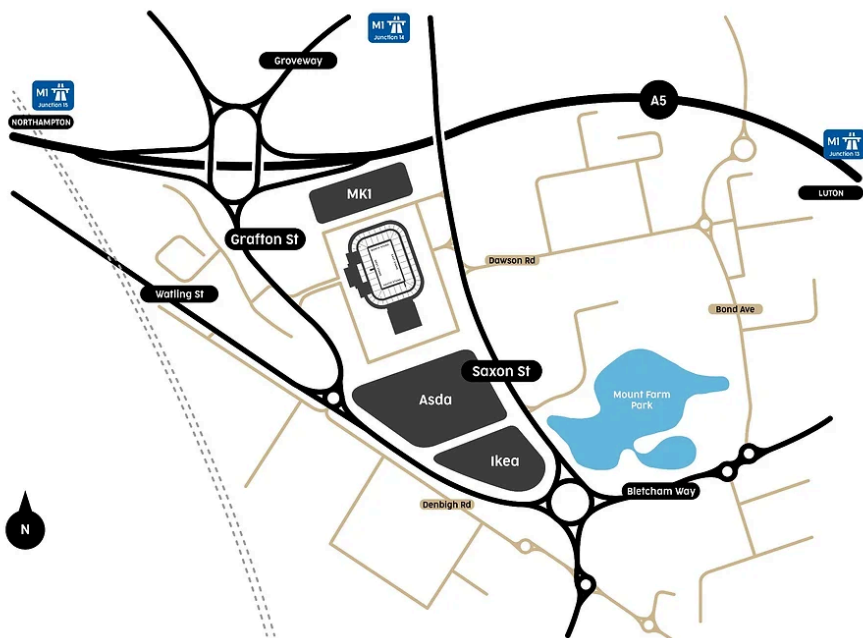


# Travel Information

**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](http://www.mkmarathon.com/road-closures)

## TRAVEL & PARKING

[www.mkmarathon.com/travel-parking](http://www.mkmarathon.com/travel-parking)

## NATIONAL RAIL

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

## BY COACH

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



# 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

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

## 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.

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

### 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+

## 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

[www.mkmarathon.com/pace-runners](http://www.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.



# Get closer to living history

Support the Flight, join the RAF Memorial Flight Official Club today

Only  
**£30**  
+P&P



## Benefits of Club membership

- Actively support the RAF Battle of Britain Memorial Flight
- Get closer to the aircraft
- Understand the history
- Read first-hand accounts
- Free hangar tours, exclusive monthly prize draws, and monthly newsletters
- Get two exclusive magazines per year
- Enjoy many other fantastic benefits

## Exclusive Club membership pack includes:

- Club Yearbook and Autumn Journal magazines – get exclusive insights into the RAF Battle of Britain Memorial Flight
- Royal Air Force Battle of Britain Memorial Flight Official Souvenir Guide – full details of the Flight's aircraft and their colour schemes
- Four aircraft data sheets (specifications of the Lancaster, Spitfire, Hurricane, and Dakota)
- Wall chart ● Car sticker ● Poster
- Membership card ● Club badge and pen
- **FREE** 'REMOVE BEFORE FLIGHT' keyring (While stocks last)



**01905 570727**

**membership@memorialflightclub.com**

**memorialflightclub.com**



**Please note:** Membership pack contents and ballots are subject to change without notice. Tickets to the Members Day are limited and are a bonus opportunity of membership rather than a guaranteed benefit.

# Runner Number

## *continued*

### RUNNER NUMBER

- **Marathon** numbers are blue from number 1.
- **Half Marathon** numbers are green from 4001.
- 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.
- If you purchased an Event T-Shirt it will be shown on the right of your bib.
- 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](http://HIGHFIVE.CO.UK)





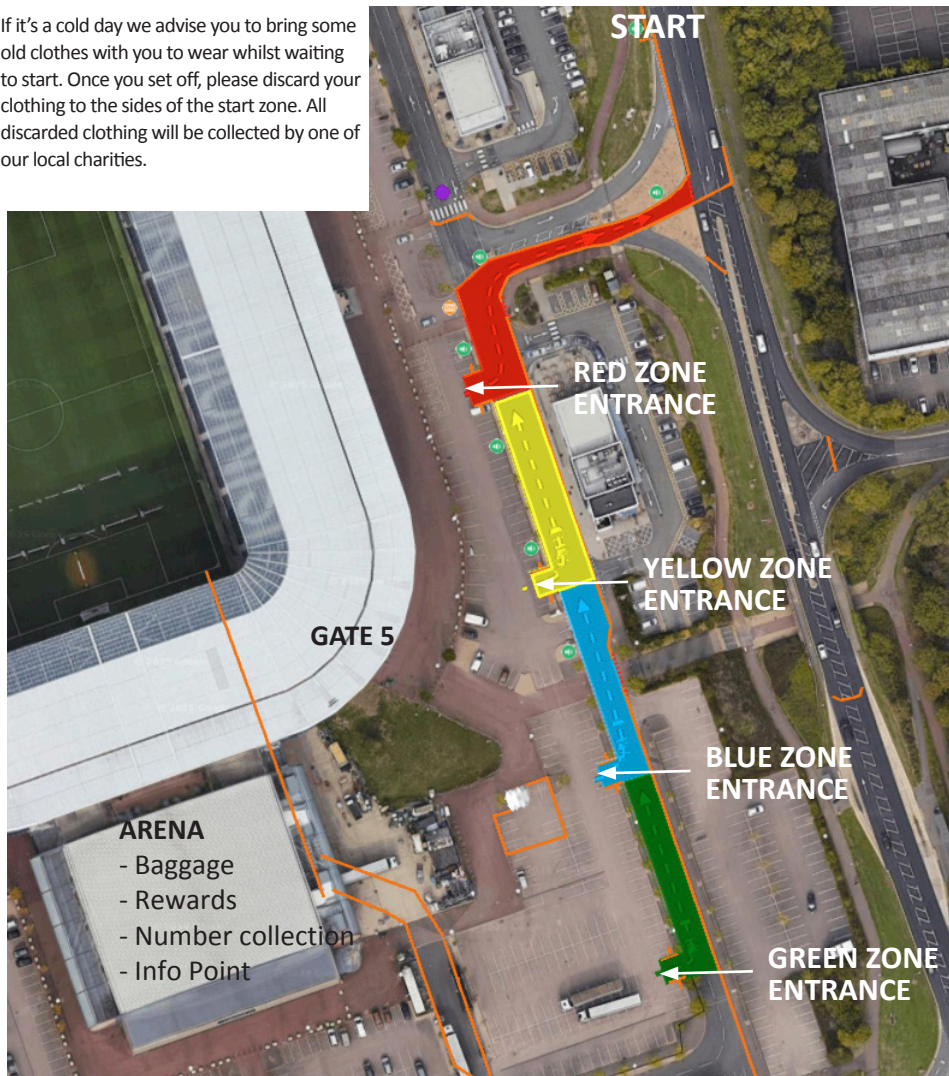
# Race Start Zones

## 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.



## MK MARATHON & HALF PACE TEAM

### HALF MARATHON PACERS

PACE	NAME	SPLIT TIMES	START ZONE
01:30	MICHAEL WHEELER	06:52	
01:35	DANIEL STROUD	07:15	
01:40	ALEX SMITH	07:38	
01:45	ALAN WILCOX	08:01	
01:50	ROB FOSKETT	08:23	
01:55	GREG WELLS	08:46	
02:00	LAURENCE HYLTON	09:09	
02:05	ANDREW MUNCIE	09:32	
02:10	NICOLA PAICE	09:55	
02:15	PHIL JEFFERIES	10:18	
02:30	MICHELLE BIRDSALL	11:27	
02:45	GARY READER	12:35	

### MARATHON PACERS

PACE	NAME	SPLIT TIMES	START ZONE
03:00	JAY FALLAIZE	06:52	
03:15	JASON RIPPINGALE	07:26	
03:30	KEITH LUXON	08:00	
03:45	RICHARD KELL	08:35	
04:00	JASON WALKER	09:09	
04:15	CHAVET HILLS	09:44	
04:30	DAN PERRY	10:18	
04:45	CLIVE POOLE	10:52	
05:00	GARY DIXON	11:27	
05:15	LUCY FREEMAN- DAWN	12:36	
05:30	CHARLIE HARWODD	13:15	

# 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](http://www.refundable.me)

# 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 empty your bottle and discard in the bins provided at the side of the path.** These will be collected for recycling. Do not drop them on the path for other 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
- RIDE HIGH
- MK SNAP

[www.mkmarathon.com/water-stops](http://www.mkmarathon.com/water-stops)

### No Litter Zones

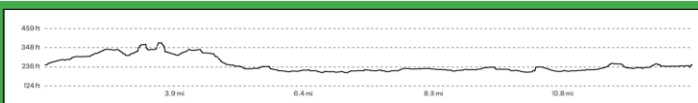
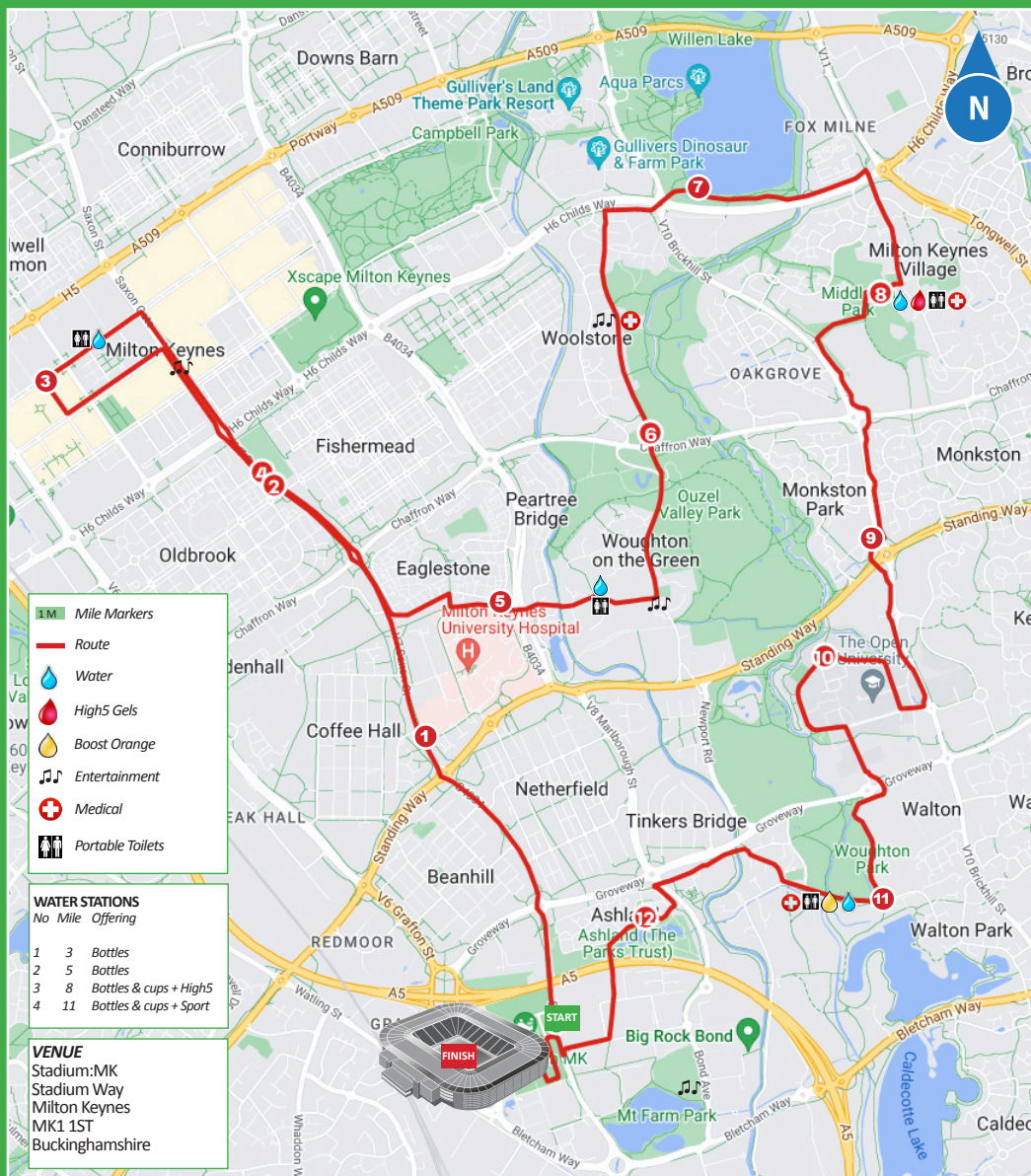
To keep the route as clear as possible for the safety of your fellow runners, we will have 'No Litter' zones after each water stop.

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!**







# DIRT HALF CHALLENGE

SATURDAY 8 NOVEMBER 2025



SIGN UP HERE

## HALF MARATHON TRAIL RACE

LEIGHTON BUZZARD, BEDFORDSHIRE • [dirtrunning.org.uk](http://dirtrunning.org.uk)

# TWIN LAKES 20

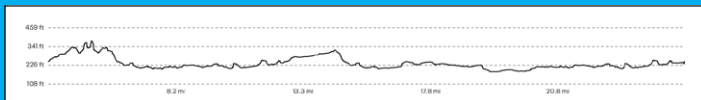


22 MARCH 2026

WILLEN LAKE | MILTON KEYNES

20 MILES OF MAGIC

[twinlakes20.com](http://twinlakes20.com)





ONE CITY  
ONE CLUB



EST. 2004



# YOU MAKE **MK**

**PHASE TWO 25/26 SEASON TICKETS**

	Adult	65 +	18-23	12-17	Under 12s
East Stand	<b>£395</b>	<b>£295</b>	<b>£175</b>	<b>£125</b>	<b>£35</b>
Cowshed	<b>£395</b>	<b>£295</b>	<b>£175</b>	<b>£125</b>	<b>£35</b>
Corners	<b>£395</b>	<b>£295</b>	<b>£175</b>	<b>£125</b>	<b>£35</b>
Club Red	<b>£595</b>	<b>£495</b>	<b>£395</b>	<b>£225</b>	<b>£145</b>



# 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.



# Eat, sleep, meet & celebrate!

173 bedrooms  
Function spaces  
Open Lobby and bar  
Spirit Health Club with  
indoor pool  
Marco's New York  
Italian restaurant



**01908 698500**

[specialevents@himiltonkeynes.co.uk](mailto:specialevents@himiltonkeynes.co.uk)

***Holiday Inn***

AN IHG® HOTEL

Milton Keynes Central

# 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

[www.mkmarathon.com/runner-photos](http://www.mkmarathon.com/runner-photos)

## RACECHECK REVIEW

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

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

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:

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

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

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**GOOD LUCK AND HAVE A GREAT MK MARATHON WEEKEND.**