

# MK

marathon  
WEEKEND

# MARATHON RELAY

## EVENT GUIDE

**RACE STARTS AT 09:00**



# 5 MAY 2025

[www.mkmarathon.com/marathon-relay](http://www.mkmarathon.com/marathon-relay)



# 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



## Event Partners



Twitter: @mk\_marathon  
Facebook: MiltonKeynesMarathon

# Key Information

**RACE START TIME**      **09:00**      **RED ZONE**

## 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.



**Event Permit Number: 27933**

## SHOKZ

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



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

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SUBJECT TO AVAILABILITY | OFFER EXCLUDES ELECTRONICS | FULL PRICED ITEMS ONLY | OFFER MAY BE WITHDRAWN AT ANYTIME



# INSTRUCTIONS

**Race Day:** Monday 5th May 2025

**Relay Room Opens:** 07:00

**Briefing Time:** 08:00

**Go to the Start Zone:** 08:30

**Race Start time:** 09:00

**Start Zone:** Red (first wave)

## TEAM CHANGES

You can make team changes online up until the 26th of April.

Further changes can then be made on race day.

## PARKING

Relay Team Captains will receive one permit for free off-site parking at Mount Farm. Full address and what3words will be on the permit.

There will be a 5-10 minute walk to the Relay team room between gate 6A and gate 7 (see map).

[///store.freed.grant](https://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

You should attend the briefing in the Relay team room. During the briefing the Team Captain will be given the team runner numbers, timing baton, and bottles of water.

Any team runner changes can be registered at the briefing. If you make any substitutions, then please make sure that you are still in the correct category (male, female or mixed team).

We will require first name, last name, date

of birth and emergency contact details of the replacement runner.

The Team Captain should then 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.

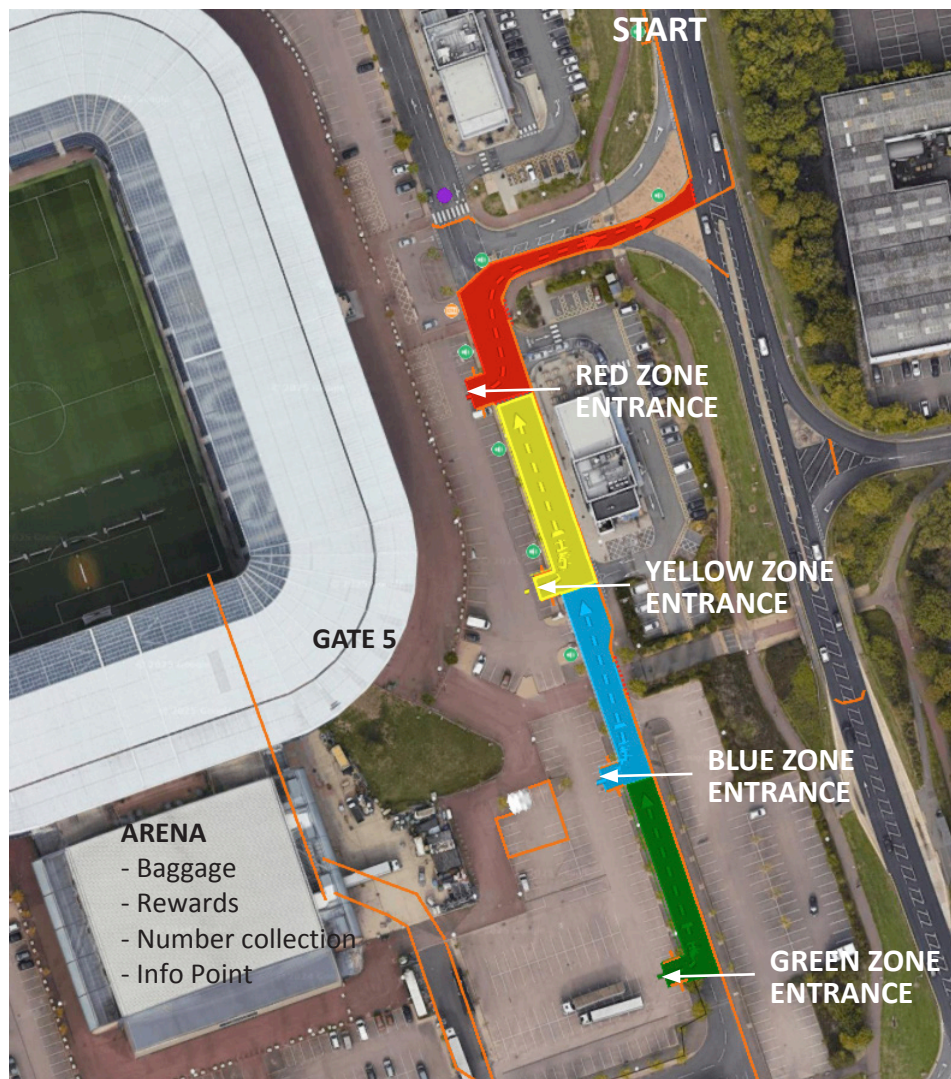


*Marathon Relay Runner Numbers Example*

# Relay Teams will start in the RED ZONE

**YOU SHOULD BE IN THE RED START ZONE BY 08:40**

The race will start at 09:00



# Event T-shirt

If you purchased an Event T-shirt as part of your entry, you should collect it from the Relay Team Room after you finish.



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

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

# Marathon Relay

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 0.5, 6.2, 13.1, 20, and at the finish. 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 team chip time here:

[www.mkmarathon.com/results](http://www.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 (reward for each member)
- 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.

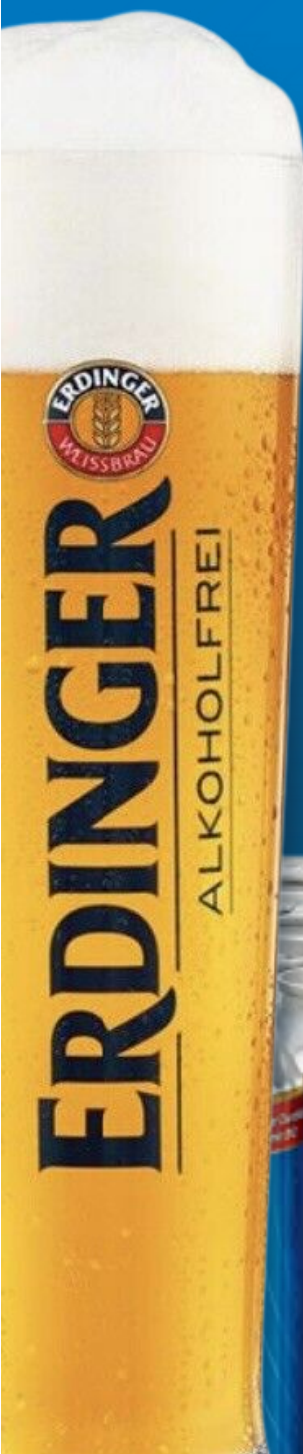
Then you can enjoy street food, a bar, and entertainment right outside the team room.

## MASSAGE

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

# ***YOUR RITUAL AFTER***

**MK** marathon  
WEEKEND





**RELAY TEAM ROOM**  
This is an external door

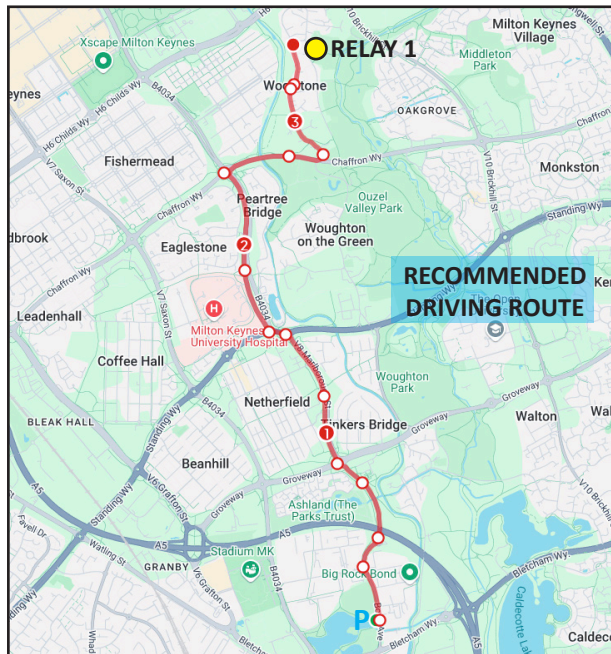




# RELAY CHANGE POINT 1

Access Woolstone via Chaffron Way and park in Patterson Lane or Marshalls Lane. Do not try and access Newport Road as it will be closed [///rivers.raves.pools](http://rivers.raves.pools)

Follow the recommended route below to avoid road closures. Walk to the change point at approx mile 6.4 showing consideration to the runners [///shady.tighttest.grounded](http://shady.tighttest.grounded)



## LEG 1 RUNNER

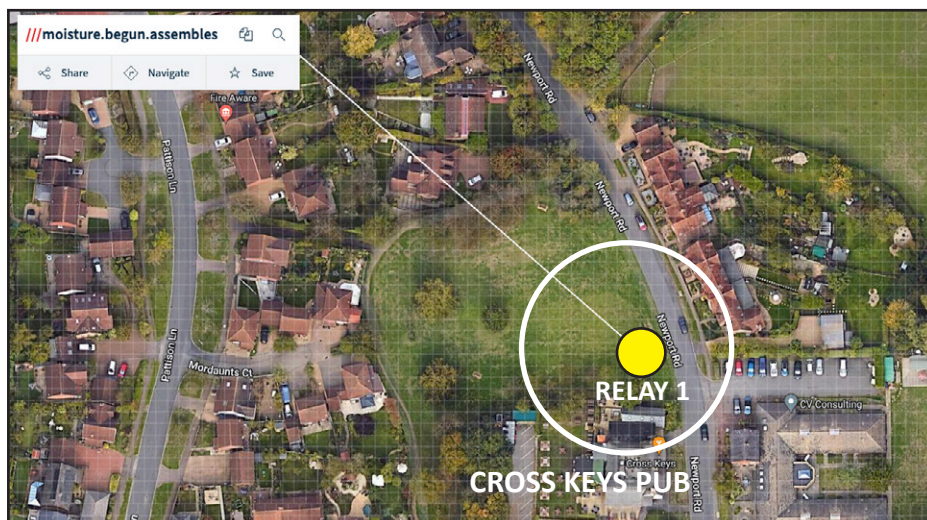
Look out for the warning signs 200m before the change point. Pass the baton on to the next runner in your team just after the Cross Keys Pub.

## 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 just after the race start arch.

## TEAM

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

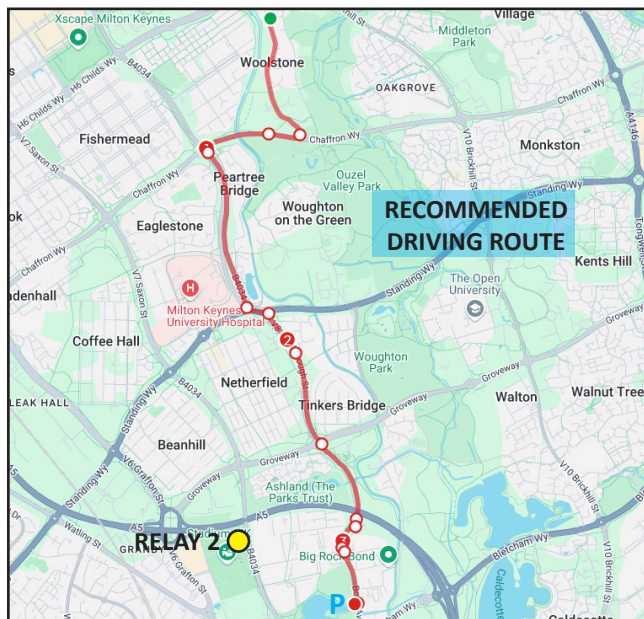


# RELAY CHANGE POINT 2

Return to the relay car park in Mount Farm via the same route [///cone.repay.gets](https://cone.repay.gets)

Follow the recommended 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 [///glass.kick.shins](https://glass.kick.shins)



## LEG 2 RUNNER

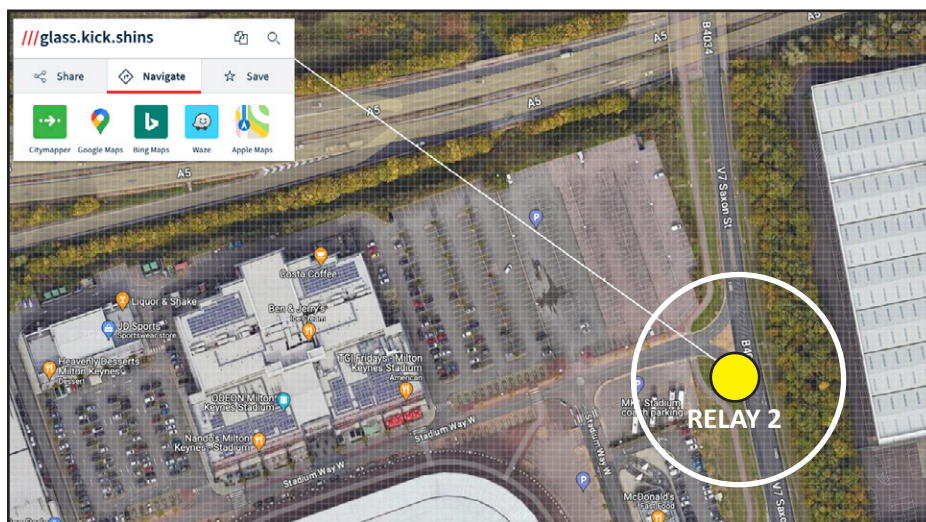
Look out for the race start arch in Saxon Street next to MacDonalds. Pass the baton on to the next runner just after the arch.

## 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 recommended driving route below to get to Willen Lake, and park in Aldrich around the circle showing consideration to residents and participants [///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.

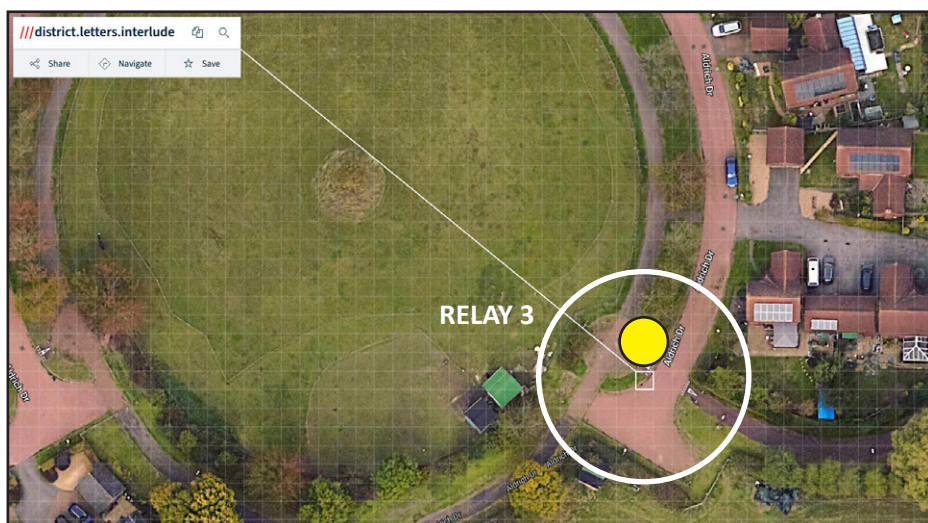
## LEG 4 RUNNER

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 Mount Farm. 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)





**PROUD SPONSOR OF THE**



# 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.



## 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.

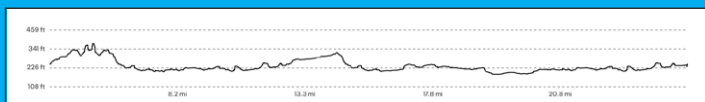
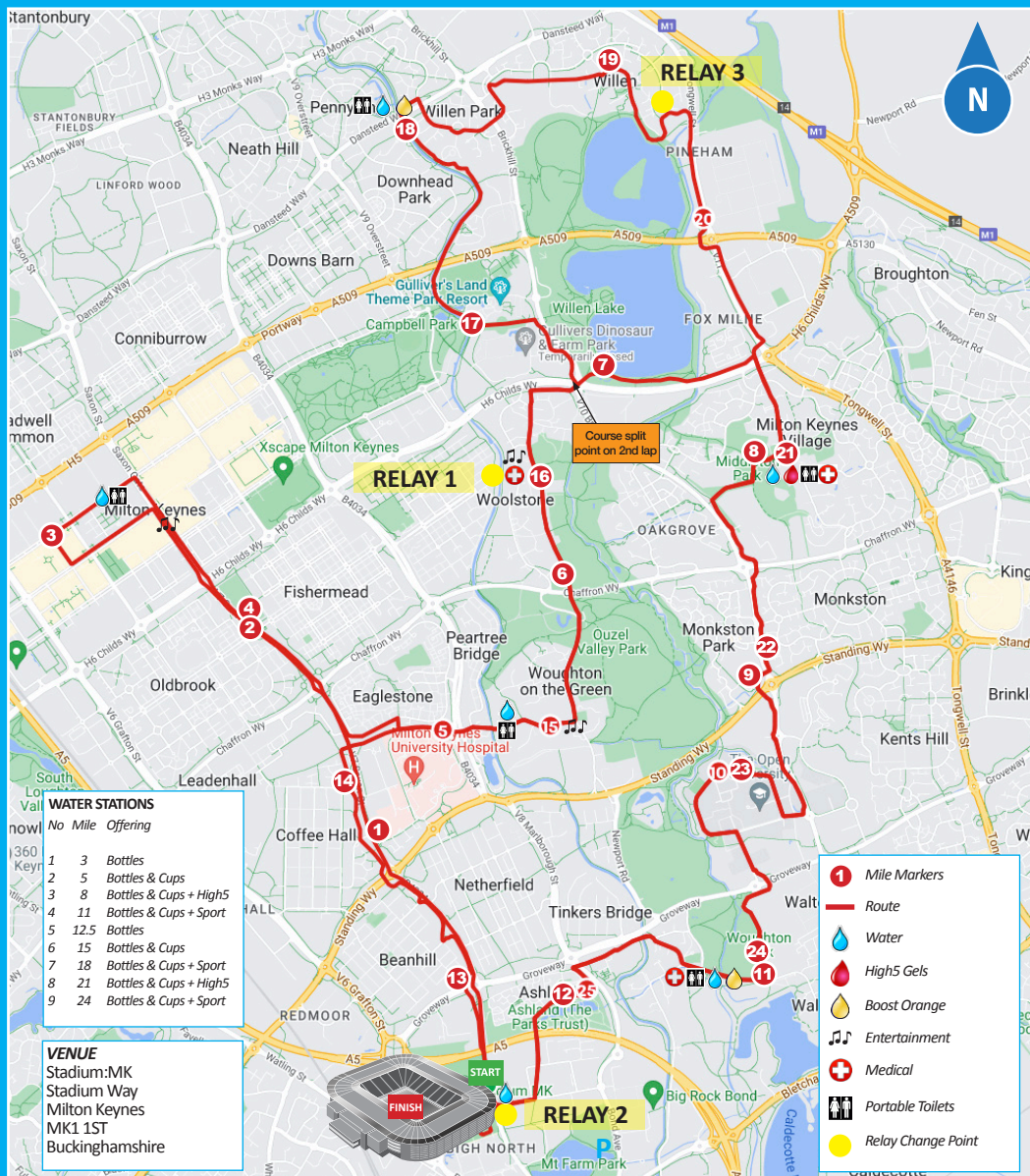
**Please respect Milton Keynes!**





# MARATHON WEEKEND

# MARATHON





FUEL THAT  
**HIGH5**  
FEELING

[HIGHFIVE.CO.UK](http://HIGHFIVE.CO.UK)





# 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

## 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.**