

MK

MK marathon
WEEKEND

ROCKET 5K

EVENT GUIDE



3 MAY 2026

www.mkmarathon.com/mk-rocket-5k



THE GOLD
STANDARD
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

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.

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.



Event Permit Number: 29694

Twitter: mk_marathon

Facebook: MiltonKeynesMarathon

Rocket 5K Overview

EVENT DATE: Sunday, 3rd May 2026

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 07:15.

[///hindering.achieving.reveal](#)

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.

[///monks.hood.fade](#)

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

11 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





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



Runner Numbers

RUNNER NUMBERS ARE NOT POSTED.

ENTRIES ON OR BEFORE 13TH APRIL

- Collect your running number from the Up & Running store.
- Between Saturday, 18th April and Saturday 2nd May at 16:00.

ENTRIES AFTER 13TH APRIL

- Collect your running number from either the Mini Expo or from the Race HQ on the day of the event.

AT THE MINI EXPO

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

- Thursday 30th April: 16:00 - 20:00
- Friday 1st May: 16:00 - 20:00
- Up & Running Store.
- £30 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 07:15 and 08:45.

RACE HQ

Wetherspoon Pub, 201 Midsummer Blvd, Milton Keynes, **MK9 1EA**.

[///hinder.ing.achieving.reveal](http://hinder.ing.achieving.reveal)

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 and non-electrical 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
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

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 | 30TH APRIL - 1ST MAY | MK UP & RUNNING

RACE DAY ESSENTIALS
EXPERT ADVICE
GIVEAWAYS

FREE BRAND
TRY-ON
THURSDAY 30TH
APRIL, 6:30PM.

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 on Monday,

4th May, 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

PARKING AT THE STADIUM

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

myRingGo.co.uk

First Aid

The MK Marathon Weekend has engaged 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 the course.



There will be a First Aid station halfway 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.

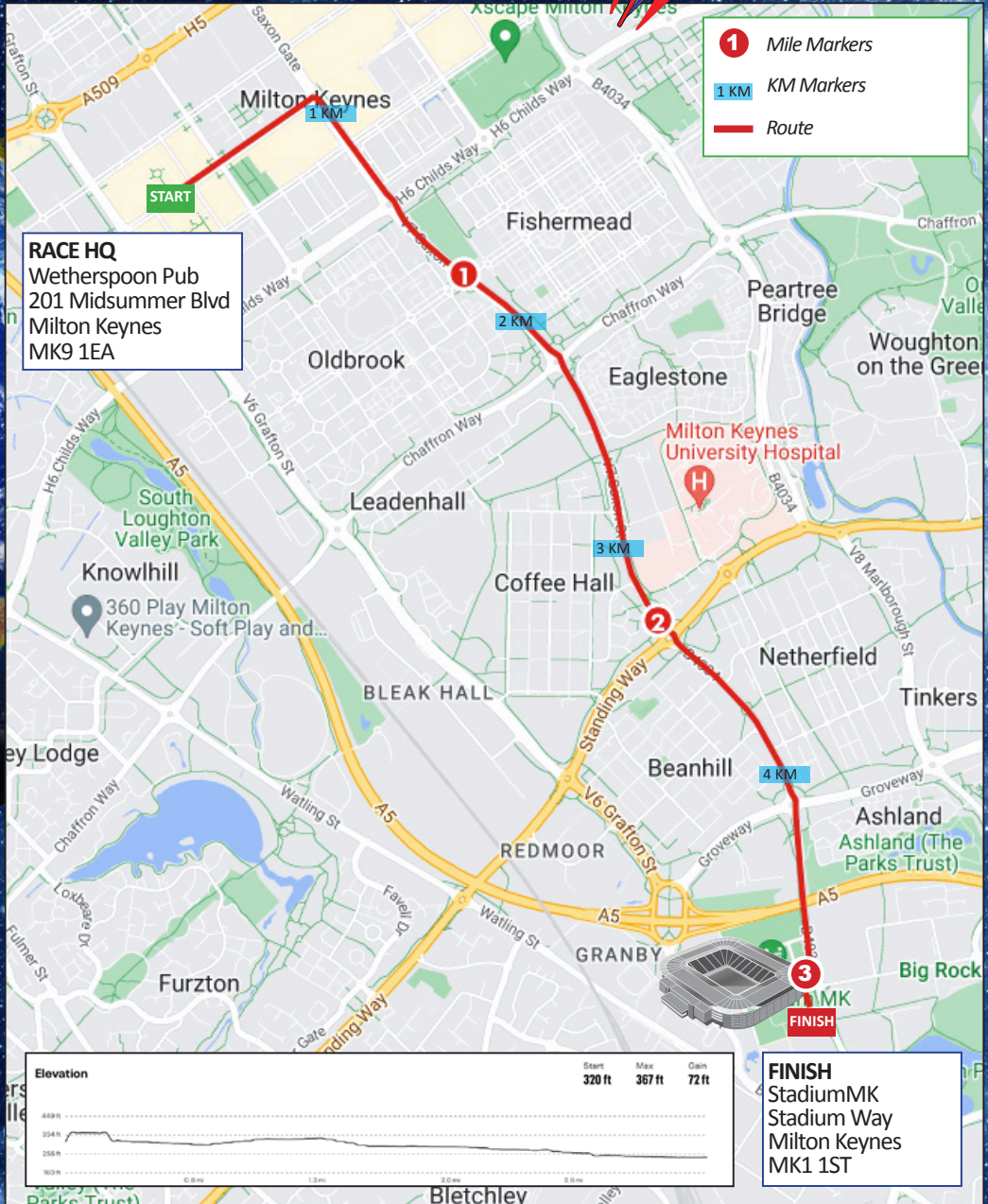
If you feel unwell or pick up an injury, you should wait for an ambulance or report to a marshal.

Emergency Access

In the unlikely event that an emergency vehicle needs to cross or access the course, please stop and do not 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, go to the first aid station at the halfway mark, or wait for the tail ambulance.
- Drink sensibly before the race, and do not take on too much or too little fluid.
- If you feel unwell after the race, seek advice from your GP or a medical professional.



Finish Area

PEDESTRAIN ZONE

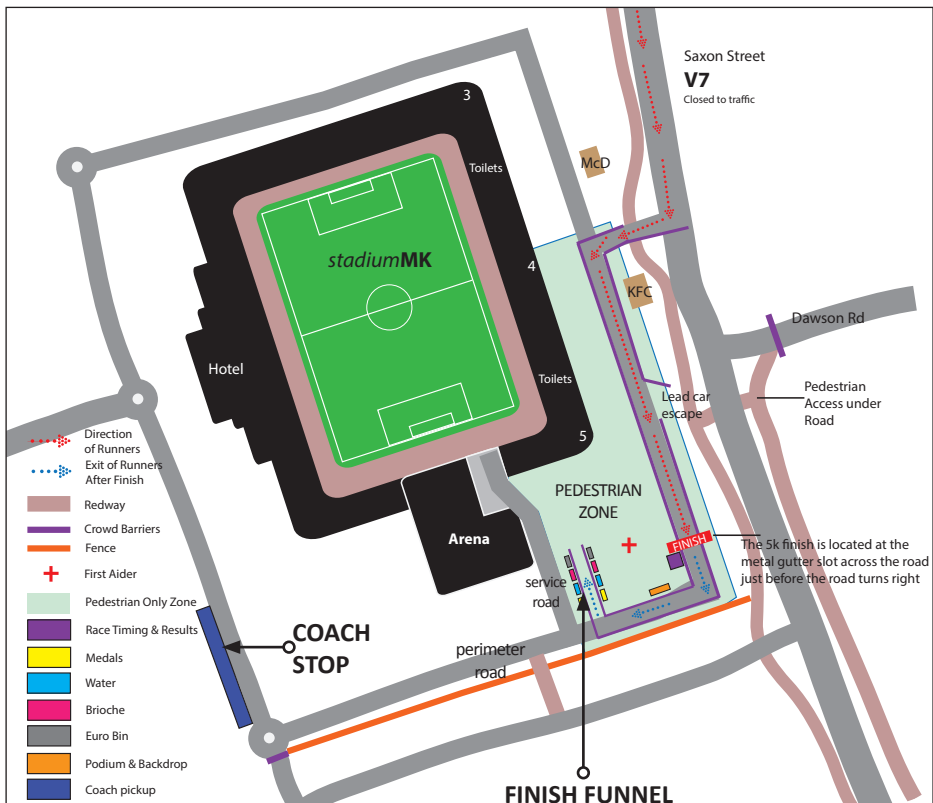
This zone will be closed from 06:00 until 10:30 am so that the Timing Team and finish event crew can set up and pack away safely.

RETURN BUS

You can book a return minibus ticket for £6 during event registration. Buses will depart once full and will continue returning to CMK until all participants have been transported back.

Pick-up is outside Fitness First Gym. If you book a return ticket, you'll receive a wristband in your race pack.

A limited number of spare tickets may be available at Race HQ, subject to availability. We recommend booking in advance so we can arrange the correct number of minibuses.



Let's Do it Again!

MK Marathon Weekend 2-3 May 2027



Whether you're channeling James Bond himself or just trying to survive the mission, remember: this is one assignment where finishing is the real victory... shaken, not stirred.

Take advantage of Super Early Bird Pricing for the 2027 MK Marathon Weekend event from Monday, May 4th, until Saturday, May 9th at midnight—because even secret agents know a good deal when they see one.



ROCKET 5K



MARATHON



CHALLENGE



HALF MARATHON



MARATHON RELAY



FUN RUN

SIGN UP HERE



www.mkmarathon.com

2027 medals are inspired by James Bond



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

RACECHECK REVIEW

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

racecheck.com/races/mk-marathon-weekend

We will select one lucky reviewer to win a fabulous zipped 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

If you need any further information please check the FAQ section on the website: mkmarathon.com/faqs

Thank you for taking part in the
MK Rocket 5K

