

MK Winter Half 2018

Race Pack information



Thank you for entering the MK Winter Half Marathon. We hope your training has gone well and you're injury free. Below are a few important details for race day and links to other useful pieces of information!

- **Event Location:** Willen Lake, Milton Keynes MK15 0DT
- **Parking:** Parking can be viewed on the map of the course available on the FQ Events page. Please note that only car parks 3, 4, 5 are free, all other car parks are Pay & Display, please bring cash with you. Please **DO NOT** park in either Gullivers Land or the Eco Park!
-If you come by bike we will have a manned bike park area but we suggest that you bring a lock – you can leave the keys with us!
- **Registration:** Opens at 08:00 and closes at 09:45 inside the large marquee. If you have already collected your race pack you will not need to attend registration on the day.

If you are looking to register on the day we will have only 100 slots available so be quick!

Our registration will be divided in to queues sorted by **SURNAME**.

Transfers of your number to another participant will incur a £5 cost - details **MUST BE** updated to ensure the safety of the runner; failure to do so will result in disqualification.

- **Race Pack Collection:** You can collect your pack from Up & Running on Elders Gate from Tuesday 27th November at 5:30pm to Tuesday 4th December at 7pm. Race pack collection is also available at the race venue on Saturday 8th December from 10am-2pm and Sunday 9th December from 8am-9:45am
- **Post My Pack:** Race packs were posted out on the 26th November, they should be expected to arrive between 3-5 days.
- **Bag Drop:** Each race number will have a tear off strap at the bottom, this is for any baggage that is needed to be stored. Have your bag/items ready with the tag attached before heading to Bag Drop located in one of the large marquees.
You will need your race number after the event to collect your items afterwards.
- **Toilets:** Portaloos will be opposite the event village on the green, on the right-hand side of the finish line.
- **Race Start:** We will have a briefing on the start line at 9:50am, with the race starting at 10:00am
- **Route:** You can view the route at: <http://fgevents.co.uk/2018-events/mkwh2018>
- **Headphones Policy:** As this is a UKA certified event which has road crossings this is officially a **NO HEADPHONE** event. Anybody seen wearing headphones will be disqualified. This is in the interest of safety so you can hear what is happening.
- **Feed Stations:** There are FOUR water stations on the route: 3 miles, 6 miles, 9 miles & 12 miles.
Mile 3 will have bottled water.
Mile 6, 9 and 12 will all have cups.
There will be a variety of sweets at water stations 2 and 4, please note that we will not have gels on the course so you will need to bring your own.
- **PLEASE only drop litter within the marked litter zones which extend 100m from each Water Station.**
- **Medals & Finisher T-shirts:** Receive your medal and finishers t-shirt at the end of race.
Please note you will be given a t-shirt size as indicated on your race bib - we will only offer size exchanges at the end of the event.

- **Post Race:** There will be sweets and water at the finish in addition to food, hot drinks and for 2018, a bar in the event village, please bring cash with you.
- **Awards/Presentations:** Prizes will be awarded to the first 3 male and female finishers and the fastest male and female in the following categories: Vet 40+, Vet 50+, Vet 60+.
- **Photographer:** We will have photographers at the start/finish and on course.
- **Departure:** When leaving the venue please be cautious of runners who may still be finishing and ensure you do not disrupt their race.

•
We hope you really enjoy the MK Winter Half Marathon. If you have any feedback after the race, then please get in touch to: info@fquevents.co.uk. We look forward to seeing you on the day.

