

The EMGP Milton Keynes 10k Road Race - Tuesday 11 July 2023

This event has moved from the Open University to Willen Lake

Organisers: Marshall Milton Keynes AC

Venue: Willen Lake, Milton Keynes, MK15 9HQ. The [Willen Lake North Bay Car Park](#) is right next to the start area, but you will pay £1.50 for two hours of parking. There are free car parking spaces on Livingstone Drive on the other side of Brickhill Street.

Directions: The entrance to the car park is off the V10, Brickhill Street, south of the H5, Portway, on the Milton Keynes Grid system. It is very close to Junction 14 of the M1 Motorway.

[Map of the area](#)

Route: A flat course, mainly on Redways round one anticlockwise loop of the north lake followed by an anticlockwise loop of the whole lake. [Course map.](#)

Prizes: First 6 Senior Men, first 3 M40 Men, first 3 M45 Men, first 3 M50, first M55 and M60 Men, first M20 Man

First three Senior Women, first F35, F40, F45 and F50 Women

Entries: Online entries via Runbritain – entries on the night subject to a £3 surcharge – use your series number if you have one; otherwise collect your number at the race.

Race Limit: 500 Runners

Entry Fee: £10/£12 unattached.

Closing date: 11:59pm on 9 July 2023

Further information: Mick Bromilow (mick.bromilow@mkac.org.uk)

On the night: Do not race if you have been unwell or have any of the covid-19 symptoms.

Registration: Close to the start. Collect your number if you do not have one. Entries on the night £13/£15 unattached.

Changing: no changing available.

Toilets: Toilets are available at the Splash 'n' Play area next to the car park and close to the start.

Start/Finish: The race starts at 7.45pm on the leisure route next to Splash 'n' Play. The Finish is on the redway alongside Brickhill Street.

Refreshments: refreshments available by the lakeside.

Presentation: presentations made outside Splash 'n' Play.

Results: Results will be posted on the EMGP website almost immediately after the race.