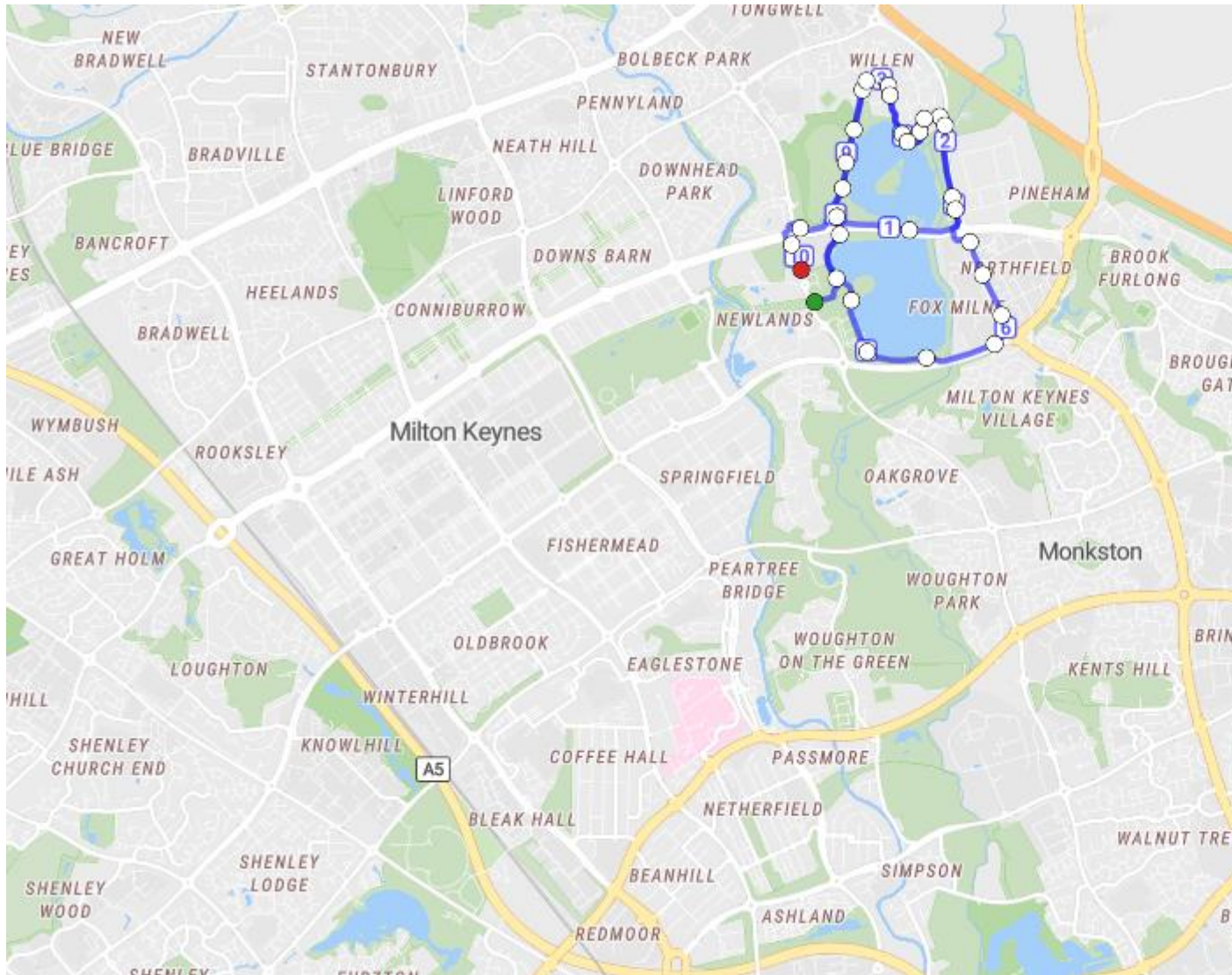


Marshall Milton Keynes AC

Milton Keynes 10km Road Race – Willen Lake - Tuesday 3 August 2021

The course is new in 2021 as the Open University are not yet open for sporting events. The post code for Satnavs is MK15 9HQ.



This year we need your help in ensuring a safe race environment.

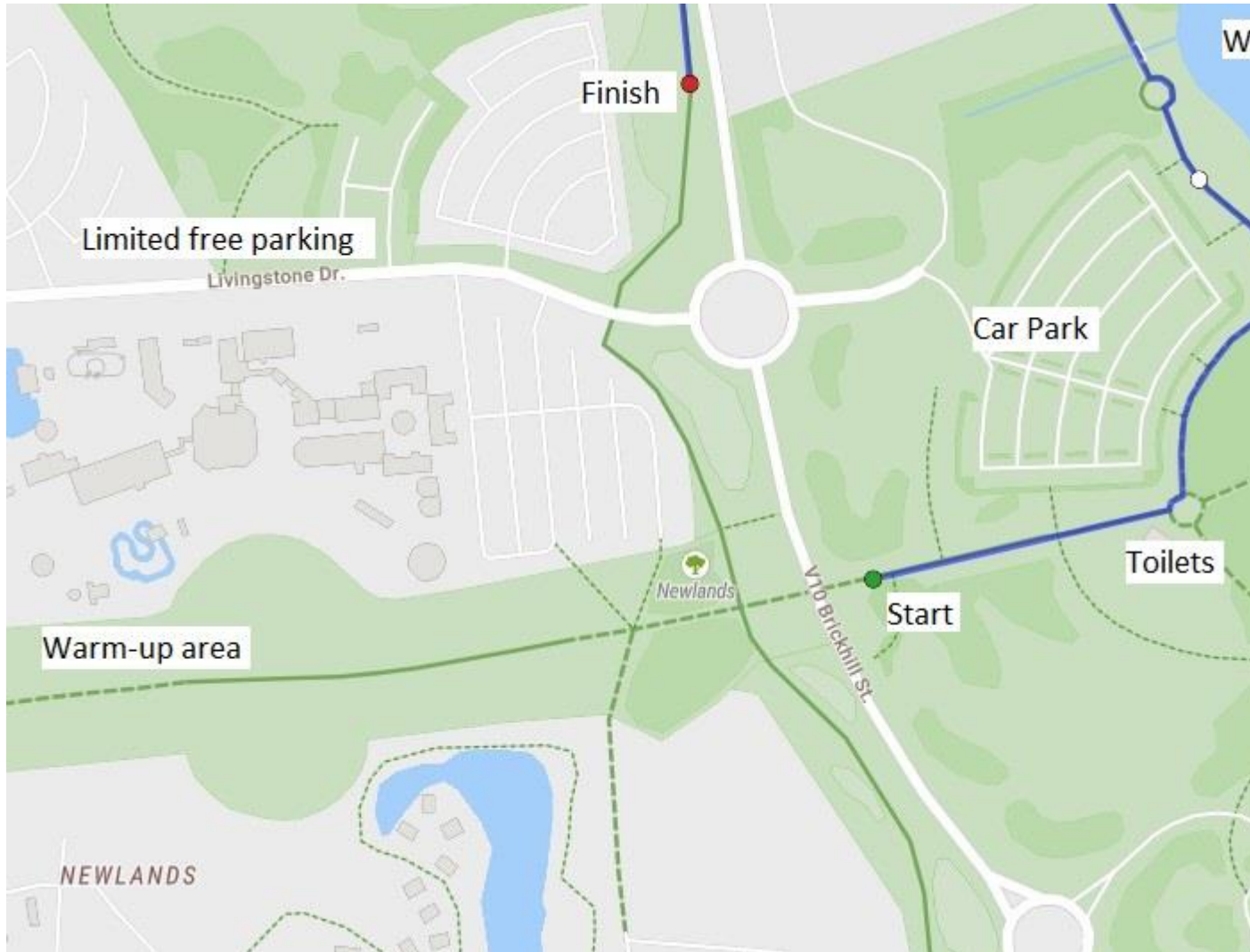
Facilities such as toilets and changing areas will be restricted so wherever possible come “ready to race” and be prepared to socially distance at the start and avoid congregating at the finish area or car parking facilities.

COVID-19: This race will be run in line with UKAthletics, RunBritain COVID19 guidance and frameworks. We request all participants, marshals, officials and spectators to comply with social distancing guidelines at all times. Please always respect the officials and marshals’ requests.

Parking: Car parking is at the pay-on-exit [Willen Lake North Bay Car Park](#). There is some limited free parking on Livingstone Drive.

Arrival: Participants must arrive “Race-ready” and be fully self-sufficient throughout. Toilets: Toilets will be available in the block adjacent to the Car Park.

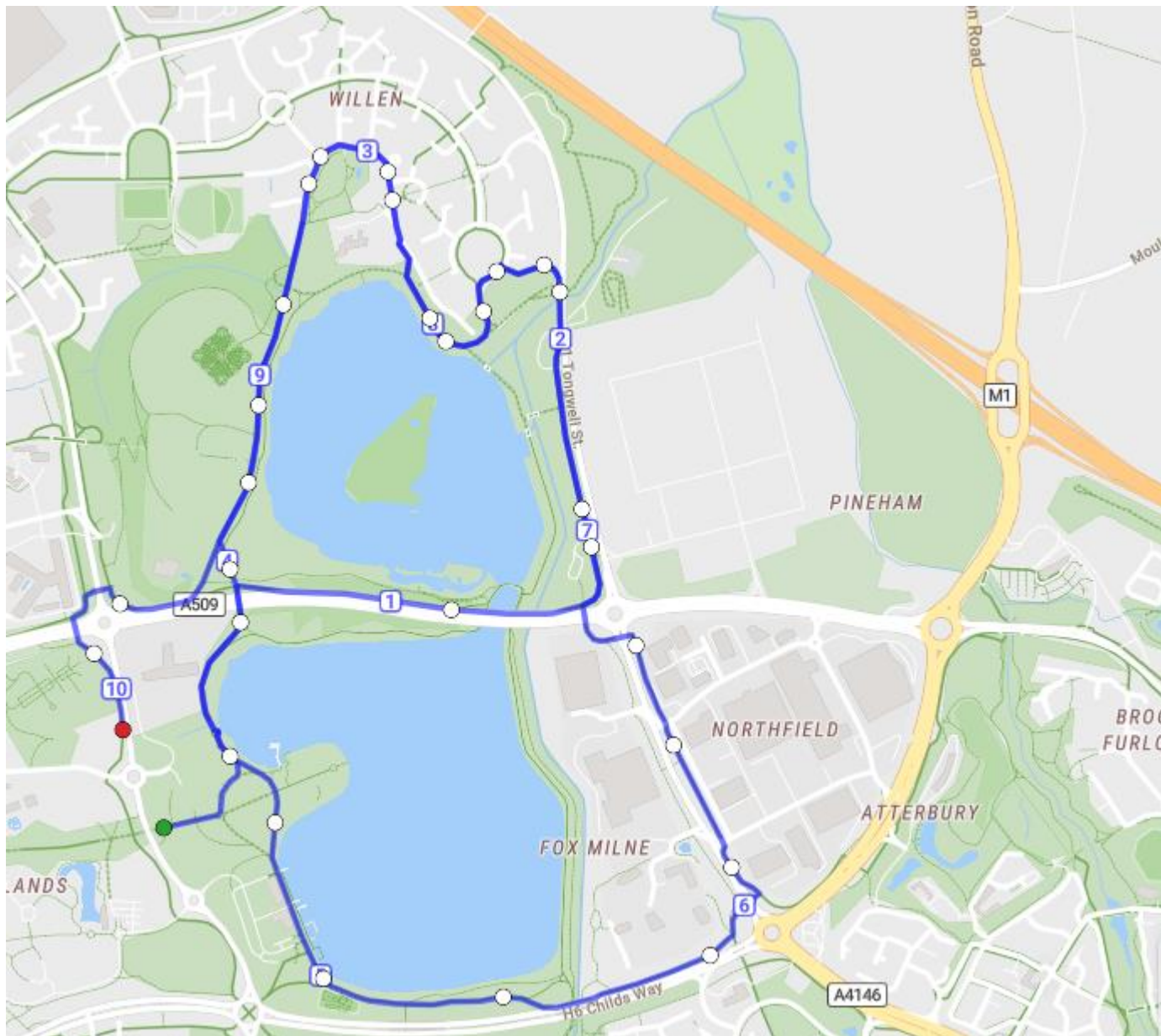
Venue Layout:



Runners Assembly: After parking runners are requested to use the designated area west of Brickhill Street for warm up.

Start Location: The start will be at 7:45pm on the Leisure route just south of the car park. Please only gather in the start area after the two-minute hooter is sounded. You should maintain social distancing at all times (to avoid getting ‘pinged’). There will be a relaxed mass start – all positions and times will be based on chip times, not gun times

Course: The course is new this year. It will be run mainly on cycle routes (redways). It consists of an anticlockwise lap of the north lake followed by an anticlockwise lap of the whole lake. It will be well signed all the way round with marshals at key points.



Number Transfer: Number transfer is not accepted. Any runners found to be wearing an “illegal” number will be disqualified and details will be reported to the appropriate governing bodies.

Finish: The finish line is on the redway alongside Brickhill Street. When you finish, please keep moving and avoid groups congregating in one place. There will be bottled water available at the finish.

Race Etiquette: The course will be well signposted and marshalled. Please follow any instructions the marshals give. Marshals have no power to stop or direct traffic therefore all runners are responsible for their own safety. For safety reasons runners are requested not to wear head/earphones – the race is run on open roads and cycle routes (redways) and participants are required to be able to hear instruction from marshals and race officials at all times.

Water: There will be no water station on the course, but bottled water will be available at the finish. During the race, each participant is required to be self-sufficient.

Award Presentation: There will be no award presentation. All race and series prizes will be posted after the event and finish positions and times have been verified.

Series Team results: Each event organizer can determine his/her prize structure, including team awards. However, for the Grand Prix Series, teams (Men/Vet Men – 4 to score, and Women/Vet Women – 3 to score) must consist of first-claim members of the same England Athletics affiliated club.

Changing and Showering: There are no changing or shower facilities at Willen Lake.

Bag Storage: There is no secure bag storage. Bags are to be left in vehicles and entirely at the participants own risk.

Results: Will be posted on the Results Base and the EMGP websites (www.emgp.org.uk) as soon as possible after the event.

Photographs: As in previous years, Barry Cornelius plans to take photographs at some of the races for publication on his website www.oxonraces.com and for possible use by the press. You will be able to download his photos free of charge. If you (or your parent/carer if you are under 18) do not wish your image to appear as a significant part of any photograph that he publishes on the web or provides to the press, you should put a large thick red cross across your race number.

First Aid: Will be provided by Acute Ambulance and Medical Services. Should you need assistance, please contact the nearest marshal or Race Official who will contact our Medical Director and/or First Aid supplier.