

## SOAR MK Relays – 26 September 2021

This is a last-minute event to replace the SEAA Relays that were scheduled to take place at Crystal Palace, but were cancelled on Thursday 16 September.

Entry is via <https://www.race-results.co.uk/results/2021/s64rel21e.php>. Entries will close at midnight on Wednesday 22 September – we only need to know how many teams you are entering at this stage. Team declarations, including the names of the athletes, to be sent in a spreadsheet to [mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk) by midnight on Friday 24 September.

### Parking

Please car-share where possible. There is adequate parking across multiple locations. **Please do not park in residential locations, in private car parks, on double yellow lines or cause an obstruction.** All these locations are within a 10-minute walk of the track.

- Track Car Park, Soskin Drive      MK14 6DT      *Officials and those with club tents only please.*
- Breckland      MK14 6FG
- Stantonbury School      MK14 6BN      Car parks at various locations around the school.
- Bradville Industry      e.g. Fairfax MK13 7HA, Cleveland MK13 7HB, Blundells Road MK13 7HF
- Linford Wood Business Park      e.g. Foxhunter Drive MK14 6GD.

### Request for Marshals on the Day

The race has been organised at short notice. If every club could provide one marshal for every race their club is involved in this would be appreciated. They would be positioned on the course and able to watch their athletes run.

### Timetable

10:45 *Marshals report for race 1 & 2.*

11:00 **Race 1a      Under 13 Boys   3 x 2.8k**

11:02 **Race 1b      Under 13 Girls   3 x 2.8k**

11:45 **Race 2a      Under 15 Boys   3 x 2.8k**

11:47 **Race 2b      Under 17 Women      3 x 2.8k**

11:49 **Race 2c      Under 15 Girls   3 x 2.8k**

12:15 *Marshals report for race 3*

12:30 **Race 3a      Under 17 Men   3 x 5k**

12:32 **Race 3b      Senior Women   4 x 5k**  
*including      Masters Women      3 x 5k*

14:00 *Marshals report for race 4*

14:15 **Race 4      Senior Men      6 x 5k**

*including      Masters Men      4 x 5k*

**Entry fees:** £18 per team for the U13s, U15s, U17 men, Masters women; £24 for senior women, Masters men; £36 for Senior Men

### National Six Stage (Senior Men)

Qualification for Southern Clubs will be by invitation of the English Road Running Association based

upon competing in the 2018/2019 editions of the National Six Stage. Any team which has not been invited but performs strongly at Milton Keynes may be added at the discretion of the ERR.

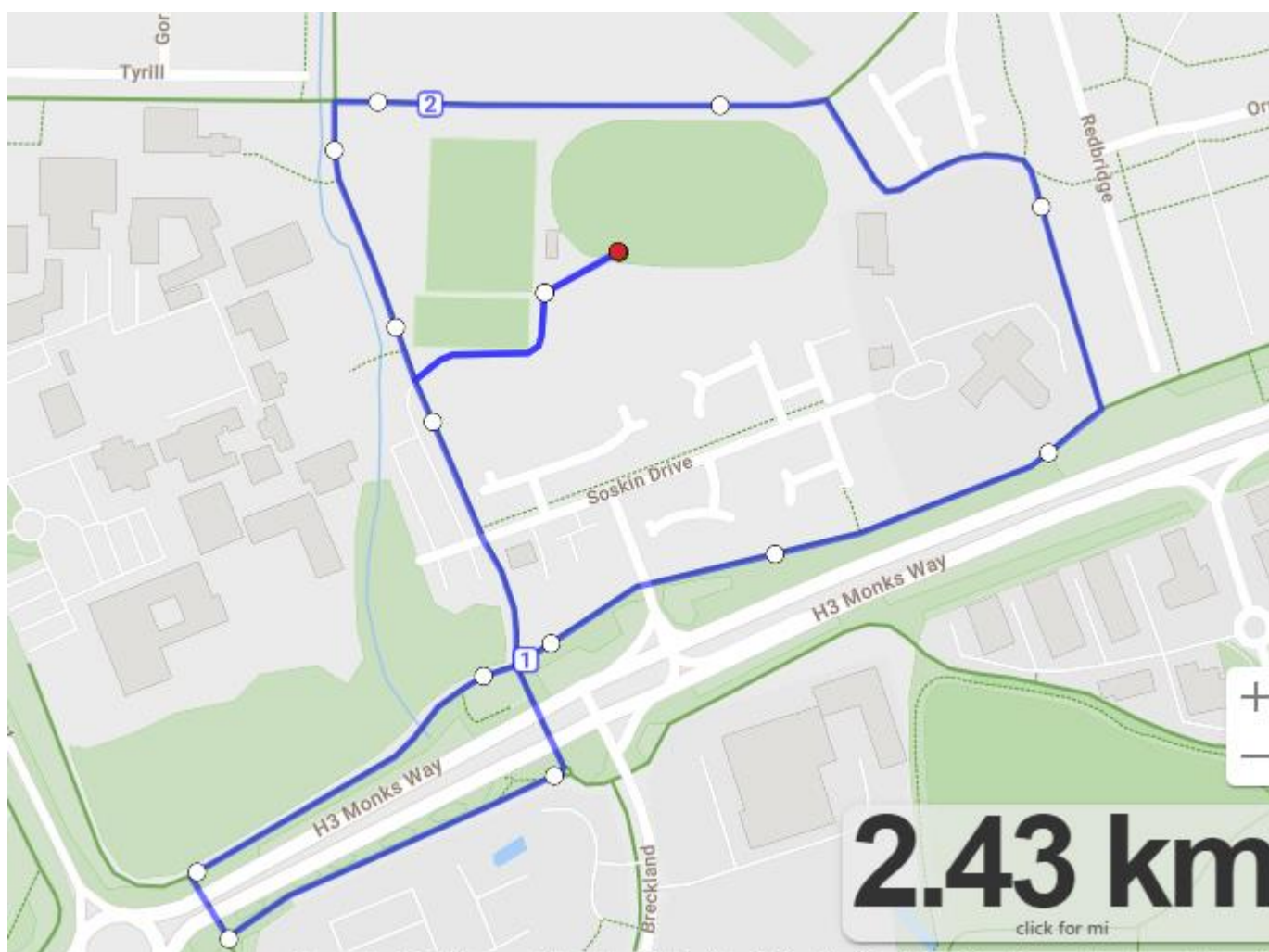
### Other Path Users (including robots!)

Please remember we do not have exclusive use of the paths and watch out for pedestrians and cyclists. There will be warning signs and “Caution Runners” signs all around the course. You may also see a delivery robot (moving at walking pace). These have cameras fitted and won’t crash into you – but give them space if you can.

Mike Boucher (Aldershot – entries [mike.afd@gmail.com](mailto:mike.afd@gmail.com)) and Mick Bromilow (Milton Keynes – course and results [mick.bromilow@open.ac.uk](mailto:mick.bromilow@open.ac.uk))

### Courses:

2.8km course – as below, with a lap of the track



5km course – as below, with a lap of the track

