



## Frequently asked questions

---

### **Why should I choose this race?**

The NSPCC Milton Keynes Half Marathon has built an excellent reputation for its high standards of organisation, facilities and marshaling and has become a key event in the Milton Keynes sporting calendar. Organised entirely by volunteers (with support from Results Base) to raise funds for the NSPCC, it is also noted for its friendly atmosphere where everyone, regardless of age and ability, is made to feel very welcome.

### **What is the date for the 2015 race?**

Sunday 12 July 2015

### **When and where does the race start?**

The race starts at 10am at The Webber Independent School, Soskin Drive, Stantonbury, Milton Keynes, MK14 6DP. This is the same venue as last year.

### **When should I arrive?**

The gates open at 8am and the changing facilities and on the day registrations will be available from this time. We suggest you should aim to get to the race site by 9am to give you enough time to get parked, enjoy the warm up and use the toilets.

### **Where can I park?**

Except for disabled drivers, **no car parking is available** at the race site or in Soskin Drive which is the road leading from the A422 (Monks Way) to the race site entrance. However, ample free car parking is available at Stantonbury Campus Leisure Centre and at two separate sites in Linford Wood on the opposite side of Monks Way. A parking map is available for download from the [NSPCC event page](#).

Please be aware that it is a 10 minute walk from the car parks to the race site.

### **Can I be dropped off and picked up at the race site?**

Access to the site and Soskin Drive is restricted to authorised persons and disabled runners from about one hour prior to the race until about 1.30pm when all runners have completed the course. Please use the car parking areas or other safe environments whilst dropping off or waiting to collect runners.

### **How do I enter the individual race?**

You can enter online through the [Results Base website](#). If you have problems entering online, then email Results Base at [online@resultsbase.net](mailto:online@resultsbase.net)

### **What is the Woodfines Team Challenge?**

The Woodfines Team Challenge is open to all businesses, clubs and other organisations. There is no limit to the number of runners in each team but only the four fastest finishers qualify for the team trophies, based on the lowest aggregate time of those four. See below for information about the Half Marathon Relay.

### **Who can enter the Woodfines Team Challenge?**

Teams must have a minimum of 4 members (aged 17 or over), but can have more. Other conditions of entry can be found in the Race Rules and Conditions of Entry.

### **What is the Half Marathon Relay (sponsored by Results Base)?**

To allow runners who may only wish to run a shorter distance to take part, we created in 2014 a Half Marathon Relay. The course will be split into 4 sections and each team must complete all four sections. Each team is responsible for making sure that the runner for each section is in place to take over and each team must make their own arrangements to transport each relay member to their starting point and be collected from their finishing point. Further information about the Half Marathon Relay event (changeover points etc) will be sent out to team co-ordinators nearer the time of the event.

### **Can we enter more than one team?**

Each company or organization can enter as many teams as they like - why not set up an interdepartmental or intercompany competition?

### **Do we have to give our team a name?**

No, but many teams do give themselves a fun name to be known by.

### **How do we enter the Woodfines Team Challenge and Half Marathon Relay?**

You can enter them both online. Select your team captain/co-ordinator who will act as the point of contact for race packs and you are ready to go. It is very important that all team members read and understand the Race Rules and Conditions of Entry.

### **Can I enter as an individual and then form a team?**

No - to enter as a team you must enter via the online entry system as part of a team.

### **How much is the entry fee for the team events?**

£24 per person,

### **What do we get when we enter the team events?**

Each team member will receive a race pack containing important information about the race and your race number which incorporates the race timing chip. You can download a sponsor form to collect pledges of support from friends, family and colleagues. Visit the NSPCC website to find out top tips for raising sponsorship.

### **Is there a separate start for the team events runners?**

No. As team members may have varying running abilities, they should position themselves with the group of runners who are most likely to be running at their pace. Signs will be erected at the start of the race to indicate where to stand.

### **How do you work out who are the winning teams?**

For the Woodfines Team Challenge -the fastest aggregate time based on four runners will be the winners.

For the Half Marathon Relay (sponsored by Results Base) --- the team that has the fastest finishing time as indicated by the time that the last team member crosses the finishing line.

### **What happens if a Woodfines Team Challenge member is not able to finish the race?**

Four team members must record finishing times to qualify for the trophies.

### **What do winning teams get at the end of the race?**

Each finisher will receive a commemorative medal, water, a banana and an energy bar.

The top 3 Half Marathon Relay teams will be announced on the day and will receive prizes from the sponsors, Results Base.

The results of the Woodfines Team Challenge will be announced after the event and the top 3 teams will receive trophies to be presented at a later date.

### **When do I receive my race pack?**

Your race pack, containing your race number incorporating your timing chip, baggage tag, sponsorship form and other information will be sent to you as follows:

- Registrations received before 25 June will be posted from 30 June.
- If your application is received after 25 June arrangements will be made for the race pack to be collected by you on or before the race day

### **How much does it cost?**

Entry fees are as follows:

- Registrations received **before 31 March 2015** - UKA affiliated £20/Unaffiliated £22

- Registrations received **after 31 March 2015** will be £22/£24. Entries on the day may be limited and will be £30
- The Woodfines Team Challenge and Half Marathon Relay entries are £24 per runner

### **Am I able to have a refund or deferral if I am unable to run?**

Unfortunately we cannot offer any refunds or deferrals to next year. There are a number of costs involved in staging an event like this, such as road closures, toilet and barrier hire, medical cover and race administration, which aren't recoverable.

### **Can I enter on the day?**

Yes, we would fully expect this to be the case, but there is a limit on the number of entries and so it cannot be guaranteed. On the day entry will be £30.

### **Can I transfer my number to someone else?**

Unfortunately you can't pass your place onto someone else. Each place in the race is unique and upon registration you will provide medical information and emergency contact details that are specific to you. If you pass on your race number you could be endangering that person as we would have no information on them should there be an emergency.

However, upon reasonable request Results Base will use its best endeavours to officially transfer a race number to another participant. You will be disqualified from the race if receive a transferred number without permission.

### **Who can enter?**

All runners must be aged 17 or over on the day of the race. However, to comply with the Children's Act, if you are over 17 but under 18 then we will require parental or guardian consent and will contact you if this is not provided.

### **Will there be chip timing?**

Yes, for the first time this year, the race timing chip will be incorporated into the race number. Remember: no chip, no time. The chip doesn't need to be collected after the race and can be thrown away.

### **When will I receive my result?**

The results will be on our website later on the same day. Although chip timing is extremely accurate, some errors do occur from time to time. Please contact Results Base immediately if you think your result is wrong.

You may also receive a text message containing your time as soon as you cross the finish line. You can choose to order this service during the online entry process.

**Will there be a place for me to leave my bags?**

Yes, there will be a baggage area for runners. Please attach the label showing your race number securely and visibly to your bag. Only you may collect your bag after the race. The baggage area opens at 8.45am.

**Are there changing rooms and showers available?**

Yes, thanks to the generosity of the hosts in allowing us to use the sports hall. We are very fortunate to have this so please keep the area as clean and tidy as possible. The facilities are located down the outside steps at the rear of the sports hall.

Please do not use any of the facilities at Stantonbury Campus Leisure Centre other than for car parking.

**What other facilities are provided?**

In addition to ample toilet facilities at the start/finish, there will be 4 water stations on the course providing bottled water. Massage facilities will also be provided before and after the race in the sports hall for a £10 donation.

**Will there be any refreshments available before or after the race?**

All runners will receive a bottle of water, a banana and an energy bar after the race. In addition, there will be facilities at the race site where refreshments can be purchased.

**What medical support will be provided?**

Medical coverage will be provided with facilities at the finish line and at various points throughout the course. However, if you feel unwell on the day or you've been ill during the previous week, we recommend that you don't participate in the run.

**How long will the course stay open for?**

The time limit for the race is 3.5 hours and the course will be closed at 1.30pm, after which time there will be no marshals or medical cover. You need to be fit enough to complete the race in this time and for this reason we do not encourage walkers to enter.

**What accommodation is available near the route?**

There are many hotels in Milton Keynes. Please go to the usual booking sites for details.

**What's the course like?**

The first and last half mile of the course is in Soskin Drive which will be closed to traffic. The rest of the course follows 'redways', purpose built cycle paths, which are mainly traffic free. Please be aware that there may be members of the public walking or cycling along the redways. Although slightly undulating in parts, the course is not hilly and is great for either experienced or first time runners.

### **Can I enter if I am disabled?**

The event may be suitable dependable on the nature of your disability. Please contact us to discuss your position prior to entry. With the exception of the needs of disabled athletes, we do not allow any wheeled vehicles (for example cycles and buggies) or dogs to accompany runners on the course.

### **How can I raise funds for the NSPCC?**

There were a number of different ways you can do this. You can download a sponsorship form from this website. Alternatively, why not create your own online fundraising page at [www.virginmoneygiving.com/nspcc](http://www.virginmoneygiving.com/nspcc) or [www.justgiving.com/nspcc](http://www.justgiving.com/nspcc). They are simple to set up and make it easy for your friends, family and work colleagues to sponsor you.

Download our Sponsorship form - 2015 NSPCC Milton Keynes Half Marathon to get started.

You can of course also choose to make a donation through the online entry process. Visit the NSPCC website for more [top tips on fundraising](#).

### **Can I run in fancy dress?**

Yes, we are happy to see people in fancy dress out on the course particularly if this helps with your efforts in raising funds for the NSPCC.

### **Can I use my iPod or MP3 player on the day?**

The Race Director has taken advice in line with the current UKA and BARR recommendations on health and safety grounds that iPods and MP3 players should not be worn as parts of the course are not closed to traffic. We have decided therefore that iPods and MP3 players will be banned during this race.

### **Where can I find advice on training?**

Visit the NSPCC website to see advice on [training for a run](#)

### **Will I receive a medal?**

Yes, all those runners who complete the race will receive a commemorative medal. We hope to have a service available where your medal can be engraved with name time and date for £4.

### **What prizes are available?**

In addition to a prize of £250 to anyone setting new course records (1:04:42 for men and 1:11:33 for women) we offer prizes to the fastest three men and fastest three women together with a number of prizes within age categories. There is also a prize of £50 to the oldest finisher. Full details are available on the [NSPCC event page](#).

## **How can I volunteer to help with the event?**

There are numerous roles that need filling by keen volunteers looking to be part of the race day experience. If you would like to be involved please contact us at [mkhalfmara@nspcc.org.uk](mailto:mkhalfmara@nspcc.org.uk).

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

Registered charity England and Wales 216401. Scotland SC037717.