

TWIN LAKES 20

EVENT INFORMATION

Sunday 22nd March 2020, 09:00

EVENT VILLAGE: Willen Lake, V10 Brickhill Street, Milton Keynes, MK15 0DS

Thank you for entering the TWIN LAKES 20 event. We hope your training has gone to plan. Good luck and see you on the start line!

RACE DAY: Sunday 22nd March 2020

MINIMUM AGE: 18 on race day.

EVENT VILLAGE: The Event Village will be on the Willen Lake event lawn, MK15 0DS. The Event Village will open at 07:00.

RACE BRIEFING: 08:50 at the start line

RACE START: 09:00 prompt. Sorry no late starters.

CAFE: There will be a mobile coffee van selling hot and cold drinks as well as snacks before and after the race.

WATER STOPS: Water will be given in paper cups at approximately mile 3, 6, 10, 13 and 16. There will be water and coke at the finish.

LITTER: PLEASE PUT ALL THE RUBBISH IN THE BINS PROVIDED AND ONLY DROP LITTER AT WATER STOPS OR GIVE IT TO A COURSE MARSHAL.

PLEASE DO NOT LEAVE ANY LITTER OR GEL WRAPPERS ON THE COURSE.

TOILETS: Portable toilets will be in the Event Village and at the water stops.

RACE NUMBER: Your Race Number incorporates a timing chip inside the foam on the reverse.

PLEASE DO NOT TAMPER WITH THE TIMING CHIP.

Attach your number to the front of your running top where marshals can see it. Complete any medical information and emergency contact details on the reverse of your running number. **You must not allow anybody else to run with your number.** Safety pins will be available in the Race HQ if required.

RACE PACK NOT DELIVERED OR LOST: Please go to the Race HQ with your booking confirmation [myevents.active.com] and they will give you a replacement.

TRANSFERS: No transfers can take place after 2nd March – no exceptions.

DEFERRALS: Sorry we do not offer deferrals or refunds under any circumstances.

BAGGAGE: There will be a managed baggage tent in the Event Village. Please do not leave valuables in your bag. **Bags are left at your own risk.**

CHANGING: You can use the Splash 'n' Play toilets for changing.

MASSAGES: Massages will be available in the Event Village.

RACE TIME LIMIT: The time limit to complete the race will be 5 hours. If a runner falls behind then they will be asked to stay with a water stop or marshal and get a lift back to the Race HQ.

SPECTATORS: Spectators are very welcome, but are reminded to stand clear of the route at all times and not to block the main park entry road.

RACE ROUTE: Starting with a lap of the beautiful Willen South Lake and then following the picturesque River Ouzel all the way to Caldecotte Lake before heading back to Willen via the Grand Union Canal and canal broadwalk, you'll never be far from the water! The course is multi-terrain with about 80% on cycle paths with some gravel paths and just over a mile on the canal towpath.

HEADPHONES: We do not recommend the use of headphones as you need to be aware of other runners and to hear marshals instructions. If you do wear headphones then it's at your own risk.

FOOTWEAR: We recommend running shoes.

MEDICAL COVER: The safety of our competitors is paramount. Acute Ambulance Medical Services will be on-site during the event. They are a specialist company set up to supply medical cover to sporting events such as this. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal to arrange this.

MERCHANDISE: You can buy branded hoodies and bobble hats from the Event Village - please bring cash.

If you purchased a hoodie when you registered, then please collect this from the Race HQ in the Event Village.

FINISHERS T-SHIRT: All finishers will receive a Finishers T-Shirt.

AWARDS: All finishers will receive a Race Medal.

Presentation of the race awards will take place in the Event Village at 12:45.

Award categories are:

- First 3 Men, plus MV40, MV50, MV60, MV70.
- First 3 Ladies, plus FV35, FV45, FV55, FV65.
- First team of 5 club runners (can be mixed).

Runners may win more than one award.

DEPARTURE: Please show consideration to other runners who may still be finishing when you leave the event village.

RESULTS: Will be available on the website on race day www.

twinlakes20.com/results/

PHOTOS: Will be available on the website after the race www.twinlakes20.com/gallery/

RACE PERMIT: TRA permit TRA/3325. The race will be run under UKA rules.

The course has been measured taking the shortest route without cutting corners. If you cut corners then you might not complete the full distance.

GETTING TO WILLEN LAKE:

BUS: Catch the number 8 bus from Milton Keynes centre to Woolstone Roundabout West.

Walking down from the bus stop, take the first right at the Redway junction under the main road, then take your first left into Willen Lake.

CYCLING: If you are local then take the stress out of race day and cycle to the venue.

EVENT PARKING: There will be all-day event parking at Willen Lake for £3. Enter via the Newlands roundabout, V10 Brickhill St (Splash 'n' Play, play areas and wakeboarding). Only 250 spaces on a first come basis.

NORTH BAY CAR PARK: Off Newlands roundabout, V10 Brickhill St (Splash 'n' Play, play areas and wakeboarding). This car park operates an Automatic Number Plate Recognition (ANPR) system, and payment must be made prior to exiting the car park (NOT ON ARRIVAL). You can pay by card or cash at the machines. For instructions and the Terms and Conditions please view the signs which are located next to each pay station.

SOUTH BAY CAR PARK: Off Lakeside roundabout, V10 Brickhill St (by the hotel, gym and The Lakeside pub). This Car Park operates a pay and display system (cash only), which means you pay upon

arrival. For the Terms and Conditions please view the signs which are located throughout the car park.

WHAT3WORDS: [postings.shop.videos](https://www.what3words.com/)

what3words is the simplest way to find the Event Village. What3words have divided the world into a grid of 3m x 3m squares and assigned each one a unique 3-word address. Download the free App, input the 3 words including dots and hit navigate and away you go!

TERMS & CONDITIONS OF ENTRY

All runners must be medically fit to compete and enter at their own risk and the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of their participation in this race. We do not offer refunds or deferrals under any circumstances. No dogs or pushchairs are allowed.

IN THE INTEREST OF SAFETY

The race director and the emergency services reserve the right to cancel or stop the race at any time if deemed necessary. These would be in circumstances beyond our control and no refunds would be given.

If the weather is particularly bad during the week leading up to the event, then please check Facebook or the website for updates.

GOOD LUCK!

Additional information can be found on the website...

www.twinlakes20.com

