

TWIN LAKES 20

PARTICIPANT INFORMATION

EVENT DAY: Sunday 24th March 2024

EVENT VILLAGE: Willen Lake South, 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!

PARTICIPANT CODE OF CONDUCT

- UNDER NO CIRCUMSTANCES SHOULD YOU GIVE YOUR PLACE TO ANOTHER PARTICIPANT
- BE RESPECTFUL TO VOLUNTEERS AND PARTICIPANTS
- ALLOW PLENTY OF TIME TO GET TO THE EVENT
- PLEASE DISPOSE OF RUBBISH RESPONSIBLY
- BE AWARE OF YOUR PERSONAL HYGIENE E.G. AVOID SPITTING AND NASAL CLEARANCE

EVENT VILLAGE

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

<https://what3words.com/limitless.points.national>

20-MILE (2-LAPS) RACE START: 09:00

10-MILE (1-LAP) RACE START: 09:00

We will release runners in groups to avoid congestion at the start.

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

The Willen Lake Bar & Kitchen will open at 08:00.

WATER STOPS

We will have regular Aid Stations and volunteers will refill your water bottles using jugs and will also offer water in paper cups.

Aid Stations 10-MILE: Mile 3, and 6.5.

Aid Stations 20-MILE: Mile 3, 6.5, 10, 13, and 16.5.

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. You can also use the toilets in the Splash N Play building and in the new watersports centre, from 08:00.

RACE NUMBER:

ENTRIES BEFORE 8 MAR AT MIDNIGHT: Collect your number from Up & Running, Inside Go Outdoors, Central Retail Park, Patriot Drive, Bradwell Common, Milton Keynes MK13 8PU between Wednesday 13th March at 10:00 and Saturday 23rd March at 17:00. If you are unable to collect from U&R, then you will be able to collect from the Race HQ from 07:00 on the morning on the race.

ENTERED AFTER 8 MAR: Please collect your number from the Race HQ from 07:00 on the morning on the race.

PLEASE DO NOT TAMPER WITH THE TIMING CHIP.

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

TRANSFERS: The transfer window is now closed.

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

BAGGAGE: If possible, please leave baggage in your vehicle. If this isn't possible, then you can use the 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 or the new watersport centre toilets for changing.

RACE TIME LIMIT: The time limit to complete the 10 or 20-mile race will be 5 hours. This is based on 15 min/

mile pace.

If a runner does not reach the halfway point in 2.5 hours then they will be asked to withdraw from the race.

SPECTATORS: Spectators are very welcome, but are reminded to stand clear of the running route at all times.

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.

10-MILE RACE (1-LAP)

20-MILE RACE (2-LAPS)

<http://ow.ly/MQdQ50G3EMj>

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 (£30) and bobble hats (£10) from the Event Village - please bring cash.

FINISHERS T-SHIRT: All finishers will receive a Finishers T-Shirt. The size you require should have selected when you entered, if not these will be laid out in size order from the smallest to the largest for you to grab whilst you pass.

AWARDS: All finishers will receive a race medal. You will be able to collect this when you finish.

10-MILE AWARDS: Presentation of the race awards will take place in the Event Village at **10:30**.

Award categories: First 3 Men & First 3 Ladies

20-MILE AWARDS: Presentation of the race awards will take place in the Event Village at **11:15**.

Award categories:

- 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 as soon as you finish www.twinlakes20.com/results/

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



RACE PERMIT: TRA permit TRA/6059. 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 and lock up your bike.

WILLEN LAKE CAR PARKS: All four car parks operate with a Automatic Number Plate Recognition (ANPR) system, and you will need to pay on **ARRIVAL**. You can pay using the RingGo app <https://ringgo.co.uk/> or by card or cash using the machines on site. If you stay longer than your planned duration you can pay the additional fees before leaving the car park.

<https://www.willenlake.org.uk/plan-your-visit/car-parking/>

WHAT3WORDS: [postings.shop.videos](#)

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 above including dots and hit navigate and away you go!

RUNNER FEEDBACK

If you enjoy the event then please give us a positive review here: racecheck.com/races/twin-lakes-20/

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