

# NSPCC Milton Keynes Half Marathon and 10k

## Race day timetable - 24 September 2017

08:00	Gates open (plus changing facilities)
08:05	Registration opens for entries on the day (see Note 1 below)
08:15	Information desk opens
08:30	Baggage area opens
08:45	Refreshments available
09:00	Pre-race massage available
09:30	Pre-race warm up
09:45	Registration closes
09:50	Runners to the start - both races
10:00	Both races start
10:30 - 10:35	10k winner expected
10:40	Post-race massage available
11:05 - 11:10	Half Marathon winner expected
11:15 (approx)	Presentation of 10k prizes/trophies
12:00 (approx)	Presentation of Half Marathon prizes/trophies
13.30	Last runners cheered home (see Note 2 below)

### Notes

- 1 Entrants who have received their race packs and numbers do not need to register on the day. Entry numbers may be limited and entries on the day cannot be guaranteed.
- 2 Runners should be of sufficient fitness to complete the course in three and a half hours. The course will be closed at 13:30, after which there will be no marshals and you may not be insured.