

We're getting back to starting up events again after the Covid-19 shut down. We've got permission to hold events from Milton Keynes Parks Trust on the basis that we strictly adhere to the current guidance on hygiene and social distancing, this does mean that events are going to be rather different than usual, but that's better than no events!

1) Events are going to be limited to 30 runners initially as that's the limit for outdoor gatherings.

2) Runners are going to be given a start time and you'll be setting off in groups of four at 10 minute intervals. Whilst you'll be starting in groups of four, there is no requirement to run together. If you find on the course that you've merged in to a group of more than six, then please distance yourselves. Of course at all times adhere to social distancing and better to be running alongside people than using someone as a wind block!

3) We're not going to have any pre-run briefings, which means you need to read things like this!

4) When you arrive to register you'll be given your race number & pins

5) Your start time will be communicated to you by email (this will be the email you registered to run with on paypal) please arrive 10 minutes before your start time to collect your number I will then escort you to the start line. Please ensure you are on time you can only start at the time allocated to you. The marathon events for the moment will be on our reverse anti clockwise route (The half will have a new start point & the course will consist of a small loop, 3 Clockwise laps & finish with an out & back section - not our ideal choice of routes but the only way we can operate with minimal staff under current regulations.

6) There will be individually numbered aid stations providing bottled water - these will be spaced 2 metres apart & if you want to leave your own supplies & bags here you can however please be aware there will be no covering from the wind or rain, the best advice is leave what you can in your car.

7) We're going to manually lap count with the different start times if you can indicate you are finishing this will help us as you might not be finishing in the order we usually expect to see you. Will not be using the bell to indicate your last lap.

8) You will have 7 hours to complete your marathon & 3 & half hours to complete your half marathon from the time you start.

9) We're basically trying to minimise interactions and congregations of people. So please do all you can to facilitate this to keep us, you and everyone else safe.

10) Please, no supporters, spectators etc. The limit is 30 people. Not 30 people plus 30 supporters if everyone brings somebody, this isn't some random number plucked from the air, it's the Government guidance (i.e. law) we don't want to get in to trouble, we don't want venues getting in to trouble.

11) We have no insider information, we basically know what you know. If we receive any specific information about any upcoming event we'll let you know. We're hopeful from here on in they'll be good to go, on a socially distanced basis, with limited numbers... fingers crossed!

12) if you're feeling rough, even the vaguest of symptoms, please email at [dbmk@hotmail.co.uk](mailto:dbmk@hotmail.co.uk) & we'll give you a race credit to a future event. Up to 48 hours before the event.

13) Social distancing at all times please. No hugs, hand shakes, high fives etc

14) The current restrictions & demand for places will mean we will have to turn more people away than we would like to. The limit of 30 is set by the govt & we cannot exceed it, To be sure of your places please enter if sufficient time. These rules will hopefully will change soon, but please try to bear with us whilst we try to make the best of a very difficult and unique situation.