

# **MK5000** *PB Special* 23.05.2020

Saturday 23 May 2020 | Marshall Milton Keynes AC track  
Stantonbury Stadium, MK14 6DT



## **Incorporating the England Athletics 5000m Championships**



### **66% of athletes ran PBs in 2019!**

- Graded 5000m track races
- Pacemakers in every race
- On track support
- Clocks every 200m
- Projected finish time announced each lap
- Only 450 entries available
- Held under UKA rules
- Photo-finish timing
- Trackside DJ
- Cash prizes
- Elite races will target GB Championships qualifying times

**Free entry for elite athletes** (sub 14.30 men and 17.20 women)  
Entries open to all athletes with a sub 22 minute 5k since 1 Jan 2019.

**Entry cost** - £16 (you must be a fully paid up member of a UK affiliated club).

Any questions? Please email us [mk5000pbspecial@gmail.com](mailto:mk5000pbspecial@gmail.com)

#### **Street Food & Bar**

We will have a range of street food vendors and licensed bar trackside.

#### **Follow us on social media:**

Facebook – Twitter - Instagram  
[@mk5000pbspecial](https://www.instagram.com/mk5000pbspecial)

**How to get here, and important parking information:**

The Milton Keynes track is easily accessible, less than 10mins drive from Jct.14 of the M1 motorway, and 5mins taxi from the Train station.

Please note, parking is limited at the Stadium, but there is plenty of alternative parking at the Campus and on Breckland – see diagram below, with Redway walking routes to the track.

You must **NOT** park on Soskin Drive as there is sheltered housing and emergency access is required at all times.



All enquiries including questions about race entry:  
email us at [mk5000pbspecial@gmail.com](mailto:mk5000pbspecial@gmail.com)