



Runners Instructions

This section deals with the runners. Parking and arrival have their own sections but there is mention below on collecting a parking sticker for those that have paid for parking at McLaren Technology Centre.

Running Numbers (Bibs)

Your running number (shown as Bib Number) was on the email we sent to you. You can collect your bib complete with timing chip (and of course the 4 magic safety pins that make you run faster) from:-

**Up and Running,
Commercial Way,
Woking**

From Saturday 7th June until Saturday 21st June.

<https://upandrrunning.co.uk/pages/up-running-woking-store-your-local-running-shop>

Karl from Up and Running will be our tail runner again this year. If you are not aware, Up and Running host a free run every Monday leaving their shop at 6pm. These runs varying distances from 5k to 10k (max) and ALL abilities are both welcome and made to feel welcome. It's a very social group and often there is cake (Don't tell them I told you!)

They will want the distance you are running and your name to find your bib. They may ask your month of birth to confirm identity. Remember the bib contains the timing chip and you will need that to run so **DO NOT LEAVE THEM AT HOME (Especially the Magic Safety Pins – Runracium Veryfasta).**

If you cannot collect the bib beforehand you can collect them on the morning from Registration in the Race Village. **Please allow extra time to do so.**

There are other instructions about your car pass or proof of purchase on the parking section if you have not had the opportunity to collect a pass beforehand.

MARTIAN RACE 2025



IF you have paid for parking at McLaren Technology Centre you can collect your car pass from Up and Running at the same time as your bib. (See separate instructions)

The serious bits first:

Adult Course terrain. The course is a mixture of shaded and sunny paths which are completely off road. Every race other than the kids race passes through the famous sandpits from the War of the Worlds and our theme – Martians. You do travel over wooden board walks over the wetlands and the odd bridge. Care is required as there will be tree roots everywhere - lots and lots of them. We have ironed out a few kinks and believe the course is improved as a result from previous years – and of course it will be well signed throughout.

Kids Course terrain. This remains within McLaren Park and although there is limited or no tree roots on the course it will be uneven in places.

Water stations There is one water station out on the course covering two directions. The 21km runners pass it 4 times, the 10km pass it twice. There is a further water station at the finish line.

Marshals. There will be 30 ish marshals dotted around the course at key track junctions and many more volunteers at the Race Village. They are fully briefed and will be in constant contact with race control if assistance is needed. I am sure they will give you support as you run past, but they love nothing more than to hear a thank you; it makes their day and is very rewarding for them!

Medical aid. We will have a medical assistance on the course and at the race village. The Medic on the course is accompanied by a Horsell Common Preservation Society Ranger who knows the common extremely well and can assist getting anywhere quickly and efficiently.

Should you need medical assistance bring it to the attention of a Marshal or ask others to do so and assistance will be arranged.

Litter. Please do not litter either at the Race Village or on the course. There are large bins at the Race Village. Our marshals do have rubbish sacks with

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them and will take bits from you if you ask. We have Woking Litter Warriors walking the route to check it is tidy once we have finished.

Toilets. There will be plenty of toilets at the race village and if need be there is also a toilet by the car park at another of our sponsors, Heather Farm café.

An important point that was noticed in 2024 was some chaps in the Race Village disappearing off to use a tree or pond as facilities instead of using the loos provided. We have supplied more loos this year to hopefully prevent any delays that may tempt you to stray. Please do consider others and only use the facilities provided and respect your fellow runners and McLaren Park.

Race Village

Warm Up

There will be warm-up exercises led by The Gym Group that will start 15min before each race adjacent to the start..

Start Times

We have staggered race start times, but please make sure you are in the race village at least 30 minutes before your race in order to collect bib / number and be ready to go.

- 08:45** 2 km Mini Martians race
- 09.15** 21km race
- 09.30** 10 km race
- 09:45** 5 km race

Water will be available after the finish line for all runners after their race.

2km Mini Martians Race. This run is a 2k lap within McLaren Park. They will start and finish before any other race starts. Adults are allowed to run with their children if required - although please don't expect a medal at the end! You do not need to have entered as an adult to the kids race to do this.

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We will have plenty of static marshals around the course, a hare to pace and guide those front runners and we would like to thank the Horsell Runners who will provide several running marshals to escort and keep everyone on track.

The course ends with a slight downhill before turning onto the finish straight through the race village. We encourage all of the other distance runners to make a lot of noise and encourage these young racers on in the last hundred meters. How exciting for them to have such a crowd!

The kids need to be greeted and collected by their parents/guardians after finishing and collecting their medal. Kids are the parent's responsibility at ALL times.

We will then commence the adult races.

The 21k race is two laps (plus a bit) of the 10k course. As a control measure, there is a restriction on when people start the second lap. Past 11:00 any 21k runner will not be allowed to start the second lap. This is for the safety and welfare of our marshals that will have been on the course since about 08:15.

Once past the finish line medals will be given and you can grab some water, if you need anything more, then do visit our caterers in the race village.

There are prizes for the first 3 runners home in each adult race distance (Male and Female) and these will be awarded shortly after the race is finished (we won't make you hang around for ages)

Timings will be available online just a few minutes after you have finished. A QR poster will direct you to the result page and you just search your name or number to get your results. You will get a text from them with a link.

Registration

For those that haven't already collected their bibs, you can collect your bibs here: NOTE: registration closes 30minutes before your race.

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Merchandise collection and purchases.

Martian Race T-Shirts and Buffs will be available to collect at the Lions Pop-up in the race village. We will have a few left that can be purchased on the day. We will have the ability to take card and cash.

Bag Drop

A bag drop will be provided, however all contents are left at your own risk. Each bag will be tagged with your number. Showing your bib after the race will allow you to retrieve your bag.

The Gym Group pop up. The Gym Group are hosting the warmup before the races and will have a little pop up so you can say hello and find out all about their gym and membership.

Foundations Estate Agents (Bib Sponsor) Do talk to them as without our sponsors we would not be able to put this event on.

Massage facilities My Complete Health and Trinity Physio are offering massages post run at the Race Village for a suggested £5 donation.

Kiwi and Scot coffee where you will be able to purchase their beautifully hand-crafted coffees and pastries as well as a freshly cooked breakfast baps before or after the race.

Mr Sher's Ice Cream & Desserts, where you will be able to purchase a refreshing ice-cream or lolly as a reward.

Both catering facilities will be on site from registration opening until after the event so why not hang around after your run, cheer other runners on and enjoy the atmosphere.