

## Take on 2024 by becoming part of Team #A4Y and take part in this year's Milton Keynes Marathon.

Do you want to make a difference and start something new in 2024? As a charity partner of the event, Action4Youth is offering a limited number of free spaces for participants who commit to fundraising, providing a unique opportunity for runners to contribute to a charitable cause while challenging themselves physically and mentally.

Whether you are an avid runner or a beginner there is plenty of time to get ready and run 10k, a half, or the full marathon and help raise vital funds for young people in your local area.

You can apply for your place here [www.action4youth.org/marathon-2024](http://www.action4youth.org/marathon-2024)

### Why Support Action4Youth?

Action4Youth is a local charity dedicated to empowering young people across Buckinghamshire through various youth programmes, and outdoor adventure experiences. By participating in the MK Marathon and fundraising for Action4Youth, you directly contribute to creating positive and transformative experiences for the youth in your community.

CEO Jenifer Cameron commented *"I encourage everyone to seize this incredible opportunity to combine a love for running with the fulfilment of supporting a worthy cause. Together, we can make a lasting impact on the lives of young people in Buckinghamshire."*

## Event Details:

### MK Marathon

Race Day: Bank Holiday Monday 6 May 2024

Venue: Stadium:MK

Start Time: 10:00 am

Course Time Limit: 6.5 Hours

Age: Must be at least 18 years old on race day

### MK Half Marathon

Race Day: Bank Holiday Monday 6 May 2024

Venue: Stadium:MK

Start Time: 10:00 am

Course Time Limit: 3.5 Hours

Age: Must be at least 17 years old on race day

### Rocket 5k

Race Day: Sunday 5 May 2024

Start Time: 09:00 am

Event Village: Midsummer Boulevard, Milton Keynes

Course Time Limit: 45 minutes

Age: Must be at least 12 years old on race day



**Captions:**

David Teasdale, Action4Youth Chair and wife Cathy, pictured with last year's runners.

Kathryn Hobbs, PA to Countess Elizabeth Howe ran the full marathon in 2023.

**Note to Editors:**

Action4Youth is a local charity dedicated to transforming young lives and providing life-enhancing experiences for young people. With over 70 years of experience, Action4Youth's programmes and services aim to inspire, challenge, and equip young individuals to reach their full potential.

Charity Number: 1033626

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More information about Action4Youth visit [www.action4youth.org](http://www.action4youth.org)

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