

REUNION^{5K}

HELP RUNNING EVENTS RETURN

The Reunion 5K Race Day Guide Kempton Park, Surrey Saturday 15 May 2021

YOUR REUNION 5K CHECKLIST

Remember, before you head out the door for the Reunion 5K on Saturday, please ensure that you have done the following:

Taken your Covid-19 lateral flow test on Friday 14 May	YES
Got your negative lateral flow test result ready to show on arrival at Kempton Park	YES
Checked that the name on your running number matches your name on your test result	YES
Taken your first PCR test before setting off to Kempton Park on Saturday	YES
Planned to post your PCR test in a postbox on the same day	YES
Planned to arrive at Kempton Park at your specified time (we'll email this to you on Thursday)	YES

If you've ticked yes to all of the above, you're all set – we look forward to seeing you at Kempton Park for the Reunion 5K.

Now take a look below for more details about what to do before, during and after Race Day.

1. TAKE YOUR TESTS BEFORE RACE DAY

The most important thing you need to do before the Reunion 5K is to take your Covid-19 tests. So please remember to take your Covid-19 lateral flow test on Friday 14 May.

Once you've taken your lateral flow test, you'll need to report the result **HERE** or call the phone number in your test kit's instructions, so allow yourself time to do this. You will then be emailed and sent an SMS of your result, which you will need to show to our team to gain entry to the event – either digitally on your phone or in the form of a print-out.

Please remember entry will only be permitted if

you have a negative test result that displays the same name as is shown on your running number (see next page).

If you test positive for Covid-19 or you're feeling unwell, please do not attend. Anyone who tests positive will be entitled to a full refund of their registration fee.

Before setting off on Race Day, you also need to take your first PCR test, which will be sent to you by Friday by the Department for Digital, Culture, Media & Sport (DCMS).

Please follow the instructions and return it using a priority Royal Mail postbox – find the nearest one to your home **HERE**.

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2. UNDERSTAND YOUR RUNNING NUMBER

Your running number is especially important for this event, as our team will need to check it against your negative lateral flow test result when you arrive at Kempton Park.

Please have it pinned to the front of your top ready so our team can quickly and easily see the name on your number matches the name on your test

Race A running number



result (which you should also have to hand!).

Race A numbers have a blue header. The example below shows where your name, gender and start pen will be printed. If you're running in Race B your number will have a yellow header.

Your running number also has your timing tag built in, which will record your race result.

Race B running number



3. HELP US TO HELP YOU

As mentioned above, we need you to help us by being extra-organised for this event and keeping everything that you need to hand. This won't just help us – you'll be less likely to have to wait around at the venue if you have everything ready.

Remember to bring:

- Your lateral flow test negative result via SMS, email, or print-out
- Your running number
- Car park permit, if you are driving

You should have been sent everything you need for Race Day in your Race Pack. If you do not

receive your Race Pack before the event, or you are missing items, don't worry – you can visit our Information Point, situated at the entry to the event, where our team will be happy to help.

4. PLAN YOUR JOURNEY

Please plan your journey to and from Kempton Park, TW16 5AQ, in advance, which you can do at tfl.gov.uk/plan-a-journey

Again, we ask you to put a little extra thought into this than you might usually do, and to always follow the government guidelines on the next page:

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- No matter how you travel, please plan ahead and allow more time for your journey. You should try to travel at quieter times and take less busy routes where possible.
- Walk or cycle to the event where possible.
- If using public transport, you should regularly sanitise your hands, wear a face covering unless you are exempt and keep your distance where possible.
- It is a legal requirement that, unless exempt, you must wear a face covering on public transport and inside transport hubs, eg train stations. You could be fined £200 minimum if you do not comply.
- If travelling by car, you should avoid sharing a car with anyone outside of your household or support bubble. If this isn't possible, you should

open the windows, wear a face covering unless exempt and leave seats free to social distance.

5. KNOW WHEN TO ARRIVE AND RUN

On Thursday, we will email you your exact arrival time. Again, we ask that you stick as closely as possible to this time in order for the event to run smoothly and to prevent crowding and delays.

In the meantime, the timetable below will give you an idea of the race timings to help you to plan:

Race	Arrival time	Race start time
A	From 07:45	09:00
B	From 10:10	11:45



6. THE ROUTE

Here is a map of the route you'll be running on Race Day. As you can see, you won't just be running in circles – we've mixed things up with a detour around the pond and past trees in the home straight to help give you a feel for the venue and your surroundings. The car parking, information point, station and bike park are also shown on this map.

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7. ENJOY YOUR RUN!

We appreciate the Reunion 5K is a little bit different compared to other running events. However, once you get going, the race itself should feel very normal, so don't forget to enjoy your run and the feeling that you are helping UK running events to return!

8. LOOK AFTER YOUR BELONGINGS

Please try to bring as few items as possible with you to the event – ideally just the essentials that are mentioned on your checklist. We recommend leaving anything you don't want to run with either at home, in your vehicle if you're driving to Kempton Park, or with a friend or family member who's coming to watch you.

However, if required, you will be able to leave a small bag in the baggage area – there will be signage to direct you there on Race Day.

9. FINISH YOUR RACE

You have up to one hour to complete your run – this should be plenty of time to get round the course. At the Finish Line, you will be able to

collect a well-earned bottle of water and of course your medal before heading home.

10. AFTER THE EVENT

We will send you your race result via SMS so you have an official record of your time and it will be available online within 24 hours. We'll also email you a post-event survey to complete.

On Thursday 20 May you must take the second PCR test that was sent to you by DCMS and send off your result as before. Please follow the instructions in the kit.

Don't worry if this seems like a lot of things to remember right now – please just concentrate on what you need for Race Day itself, as we will be emailing you reminders about everything else after the event.

AND FINALLY, THANK YOU!

Thank you again for taking part in the Reunion 5K. You will be playing a vital role in helping the mass participation running events that we love to return to the UK. We really appreciate your support and hope you enjoy the feeling of being part of an event that's going to make a positive difference. We look forward to welcoming you to Kempton Park on Saturday 15 May.

For more information, visit the [Reunion 5K website](#)