



Race
Instruction
Booklet

2021



Race Day



Venue

The races will take place at Kempton Park Racecourse. The full address is:
Kempton Park Racecourse, Staines Rd E, Shepperton, Sunbury-on-Thames TW16 5AQ.

Race timings

Please arrive in plenty of time. Start times below.

09:30 - 5K & 10K

11:30 - 21K (Half Marathon)

Start

There will be signage guiding you to the race start which is in the centre of the racecourse.

Runners will be released in waves. You need to be ready at the start 15 minutes prior to your race start in order for us to assemble you into appropriate waves.



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Travel

If you are local, please consider walking, jogging or cycling to the event. If you drive or need to take public transport, we suggest the following:

By Car

There is plenty of car parking at Kempton Park Racecourse. Enter via the main gate off Staines Road E and you will be directed into the main car park. Parking is free of charge for runners.

By Train

Kempton Park has a dedicated Rail Station. On the Waterloo – Shepperton line, the first train from London arrives at: 08:32 and then hourly throughout the day.

The first train from Shepperton arrives at 07:18 and then hourly throughout the day.

Please check the TFL website for train times incase any changes to the regular timings.

By Bike

There are cycle racks at Kempton Park if you wish to cycle to the event. These are located within the main car park.

Baggage

Baggage storage facilities are available at the race HQ at Kempton, however please limit the number of belongings you bring to the event and if possible leave anything in a car. This will help to reduce contact between runners and event staff.

The organisers cannot accept responsibility for security and advise that competitors do not leave valuables in their bags.

Toilets & Changing

Plenty of toilets are available onsite at the racecourse. These are located within the Grandstand enclosure and will be signed on the day. As the toilet facilities are inside you will be required to wear a mask at all times when indoors. Please also follow the one way system in place for the toilets.

There will be no changing facilities available.



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Race packs

Race packs will include both your **race number** and **timing chip**.

Please note that we are not sending race packs out in the post in advance.

You are able to collect your number in advance of the race from the [Up and Running](#) store in Teddington. These will be available from Saturday 15th May – Saturday 29th May.

[Up and Running will also be offering 10% off instore for runners on collection of your number.](#)

Alternatively you can collect your number from RACE HQ on the day (outside at the front of the Grandstand enclosure). If you are picking up your number on the day please allow plenty of time for this.

**Advance collection is only available to those who have entered the race before midday on Wednesday 12th May. Entries after this date will need to collect on the day.*

Only the person who has entered the race should collect the race number. It is permitted to transfer race numbers to another person, but this should only be done in advance through the Race registration service operated by Sport Systems. This is a condition for entering the race and is extremely important especially in the event of illness or an accident during the event. It may also affect the results, and may mean someone getting a prize to which they aren't entitled.

Pin your race number on the FRONT of your running vest or 'T' shirt, where it is most visible for race officials. Runners who do not have a properly displayed number or are identified as running under the wrong name will be liable to disqualification.

Please complete the form on the back of your number with your name, contact details and any medical condition. This will help in the event of an accident or illness.

Shoe chip timing

The shoe chip is secured by weaving it through your shoe lace; please follow the instructions in your race pack as to how to do this. Your chip will be detected as you cross the finish line and your time and race number will be recorded automatically. Please make sure that you return your chip after finishing the race, otherwise you may not get a time!

There will be two times recorded for each runner. The first is what is called the Gun Time. It's the official race time and is the time that the runner takes to complete the course from the time the gun was fired. The second is the Chip Time. This records the time that the runner actually takes from crossing the start line to crossing the finish line.



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Course

The course is run on tarmac and is flat and fast, beginning inside the racetrack and following the inner path of the racecourse ground around the circuit.

There will be 1 lap for the 5K, 2 laps for the 10K and 4 laps for the Half Marathon (plus an additional KM).

There will be marshals along the course as well as distance markers and arrows.

You can see a copy of the route on our website at:

www.quicksilver-running.co.uk/kempton-park-renaissance-run

Water stations

Water will be provided in sealed 330ml bottles for those that need it, however we do recommend that runners should bring their own hydration.

5K race: There are no water stations on the course, water will be available at the Finish.

10K race: There will be water available at 5K and at the Finish.

Half Marathon: There will be a water station runners will pass at 5K, 10K, 15K and 20K, and water will be available at the Finish.



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Covid-19 Safety Measures

Do not come to the race if you have Covid symptoms (particularly a persistent cough, high temperature or loss of taste or smell) OR have been in contact with anyone who has tested Covid positive within the last 14 days.

EVENT VILLAGE

- All runners should bring a mask to the race and have it available for any appropriate use. Masks are not required in the open and on the course. Runners are not asked to wear masks when running.
- Runners are asked to adhere to the social distance rules in place at the time of the race.
- Please limit the number of belongings you bring to the event and if possible leave anything in a car. There will be an informal self-service bag drop area at RACE HQ for runners who need it.
- There will be multiple sanitiser stations available at key positions around the course.
- You will see clear signage at the event, please follow all signage and instructions from the marshals. There will be a one way system in place for use of toilets and entering/exiting the race course.
- Please do not bring supporters, partners, family etc. to the event, as we are looking to keep numbers to a minimum. If you need someone to drive you to the event we will not prevent them from parking, but they will not be allowed to enter the centre of the course where the start and finish are located, so any view of the race will be at a distance from the Grandstand area.

DURING THE RACE

- The race will start in waves with the faster runners at the start and slower near the back to avoid any congestion and the need to overtake on course.
- Whilst water will be available on the course at a self serve station, we recommend that runners should bring their own hydration.
- Please keep left at all times. If you need to overtake on the course please give a wide berth of at least 1 meter around any runners.
- Spitting and nasal clearance during the race is not permitted

AFTER THE RACE

- Do not stop within the finish barriers. Please continue moving and collect your water, medal and goodies.
- Please remove your shoe timing chip and drop in the buckets available. There will be marshals available to help with this if needed.
- We ask that once you have collected your finish line goodies, to leave the event as soon as possible.



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