

FINAL INSTRUCTIONS BOOKLET



SUNDAY 28th MAY

FINAL INSTRUCTIONS

BOOKLET

KEMPTON PARK RUNNING FESTIVAL 2023

TIME	EVENT	LOCATION
07:30	CAR PARK OPENS	ENTRANCE VIA MAIN GATE
08:00	RACE PACK COLLECTION OPENS	OUTSIDE INFRONT OF GRANDSTAND
08:00	BAG DROP OPENS	OUTSIDE INFRONT OF GRANDSTAND
08:39	FIRST TRAIN FROM LONDON ARRIVES AT KEMPTON	KEMPTON PARK RACECOURSE STATION
09:15	RUNNERS ASSEMBLE FOR START	CENTRE OF RACECOURSE, START LINE
09:30	ALL RACES START	CENTRE OF RACECOURSE, START LINE

SUNDAY 28th MAY

TRAVEL INSTRUCTIONS

The Kempton Park Running Festival takes place entirely within Kempton Park Racecourse. The event day entrance will be via Gate 3.

The best address to use to access this gate is: 3 Staines Rd E, Shepperton, Sunbury-on-Thames TW16 5PA.

DIRECTIONS

Kempton Park Racecourse is located on the A318 between Sunbury-on-Thames and Hampton Court, less than one mile from junction 1 of the M3 via Junction 12 of the M25. There is free on-site parking via Gate 3 found on Staines Rd E.

BY BICYCLE

There are bike park areas at the venue for you to safely leave your bike to take part in the event.

BY CAR

If you are planning to drive to the event, please use this address 3 Staines Rd E, Shepperton, Sunbury-on-Thames Tw16 5PA. There is enough parking for all runners and spectators free of charge and available at Gate 3 and the entrance is the North Entrance.

BY TRAIN

Kempton Park Station is 200 yards from the North Entrance of the racecourse. Trains run every half an hour from London Waterloo with a 40-minute journey time (first train arrives at 08:39). Please note that the event cannot make adjustments due to delayed public transport. Please plan your journey in advance to ensure you arrive in plenty of time to enjoy the event.

SUNDAY 28th MAY

FINAL RACE INSTRUCTIONS

RACE START TIMES

All race distances start at 09:30. The start is in the centre of the racecourse, so you will need to cross the track at the designated crossing to get to the start line.

Please ensure you arrive on time for your race start. Late starts will be at the discretion of the event and based on the safety of the event participants.

RACE NUMBERS

Race packs, including your race number and timing chip, will be available to collect from the registration marquee on the morning of the race.

YOUR TIMING CHIP

Inside your race pack is a small square chip with four holes. This is your timing chip and **MUST** be fastened to your shoe using the wires provided. If you put your chip elsewhere (your pocket for example) the timing mats will not read the chip and you will not get a time. Ensure that you are wearing your race number on the **FRONT** of your top and that it is visible at all times. Please return your timing chip after the race.

BAG DROP

You may leave your bag safely with the team in the Baggage area. You will find a tear off baggage label at the bottom of your race number - please attach this to your bag. Don't forget to pick up your bag after the race.

TOILETS

There are toilets in the North Grandstand Hall. There will also be toilets on the route, these will be signposted for your convenience.

SUNDAY 28th MAY

FINAL RACE INSTRUCTIONS

HEADPHONES

As this is a closed road and traffic free course, headphones are not prohibited. However if you choose to wear them please do not have the volume too loud as you need to be aware of runners around you and any over-taking.

CUT OFF TIMES

There is no cut off time for the 5K, 10K or Half Marathon.
The cut off time for the Marathon is 6 hours.

WATER STATION

There is one water station on the lap. Runners doing multiple laps will pass it on each circuit.

There will also be an electrolyte drink available for those doing the longer distances.

DOGS

Sadly no dogs are allowed inside Kempton Race Course.



SUNDAY 28th MAY

THE COURSE

THE START

All races start together with runners lined up according to running pace, regardless of what distance you are running.

OVERTAKING

Due to this being a lapped course there will be runners overtaking. The paths are wide enough for this to be done safely, however please be respectful to your fellow runners by following this rule: run on the right and over-take on the left.

COURSE FUEL

There is one water station on the lap. Runners doing multiple laps will pass it on each circuit.



SUNDAY 28th MAY

CHECK OUT OUR UPCOMING EVENTS:



ROYAL BOROUGH OF KINGSTON HALF MARATHON |

22ND OCTOBER 2023

HAMPTON COURT HALF MARATHON |

18TH FEBRUARY 2024

ROYAL BOROUGH OF KINGSTON SPRING RACE DAY |

17TH MARCH 2024