

## Details for Upton Fun Run Saturday 10<sup>th</sup> July 2021

Thank you for entering the 7th Upton Kids' Fun Run. Below you will find the key timings for the day together with important information about how you can help us ensure we're a Covid Safe event.

### **Covid Measures**

Fortunately, there is a lot of space on Fish Meadow to enable social distancing. We ask that everyone attending the event takes individual responsibility for themselves and their children to follow the latest Government regulations and advice at all times including:

- keeping 2m from anyone you do not live with (unless you have formed a support bubble with them), or at least 1m with additional mitigations.
- groups no larger than 30
- washing or sanitising your hands regularly and avoiding touching your face. There will be sanitisation points around the site but please also bring your own
- wearing a face covering when registering if 11 or over.

If your child(ren) or anyone in their household or bubble has been unwell with any [symptoms of Covid-19](#) in the previous 10 days to 10<sup>th</sup> July they must not attend the event. Symptoms include a high temperature (above 37.8°C), a new, continuous cough, a loss of, or change to, their sense of smell or taste.

### **Key Timings**

**10:00-10:45 Register** at the Upton Fun Run desk in the marquee to collect your child's race number. The number must be attached to the front of your child's top (or can be carried/ on your top for the 100m if you are accompanying them). Children without a number won't be able to run. Safety pins will be available but please supervise their use.

You don't need to know your race number – just queue up according to the 1<sup>st</sup> letter of your surname.

We will **NOT** be taking entries on the day this year. If you know anyone else who would like to take part they must sign up before midnight 8<sup>th</sup> July.

**10:50 Socially distanced fun race warm up** near the 100m start, on the river side of the bank. Please find a space for you and your children/ bubble 2m+ from the next group.

**11:00 100m race followed by the 1km race.** Look for the '100m start' and 1km start' signs near the big finish sign for the triathlon. This will also be the finish for both the 100m and the 1km races. Children will be started in small groups – please keep in your socially distanced areas and listen out for directions from the commentator.

Every finisher will receive a **medal, drink and snack** at the finish. This will be self-service. There are no prizes for coming 1<sup>st</sup>!

**Individual times** will be available on [the website](#) by Sunday 11<sup>th</sup> July for everyone completing the 1km. If you register more than 1 child ensure you put the right number on the right child otherwise they will get the wrong time!

**Toilets**

There will be portaloos near the transition area only.

**Free Parking**

There is free car parking at the venue, Fish Meadow WR8 0PB. Please follow signs to the triathlon on the day. Check the [website for directions](#) to Upton-on-Severn.

If you have any questions visit our website [www.uptontriathlon.com](http://www.uptontriathlon.com) or get in touch with us on [info@uptontriathlon.com](mailto:info@uptontriathlon.com) or 07939 068 128.

We hope you and your child(ren) enjoy the day!

Jessica