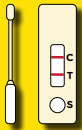


## 03.04.22

We're so excited to welcome runners back to the streets of London for a very special Fifth Edition of the LLHM. Although it is likely that no government covid restrictions will be in place on race day, we will be keeping some runner safety measures in place to help you and your fellow runners to feel more safe, assured and comfortable.

## PRE-EVENT



**Lateral Flow Test:** We encourage all runners to take a lateral flow test 24 hours before attending. If you test positive, we encourage you not to attend the event.



**Health Declaration Form:** We encourage all runners to complete our Health Declaration form on Saturday 2nd April confirming that they are safe to attend.

## ARRIVAL



**Face masks:** You are welcome to wear a face mask in the arrival and assembly areas if this helps you to feel more comfortable. If you decide to wear a face mask, please make sure you carry it with you while you run or discard it appropriately in advance.



**Event warm up:** You are welcome to wear a face mask if this helps you to feel more comfortable and we kindly ask that you limit shouting/singing and face the same direction as those around you.



**Arrival times:** We have staggered arrival times to help reduce congestion. Please do not arrive on site too early (or too late) and follow the guidance given in the "Key Timings" section of the Race Day Guide.



**Hand sanitisers:** Hand sanitisers will be available around the event site and specifically at the toilets and baggage buses.

## ON-THE-ROUTE



**Start times:** Start times have been staggered to help reduce congestion. Please see the key times detail in the "Key Timings" section of the Race Day Guide.



**Water stations:** We encourage you to bring your own water and to be as self-sufficient as you can. We will have self-service drinks stations along the route where water will be served in paper cups.



**Your goody bag:** On completing the race please collect your LLHM goody bag from our stands. Please take one and move quickly through the finishing area and do not congregate.



**Along the route:** Along the route we encourage you to only overtake when it is safe to do so, refrain from spitting or clearing your nose and to sanitise your hands after using the toilets.

## OTHER



**Event staff and volunteers:** Our workforce have been asked to take tests to help keep them and you safe - they are real stars and we couldn't do the event without them!



**Spectators:** We're happy for your loved ones to come and support you, however as the coronavirus is still in circulation please encourage your supporters to take a LFT in advance of attending and encourage them to try and avoid the very busy areas like start and finish lines. Please encourage your supporters to keep at a safe distance from others and consider cheering you on from areas along the route where there is ample and wide space such as the Embankment, Holborn or Bank Junction.