

# Covid Testing ...

Get tested and help protect your friends, your family and your fellow runners (yup even your park run nemesis!)

Please complete your test within 48 hours of the start time :)  
This is all completely optional and not something we will be enforcing.

If you do test positive then please ensure you provide us with your PCR result and do not attend the event... we will sort out a refund / transfer as requested :)

## How/where to take an NHS Lateral Flow Test

1. At Home testing (Recommended)  
UK residents (England, Scotland, Wales and Northern Ireland) can order Lateral Flow Tests for home delivery [online](#).

2. Asymptomatic Testing Site (ATS) testing  
Alternatively, you can go to an ATS to take your test. Find a test site on this [website](#). Apply filters under the heading 'test site for people without symptoms'.

3. Lateral Flow Test - Collect  
Another option is to visit a [Test Collect Site or pharmacy](#) to collect your Lateral Flow Tests for self-testing.

See also further details on how to [upload your Lateral Flow Test result](#).

We hope that helps and thank you for your support :)

The infographic is titled "Four easy stages of a rapid COVID-19 self-test" and features the NHS Test and Trace logo in the top right corner. It is divided into four numbered steps, each with an illustration and a brief description:

- 1 Set-up:** sanitise testing area and hands, unpack kit, read instructions. The illustration shows hands being washed with water droplets, a spray bottle, and a box of test kits.
- 2 Swab:** throat then nose. The illustration shows a person's mouth and nose being swabbed with a long-handled swab.
- 3 Process test:** place swab in liquid in tube, squeeze liquid onto test device. The illustration shows a swab being inserted into a test tube, followed by a pipette dispensing liquid onto a lateral flow test card.
- 4 Read result:** ensure test device is on a flat surface, wait and read result at 30 minutes. The illustration shows a lateral flow test card with 'C' and 'T' windows and a digital watch showing 30 minutes.