

# VIRGIN LONDON MARATHON 2011

## FINAL INSTRUCTIONS

Please read these instructions very carefully; in the following pages you will find all the information you need to have a trouble-free Race Day on the 17th April. We will do our utmost to look after you all the way through each of the 26.2 miles. All you need to do is follow the few simple guidelines here.

You will have received your registration form which shows your running number. **DO NOT LOSE THIS FORM.** You will need it to collect your running number and kitbag when you register at the ExCeL Exhibition Centre. **YOU MUST BRING PHOTOGRAPHIC IDENTIFICATION WITH YOU TO COLLECT YOUR RUNNING NUMBER. THE ACCEPTANCE SLIP SENT TO YOU IN DECEMBER IS NOT VALID.**

On the reverse of this registration form you will find a Charity Survey questionnaire, please complete this section before you arrive at Registration. There are also instructions for you to register for your Race Day photos. While preferring you to register in person, we recognise that in some cases this may be impossible. You can nominate someone to collect your number for you. The person you nominate must have the following: a letter written and signed by you, authorising that person - by name - to collect your number. You must also sign your registration form before handing it to them **AND PROVIDE THEM WITH A CLEAR PHOTOCOPY OF YOUR DRIVING LICENCE OR PASSPORT SHOWING YOUR NAME AND SIGNATURE.**

The person collecting your running number should have suitable identification with them. Failure to comply with the above instructions may lead to your running number not being issued. Please note, an individual can only pick up one running number in addition to their own. Finally, take care of your running number and fill in the medical information on the reverse side. Do not tamper with your number in any way, note that duplicate numbers cannot be issued under any circumstances.

## HOW TO REGISTER

You must register and collect your number before Race Day. Registration is at the Virgin London Marathon Exhibition held at ExCeL international exhibition and conference centre in East London. The address is:

ExCeL, 1 Western Gateway, Royal Victoria Dock, London E16 1XL

The Exhibition is open at the following times:

Wednesday 13th April, 11am-8pm.

Thursday 14th April, 10am-8pm.

Friday 15th April, 10am-8pm.

Saturday 16th April, 9am-5pm.

You will be asked to sign the declaration on your registration form in front of the Registration Clerk and provide your photograph I.D. such as a driving licence or passport. With your number and kitbag you will also be given a set of final instructions. Please read them carefully.

## **OVERSEAS RUNNERS**

There are special desks for overseas runners at registration, which will be clearly marked. See the map on page 5.

## **GETTING TO ExCeL**

ExCeL is connected to the Jubilee line at Canning Town via a 3-minute DLR journey (Docklands Light Railway) to ExCeL's dedicated station Custom House for the west entrance. (Prince Regent station for the east entrance). ExCeL is also connected directly to the Central, Northern, Circle, District and Waterloo & City lines at Bank and the Circle and District lines at Tower Hill via the DLR. ExCeL is in London Underground Zone 3. We strongly advise that you purchase a return or travelcard as ticket purchasing facilities are limited at ExCeL. All valid London Underground tickets are accepted on Docklands Light Railway (DLR). Custom House DLR station is adjacent to the ExCeL centre entrance. Please try to register on Wednesday or Thursday if you live in or around London. This will allow Friday and Saturday for runners from further afield. After registering, take some time to look round the Virgin London Marathon Exhibition - the biggest of its kind in the UK.

## **WHAT TO DO WITH YOUR BELONGINGS ON RACE DAY**

At Registration you will be given an envelope containing your running number and an adhesive numbered sticker. This sticker must be fixed to the front of the kitbag which you will also be given when you collect your running number. You will use this kitbag for your belongings on Race Day.

## **IF YOU ARE ILL OR INJURED**

You must be fit and well to run a marathon. Severe exertion during or soon after any kind of fever is extremely dangerous. See the medical advice starting on the website for more details on health and distance running. If you find yourself in this situation you must withdraw - even if this is the first time you have been accepted for the Virgin London Marathon after years of trying. If you withdraw and use the following procedures we will guarantee you an entry for the 2012 race - subject to you paying the 2012 entry fee.

## **IF YOU WISH TO WITHDRAW THIS IS WHAT YOU MUST DO**

1. You must go to: [www.virginlondonmarathonballot.com/withdraw](http://www.virginlondonmarathonballot.com/withdraw) and complete the online withdrawal form. This must be done no later than April 17<sup>th</sup> 2011. You will then receive an email confirming your withdrawal.
2. Providing you adhere to the dates below and pay the appropriate entry fee, you will be accepted for the 2012 race unless you have already carried your entry over from the 2010 race or if the entry was received from a charity or sponsor.
3. Runners will receive an email link for the 2012 race by the 27th May 2011. If you have not heard from us by the 27th May 2011 please telephone our helpline on 0207 902 0200 no later than this date, failure to do so will result in loss of entry.
4. The closing date for completion of the online ill or injured entry form is the 24th June 2011.
5. It is the runners responsibility to ensure they have completed their online 'Ill or Injured' entry form by this closing date. This deadline date will not be extended under any circumstance.

## VIRGIN LONDON MARATHON 2011 MARATHON EXPO THE BIGGEST FREE EVENT OF ITS KIND

Entry to the 2011 Virgin London Marathon Exhibition is FREE, so bring your family and friends – and tell all your running companions even if they are not competing. This year's exhibition is the biggest ever. All the major athletic brands are present, as are a multitude of other exhibitors showing and selling everything from retro headbands to GPS satellite systems. One of the biggest stands is devoted to the Virgin London Marathon Superstore with this year's range of adidas souvenir and technical clothing. Under one roof you will find stands presenting a vast selection of manufacturers, international races, charities, running magazines and medical companies. Check them out on [www.lmexpo.com](http://www.lmexpo.com) and leave yourself plenty of time to spend at the exhibition itself. The Virgin Stage is situated within the Pasta Party, so you can take onboard some expert advice while you enjoy a great pasta meal. Throughout the day there will be a full programme of informative presentations and entertainment. Expert speakers include top marathon coach, Martin Yelling, and leading sports scientist, John Brewer. The full line up is detailed in the panel opposite. The exhibition is held at ExCel London, the biggest and best venue in the country, with easy access from Custom House station on the Docklands Light Railway. The show attracts 70,000 visitors every year over its four days.

With 15,000 visitors each weekday and 25,000 on Saturday, you may want to consider visiting in the week to avoid the crowds on Saturday. If you have to come on Saturday, our advice is the earlier the better, before 11am is the quietest time.

### OPENING TIMES

Wednesday 13th April 11am to 8pm

Thursday 14th April 10am to 8pm

Friday 15th April 10am to 8pm

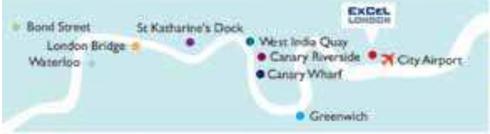
Saturday 16th April 9am to 5pm

Come and share your experience with over 70,000 like-minded people at the running event of the year!

### How to Get to ExCel London

With 3 dedicated DLR (Docklands Light Railway) stations, parking for 4,000 cars and London City Airport just 5-minutes away getting to ExCel London could not be easier. We are located alongside Royal Victoria Dock just 4 miles east of Tower Bridge and just a few minutes drive from Canary Wharf.

Additional information on getting to ExCel London can be found on their website [www.excel-london.co.uk](http://www.excel-london.co.uk)



### By Tube & DLR (Docklands Light Railway)



The Jubilee Line is recommended as the quickest route to ExCel London. Change at Canning Town for the quick, 2-stop DLR (Docklands Light Railway) journey to Custom House for ExCel.

Key:  
Docklands Light Railway (DLR)  
Jubilee Line  
Connecting Underground Line  
National Railway Line to airport terminal  
Established M25 to ExCel

© All rights reserved. Transport for London is not responsible for any inaccuracies.

## RACE DAY

### BEFORE LEAVING HOME

Make sure you have the following: running number and safety pins, IPICO Sports Tag timing device, wire twist ties and instructions on how to fix it to your shoes (Better still; put it on

your shoe before you leave - see the panel on the following page). Kit Bag and baggage label with your running number printed on.

## **BEFORE THE EVENT**

You must pin your running number to the front of your T-shirt or running vest. Your running number has a zone number in the bottom right corner between 1 and 9. This indicates your zone at the Start (see section 'Start Zones' on page 10). You must not use someone else's number, nor let someone else use yours. Imagine the anxiety caused to either set of relatives and friends in the event of mis-identification should there be a medical emergency. Don't do it!

Do not forget your running number. There are no spare running numbers at the Start. If you forget your number and still insist on taking part, our marshals will remove you from the race before you cross the Finish Line. They are instructed to do this in order to prevent non bona fide runners who have not entered the event joining in and attempting to cross the line to receive a Finisher's medal. Your IPICO Sports Tag timing device must be fixed to your running shoe in accordance with the instructions (see below). If you need additional instructions, or wire twist ties to fix the IPICO Sports Tag, these can be collected from the information point located in the assembly area at each Start. If you do not wear your Tag then the system will not record you finishing and therefore we will be unable to provide you with a finishing time.

## **PUBLIC TRANSPORT TO THE START**

If you are on the Blue Start or 'Fast' good for age you need to travel to Blackheath Station. If you are on the Red Start you should travel to either Greenwich Station or Maze Hill Station. If you are on the Green Start you should travel to Maze Hill Station. There are marshals at the exits from all stations and on the routes to the Start Assembly Areas. Allow 15 – 20 minutes for the walk from the Station to the Assembly Area for all three starts. Trains depart Central London from Charing Cross, Waterloo East and London Bridge stations. Marshals at all three stations will direct you onto the appropriate trains for each Start. The journey takes between 12 and 20 minutes, with trains leaving every few minutes from 06.54am onwards. Please see the timetable.

Travel on these trains is free to competitors, but friends and relatives must pay the normal fare. However these trains are extremely busy, and non runners are therefore not encouraged to travel to the start. Please note spectators are not permitted into the Start Assembly Areas. London Underground and Docklands Light Railway are also offering free travel to runners on Marathon Day for those who need to connect with mainline stations. You will need to show your running number to station staff. Friends, family and other spectators will need to purchase tickets as normal. Take the earliest train you can, all trains are busy, but the later ones are especially so. Please be aware that there are planned Tube closures on 17th April. There will be no service between Marble Arch and West Ruislip/Ealing Broadway on the Central line.

The Docklands Light Railway (DLR) enables runners to travel to Greenwich from various stations north and south of the river. Services on 17<sup>th</sup> April will start earlier at 05:30am from Tower Gateway and Lewisham and 07:00am from Bank. For further information call 020 7363 9700 or log on [www.tfl.gov.uk/journeyplanner](http://www.tfl.gov.uk/journeyplanner) .

London Overground: Runners travelling from Dalston Junction (and intermediate stations) can connect with Southeastern trains at New Cross for onward travel to Blackheath (Blue Start). The first train departs Dalston Junction just before 07:00am and trains will run every 15 minutes.

## **TRANSPORT TO THE START – CARS AND COACHES**

We do not advise competitors to travel by car, but if there is no other alternative you should remember the following:

- Roads in the area will close at 07:00am, with local diversions in operation in the Greenwich, Charlton and Deptford areas.
- There is limited parking available on Blackheath.
- If you intend to leave your car at the Start, you will need to retrieve it after the event once you have reached the Finish in The Mall. There is NO parking in the vicinity of the Finish.
- Coach Parties – Please refer to the map on page 9.

## **ATTACHING YOUR IPICO SPORTS TAG TO YOUR SHOE**

The Virgin London Marathon accurately times every single runner by means of a transponder and an IPICO Sports Tag worn on the runners' shoes. When you cross the Start Line you will run over a mat on the road which will register your time as you pass over it. There is another mat under the Finish Gantry.

Official results and times will be based on the elapsed time taken by each runner between the Start Line and Finish Line. There are also timing mats at each 5K point as well as half way. It is your responsibility to wear this correctly in order to get an official finishing time.

Your IPICO Sports Tag will be issued to you at Registration. This must be fixed to your running shoe in accordance with the instructions. In the envelope with your running number are wire twist ties to attach the IPICO Sports Tag to your running shoe.

When you cross the Finish Line, we have teams of specially equipped helpers to remove the IPICO Sports Tag from your shoe – you do not need to do anything, just follow the marshals' instructions. Use the wire twist fasteners provided - do not fix the IPICO Sports Tag through your shoelaces; if you do we will have to cut your laces to get it back.

## **WHERE AND WHEN TO START**

**Running Numbers 151 to 1100** are Championship Men and Women competitors.

Your number will be blue on a white background and you will start at the Blue Start on Blackheath. Use Blackheath station if you are travelling by train. Your final instructions (which you will have collected at Registration) will include details of the special arrangements for you at the Start.

**Numbers 1,101 to 28,100 and 55,751 to 59,000** also have a blue number on a white background and will start at the Blue Start. Use Blackheath station if travelling by train.

Numbers from 28,101 to 31,100 will have a green number on a white background and will start from the Green Start on Blackheath. Use Maze Hill station if travelling by train.

**Numbers 33,351 to 55,750** will have a red number on a white background and will start from the Red Start which assembles inside Greenwich Park. Use Greenwich or Maze Hill stations if travelling by train.

**Numbers 31,101 to 33,350** are Fast Good for Age competitors. Your numbers will also be red on a white background. You will assemble at the Fast Good for Age area and start at the front of the Red Start. Use Blackheath station if you are travelling by train.

## **START ASSEMBLY AREAS**

Large blimps will be flown over each start along with signs and a PA system which will help you to find your way around. There are toilets, Nestle Pure Life water, Lucozade Sport, and Tea and Coffee available at all three Starts. Ensure your running number is clearly displayed

before entering the assembly area. Please note, only runners with the corresponding coloured number will be allowed into the appropriate assembly area. This is a runners only area, Spectators are not permitted into the assembly areas.

## **KIT BAGS & BAGGAGE LORRIES**

The PA Systems at each start will tell you when to put your kit bag on to the appropriate baggage vehicle in the start area. All lorries are labelled with a range of numbers corresponding to runners' numbers. So for example, if your running number is 27,582, you should hand your bag in at the lorry with the number range 27,000 – 27,999. Staff on the lorries will only accept the official Marathon Kit Bag which was handed to you at Registration. Kit bags are sorted into number order to allow for easy retrieval at the Finish. Ensure you have stuck your self adhesive running number label to the Kit Bag where indicated, and that you have drawn and tied the drawstring cord to prevent any items from falling out. Once you have deposited your bag, move towards the start zones. Once you have deposited your bag on the lorry, you will not be able to retrieve your belongings until you arrive at the Finish. Therefore, please ensure that you have all you require for your run BEFORE depositing your bag on the lorry.

Many runners wear either old clothes or a bin liner to keep warm before the Start. If you discard these items when you start running, please do so carefully so as not to hinder the runners behind you. Bin liners are slippery when wet!

## **START ZONES**

Running numbers are issued on a random basis, to assist with baggage retrieval at the Finish. Please line up in the numbered zone (1 – 9) which has been allocated to you on the basis of your predicted finish time. Marshals will ask to look at the zone number marked on your running number and will only allow runners to enter the corresponding zone at the start. Do not attempt to promote yourself to a faster zone – start in the correct zone, start steadily and you will be much more likely to enjoy your run. If you are running in an elaborate fancy dress costume, you must position yourself at the rear of Zone 9 at the red or blue start so as not to impede other runners who want to run as fast as they can. No wheeled vehicles of any kind or animals are allowed on the course. Anyone who disregards this rule will be disqualified, removed from the course and banned from participating in any future Virgin London Marathon.

## **RACE START TIMES**

09:00 The Virgin London Marathon for Elite Women – Blue Start

09:20 The Virgin London Wheelchair Marathon for Men & Women – Blue Start

09:45 The Virgin London Marathon Mass Start – Blue, Red & Green Starts.

Elite Men and the UK Athletics and England Athletics Championships for Men and Women – Blue Start.

## **THE COURSE**

The Blue Start and the Red Start follow different routes for the first three miles, and then converge on a section of dual carriageway. The two routes run alongside each other for the next 800 metres. Please do not cross over the central reservation at this point; both routes are accurately measured and if you switch from one side to the other you may find you have run a

greater distance. The Green Start merges with the Blue route after just 1200 metres. Some short sections of the route have traffic running on the opposite side of the road – these are wide main roads, do not cross over these coned sections. At various points on the course, slower runners will be directed to switch from one side of the road to another. This allows batches of spectators and vehicles to escape from the island caused by the route. Please follow the instructions of marshals; the switches do not involve any extra distance for runners. The wheelchair athletes start before the mass race, so some runners will be overtaking the slower wheelchairs during the race. Please give them plenty of room and do not cut across their path. There may also be other runners with disabilities in the race, keep a look out for them, give them space (and your encouragement) as you pass.

## **THE THIN BLUE LINE**

A broken Blue Line painted on the road indicates the shortest route and represents the exact and correct measured distance. Elite runners and faster runners follow this line closely; slower runners will find it less important to do so. Our agreement with the Highways Department in each of the boroughs through which the race passes is that this line must be removed from the highway before the roads can reopen. The line will be removed by crews who follow the last runners. If the line is being removed around you, this is a clear indication that you no longer have priority on the highway and you must move onto the pavement. (See section ‘Slow Runners’ on page 12.)

## **TOILETS**

In addition to the toilets at the Start, there are facilities along the route as follows:

- Blue Route: 600m, 1.25 miles, 2 miles, 4 miles, 6 miles and so on, at approximate 2 mile intervals, up to and including 24 miles.
- Red Route: 1 & 2 miles – then as Blue route
- Green Route: As Blue route, with the exception of 600m, first toilets are at 1.25 miles.

## **DISTANCE MARKERS AND TIMING CLOCKS**

Each mile and 5km is clearly indicated, and a clock will show the running time, based on the actual Start time (not elapsed time.) There is no clock tower at mile 26.

## **DRINKS STATIONS**

Drinks Stations are situated as follows: NESTLÉ PURE LIFE WATER is offered at every mile from 3 miles through to 25 miles. Water is supplied in 330ml race bottles with a flip-top. LUCOZADE SPORT is available at miles 5, 10, 15, 19 and 23. It is offered in a 330ml race bottle with a flip-top. Please discard your bottles to the side of the road – do not drop them on the road in front of you where they can be hazardous to runners behind you. A Drinks Station requires an adequate stretch of straight road to be set out effectively, so not all stations are immediately adjacent to mile markers. Each station will be clearly signed. Wherever possible, drinks will be offered from both sides of the road. Do not rush for the first table; tables are spaced over approximately 80 metres on each side and supplies distributed evenly. Before you veer off to the side, remember there are runners behind you!

## **CARBO GEL STATIONS**

LUCOZADE SPORT CARBO GEL Stations are on The Highway at miles 14 and 21 1/2 . Please exercise the same care here as you would at the Drinks Stations. SHOWERS

Six shower units are placed on the course and are a welcome relief in warm weather. If it is a warm day, please use the shower units to cool down. **DO NOT USE BOTTLED WATER FROM THE DRINKS STATIONS TO TIP OVER YOUR HEAD AS THIS REDUCES SUPPLIES FOR SLOWER RUNNERS AT THE BACK OF THE FIELD.**

Locations of the shower units are Surrey Quays ( just before 9 miles), The Highway (13 miles), East Ferry Road (17 miles), West India Dock Road (19 miles), The Highway again (22 miles) and Upper Thames Street (23.5 miles). Units are positioned slightly off of the course so you will need to deviate from the Blue Line to pass through. Signs in advance of each unit showing 'Shower 200m Ahead' will indicate that you are approaching. Obviously the road surface will be wet both under and around the shower unit, so take extra care at these points.

## **SPECTATORS**

There is a separate course guide for spectators also on our website. If you have friends and family coming to support you along the course make sure they have read these pages carefully. There are now very few places on the course where there are not many hundreds of spectators to cheer you on, your friends and relatives are more likely to catch a glimpse of you if they avoid the busy spectator areas of Tower Bridge and the Tower of London and the City Pride Pub on the Isle of Dogs. Cutty Sark, always one of the most crowded areas, is currently undergoing refurbishment and building work. We strongly advise spectators to avoid this area. There is also a spectator guide on the Virgin London Marathon website.

## **WALKING**

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens to you, please move over to the side of road furthest from the Blue Line to allow runners to overtake. It is both frustrating and tiring for those who are still able to run to have to dodge around people who are walking. Please show consideration to your fellow competitors and walk at the side of the road. Please endeavour to walk in single file, not in groups, to give more room for faster runners to pass.

## **1SLOW RUNNERS**

Our event only has priority over the roads on the route for the time that it takes a seven hour runner to reach the finish. Therefore, if you are slower than this then you will need to become a 'prudent pedestrian' and move onto the pavement. Before the roads reopen they have to be cleaned and made safe from bottles and other debris, and the Blue Line removed. If this activity is happening around you then you must move onto the pavement. Drinks stations will be closing and marshals gradually stood down. As on-course facilities become less available, slower runners are encouraged to make alternative provision for drinks and other necessities. Those determined to finish will be able to do so. Our team at the rear of the race will endeavour to give support and advice.

## **DROPPING OUT**

There are two sweep up coaches which follow the tail enders around the course. If you have to drop out, you should make your way to the nearest St John Ambulance First Aid point, give them your running number and then wait for the sweep up coach to stop and pick you up. There are St John Ambulance personnel on each coach and your details will be transmitted to the St John Ambulance Information Point at the Finish. You will be dropped off at the Finish and if you do not require further treatment you will be able to retrieve your belongings and make your way home. The other alternative is to make your own way back to the Finish to

collect your belongings. London Underground, the Docklands Light Railway and London Buses will honour your running number as a free pass to enable you to get back to the Finish.

Our marshals at all the Underground and DLR Stations on the route will be able to direct you and give you printed instructions on how to get back to the Finish. They will also remove your IPICO Sports Tag from your running shoe and put a cross through your running number, so that we know that you have been accounted for. You should head for Embankment Station where our marshals will direct you back to the Finish Area in The Mall to collect your belongings. London Underground and Docklands Light Railway (DLR) are offering free travel to all runners until 5:00pm on Marathon Day. Friends and family will need to purchase tickets as normal.

## **THE FINISH**

The Royal Parks Agency has allowed us to use Horse Guards Parade, Horse Guards Road and St James's Park itself as a Runners' Meet and Greet Area and the map in the Spectator's Guide pages on the Virgin London Marathon website shows the layout of facilities. We are grateful to the Royal Parks Agency for their assistance and would ask that you show your appreciation by treating the area with the respect it deserves and not littering the Park and surrounding areas.

## **THE FINISH LINE**

The Finish is in The Mall. As you cross the Finish Line, try to keep moving. If you become distressed our medical staff and St John Ambulance officers will be on hand to care for you. Please make sure not to obscure your running number with your arms, otherwise we will not be able to identify you for the Finish Line photographs. Only participants who finish inside 8 hours (by 6pm real time) will receive a finish time and a medal from our Finish Line team on the day.

## **SECURE FINISH**

The Finish area is an 800m long secure area with no public access. Once across the line you will be 'processed' through the system. First your IPICO Sports Tag will be removed from your shoes. Then you will receive a medal. Then you will be offered a goody bag which contains Nestlé Pure Life water, Lucozade Sport, a foil blanket, food items and your finisher t-shirt.

## **THE FINISH AREA**

You should aim to retrieve your own belongings from the Baggage lorries as quickly as possible. Follow the signs, lookout for the colour of your start and collect your baggage from the lorry with your running number range displayed on it. Then move away from the baggage vehicles area and put on some warm clothing. Please leave the secure area via the designated exit point only. If the weather is poor there are two covered changing areas available, both of these are outside the secure Finish area. Please refer to the Finish Area map in our Spectators' Guide on our website.

## **RUNNER MEET AND GREET**

The runner meet and greet area can be very busy, so please take note of the following advice. There will be meeting points in Horse Guards Road and Horse Guards Parade with areas marked by letters of the alphabet - meet at your family initial or at another prearranged letter.

Overseas runners have their own dedicated 'Meet and Greet' area in the Mall, close to Admiralty Arch. Please ask your friends and relatives to meet you at one of these meeting points and ask them NOT to congregate around the exit from the secure area. This causes massive congestion for exiting runners as well as other health and safety issues for the large numbers of people in this area. Both the Police and our security personnel are under instructions not to allow people to congregate here and to move them along. Please make your arrangements to meet friends and relatives carefully - a little forward planning will prove extremely worthwhile. We strongly suggest that you have a contact telephone number to relay messages, a third party who will be at home and will be able to take calls and pass messages between you, should your plans go awry. Please ask any friends or relatives to bring this magazine with them - there is a spectator guide with details and a map of the finish area in the Spectators' Guide.. In the unlikely event of the Finish Area becoming unavailable as a result of a serious incident on race day or the race being stopped for some other reason, you are advised to agree an alternative meeting place (our suggestion is not within a mile of the Finish Area) with friends and relatives. This will ensure you have a predetermined place to meet which will be more accessible.

Heavy mobile phone traffic on all networks means you may find it difficult to get a signal in and around the Finish Area. Therefore, do not rely on mobile phones as your only means of communication. Remember you will most likely be tired and weary, as well as proud of your achievement, and meeting with your friends and relatives after the event will be difficult among perhaps 100,000 other runners and relatives if you haven't made simple arrangements. Remember that 50% of runners finish in four hours plus. You are more likely to run slower than faster than your predicted time. After crossing the Finish Line it will take a minimum of 15 minutes and closer to 30 – 40 minutes to reach the runner meet and greet area. Remember to build these factors into your arrangements for meeting friends and relatives. Also on Horse Guards Parade there will be a St John Ambulance Station and our Information Point, as well as toilets. We are very limited in terms of space in this area and would ask that once you have been reunited with your friends and relatives, you move off to allow access to runners behind you.

## **OTHER POINTS TO REMEMBER**

- Tell friends and relatives your running number. It is the easiest way for our Information Point to identify you on our database.
- There will be a PA system in operation throughout the day at the Finish; this is only for the official race commentary and emergency announcements, NOT for runners seeking lost friends or family.
- Running for a charity that has a reception afterwards? Find out where it is and how to get there in advance.
- Need to return to your coach for the journey home? Find out where it will be parked and how to get there before the race starts. Arranging to meet your friends and relatives "at the finish" is simply not adequate and will only lead to distress and frustration on both sides. Following the instructions above will help you to avoid this situation.

## **HEADING HOME**

Remember, DLR and London Underground will allow free travel up to 5pm on their entire network system to **RUNNERS ONLY**. Friends, relatives and spectators will need to purchase tickets as normal.