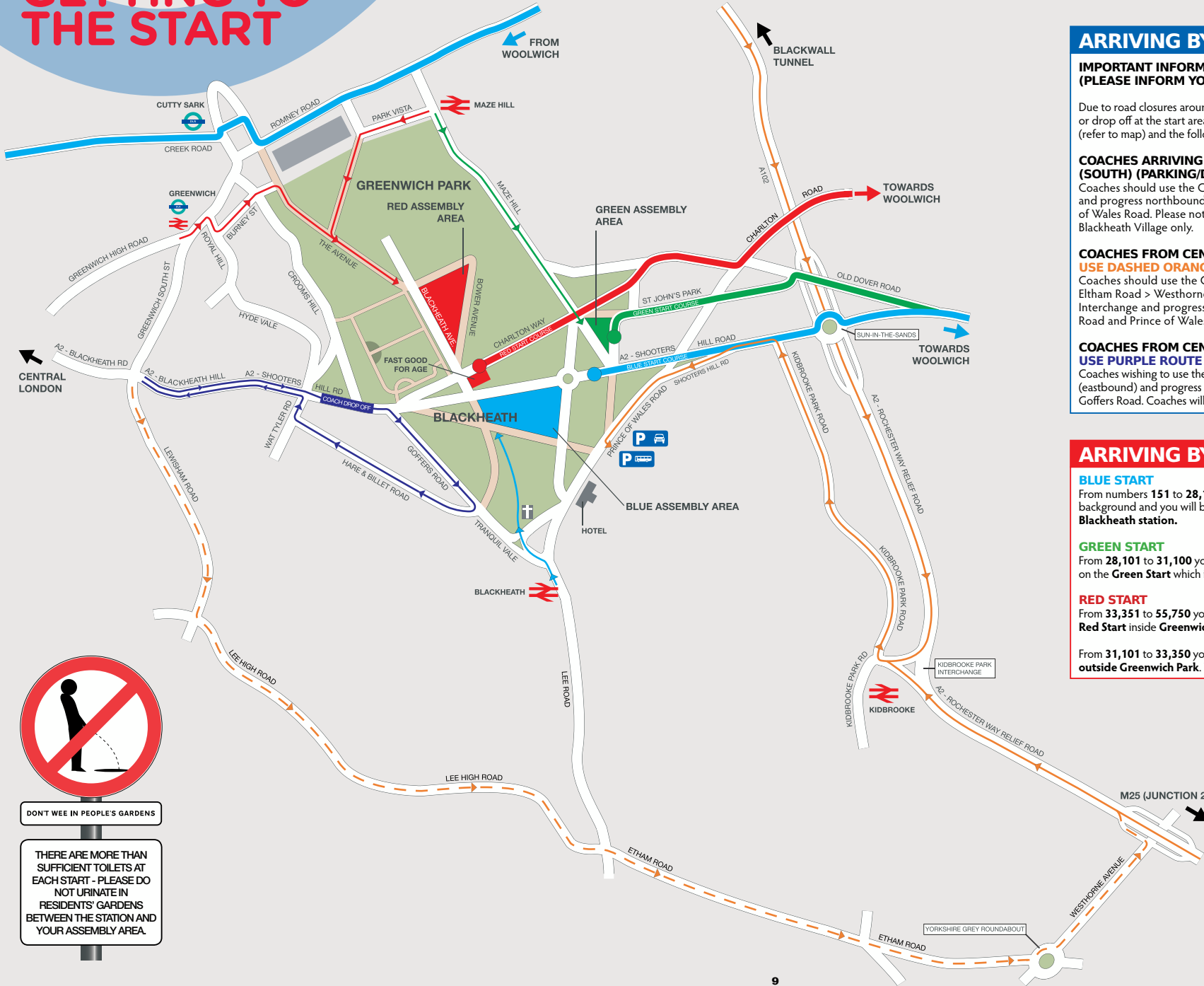


FINAL INSTRUCTIONS

GETTING TO THE START



DON'T WEE IN PEOPLE'S GARDENS

THERE ARE MORE THAN SUFFICIENT TOILETS AT EACH START - PLEASE DO NOT URINATE IN RESIDENTS' GARDENS BETWEEN THE STATION AND YOUR ASSEMBLY AREA.

ARRIVING BY COACH

IMPORTANT INFORMATION FOR RUNNERS ARRIVING BY COACH (PLEASE INFORM YOUR DRIVER)

Due to road closures around Blackheath and Greenwich all coach parties planning to park or drop off at the start area should use the designated coach park and coach drop off areas (refer to map) and the following directions:

COACHES ARRIVING FROM BLACKWALL TUNNEL A102 (NORTH) & M25 (SOUTH) (PARKING/DROP OFF) USE ORANGE ROUTE

Coaches should use the Coach Park/Drop off and access via the A2 Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of Wales Road. Please note all coaches dropping off should depart to the south through Blackheath Village only.

COACHES FROM CENTRAL LONDON (PARKING/DROP OFF) USE DASHED ORANGE ROUTE

Coaches should use the Coach Park/Drop off area and access via Lee High Road > Eltham Road > Westthorne Avenue > A2 (Rochester Way Relief Road) to the Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of Wales Road.

COACHES FROM CENTRAL LONDON (DROP OFF ONLY) USE PURPLE ROUTE

Coaches wishing to use the 'DROP OFF' only area, should access via the A2 Blackheath Hill (eastbound) and progress along Shooters Hill Road to the drop off point at the junction with Goffers Road. Coaches will depart via Blackheath Hill (Westbound).

ARRIVING BY RAIL

BLUE START
From numbers 151 to 28,100 & 55,751 to 59,000 you will have a blue number on a white background and you will be on the **Blue Start on Blackheath**. You should therefore use **Blackheath station**.

GREEN START
From 28,101 to 31,100 you will have a green number on a white background and you will be on the **Green Start** which is on **Blackheath**, just near **St Johns Park**. Use **Maze Hill station**.

RED START
From 33,351 to 55,750 you will have a red number on a white background and will be on the **Red Start** inside **Greenwich Park** and should therefore use **Greenwich or Maze Hill station**.

From 31,101 to 33,350 you will also be on the **Red Start** (Fast Good for Age), but located just **outside Greenwich Park**. You should use **Blackheath station**.

KEY

- COACH/CAR ROUTE TO THE START FROM BLACKWALL TUNNEL A102 (NORTH) & M25 (SOUTH) (PARKING & DROP OFF)
- COACH/CAR ROUTE TO THE START FROM CENTRAL LONDON (PARKING)
- COACH ROUTE TO THE START FROM CENTRAL LONDON (DROP OFF ONLY)
- ROUTE FROM BLACKHEATH STATION TO BLUE START
- ROUTE FROM GREENWICH/MAZE HILL STATIONS TO RED START
- ROUTE FROM MAZE HILL STATION TO GREEN START