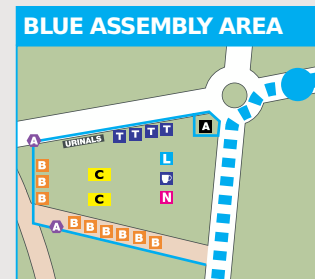
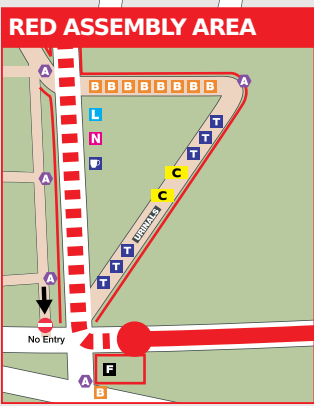
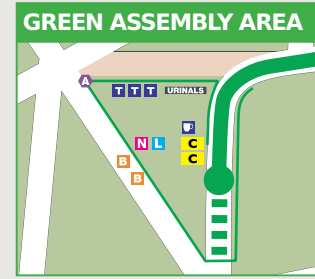


FINAL INSTRUCTIONS

THE START



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**