

# TCS London Marathon: What to expect on race week



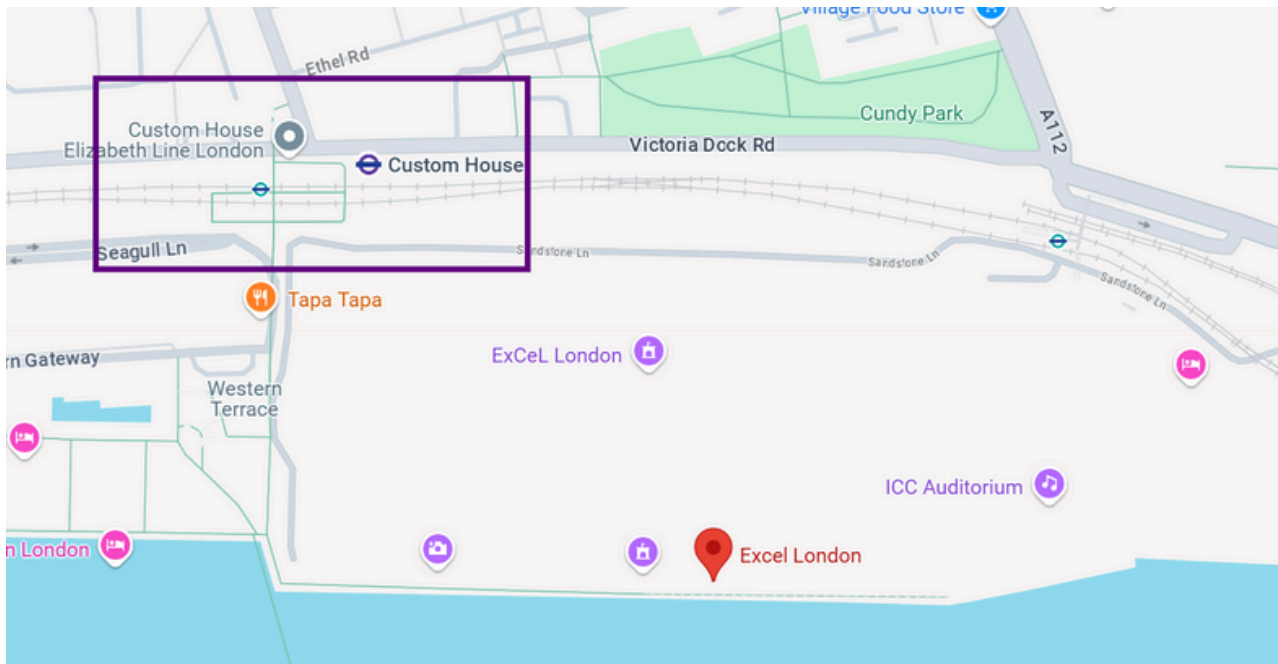
# Running Show



**Excel London**

**When:** Wednesday 23rd April - Saturday 26th April

**How to get there:** You can travel to the Excel via the Elizabeth Line, DLR or bus.



You **must** visit the Running Show prior to race day to collect your Event Pack. Crucially, this contains your bib. Bibs **cannot be collected on race day.**

If you are unable to attend, you can elect someone to pick it up for you. Details of how to do this will be in the Participant Guide you receive from London Marathon Events.

## What to bring with you

- Photo ID
- Your confirmation email

If you plan to attend the Running Show on Saturday, leave plenty of time to do so as it will be incredibly busy.



# Post-race reception

We are hosting a post-race reception on the day, that you and your supporters can come along to. Here you can have a shower, massage and then relax with some food and drink. This is also a good place to arrange to meet your supporters - especially as the finish line area is so busy!



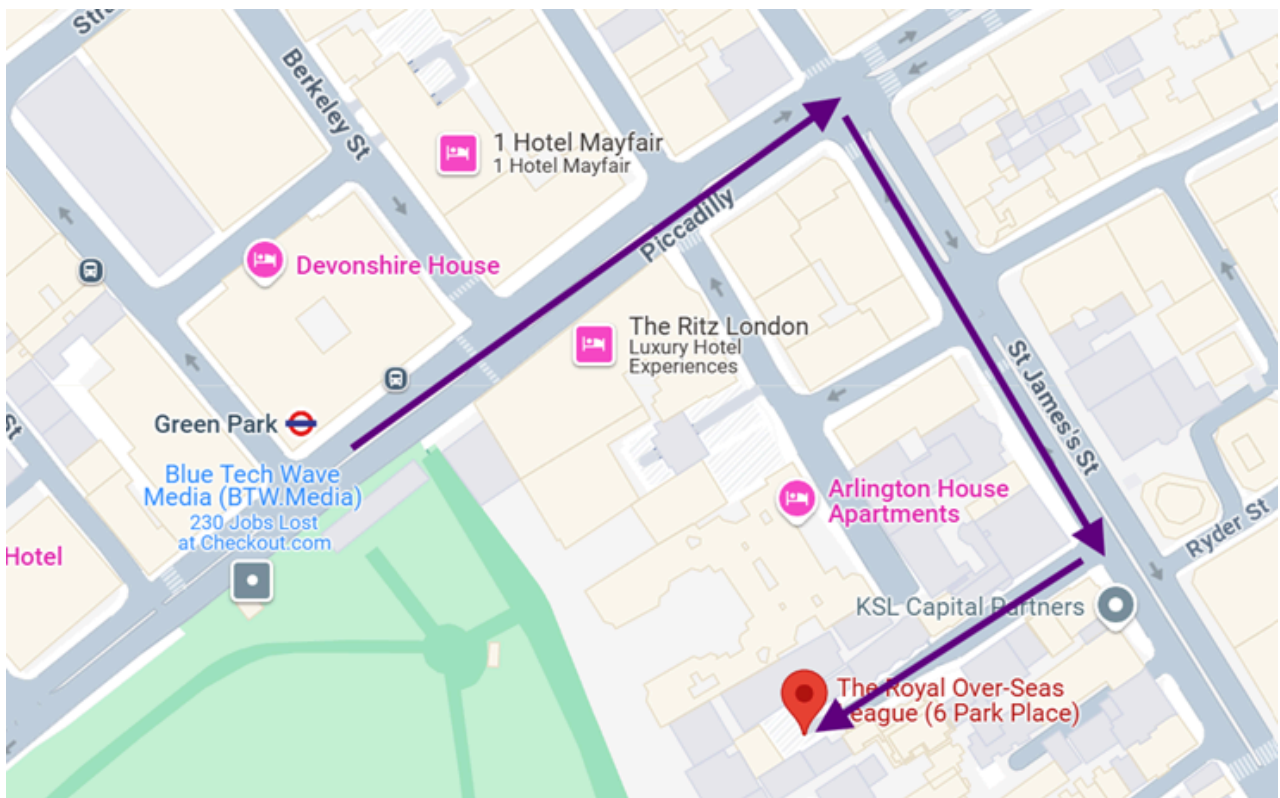
**Royal Over-Seas League, 6 Park Place, SW1A 1LR**



**12pm to 6pm**

**How you can get there:** We have a shuttle bus stop near the finish line. Members of MRF staff will be there to collect you, walk you to the bus stop and then you will be driven (5 minutes) to the ROSL.

**How your supporters can get there:** The ROSL is a short walk from Green Park underground station, which is serviced by the Jubilee, Piccadilly and Victoria lines. Green Park has lifts if step-free access to the station is required.



## Finish line shuttle bus



After you cross the finish line you will be funneled further along The Mall. As you continue, you will be able to either turn right onto Horse Guards Rd, continue forward towards Admiralty Arch, or take a left. Please turn left at this point (as shown on the map below) and head towards the Duke of York monument (pictured).

Someone from our team will be waiting near the bottom of the stairs with an MRF flag backpack, so that they can direct you towards our Shuttle Bus meeting point. The Duke of York monument typically has a two-way walking system in place, and you will need to walk up the stairs on the right-hand side, as shown on the map below.

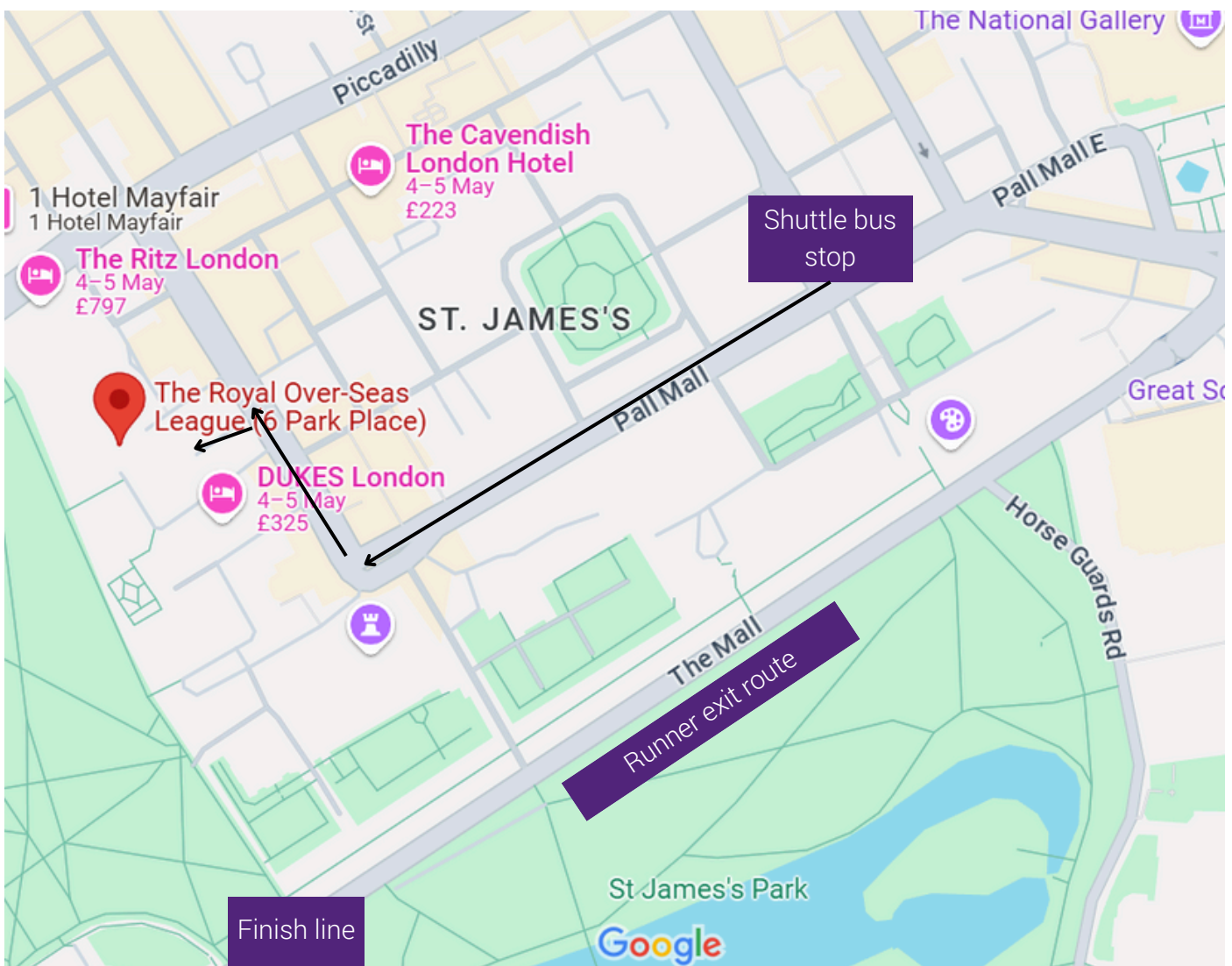
Our team will attempt to stay in the area highlighted with an X on the map, but crowds might not allow this. It might be hard to spot our team in the chaos, so if you're having trouble, feel free to head to the Shuttle Bus meeting spot, by following the purple arrow on the map and the marked Shuttle Bus sign. From here, if you wish to walk, someone can direct you to the venue, or you can take the Shuttle.

Someone with a flag will also (when possible) be walking runners from the finish line to the Shuttle.

**The Shuttle will be located at the corner of Pall Mall and Waterloo Place.**

**Please note:** If there is room, family and friends can ride in the Shuttle Bus. However, runners will be given priority and if there is not enough room then your family/friends will need to walk to the reception and meet you there (it's a 10-minute walk).

Walking route map:



# Mile 9 cheer point

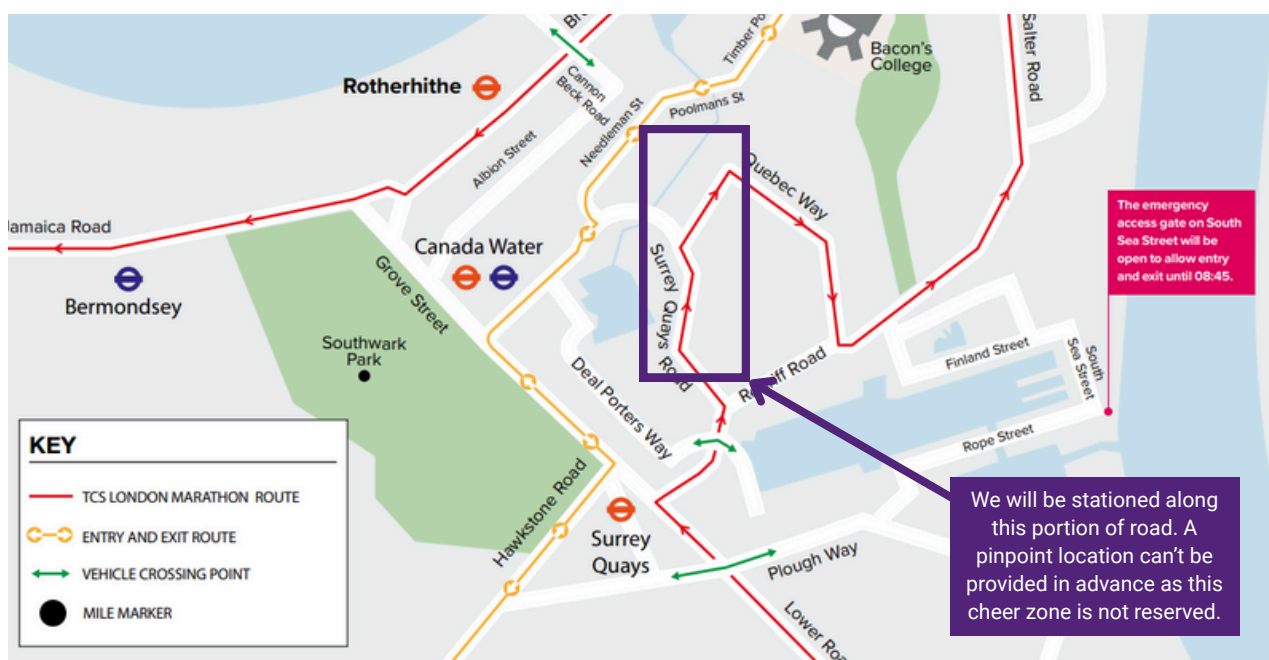


**Surrey Quays**



**Staffed between 10am and 2.30pm**

This year, based on runner feedback, we have introduced a second cheer point much earlier in the course. Our event photographer will be stationed here so make sure to smile and wave!



## What do my supporters need to know?

If travelling by underground, we'd recommend getting off at Canada Water, which is serviced by the Jubilee line.

Wheelchair accessible routes for public transport can be found through downloading the Citymapper app.

When arriving at this cheer point, supporters will find Rhiannon and Kirsty from our team.

This area of the course is not a dedicated charity cheer zone so please be aware it could be very busy!

Look for: Purple and blue MRF flags and staff in purple MRF jackets



# Mile 25 cheer point



**Victoria Embankment**



**Staffed between 10am and 6pm**

We know many supporters follow their runner and try to cheer them on at a few points across the course. This is a good spot for the final push to the finish.

There will also be pictures taken here!



## What do my supporters need to know?

The closest underground station to this cheer point is Temple. Wheelchair accessible routes for public transport can be found by downloading the Citymapper app.

Once you exit the station, turn right and walk until you reach the designated crossing point outside Somerset House.

Then, cross the road and turn left. The charity cheer zone may appear closed off - but you are heading the right way.

Walk down until you find the MRF section of the charity cheer zone.

When arriving at this cheer point, supporters will find Celia, Lily and Kate from our team.

This cheer point is a dedicated area, reserved just for MRF supporters, so there will be plenty of space.

There will be an accessible viewing platform to the left of all the cheer points if required.

Look for: Purple and blue MRF flags and staff in purple MRF jackets

