

Monday 2 May

Event Guide

YOUR TOP 10 CHECKLIST

We hope you're looking forward to running for your head and your heart at the Vitality London 10,000! Here are 10 key things you need to do to enjoy your day as you Celebrate You. Please read them carefully and save to your phone or device so you can access them easily on Event Day.

1. CHECK OUT YOUR EVENT PACK

If you live in the UK, you'll receive your Event Pack in the post during the week commencing Monday 25 April. It will contain:

- your bib number with timing chip attached
- safety pins to attach your bib number to your top
- your kitbag (please note: baggage wristbands will be provided on Event Day)

If your pack does not arrive or any items are missing, simply head to the Information Point in Green Park on Event Day. If you live outside the UK, please collect your Event Pack at the Information Point on Event Day.

2. BE SAFE AND SECURE

The safety and security of all our participants and spectators is of paramount importance to us. We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure. Our team of friendly stewards are there to help too, so don't be surprised if they pop up to say hello!

In addition, our dedicated Welfare Team will be on hand should you need any help. Members of this team have been specially trained to protect any children and vulnerable adults at the event. The Welfare Team will be located next to the Information Point in Green Park on Event Day – this is also where any friends or family with children coming to watch or visit the Vitality Wellness Festival can pick up identity wristbands.

COVID-19

If you test positive for Covid-19, have been in contact with someone who has the virus, or feel unwell in any way, please do not attend the Vitality London 10,000.

3. PLAN YOUR JOURNEY

You have been allocated an arrival time into Green Park – please stick to your arrival time to help us deliver a safe and enjoyable event for all. Details are provided in the timetable on the next page.

Where possible, we recommend travelling to Green Park on foot, by bicycle or by public transport. To plan your journey to and from Green Park, please use tfl.gov.uk/plan-a-journey

4. UNDERSTAND YOUR BIB NUMBER

The background colour of your bib number indicates which start wave you are in. Make sure you know this before Event Day so you can find your wave quickly and easily.

Please clearly display your bib number as soon as you arrive into Green Park and throughout the day, so our stewards can help to direct you.

This is an example bib number for the Yellow Wave.



5. KNOW YOUR IMPORTANT TIMES

Please make sure you know your wave colour and its associated timings.

When you arrive at the assembly area in Green Park, please look for timing information on the big screen and listen to announcements on the public address system. Our stewards will also be on hand to direct you to where you need to be at the right time.

Wave colour	Arrival time into Green Park	Earliest arrival at the Start Area	Wave loading time	Start time
Yellow	08:35	09:25	09:44	10:00
Black	08:45	09:35	09:52	10:08
Green	08:55	09:45	10:00	10:16
Grey	09:00	09:55	10:08	10:24
Purple	09:10	10:05	10:16	10:32
Orange	09:20	10:15	10:24	10:40
Red	09:30	10:20	10:32	10:48
White	09:35	10:25	10:40	10:56
Blue: Run for Ukraine	09:45	10:35	10:48	11:04
Pink: Celebrate You	09:50	10:45	10:56	11:12

6. DROP OFF YOUR KITBAG

Please put anything you don't want to run with in the kitbag we posted to you. Make your way to the baggage drop area in good time and join the lane that matches your wave colour. Please have your bib number on display so our stewards can help direct you. Please note: your kitbag will be stored in an uncovered area.

Our baggage drop team will attach a numbered wristband to your kitbag and will give you an identical one to wear on your wrist. Please look after your wristband as you'll need it to collect your kitbag after your run.

7. GET OFF TO A GOOD START

Once you've dropped off your kitbag, if required, please make your way to the Start Area. To help us avoid crowding, please do not go to the Start Area until your earliest arrival time. There will be a warm-up area and toilets on The Mall before the wave loading pens.

Once your wave is ready to load, the big screen and signs within the warm-up area will direct you to the pen that matches the colour of your bib.

Our volunteers and stewards will be on hand to direct you should you need assistance. Please follow their instructions to help everyone get off to the best possible start.

8. FAMILIARISE YOURSELF WITH THE COURSE

There is a map of the Vitality London 10,000 course on the next page. It covers 10 kilometres from start to finish and takes in many of London's most famous landmarks, including Big Ben, the Houses of Parliament, and St Paul's Cathedral – so there should be plenty to look at as you make your way round.

There are toilet blocks at 3K, 5K and 7K and a drink station at the halfway stage. We hope you enjoy your run!

9. FOCUS ON THE FINISH

You have up to two hours to complete your run. Look out for our official photographers from Sportograf, who will take a photo of you crossing the Finish Line.

Once you're over the Finish Line, you'll be able to celebrate by collecting your medal and New Balance technical T-shirt, as well as a bottle of BUXTON® Natural Mineral Water and a banana. If you would like to eat anything else, please bring the items with you. Refreshments will also be available in Green Park.

Look out for the signposts directing you back into Green Park where you can collect your kitbag, if you handed one in – just show the baggage team your wristband.

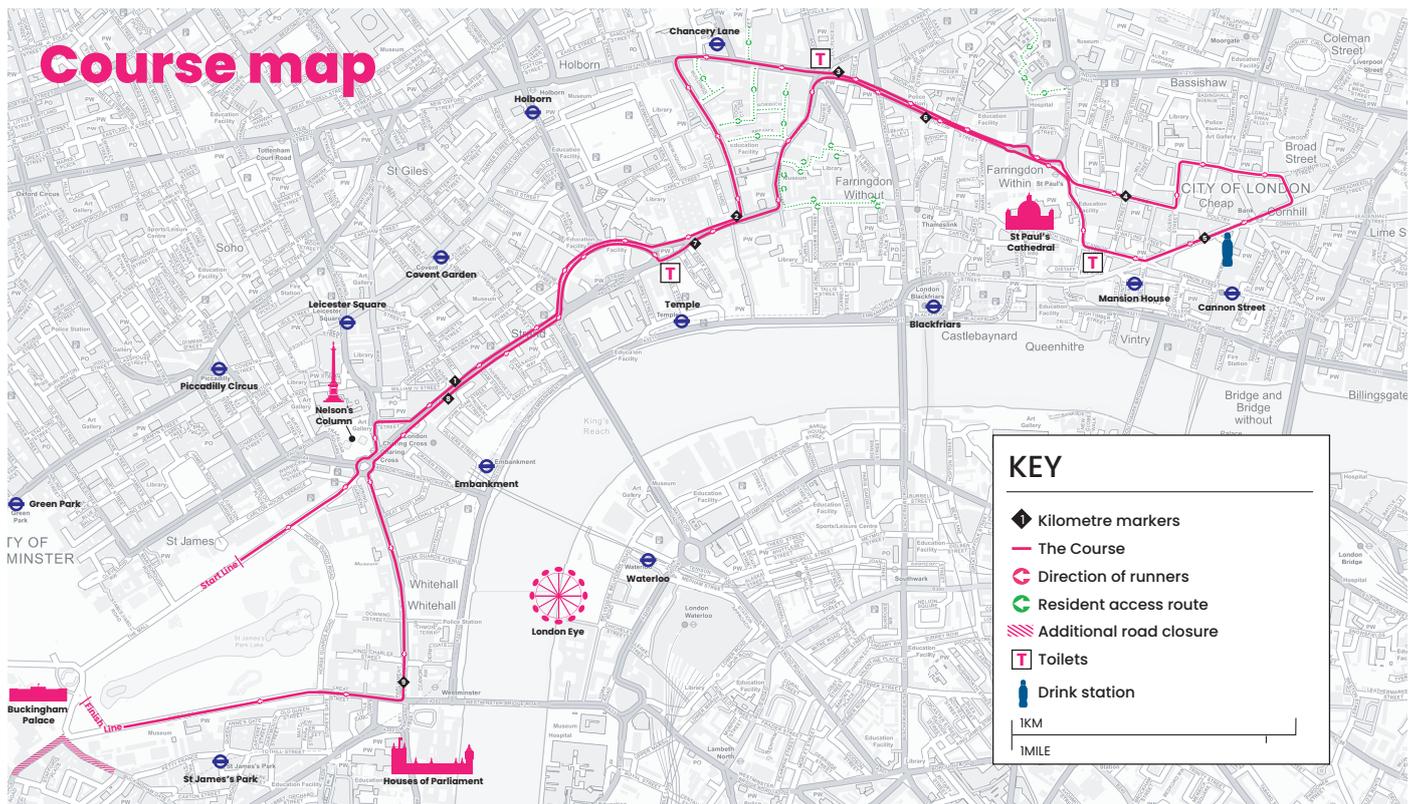
10. RELAX AFTER YOUR 10K

You'll have the chance to meet your family and friends to relax together and enjoy the assorted activities on offer at the free Vitality Wellness Festival in Green Park – there's something to suit all ages.

There'll be a meet and greet area with A-Z signposts to make finding them easier – just remember to agree in advance which letter sign to meet at! If you're unfamiliar with the area, we recommend using the free what3words app, which allows you to pinpoint your location to share with others.

The family fun zone will be open until 14:00, with exciting activities for kids, refreshments, and the chance to have a go on the world-famous Vitality Tumbleator – a giant treadmill where you can choose a relaxed pace or go for a new world record!

Your official result will be available at vitalitylondon10000.co.uk within 24 hours. We'll also email you a post-event survey to complete to find out what you thought of your experience and make it even better in years to come!



AND FINALLY, THANK YOU!

Thank you for taking part in the Vitality London 10,000. It's going to be great to run together again in London after almost three years away! We're really looking forward to seeing you on Bank Holiday Monday 2 May. For more information, visit vitalitylondon10000.co.uk