

Sunday 24 September

Event Guide

YOUR TOP 10 CHECKLIST

We hope you're looking forward to taking part in the Vitality London 10,000! Here are 10 key things you need to do to enjoy your day. 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 should receive your Event Pack in the post by Saturday 23 September.

If your pack does not arrive or you live outside the UK, please collect your Event Pack at the Information Point in Green Park on Saturday 23 September or from 07:30 on Event Day. The what3words location for the Information Point is [lll/light.rinse.spoken](https://www.what3words.com/lll/light.rinse.spoken)

Your Event Pack contains:

- your bib number with timing chip attached to the back
- safety pins to attach your bib number to your top
- your kitbag with self-adhesive sticker and matching baggage wristband

It's essential that you fill in your emergency contact number on the reverse of your bib number. This is in case of any emergencies.

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.

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 family or friends with children coming to watch or visit the Vitality Wellness Festival can pick up identity wristbands.

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.

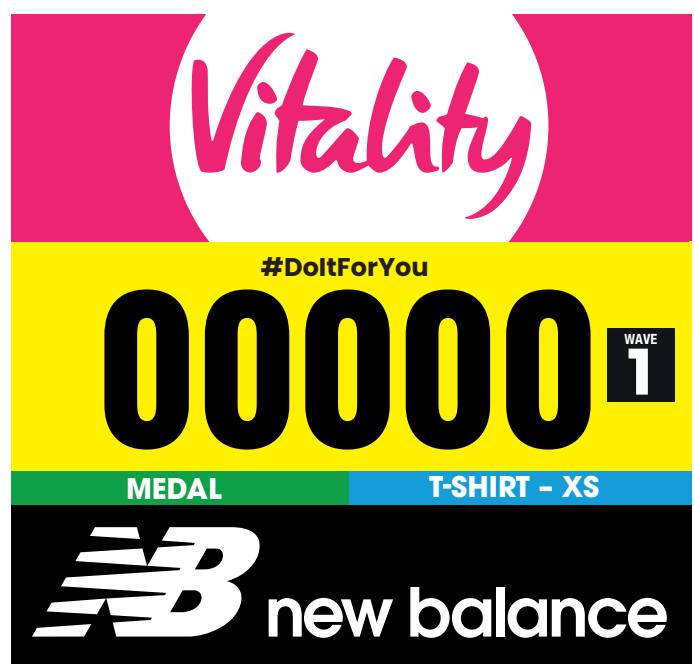
Where possible, we recommend travelling to Green Park on foot, by bicycle or by public transport. To plan your journey to and from Green Park, please use tfl.gov.uk/plan-a-journey

4. UNDERSTAND YOUR BIB NUMBER

Your wave number, as well as your medal and finisher T-shirt choices, are clearly displayed on your bib number.

Please make sure you know your wave number before Event Day so you arrive on time – see the timetable over the page for more details.

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



5. KNOW YOUR IMPORTANT TIMES

Please make sure you know your wave number and its associated timings. When you arrive 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 direct you to where you need to be at the right time.

Warm up

There will be a warm up session on The Mall before each start wave. If you'd like to join in, please go to The Mall no more than five to 10 minutes before your warm up is due to start. This will help to avoid any congestion and will create a better experience for everyone.

Wave number	Wave colour	Arrive in Green Park	Warm up on The Mall	Wave start time
1	Yellow	08:35	09:44	10:00
2	Black	08:40	09:49	10:05
3	Green	08:45	09:54	10:10
4	Grey	08:55	10:02	10:18
5	Purple	09:00	10:10	10:26
6	Orange	09:10	10:18	10:34
7	Red	09:15	10:26	10:42
8	White	09:25	10:34	10:50
9	Blue: Women's Running	09:25	10:34	10:50
10	Pink: Run to Overcome	09:25	10:34	10:50

6. DROP OFF YOUR KITBAG

Before you arrive, please make sure you have attached your baggage sticker to your kitbag. Put anything you don't want to run with in the kitbag, go to the baggage drop area and join the lane that matches your wave colour.

Please have your bib number on display so our stewards can help direct you. You will need the numbered wristband from your Event Pack to drop off and collect your kitbag.

Please note: your kitbag will be stored in an uncovered area and any items are left at your own risk.

7. GET OFF TO A GOOD START

Once you've dropped off your kitbag, please go 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 your correct start pen.

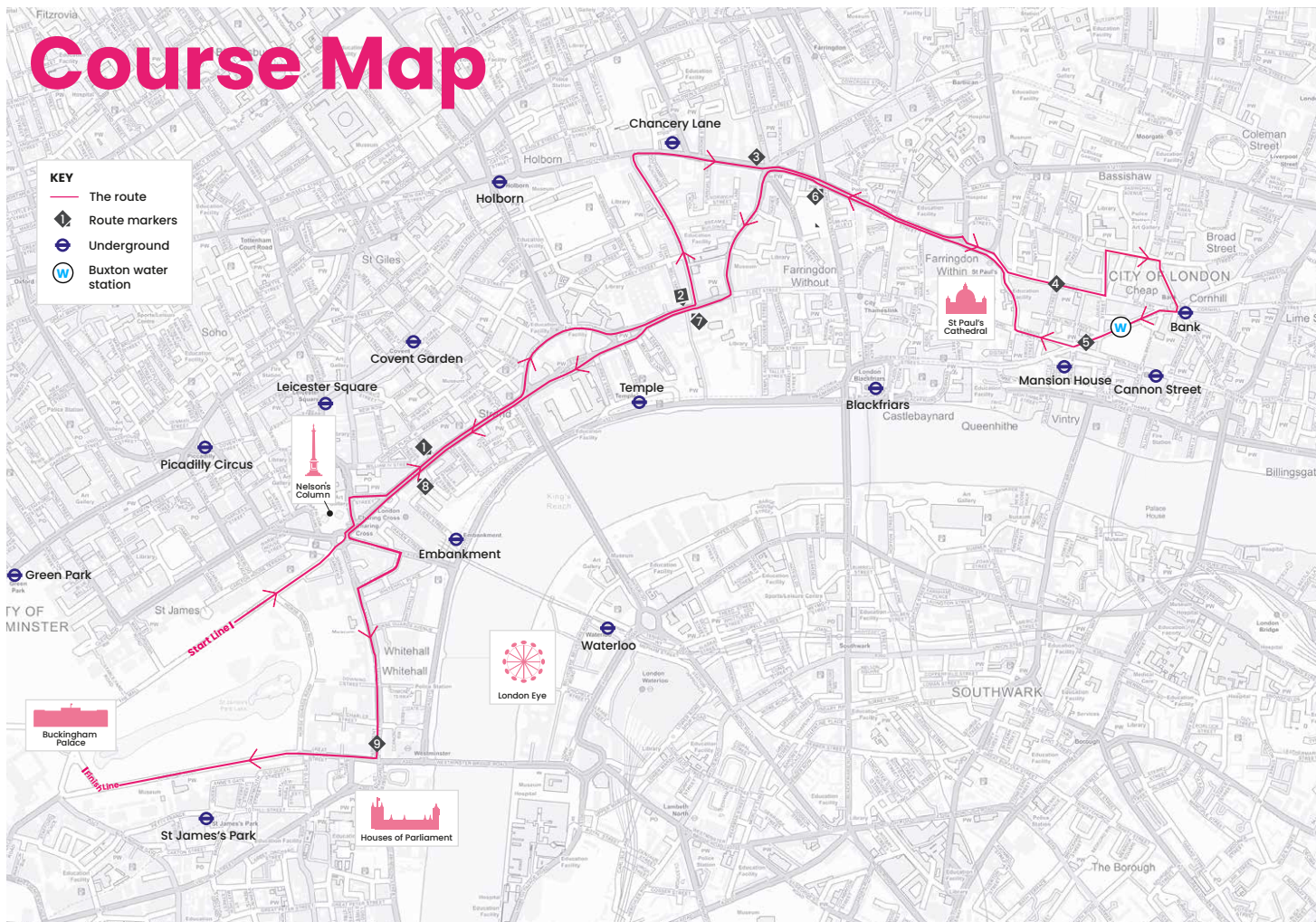
Our volunteers and stewards will be on hand to direct you should you need assistance. Please follow their instructions to help everyone get off to the best possible start.

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.

There are toilets at 3K, 5K and 7K and a Drinks Station serving BUXTON® Natural Mineral Water 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 (if you opted to receive them when you registered for the event) as well as a bottle of BUXTON® Natural Mineral Water.

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.

If you'd like to eat anything after you've finished, please bring the items with you and put them in your kitbag. Refreshments will also be available to purchase in Green Park.

10. RELAX AFTER YOUR 10K

You'll have the chance to meet your family and friends to relax together and enjoy the 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 signs 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 world record!

Your official result will be available within 24 hours at vitalitylondon10000.co.uk

TAKING PART WITH A YOUNG PERSON

We have a wide variety of security measures in place to ensure all our participants have a safe and enjoyable experience, and we also ask you to help us by being well-prepared.

Please ensure everyone you're running with, especially those under 18 years old, have their emergency contact numbers filled in on the reverse of their bib number.

This is essential so that both you and any young people you're running with can be identified and reunited should you become separated.

People under 18 will be identified by their bibs at the Finish Line. Our team will not allow them to leave the Finish Area until their adult/guardian has confirmed they can continue.

WHAT TO DO IF YOU BECOME SEPARATED...

...DURING THE EVENT



Do not panic. Please head straight to the Finish, where our team of trained, DBS-checked welfare support staff will be ready and waiting, looking for any children or carers who have become separated on the route.



This team will look after your child until you cross Finish Line if they arrive before you – and will be there to support you if you get separated from your child and finish before them.



Any separated young people who are found by event staff on the route **will also be guided to the Welfare Team at the Finish.** Please look out for the flags to find our team and your young person.



Welfare Team staff need to verify that they have reunited the right child with the right adult before they can leave the Finish Area together.

...OUTSIDE THE EVENT



If you are separated from a child or young person before or after the event, please go to the Information Point at the Vitality Wellness Festival in Green Park, where there will be more Welfare Team staff to help.

This is also where you should go if you find a child who has been separated from their parent or carer or have any other concerns about a child or vulnerable adult.



It's also a good idea to prearrange a meeting point with family and friends if you plan to get together before or after the event.

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.

AND FINALLY, THANK YOU!

Thank you for taking part in the Vitality London 10,000. It's going to be amazing to run together! We're really looking forward to seeing you on Sunday 24 September. For more information, visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk)

THANKS TO OUR
PARTNERS & SPONSORS

