

Sunday 22 September

Event Guide

YOUR TOP 10 CHECKLIST

We hope you're looking forward to the Vitality London 10,000! Here are 10 key things you need to do to enjoy your day. Please read them carefully!

1. CHECK OUT YOUR EVENT PACK

If you live in the UK, you should receive your Event Pack in the post by Tuesday 17 September. If you live outside the UK, you will need to collect your pack – see the details below. Your Event Pack contains:

- your bib number with timing chip attached
- 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.

COLLECTING AN EVENT PACK

If you live in the UK and your pack hasn't arrived by 17:00 on Tuesday 17 September, or any items are missing, please fill in the [replacement pack form](#).

We will then prepare a replacement pack or items for you to collect from 10:00 to 17:00 on Friday 20 September at Marathon House 190 Great Dover Street, London SE1 4YB.

Alternatively, you can collect your pack from 08:30 to 16:00 on Saturday 21 September at the Information Point in Green Park. The what3words location for the Information Point is [///backs.also.really](#)

INTERNATIONAL PARTICIPANTS

If you live outside the UK, you must collect your Event Pack from 10:00 to 17:00 on Friday 20 September at Marathon House – see address above – or from 08:30 to 16:00 on Saturday at the Information Point in Green Park.

If you require a replacement pack, we strongly advise you to collect it on the Friday or Saturday. However, a limited number of spare packs will be available on Event Day at the Information Point.

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 at 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. Sanitary products are also available.

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. A free bike park is available in Green Park with limited spaces available on a first-come, first-served basis. 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 – see the example below.

We're working with Trees not Tees to help our mission to be more environmentally sustainable. We'll plant a tree for every participant who opted out of receiving a T-shirt. You'll receive details of the location of your tree a few days after the event.



5. KNOW YOUR IMPORTANT TIMES

Please make sure you know your wave number and its associated timings. When you arrive in Green Park, please clearly display your bib number, so our stewards can help to direct you. Timing information will be displayed on the big screen and announced on the public address system.

Wave number	Wave colour	Start pen	Arrive in Green Park	Go to start pen	Wave start time
1	Yellow	A	08:35	09:19	10:00
2	Black	B	08:40	09:27	10:08
3	Green	A	08:50	09:35	10:16
4	Grey	B	08:55	09:43	10:24
5	Purple	A	09:05	09:51	10:32
6	White	B	09:15	09:59	10:40
7	Red	A	09:20	10:07	10:48
8	Orange	B	09:30	10:15	10:56
9	Blue	A	09:35	10:23	11:04
10	Smile for Miles	B	09:45	10:31	11:12

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'll 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. JOIN YOUR START PEN AND WARM UP

Once you've dropped off your kitbag, please go to your start pen in the centre of Green Park at your allocated time. Just follow the signs and the instructions from our volunteers.

To help us avoid crowding, please do not go to the start pen until your allocated time. Once your start pen is ready, our volunteers will lead you to the Start Area on The Mall.

Please note: you have to access your start pen to get to Start Area – no other routes are available.

Once in the Start Area, our team will provide a five-minute warm-up session to help get you ready for your 10K challenge!

8. FAMILIARISE YOURSELF WITH THE COURSE

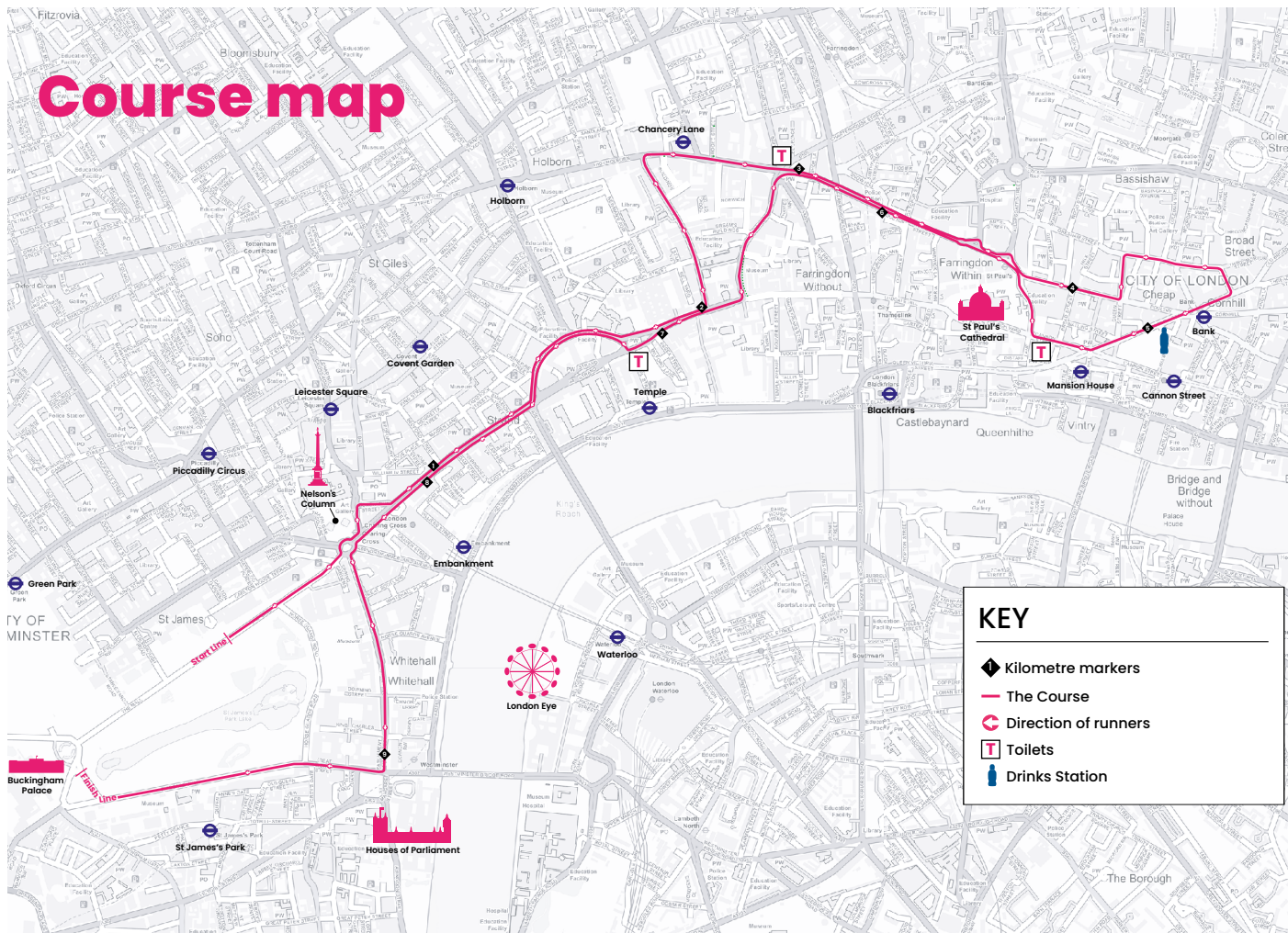
A map of the Vitality London 10,000 course is provided on the next page.

The Course 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.

Sanitary products will be also available at the Drinks Station. If you need anything, please just ask a member of our team!

We hope you enjoy running through the traffic-free streets of central London – it's a unique experience!



9. FOCUS ON THE FINISH

You have up to two hours to complete your run. Look out for our official photographers from Sportograf. **Sign up now** to be notified as soon as your photos are ready to view online.

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.

Participants must be at least 15 years old on the day of the event. Anyone under 18 remains the responsibility of their parent/guardian at all times and must be accompanied to the Start Line and around the Course.

Contact details

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.

Young Person Meeting Point

There will be a Young Person Meeting Point in the Finish Area for people under 18 to meet a parent/guardian should they need to. Please look out for the flags to find our team and your young person.

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 our Welfare Team will be able 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. We recommend using the free what3words app, which allows you to pinpoint your location to share with others.



Family Tent

The Vitality Wellness Festival welcomes people of all ages! As well as fun activities for all the family, there will be a Family Tent with facilities for people with young children and babies in the Festival Area at Green Park.

If you need to feed, change or entertain your child in the play pen, just pop in to see our team!

Prayer and Quiet Tents

There will also be a multi-faith prayer space for people of all religions, and a quiet reflection space. Please use these spaces if you need to take a moment for yourself.

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 22 September. For more information, visit vitalitylondon10000.co.uk

THANKS TO OUR
PARTNERS & SPONSORS

