



**Sunday 23 April 2023**

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# Event Guide

**#WeRunTogether**



# Welcome

We can't wait to see you at the 2023 TCS London Marathon on Sunday 23 April as  
We Run Together at the 43rd annual edition of the event!

Please read this guide very carefully – it contains all the information you need for an  
amazing Marathon Day.

We know there's a lot to take in, so we've broken it down into six essentials...

## Six essentials



# 1 Collecting your Event Pack from the TCS London Marathon Running Show

You'll need to collect your Event Pack from the [TCS London Marathon Running Show](#) at ExCeL London before the registration deadline of 17:30 on Saturday 22 April.

We'll send your registration email by Friday 14 April. This will include your unique QR code that you'll need to collect your Event Pack.

Your registration email will also tell you all your important arrival information for Marathon Day, including your start wave and time, so please keep it safe.

## YOUR EVENT PACK WILL INCLUDE:

- » your bib number, with timing chip attached, and safety pins to fix it to your top
- » an official kitbag with a sticker matching your bib number and allocated baggage lorry

You must bring photographic identification, such as a passport or driving licence, with you when you collect your Event Pack.

## UNABLE TO COLLECT IN PERSON?

If you're not able to collect your Event Pack in person, you can nominate someone to do it for you.

They'll need to bring your QR code and a letter, written and signed by you, authorising them – by name – to collect your pack, along with a clear photocopy of your passport or driving licence showing your name and your signature, as well as their own suitable photo ID.

Please note: an individual can only collect one other person's Event Pack in addition to their own.

## WHERE AND WHEN TO GO

The TCS London Marathon Running Show

Hall N4

ExCeL London

1 Western Gateway

Royal Victoria Dock

London E16 1XL

## OPENING TIMES

10:00-20:00	Wednesday 19 April
10:00-20:00	Thursday 20 April
10:00-20:00	Friday 21 April
08:30-17:30	Saturday 22 April

## AVOID BUSY TIMES



**Friday and Saturday will be incredibly busy**, with queues of up to an hour expected, so if you live in or around London, **try to collect your Event Pack on Wednesday or Thursday**.

## HOW TO GET TO EXCEL LONDON

We recommend travelling to Custom House station, which is on the Elizabeth Line and the Docklands Light Railway (DLR). Plan your journey there at [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey)

## CYCLING

Alternatively, you may like to cycle there. ExCeL London has free-to-use cycle racks at the west entrance taxi drop-off point, beneath the DLR walkway. There are also cycle racks near the east entrance underneath the stairway connecting Levels 0 and 1.

## PRAYER ROOM

A prayer room is available at ExCeL, next to the entrance to Hall S9, for people of all faiths and religions to use.

## YOUR BIB NUMBER

Please look after your bib number – you won't be able to take part in the marathon without it. We can't issue duplicates and there won't be any spares at the Start.

Please fill in your medical information on the back of your bib number before Marathon Day – this could save your life in an emergency.

If completing the 2023 TCS London Marathon means you'll be eligible for an Abbott World Marathon Majors Six Star Finisher and/or London Classics medal, this will be clearly marked on your bib number.

After collecting your Event Pack, we invite you, your family and friends, to look around the rest of the TCS London Marathon Running Show - soak up the inspiring atmosphere and maybe do some shopping! For more information about what awaits you at the event, [click here](#).



## 2 Looking after your health

You must be fit and well to run 26.2 miles. Please do not take any chances with your health: if you're ill or injured you must withdraw – even if this is the first time you've been accepted for the London Marathon after years of trying.

This is because severe exertion during or soon after any kind of injury or illness is dangerous. Please read the medical advice from our Medical Director, Professor Sanjay Sharma – click below for full details.

### WITHDRAWING YOUR ENTRY



Life doesn't always go to plan, which is why we offer a withdrawal system for anyone who needs to cancel their entry, which you can access via your participant dashboard. The deadline to withdraw your entry is **23:59 on Saturday 22 April**. Some entries are eligible for a deferral to a future year – see the link below for more details.

### SUPPORT FOR WOMEN

We're supporting women in various ways at the 2023 TCS London Marathon to help the day go as smoothly as possible.

#### » Sanitary products

If your period arrives a little (or a lot!) earlier or later than expected on Marathon Day, there's no need to panic – free sanitary products, including tampons and towels from Tampax and Always, will be supplied at all medical stations, Information Points and changing rooms, along with other useful bits and bobs, such as hair ties and grips, breast pads, tissues and wet wipes.

#### » Female urinals

We've partnered with Peequal to provide female urinals in the Red and Blue Assembly Areas to help reduce queueing times. Peequal's co-founders Amber Probyn and Hazel McShane claim their toilets are six times quicker to use than a conventional loo – although there will still be plenty of these available for those who prefer them.

#### » Breastfeeding products

A private area for breastfeeding and/or expressing milk will be available just before the halfway point and in the Finish Area for any participants who need it. The areas are supported by parenting charity Best Beginnings, whose representatives will also be on hand to offer support and advice.



# 3

## Getting to the Start

After months of training and preparation, Marathon Day has finally arrived – you’ll need to travel to your Assembly Area at the Start for your allocated arrival time.

### YOUR ARRIVAL INFORMATION

Your registration email will contain information about your start wave, Assembly Area, allocated arrival time and the best train times for your arrival.

There are four Assembly Areas (Blue, Green, Red and Yellow) and three Start Lines (Blue, Green and Red). The colour of the digits on your bib number will match your Assembly Area – see table below.

Bib number	Assembly Area	Nearest station
Blue numbers on a white background	Blue	Blackheath: 10-minute walk away
Green numbers on a white background	Green	Maze Hill: 10-minute walk away
Red numbers on a white background	Red	Greenwich: 15-minute walk away
Red numbers on a yellow background	Yellow	Blackheath: 10-minute walk away

### ENGINEERING WORKS



On **Sunday 23 April**, there are planned engineering works and closures on the **Piccadilly line from Acton Town to Uxbridge**.

For more information, please visit [tfl.gov.uk/status-updates/planned-track-closures](https://tfl.gov.uk/status-updates/planned-track-closures)

### PLAN YOUR JOURNEY

Please travel to the Start by public transport, using [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey) or [nationalrail.co.uk](https://nationalrail.co.uk) to plan your journey.

### FREE TRAVEL TO THE START

Participants (not family, friends or spectators!) have **free travel** on Southeastern train services from London stations to the Start, as well as on the Docklands Light Railway (DLR), London Underground and buses. **Simply present your bib number.**

### DOCKLANDS LIGHT RAILWAY

Services on Sunday 23 April will start earlier at 05:30 from Tower Gateway and Lewisham and 07:00 from Bank and all other DLR routes.

### THAMES CLIPPERS

River Bus services run every 20 minutes from central London to Greenwich Pier. From here it’s just a short walk to the Start Areas. For more information, visit [thamesclippers.com](https://thamesclippers.com)

[Click here](#) to plan your journey to the Start





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## When you arrive at the Start

Head to your Assembly Area, ensuring your bib number is clearly displayed on your chest before arriving. Only participants with bib numbers can enter the Assembly Areas – spectators are welcome to watch from elsewhere on the course, see [our website](#) for the best spots!

### DROP OFF YOUR KITBAG

- » Make sure your bib number sticker is on your kitbag
- » Place any items you don't want to run with in your kitbag, closing the drawstring tight
- » Go to the lorry that matches the number on your bib and hand over your kitbag

Only official event kitbags will be accepted and no other bags or belongings should be attached to your kitbag.

You'll be able to retrieve your kitbag in the Finish Area by looking for the same lorry number.

### VALUABLE ITEMS

Please do not put any expensive items, such as a mobile phone, in your kitbag. We recommend leaving these types of items at home or with your supporters.

### KEEPING WARM

If it's a cold or wet morning, many participants wear old clothes to keep warm before they start. If you discard any items, please do so at clearly marked drop points at the Start Line. Please do not drop clothes in the Assembly Area – put them in bins or drape them over designated drop point railings. All discarded clothing is collected and sent for reuse and recycling.

Last year we collected discarded clothing at the TCS London Marathon Start Line. The items were donated to the British Heart Foundation, but we'd love to reduce this in 2023 and you can help by trying to keep the clothing you discard to a minimum, and when you do discard items, place them in the big yellow British Heart Foundation bags to help our team of amazing volunteers.

### YOUR START WAVE

From 10:00 to 11:30 a sequence of start waves will take place, with short gaps in between to allow the course ahead to clear – providing everyone with more space and an enjoyable experience.

We've allocated your start wave and time based on your predicted finish time. Please note: even if you entered the same predicted finish time as another participant, that doesn't guarantee you'll be in the same start wave.

You cannot change your Start Line or move to an earlier start wave. However, you may join a later wave from your allocated Start Line – no need to let us know, just join it on the day.

### SAFETY AND SECURITY



We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure on Marathon Day.

Our team of friendly stewards is also there to help keep you safe, so don't be surprised if they pop by to say hello! If you see anything that looks out of place, please don't hesitate to report it immediately to our stewards or a police officer – they'll be happy to help.

### LOOK OUT FOR PACERS

Our pacers complete the course at a managed pace and finish within a predesignated time. Their aim is to help other participants around them know their speed and – if they can maintain the pace – finish within the same time.

If you'd like to follow a pacer they should be easy to spot – each one will have a tall, bright flag attached to their back, which will clearly display their finish time.

[Visit our website](#) for more on this year's Pace Team.



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## After crossing the Start Line

Your 26.2-mile challenge starts at Blackheath, passes the iconic Cutty Sark, goes over the world-famous Tower Bridge, and through Canary Wharf, before finishing on The Mall in front of Buckingham Palace.

### IMPORTANT: TOILETS



Toilets are available at the Start, every mile from Mile 1 to Mile 24, and at the Finish.

Accessible toilets are available at the Start, the Finish, Miles 1 and 2 and then every even mile – ie Miles 4, 6, 8 and so on – until Mile 24.

Drinks Station locations		
Buxton Natural Mineral Water	Lucozade Sport in compostable cups	Lucozade Sport Gels
Mile 3		
Mile 4		
Mile 6		
Mile 8		
	Mile 9	
Mile 10		
Mile 12		
Mile 14		Mile 14
	Mile 15	
Mile 16		
Mile 18		
		Mile 19
Mile 20		
	Mile 21	
Mile 22		
	Mile 23	
Mile 24		

## SUSTAINABILITY

### #DrinkDrainDrop

Please help us to recycle empty bottles by following our simple **#DrinkDrainDrop** rule.

The Buxton Natural Mineral Water supplied at the Drinks Stations comes in bottles made from 100 per cent recycled materials. We aim to recycle every plastic bottle used at the 2023 TCS London Marathon, but we need your help to do this. Plastic bottles can only be recycled if they're empty, so please **#DrinkDrainDrop**:

**Drink** your water

**Drain** any leftover liquid

**Drop** your bottle in the bags provided at the side of the road, which will be collected for recycling

**Do not** drop bottles in the road for participants behind to trip over

### DEDICATED WASTE STATIONS

On Marathon Day, hand your waste to our team of volunteers and they'll sort it into the correct recycling bin.

### WEAR A BOTTLE BELT

Not only does wearing a bottle belt reduce the number of bottles used on the course, it can also enhance your experience as you may not need to pause by Drinks Stations as often (although you can still use them if you need to).

You can buy your bottle belt from our online shop or at the TCS London Marathon Running Show.

### DISTANCE MARKERS AND TIMING CLOCKS

Each mile and 5K point will be clearly marked on the route, and a clock will show the running time, based on the actual start time (not elapsed time).

### THE BLUE LINE

A broken blue line on the road indicates the shortest route and represents the exact and correct measured distance. Please let faster participants keep to this line.

### WALKING

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens, please move over to the side of the road furthest from the blue line to allow participants to overtake.

### WHEELED DEVICES

We support people with a huge range of disabilities – from elite wheelchair athletes to everyday participants – to take part in the TCS London Marathon.

To find out what support is available for disabled participants, please visit [tcslondonmarathon.com/enter/how-to-enter/participants-with-disabilities](https://tcslondonmarathon.com/enter/how-to-enter/participants-with-disabilities)

Please note: handbikes, skates, roller blades, skateboards, scooters or any geared or motorised devices are not permitted under any circumstances.

### HUMANS ONLY

We're proud the TCS London Marathon is an inclusive event for everyone but only humans can take part! No animals are allowed on the course, but your pets are welcome to watch you from the sidelines, if they're accompanied by an adult.

### DROPPING OUT

If you need to drop out, go to the nearest First Aid Point and tell them your bib number. We encourage you to make your own way to the Finish Area if possible.

You'll be able to travel on public transport for free if you show your bib number. Head to Embankment station and our marshals will direct you. Alternatively, you can wait for our two sweep coaches but please note, you may have a long wait depending on your location and time as they will be following the final participants.

The team onboard includes a doctor and member of TCS London Marathon staff, who will ensure your details are passed onto the Information Point at the Finish. If you don't need medical assistance, you'll be dropped off at the Finish Area where you can retrieve your kitbag.

### COURSE CUT-OFF TIMES

Our aim is to support every participant from Start to Finish and provide them with the best possible marathon experience. The TCS London Marathon has an official course cut-off time of eight hours from the moment the final participant crosses the Start Line at 11:30.

Once everyone is over the Start Line, a vehicle signalling the course closure will depart, maintaining a consistent eight-hour pace for the length of the marathon route.

Drinks Stations and timing mats will stay in place until the eight-hour pace participants have passed. After this, a course closure vehicle will follow the Tailwalkers (see below) along with two sweep coaches to collect any participants who are unable to continue.

Participants who fall behind the masses but are ahead of the eight-hour pace Tailwalkers, will be joined by a group of volunteers during the second half of the course who will give them extra support to get to the Finish Line.

If you think you might fall behind this pace while on the course but would like to complete the marathon, please see below for more information.

### TAILWALKERS



A specially recruited group of Tailwalkers will move along the entire route at an eight-hour pace, starting at the back of the final wave on all three starts: Blue, Green and Red.

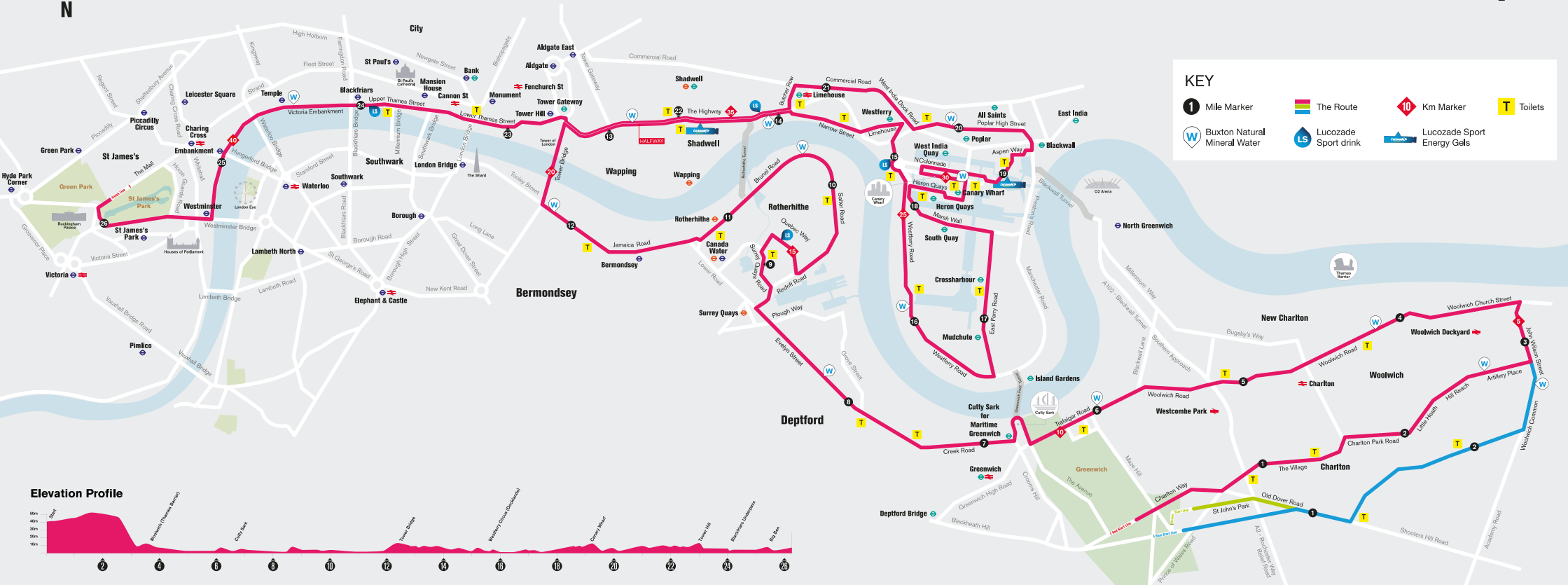
If you have a predicted finish time of more than seven hours, you will have been allocated the Green Start, where waves start up to 30 minutes before the last participants on the other starts, giving you more time to complete your marathon.

If you're unable to maintain an eight-hour pace but still wish to continue you will be required to continue your marathon on the pavement for safety reasons. A pair of Tailwalkers will drop back and move onto the pavement with you, providing support and guidance through to the Finish.

Please note: Drinks Stations close once eight-hour pace participants have passed. If you're completing your marathon at a slower pace, you will need to be self-sufficient from this point – so ensure you are prepared for this extended time. We suggest you bring additional layers, snacks and money or a bank card for substantial nutrition and water.



# TCS London Marathon Course Map





## After crossing the Finish Line

Crossing the Finish Line of the TCS London Marathon will be one of the most amazing experiences of your life. Enjoy the moment!

In the excitement of achieving your goal, it's easy to get swept up in your emotions and lose your bearings – so make sure you read this section carefully, so you know what to do and where to go...

The Finish is on The Mall. As you cross the line, try to keep moving to make space for other participants. If you feel unwell, seek a member of medical staff immediately – there will be plenty of them around at the Finish, looking out for any participants who seem unwell or in need of assistance.

### FINISH AREA

The Finish Area is an 800m-long secure area with no public access. Once you've crossed the Finish Line, you'll be able to collect your finisher's medal, New Balance finisher's T-shirt (unless you opted not to receive these items), a bottle of Buxton Natural Mineral Water, a bottle of Lucozade Sport and an Oat Bar. Foil blankets will also be available at the First Aid Point if required.

### TREES NOT TEES

We're working with Trees Not Tees to help support our ongoing commitment to reduce the environmental impact of the TCS London Marathon.

As part of their UK sustainable reforestation project, Trees Not Tees will plant a tree for every participant who chooses not to receive a finisher's T-shirt. Please note: unless you opted out, you'll receive your medal and T-shirt. If you did opt out your choice will be clearly displayed on your bib number.

### OTHER EVENT MEDALS

If completing your marathon means you'll be eligible for an Abbott World Marathon Majors Six Star Finisher and/or London Classics medal, this will be clearly marked on your bib number. Once you've crossed the Finish Line, look out for collection points on the righthand side of The Mall.

### COLLECTING YOUR KITBAG

Follow the signs and find the lorry number that matches the one on your bib number and our volunteers will reunite you with your kitbag.

### MEETING YOUR LOVED ONES

If you'd like to meet your family and friends after picking up your kitbag, you can do so at the Meet and Greet Area. After crossing the Finish Line it will take up to 30 minutes to reach this area, so factor this in when making plans.

## IT'S NEVER TOO LATE TO FUNDRAISE!



Have you thought about using your TCS London Marathon place to raise vital funds for charity?

Great Ormond Street Hospital is proud to be our [official Charity of the Year](#). You can support them, or another [charity of your choice](#), by setting up a fundraising page on our official platform now.

Up to half of all donations are made in the month before an event, so now is the perfect time to ask your family, friends and colleagues to support you on your marathon journey!

### ALREADY RUNNING FOR CHARITY?

If your charity is holding a [post-event reception](#), check where it is beforehand so you can find it easily when you finish.

The Meet and Greet Area is made up of Meeting Points marked by letters. These are located in Horse Guards Avenue, Whitehall, Horse Guards Road and Horse Guards Parade. Arrange to meet supporters at a specific letter, rather than just saying 'See you at the Finish'.

Do not rely on phoning your supporters in order to find them, as getting a signal might be difficult. Alternatively, you may want to agree a meeting place further away from the Finish Area where it should be less busy.

Finally, make sure the people you are meeting know your bib number – it could help them find you if necessary.

### HEADING HOME

TCS London Marathon participants receive free travel up to 18:30 on Marathon Day on the London Underground and Overground, buses, and DLR – so you can get home for a well-earned rest!

**Please note:** Southeastern services provide free travel to the Start, but not after the Finish.

## REGISTER FOR YOUR MARATHON DAY PHOTOS



For some great mementos of your day at the 2023 TCS London Marathon, sign up with our photography partner Sportograf now. Their photographers will be on the course on Sunday 23 April to capture you in action!

# Thank you to our Sponsors and Partners



**TAGHeuer**



## Official suppliers



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## And thanks to you!

Thank you for taking part in the 2023 TCS London Marathon.  
It's going to be great to run together and we look forward to  
welcoming you on Sunday 23 April.

And if you want to do it all again next spring – the ballot for  
next year's event on Sunday 21 April 2024 opens on  
Saturday 22 April 2023!

## #WeRunTogether

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