



Event Guide

Sunday 21 April 2024

#WeRunTogether

Welcome

We can't wait to see you at the **2024 TCS London Marathon** on **Sunday 21 April** as **We Run Together** at the **44th 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

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1 Collect your Event Pack and T-shirt from the TCS London Marathon Running Show

You'll need to collect your Event Pack and New Balance technical T-shirt from the [TCS London Marathon Running Show](#) at ExCeL London before the registration deadline of 17:30 on Saturday 20 April.

We'll send your registration email by Friday 12 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 N3
ExCeL London
1 Western Gateway
Royal Victoria Dock
London E16 1XL

OPENING TIMES

10:00-20:00	Wednesday 17 April
10:00-20:00	Thursday 18 April
10:00-20:00	Friday 19 April
08:30-17:30	Saturday 20 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 at 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. A quiet space, equipped with bean bags and ear defenders, will also be available at stand D33.

YOUR BIB NUMBER

Please look after your bib number – you won't be able to take part 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 – this could save your life in an emergency.

If completing the 2024 TCS London Marathon means you'll be eligible for an Abbott World Marathon Majors Six Star Finisher and/or a London Classics medal, this will be clearly marked on your bib number.

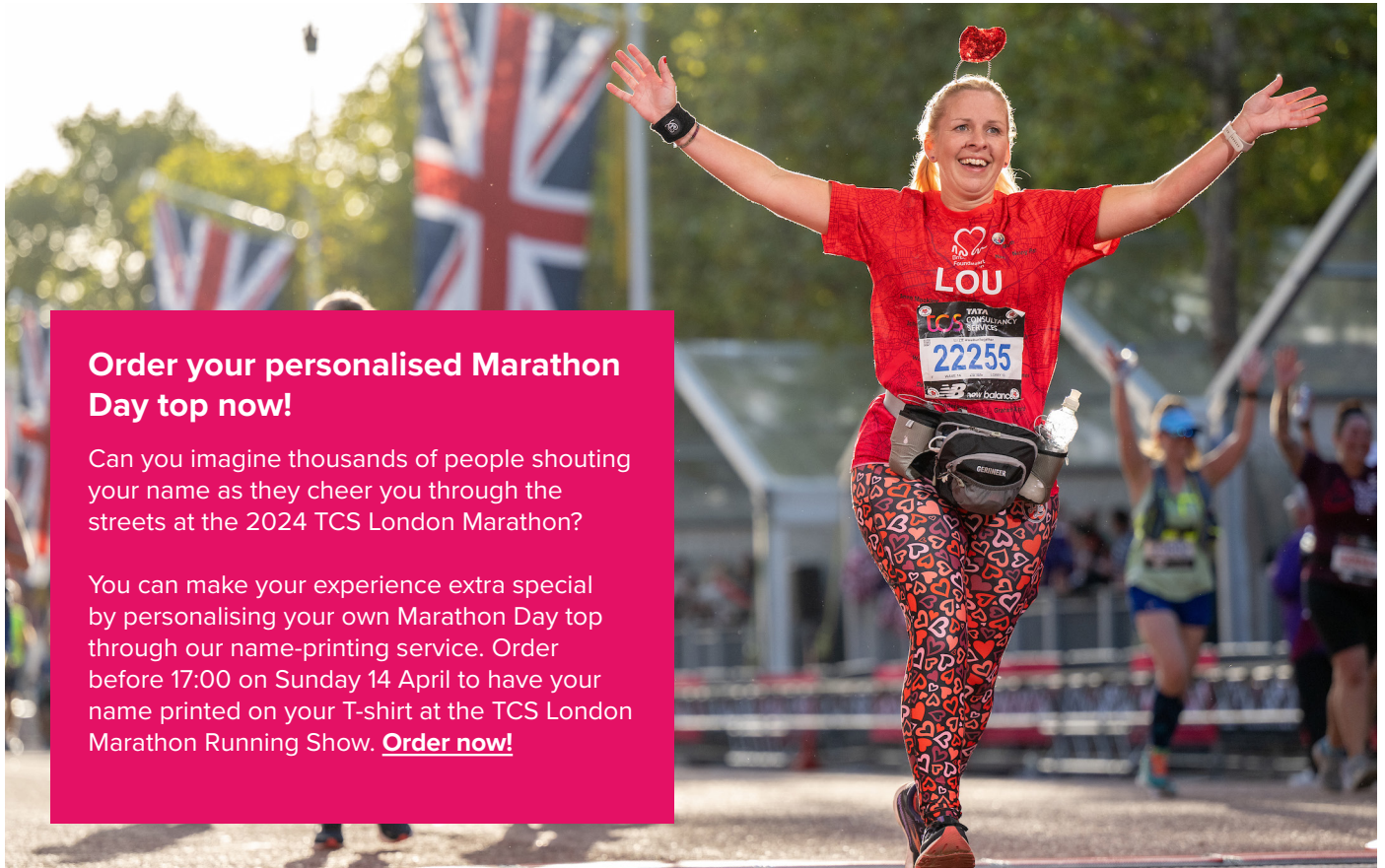
COLLECT YOUR T-SHIRT

After collecting your Event Pack, you'll be able to collect your gender-specific New Balance technical T-shirt from the stand to the right of the registration desks.

Unless you opted out of receiving a T-shirt, the size and fit (fitted or relaxed) you selected will be displayed on your bib – our volunteers can only give you this size and fit. If you wish to exchange your T-shirt for a different size, a limited number of T-shirts will be available at the Information Point in the Finish Area on Marathon Day.

Once you've collected your Event Pack and T-shirt, you can enjoy the rest of the TCS London Marathon Running Show – soak up the inspiring atmosphere and do some shopping too! For more information, [click here](#).

At the TCS London Marathon Running Show...



Order your personalised Marathon Day top now!

Can you imagine thousands of people shouting your name as they cheer you through the streets at the 2024 TCS London Marathon?

You can make your experience extra special by personalising your own Marathon Day top through our name-printing service. Order before 17:00 on Sunday 14 April to have your name printed on your T-shirt at the TCS London Marathon Running Show. [Order now!](#)



Give your unwanted running shoes a new home

We're [supporting JogOn](#), the running shoe collection campaign. Estimates suggest more than three million shoes end up in landfill each year and JogOn's ambition is to reduce that by more than one million pairs of trainers.

Bring your unwanted shoes to the TCS London Marathon Running Show and leave them at the JogOn drop-off point.

All donated running shoes will be sorted by the JogOn team to ensure they are suitable for redistribution before being sent on to new homes for reuse in the UK and overseas.

DON'T MISS EXPERT TIPS AND ADVICE ON CENTRE STAGE!

We have a jam-packed line-up of guest speakers every day on Centre Stage, including former London Marathon champion Paula Radcliffe, expert coach Martin Yelling, and voice of the TCS London Marathon Geoff Wightman. New for this year, we also have a dedicated daily Women's Hour. The full schedule will be online soon.

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 not take part – 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.

UNABLE TO TAKE PART?



Life doesn't always go to plan! If you're unable to take part this year, you may be able to defer your place to the 2025 TCS London Marathon.

The deadline to request a deferral is **23:59 on Saturday 20 April**. See the link below for more details about the deferral process and eligibility.

PRE-EVENT HEALTH SURVEY

Please make sure you [complete our pre-event survey](#) about the injuries and illnesses that affect marathon participants. Your answers will help form part of a research report by the Institute of Sport, Exercise & Health at UCL.

INCLUSIVITY INITIATIVES

We have a variety of initiatives to ensure that all our participants have an excellent experience and feel fully supported at the TCS London Marathon. These include:

Sanitary products

If your period arrives a little (or a lot!) earlier or later than expected on Marathon Day, don't worry – free sanitary products, including tampons and towels from Tampax and Always, will be supplied at all Drinks Stations, Information Points and changing rooms, along with other useful items such as hair ties, breast pads, tissues and wet wipes.

Female urinals

We've partnered with Peequal to provide female urinals in all four 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 in the family support area, located at the Finish. See over the page for further details.

[Click here](#)

for more information about how we're supporting women



Family support area

There will be a purpose-built family area, primarily for people with children under the age of five, available to use at the Finish. This area will provide an exclusive space for families.

Facilities and products include:

- Baby change mat
- Breastfeeding chairs
- Microwave
- Nappies in various sizes
- Nappy bin
- Play pen
- Wet wipes

Changing facilities

A limited number of male, female and gender neutral changing rooms will be available at the Finish Area for participants to change into clothes from your kitbag.

Reflection space

A reflection space will be available in the Finish Area. It will be separated into two different spaces – a faith space and a quiet space.

The faith space is open to any religion or for anyone who may need to take time to reflect. The quiet space is mainly for people with neurodivergence.

There will also be a quiet space just before the halfway point of the TCS London Marathon, south of Tower Bridge. For your comfort, the safe spaces will have noise cancelling headphones and beans bags.

IT'S NEVER TOO LATE TO FUNDRAISE!



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

Samaritans 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!

[Click here](#)

to set up your fundraising page



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.

Accessible viewing area for spectators

Accessible viewing areas will be available along the course and at the Finish Area to support those with any accessibility needs such as mobility issues, frailty or neurodivergence, meaning your supporters don't have to miss any of the action. See [our website](#) for the accessible viewing area locations.



3 Getting to the Start

You'll need to travel to your Assembly Area at the Start for your allocated arrival time. Spectators should not travel to the Assembly Areas as the Start is for participants only.

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 21 April**, there are planned engineering works and closures on the **Elizabeth line, Waterloo & City line, and the London tram**.

For more information, please visit 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 or 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 21 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

[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 should not travel to the Start but 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
- » Pack a food item in your kitbag to eat afterwards – no food is provided in the Finish Area
- » 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

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.

Give your old clothes a second lease of life

We're proud to be working in partnership with the Salvation Army at the 2024 TCS London Marathon.

Please leave your unwanted clothing at designated drop points in the Start Area to be resold, reused or recycled.

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. Please note: all Start Lines will close at 11:30. For event safety reasons, participants will not be permitted to start after this time.

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.



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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 7	
Mile 8		
Mile 10		
Mile 12		
Mile 14		Mile 14
Mile 15 – Water Refill Station	Mile 15	
Mile 16		
Mile 18		
		Mile 19
Mile 20		
	Mile 21	
Mile 22		
	Mile 23	
Mile 24		

SUSTAINABILITY

DRINK-DRAIN-DROP

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 2024 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

Please do not drop bottles in the road as this can create a trip hazard for other participants.

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.

WATER REFILL STATIONS

If you decide to carry your own water bottle or hydration pack, you'll be able to fill it up at our water refill stations in the Assembly Areas and at Mile 15.

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 our website for more information](#).

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 physio 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.

FINISH LINE CLOSURE

Our aim is to support every participant from Start to Finish and provide you with the best possible experience.

So that we can re open the roads to vehicles, the official course cut-off time is eight hours from the moment the final participant crosses the Start Line at 11:30.

The Finish Line closes at 19:30 on The Mall, and is then moved to St James's Park until 23:59:59. If it becomes apparent it will not be possible for you to reach the Finish Line before midnight, a sweep vehicle will collect you and transport you to St James's Park to collect your kitbag and head home.

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 course.

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.

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 your predicted finish time is more than seven hours, you'll begin on the Green Start, 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 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 with additional layers, snacks and money for substantial nutrition and water.

TCS London Marathon Course Map





After crossing the Finish Line

Crossing the TCS London Marathon Finish Line is an amazing experience. 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 at the Finish.

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, a bottle of Buxton Natural Mineral Water and a bottle of Lucozade Sport. Foil blankets will also be available at the First Aid Point.

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 right-hand side of The Mall – immediately after collecting your water bottle.

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.

FOOD ITEMS

Please remember to pack a food item(s) in your kitbag. Everyone has different preferences, so think about what you would like to eat after you have completed the TCS London Marathon and pack a snack in your kitbag.

We'll be offering Buxton Natural Mineral Water and Lucozade to all finishers, but no food items will be provided.

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.

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.

FA CUP SEMI-FINAL

Participants travelling home to the midlands and the north west of England please note that the FA Cup semi-final between Coventry and Manchester United is taking place at Wembley Stadium on Sunday 21 April.

The match is scheduled to finish at around 17:30, unless extra-time is required, which would lead to a finish at approximately 18:15.

Due to this, rail services out of London to the midlands and the north west are expected to be extremely busy after 18:00 for the rest of the evening.

REGISTER FOR YOUR MARATHON DAY PHOTOS



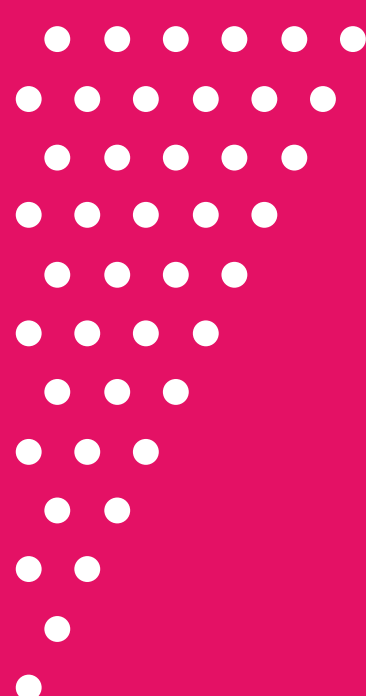
For some great mementos of your day at the 2024 TCS London Marathon, sign up with our photography partner Sportograf now. Their photographers will be on the course on Sunday 21 April to capture you in action!

[Click here](#)
to sign up for your photos



THANK YOU TO OUR PARTNERS AND SPONSORS





And thanks to you!

Thank you for taking part in the 2024 TCS London Marathon. It's going to be great to run together and we look forward to welcoming you on Sunday 21 April.

And if you want to do it all again next spring – the ballot for next year's event on Sunday 27 April 2025 opens on Saturday 20 April 2024!

#WeRunTogether

Follow us

