



Sunday 2 October 2022

TCS London Marathon Event Guide

#WeRunTogether



Welcome

We can't wait to see you at the 2022 TCS London Marathon on Sunday 2 October as We Run Together at the 42nd annual edition of the event!

Please read these instructions very carefully – they have all the information you need to have an amazing Marathon Day.

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

Six essentials



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

We'll send your registration email by Friday 23 September. This will include your unique collection QR code that you'll need to collect your Event Pack from the TCS London Marathon Running Show at ExCeL London.

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

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 register in person, you can nominate someone to collect your Event Pack.

They'll need to bring your QR code and a letter, written and signed by you, authorising them – by name – to collect your pack and 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.

After registering and picking up your Event Pack, you're free to look round the rest of the TCS London Marathon Running Show – and soak up the inspiring atmosphere and maybe do some shopping! Check out the links below right for more on what awaits you at the event.

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 28 September
10:00-20:00	Thursday 29 September
10:00-20:00	Friday 30 September
08:30-17:30	Saturday 1 October

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

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.

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.

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

tcs TATA
CONSULTANCY
SERVICES



new balance

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.

COVID-19



If you **test positive for Covid-19**, or have been in contact with someone who has the virus, **please do not attend the TCS London Marathon.**

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. To withdraw, **you'll need to notify us via your participant dashboard**, which was emailed to you in late August. The deadline to withdraw your entry is **23:59 on Saturday 1 October**. Some entries are eligible for a deferral to a future year – see the link below for more details.



3

Getting to the Start

After months of training and preparation, Marathon Day has finally arrived – you’ll need to pack your kit, including your Event Pack, and travel to the Start and your Assembly Area 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 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 2 October, there are planned engineering works and closures on the Piccadilly line between Acton Town and Heathrow Airport, and on the London Overground between Camden Road and Stratford. Replacement buses will be operating.

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.

Participants (not friends, family 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 2 October 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



4

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.

KEEPING WARM

Many participants wear old clothes or a bin liner to keep warm before you start. If you discard these items when you start your marathon, please do so at designated drop points so you don't hinder the participants behind you. Bin liners are slippery when wet! All discarded clothing is collected and sent for reuse and recycling.

YOUR START WAVE

From 09:40 to 11:00 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 a better 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.

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.

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

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 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.



5

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: DRINK. DRAIN. DROP.

The Buxton Natural Mineral Water supplied at the above Drinks Stations comes in bottles made from 100 per cent recycled materials. We aim to recycle every plastic bottle used at the 2022 TCS London Marathon, but we need your help to do this. Plastic bottles can only be recycled if they are 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!

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 of the event 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 via the link below 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.

DROPPING OUT

If you need to drop out, make your way to the nearest St John Ambulance First Aid Point, tell them your bib number, then wait for a sweep coach. There will be a doctor and TCS London Marathon staff onboard.

The team on the coaches 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.

Alternatively, you can make your own way back to the Finish Area. You'll be able to travel on public transport for free if you show your bib number. Make your way to Embankment station and our marshals will direct you.

ANIMALS AND WHEELED DEVICES

No animals or wheeled vehicles/devices are allowed on the marathon course, other than wheelchairs of participants who have permission to take part.

COURSE CUT-OFF TIMES

Our aim is to support every participant, whatever their pace, from Start to Finish and provide them with the best possible marathon experience.

We anticipate the final participant will cross the Start Line by 11:00, giving people a minimum of eight hours to finish – see the boxes below for what to do if you think you might fall behind this pace while on the course.

TAILWALKERS



A specially recruited group of 50 'Tailwalkers' will move along the entire route at eight-hour pace, starting at the back of the final wave on all three starts: Blue, Green and Red.

If you're unable to maintain this pace, a Tailwalker will drop back, move with you onto the pavement and support and guide you through to the Finish Line at whatever pace you're able to maintain.

Drinks Stations and timing mats will stay in place until all Tailwalkers have passed. A Course Control vehicle will follow the Tailwalkers, playing music throughout the day, along with two coaches to collect any participants who are unable to continue.

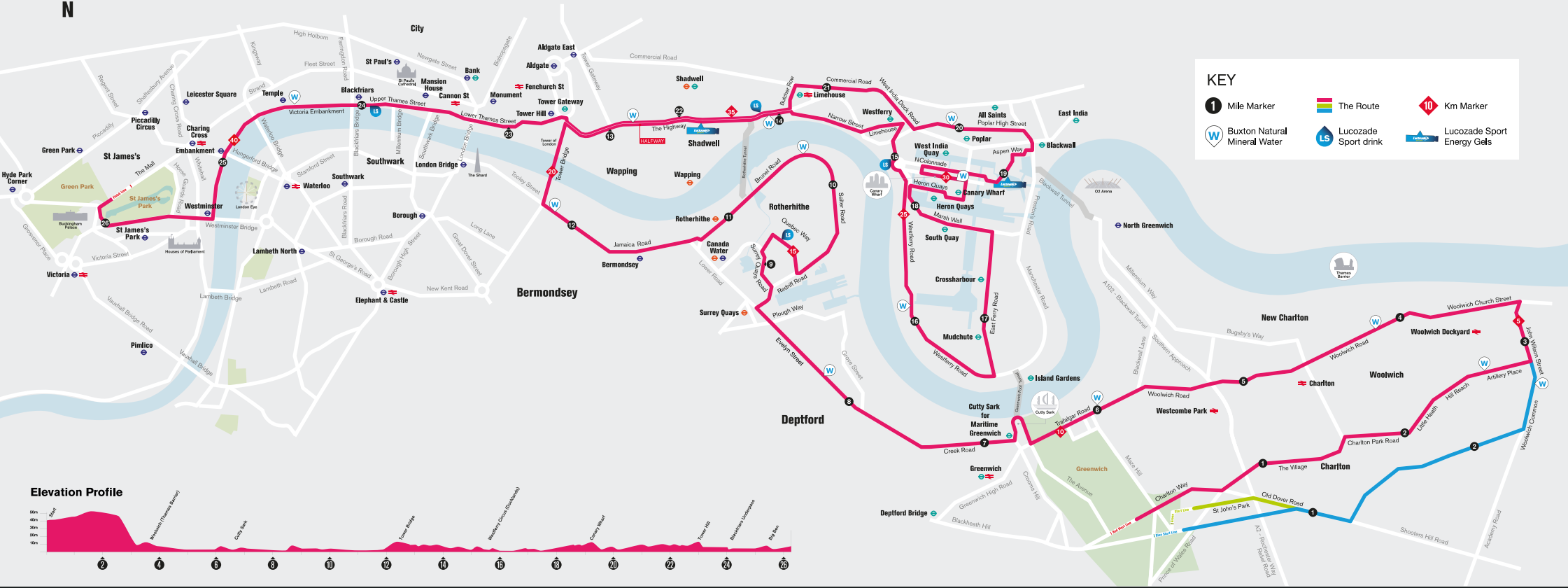
SEVEN-HOUR-PLUS PARTICIPANTS



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.



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, a bottle of Buxton Natural Mineral Water, a bottle of Lucozade Sport and an Oat Bar. Foil blankets will also be available.

OTHER EVENT MEDALS:

If completing your marathon means you're eligible for Abbott World Marathon Majors Six Star Finisher, Abbott World Marathon Majors Wanda Age Group World Championships or London Classics medals, look out for collection points on either side of the road.

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?

The British Heart Foundation 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, ask 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, DLR, and cable cars – 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 2022 TCS London Marathon, sign up with our photography partner Sportograf now. Their photographers will be on the course on Sunday 2 October to capture you in action!

Thank you to our Sponsors and Partners



Official suppliers





And thanks to you – our amazing participants!

Thank you for taking part in the 2022 TCS London Marathon.
It's going to be great to run together and we look forward to welcoming you on Sunday 2 October.

And if you want to do it all again in the spring – [the ballot for next year's event](#) on Sunday 23 April 2023 opens on Saturday 1 October!

#WeRunTogether

Follow us

[Facebook](#)

[Twitter](#)

[Instagram](#)

[TikTok](#)

