tcs 2022 TCS LONDON MARATHON

Sunday 2 October 2022

Virtual TCS London Marathon Event Guide

#WeRunTogether

Welcome

We hope you're looking forward to being part of the
virtual 2022 TCS London Marathon on **Sunday 2 October!**

You and thousands of others will be taking on a course of your choice
wherever you are in the world, on the same day that more than **40,000**
people will be running through the streets of London #WeRunTogether

We're going to be with you every step of the way too, so,
to ensure you have a fantastic Marathon Day, we've put together
some final tips to enhance your experience. Make sure you check
them out now so you're fully prepared for your 26.2-mile challenge.

Your Event Pack

You may have received your Event Pack in the post already.
If it hasn't arrived by **Monday 26 September** and you live in the UK,
please email **londonmarathon@asendia.com** with your full name, date
of birth and postal address, and we'll arrange a replacement pack for you.

It isn't possible to resend packs outside of the UK, but all participants
will also be emailed a downloadable bib number before
Sunday 2 October, so you can print one off to wear if you need to.

Tracking your marathon

While the Official TCS London Marathon App is the easiest way to track
and log your 26.2 miles, you can also use an alternative device.
We'll email you closer to the event with instructions on how to
upload your time with an alternative device, if necessary.

We can't wait for Sunday 2 October when **#WeRunTogether**
Good luck!

Top 10 tips for an amazing Marathon Day

1. Plot your route
Make sure your route is safe and at least 26.2 miles. Decide on your pacing and fuelling strategies and any kit that you'll carry with you, such as a **bottle belt** or a pouch for your mobile phone, in advance.

Important
Virtual TCS London Marathon participants are prohibited from using any part of the mass TCS London Marathon route to complete their event. This for operational, safety and security reasons. Thank you for your understanding.

2. Plan your kit
Check the weather forecast and have a kit option ready for every eventuality, wherever you are in the world.

3. Set your start time
You'll have 24 hours to complete the virtual TCS London Marathon, starting at **00:00 BST** and ending at **23:59:59 BST** on **Sunday 2 October**.

If you need more time to complete your 26.2 miles due to a disability, please **get in touch** with us and we'll work out a solution to suit you. If you're unable to take part on Sunday 2 October for religious reasons, please do your 26.2 miles on the next available day.

4. Download the Official TCS London Marathon App and practise
We recommend using the Official App to track your 26.2 miles. It's been designed to enhance your experience of the virtual TCS London Marathon.

As well as allowing you to track and log your run, the Official App will help bring your marathon to life, with an exclusive audio commentary featuring British athletics legends Steve Cram and Paula Radcliffe, and BBC Sport presenter Jeanette Kwayke, who will provide a memorable soundtrack to the day.

The **free** Official App is available to download now from the App Store, Google Play and equivalent online stores, so make sure you download it and test it by doing a practice 5K ahead of Marathon Day. See over the page for more information about how to use the Official App.

5. Invite your supporters
Ask your family and friends to support you along your 26.2-mile challenge. You may know people who can run, jog or walk some of your route with you. Others may like to cheer you on, provide refreshments, or hold your very own Finish Line.

6. Wear your bib number
If you'd like people to know that you're taking part in the virtual 2022 TCS London Marathon, pin your bib number to your vest, T-shirt or top. The cheers of encouragement will help you on your way!

7. Nominate an emergency contact
Ask a friend or family member to be your emergency contact during the event. Write their details on the back of your bib number and let them know the route you're going to take and your rough pacing plan.

8. Check your phone
Make sure your phone and spare battery pack are fully charged and you're logged into the Official App so you're ready to start your 26.2-mile challenge.

9. Start your run
When you're marathon ready to start, go to the **'My Marathon'** page in the Official App, hit the **'Get Started'** button and then **'Start My Marathon'** so the App can start tracking your progress.

10. Share your achievement
When using the Official App, don't forget to take a halfway selfie and, once you've finished your 26.2 miles, you'll unlock an exclusive finisher selfie frame to help celebrate your achievement (along with the Finish Line provided!).

Share your selfies with us on social media @LondonMarathon using **#LondonMarathon** and **#WeRunTogether** so we can celebrate with you!

STEP-BY-STEP GUIDE TO USING THE OFFICIAL APP

Download the Official App
You can download the Official TCS London Marathon App for free from the App Store, Google Play or equivalent online stores. We recommend downloading and practising with the App as soon as possible.

Log in into the Official App
You will need your Booking Reference Number and the email address you used when you entered the event to track your virtual marathon. We emailed these to you along with this guide.
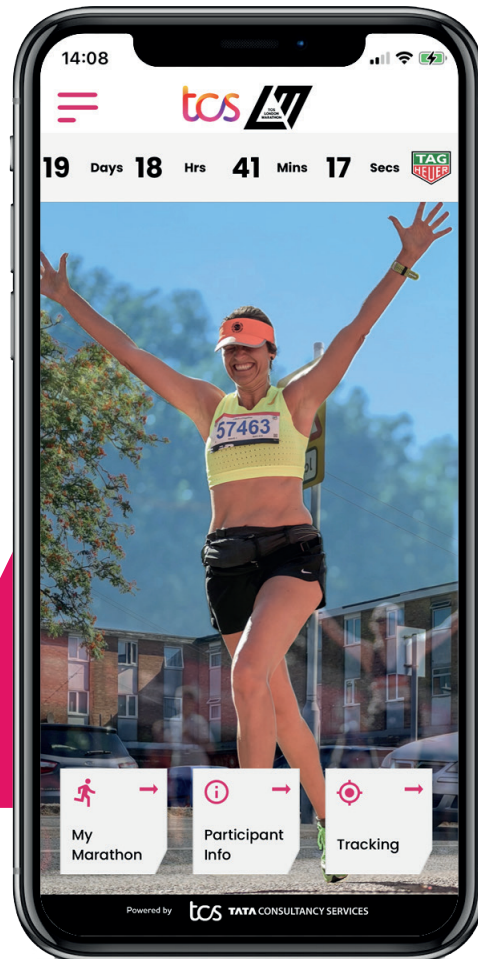
Set up your GPS tracking
Ensure your data is switched on and that you have given the Official App permission to use your location and Global Positioning System (GPS) in your phone settings.

Enable live location tracking
We've added a safety feature, which allows you to add three trusted supporters to follow your live location on Marathon Day. You must add their email address to your **'My Marathon'** profile before Sunday 2 October to be able to use this feature.

Make sure you only provide access to your live location to trusted people who you are happy to follow your actual location. Your live location relies on you having a GPS signal. Your position on the live location map will update every two minutes.

To access your live location, your supporters will also need to download the Official App before verifying themselves using a passcode. If you don't use this feature, your supporters will be able to follow your progress against the TCS London

Marathon central London route map, which won't be quite as accurately as the live location tracking.

Practise with the App in advance
We recommend using the 'Practice 5K' feature to ensure the App works on your phone and so you can get used to running, jogging or walking with it.

Start your marathon
When you're ready to start your 26.2-mile challenge, go to the **'My Marathon'** page in the App and hit the **'Get Started'** button and then **'Start My Marathon'** so the App can begin tracking your progress.

Listen to audio commentary

We've created some exclusive commentary to keep you company during your 26.2-mile challenge. You can turn the audio on and off easily using the button in the bottom-right of the screen. The audio will automatically interrupt any music or any other audio you're listening to, like a sat nav, making sure you don't miss out on a single second of the virtual TCS London Marathon experience.

Pause your marathon

If you want to take a break, simply press **'Pause'**. Make sure you don't close the App and simply press **'Resume'** when you're ready to continue. You can pause as many times as you like within the 24-hour period on Sunday 2 October (BST). Your elapsed time will continue, and this will be the time displayed in the results.

If you lose your GPS signal

The App needs a GPS signal to track your marathon. Unfortunately, GPS signals can sometimes be intermittent, especially if you're in a remote location. If you lose your GPS signal, keep moving and log your run on an alternative device, such as a smart watch or running app. If you don't successfully complete 26.2 miles a link will appear in the Official App that will take you directly to a page where you can log your alternative device result.

Dropping out

We hope you'll be able to complete your 26.2-mile challenge, but life doesn't always go according to plan. If you do need to drop out, you can press **'End my Marathon'** at any point.

Please note: once you do this your marathon cannot be restarted.

Uploading your result

The Official App will 'know' when you've completed the distance and will automatically log your finish time. Your official time will be your total elapsed time, so that's your total time including any breaks and stops you've made.

If you're using the Official App, your finish time will be automatically uploaded to the results on **tcslondonmarathon.com** within 24 hours. If you're using a different device to track your marathon, you will need to upload it manually. We will email you more instructions soon.

Once your result has been uploaded, you'll be able to download your finisher's certificate and we'll post your New Balance finisher's T-shirt and souvenir medal to you within two weeks if you live in the UK. Please allow up to six weeks if you live outside of the UK.

If you have any queries, please speak to the chatbot in the Official App, or check out the **FAQs** on our website.

It's never too late to fundraise!
How about using your virtual TCS London Marathon place to raise vital funds for charity and give yourself an added incentive to take on the 26.2 miles?

The British Heart Foundation (BHF) is proud to be our official <u>Charity of the Year</u>. You can support them, or another **charity of your choice**, by setting up a fundraising page on our **official platform** now.

Thank you to our Sponsors and Partners

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ABBOTT WORLD MARATHON MAJORS

FULLER'S LONDON PRIDE	NISSAN

Thank you!

Finally, we'd like to say a big thank-you to you! We can't wait to see you on Sunday 2 October when **#WeRunTogether**