



The bigHalf

SUNDAY 1 SEPTEMBER 2024

EVENT

GUIDE

**FOR PARTICIPANTS WHO MUST GO TO THE
SOUTH ASSEMBLY AREA, WHICH IS INDICATED
BY A BIB NUMBER BEGINNING WITH S**

Please read the following checklist of
12 things you need to do to enjoy your day

#WeRunAsOne

f OfficialBigHalf | t @OfficialBigHalf | i @OfficialBigHalf



1.

PREPARE FOR EVENT DAY

If you live in the UK, you should receive your Event Pack in the post by Tuesday 27 August. If you live outside the UK, you will need to collect your pack – see below.

Your Event Pack contains:

- Your unique bib number, with timing chip attached to the back, and safety pins to fix it to your top
- Kitbag with sticky label matching your bib number

Make sure you bring these items with you on Event Day.

COLLECTING AN EVENT PACK

If you live outside the UK, you must collect your Event Pack from 10:00 to 18:00 on Saturday 31 August at Marathon House, 190 Great Dover Street, London SE1 4YB.

If you live in the UK and your pack hasn't arrived by the end of Tuesday 27 August, or any items are missing, please complete this [replacement pack form](#).

We will then prepare a replacement pack or items for you to collect from 10:00 to 18:00 on Saturday 31 August at Marathon House – see address above.

If you require a replacement pack, we strongly advise you to collect it on the Saturday. However, a limited number of spare packs will be available on Event Day at the Information Point in the South Assembly Area, Tooley Street SE1 2JX. what3words location: ///ashes.jelly.scam

Please note: we're unable to send any replacement packs in the post.



2.

BE SAFE

AND

SECURE

The safety and security of all our participants and spectators at The Big Half is of paramount importance to us.

We will deliver a safe, secure and enjoyable event and you can help us to do this by following the instructions of our team of friendly stewards at all times. If you see something suspicious, please report it to a steward, a police officer or ring 999.

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

We hope you have a fun and enjoyable day with us.

INJURY OR ILLNESS

You must be fit and well to run 13.1 miles. Please do not take any chances with your health. Severe exertion during or soon after any kind of injury or illness is extremely dangerous. If you find yourself in this situation, do not take part. For more advice from our Medical Director, Professor Sanjay Sharma, [click here](#).

3.

PLAN YOUR JOURNEY

Your Event Guide email contains your allocated arrival time – you must stick to this time to help us deliver a safe event.

The Start Area for The Big Half is on and around Tower Bridge. There are two Assembly Areas – North and South – both lead to the same Start Line, so you can meet people from the North Assembly Area before starting.

It's essential that you go to the South Assembly Area, which will be located on Tooley Street on the south side of

the River Thames. To help you remember this, the first letter of your bib number is S.

The nearest stations is London Bridge station. Marshals will be present to guide you to the South Assembly Area.

ENGINEERING WORKS

Please note: there will be a reduced service on Southern trains on Sunday 1 September due to engineering works.

Plan your journey to and from the event at tfl.gov.uk/plan-a-journey

4.

UNDERSTAND YOUR BIB NUMBER

Your unique bib number indicates:

- You must go to the South Assembly Area on Tooley Street (shown on the example bib on the right as an S)
- Your start wave letter (in the example on the right, this is A)
- Your kitbag collection area number at the Finish (in the example opposite this is 20)
- Your finisher items:

1. Medal: a green background on your bib number indicates you have opted to receive a medal. A red background indicates you've chosen not to receive a medal.

2. Long sleeved T-shirt: if you've opted to receive a long sleeved T-shirt it will be clearly displayed with your choice of size. Look out for the corresponding sign at the Finish Area.

To make sure you understand your bib number before Event Day, take a look at the examples on the right.

Please note: it's not possible to change your choices or the details on your bib number. Thank you for your understanding.

Example start wave letter



Example baggage vehicle number

Example medal and long sleeved T-shirt choices

Red background indicates medal NOT selected



Example long sleeved T-shirt choice, including size and fit

TREES NOT TEES

We're working with Trees not Tees to help support our mission to be more environmentally sustainable.

As part of its UK sustainable reforestation project, Trees not Tees will plant a tree for every participant who asked them to do so when they registered for the event. If you opted in, you'll receive a digital certificate with details of the location of your tree a few days after the event.

5.

KNOW YOUR IMPORTANT TIMES

Your Event Guide email contains your wave letter, allocated arrival time, the time you must go to the start pen, and your wave start time. Your wave letter is also clearly displayed on your bib number.

Please make sure you know your allocated times and stick to them to help us deliver a safe event. Once you arrive, you must drop off your kitbag at your allocated vehicle – the number of your vehicle is displayed on your bib number. Please follow the signs.

Stewards will be present to check your bib number and you will only be able to join your start pen at your allocated time. Please don't try to join the start pen prior to your allocated time as space is limited.

It's not possible to change to an earlier wave, but you can join a later wave on the day if you'd like to. Everyone must be over the Start Line by 10:10 at the latest as the Start Line will then close and the timing mats will be removed.

| Wave | Arrival time | Baggage vehicle | Drop off kitbag | Go to start | Start time |
|------|--------------|-----------------|-----------------|-------------|------------|
| A | 07:45 | 11 | 07:45-08:15 | 08:00 | 08:30 |
| B | 07:55 | 12 | 07:55-08:25 | 08:15 | 08:40 |
| C | 08:05 | 13 | 08:05-08:35 | 08:25 | 08:50 |
| D | 08:15 | 14 | 08:15-08:45 | 08:35 | 09:00 |
| E | 08:25 | 15 | 08:25-08:55 | 08:45 | 09:10 |
| F | 08:35 | 16 | 08:35-09:05 | 08:55 | 09:20 |
| G | 08:45 | 17 | 08:45-09:15 | 09:05 | 09:30 |
| H | 08:55 | 18 | 08:55-09:25 | 09:15 | 09:40 |
| J | 09:05 | 19 | 09:05-09:35 | 09:25 | 09:50 |
| K | 09:15 | 20 | 09:15-09:45 | 09:35 | 10:00 |

6.

DROP OFF YOUR KITBAG

Before you arrive, attach your bib number to your top with the pins provided and make sure your self-adhesive number label is stuck to your official kitbag where indicated.

Please make sure your kitbag is packed and ready before making your way to the baggage vehicle that matches the vehicle number on your bib, and follow these steps:

1. Place any items you do not intend to run with in your kitbag. We recommend including a food item to eat at the finish. To be more sustainable, we don't provide food items, as many people have different dietary requirements

2. Take everything you need to run as you will not be able to collect your kitbag until you have crossed the Finish Line

3. Only use your official kitbag; no other bags will be accepted by our volunteers

Please note: if you miss your kitbag drop time, you may have to complete your 13.1-mile challenge carrying your kitbag, so please arrive on time.

7.

GET READY TO RUN

Once you've dropped off your kitbag, listen for announcements and follow the signs to make your way to the start pen for your allocated time.

Our event marshals and stewards will be on hand to direct you through the Start Area. Please follow their instructions to help with a smooth start procedure.

INFORMATION POINT

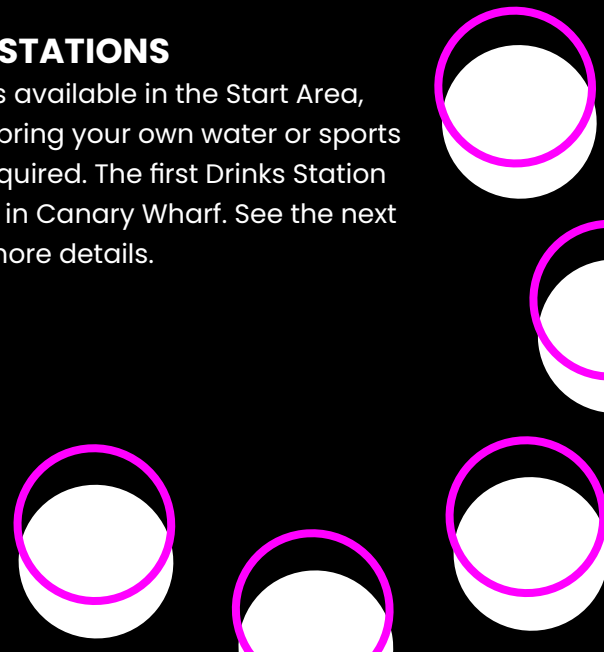
There is an Information Point in the Start Area in case you need any last-minute assistance. what3words location: /// ashes.jelly.scam

TOILETS

Toilets, including accessible toilets, are available in the Start Area, at mile markers 3, 6, 8, 11, and at the Finish.

DRINKS STATIONS

No water is available in the Start Area, so please bring your own water or sports drinks if required. The first Drinks Station is at Mile 3 in Canary Wharf. See the next page for more details.



8. ENJOY YOUR RUN

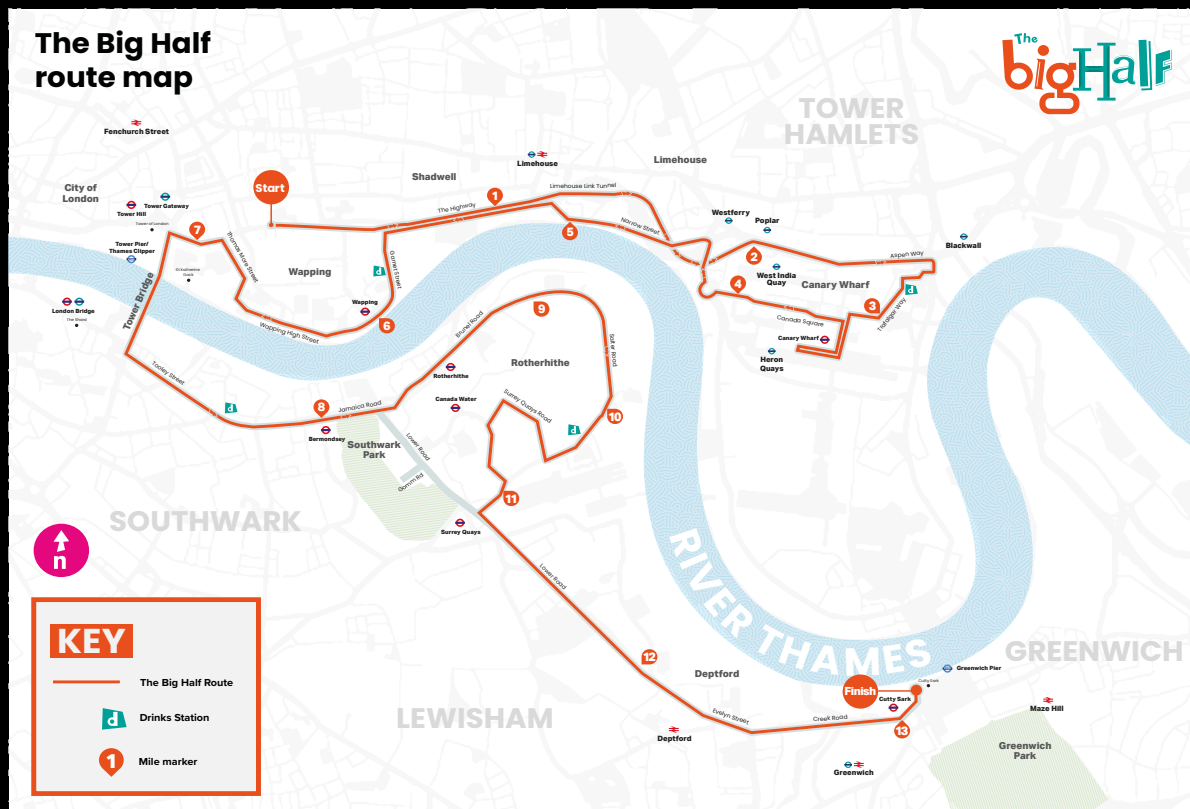
Running through the traffic-free streets of London is an experience like no other, so make sure you take time to enjoy it!

PACERS

If you're aiming for a specific finish time, look out for our official pacers in your start wave, who will be there to help you achieve your goal. More details about the pacers will be available online and in our newsletter soon.

We're required to reopen all roads to the public immediately after the event, so you'll need to cross the Finish Line by 14:15.

Everyone will have at least four hours to complete The Big Half. If you're unable to maintain a four-hour pace, but wish to continue, you'll need to move onto the pavement for safety reasons. Our team will walk with you and support you to the Finish Line.



| Drinks Stations | | |
|-----------------|--------------|--|
| Mile | Location | Drinks available |
| 3 | Canary Wharf | 250ml bottles of BUXTON Natural Mineral Water |
| 6 | Wapping | 250ml bottles of BUXTON Natural Mineral Water |
| 9 | Bermondsey | 250ml bottles of BUXTON Natural Mineral Water and paper cups of Lucozade Sport |
| 11 | Surrey Quays | 250ml bottles of BUXTON Natural Mineral Water |

9. HELP US TO REDUCE WASTE

We have several initiatives designed to help reduce waste at The Big Half.

DONATE UNWANTED CLOTHES

Collection containers will be available near the Start Line so you can donate any extra layers that you don't want to run with. The clothing is collected by the Salvation Army to sort, reuse, resell and reprocess as many as possible.

PLASTIC BOTTLES

Plastic bottles used at the event are made from 100 per cent recycled materials (excluding the cap and label), and we aim to recycle every one – but we need your help.

Plastic bottles can only be recycled if they are empty, so please remember to #DrinkDrainDrop:

Drink your BUXTON Natural Mineral Water
Drain any leftover liquid
Drop your bottle in a recycling zone after each Drinks Station.

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

CARRY YOUR OWN HYDRATION

Why not wear a bottle belt, hydration vest or carry your own bottle to help reduce the number of bottles used on the route?

Buy a bottle belt now.

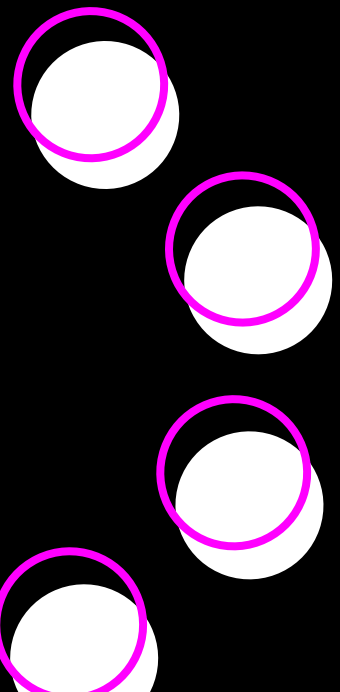
USE OUR RECYCLING STATIONS

Our volunteers will take your waste from you and separate it into the correct bin to maximise recycling levels.



DID YOU KNOW?

- Your official event kitbag is made from sugarcane bioplastic and can be recycled
- Thanks to participants choosing trees not tees at The Big Half 2023, we planted more than 3,000 trees!



10.

FOLLOW INSTRUCTIONS AT THE FINISH

Completing The Big Half is a special achievement – enjoy your moment and make sure you smile and wave for our photographers!

Once over the Finish Line, you'll probably be feeling tired but please keep moving to create space for participants arriving after you. If you're feeling unwell, please tell our medical staff immediately.

FINISHER ITEMS

Once you're into the Finish Area, you'll receive items in the following order:

1. A bottle of BUXTON Natural Mineral Water to aid your recovery!
2. Your finisher medal*
3. A bottle of Lucozade Sport
4. Your official kitbag. Please go to the kitbag collection point displayed on your bib number.
5. Your New Balance technical finisher's long sleeved T-shirt*

*You will receive a medal and a long sleeved T-shirt unless you opted out of receiving these items when you registered. Your choices will be displayed on your bib number.

Once you've collected your finisher items, please keep moving into the Festival Area. Do not congregate in the Finish Area or Greenwich town centre.

FESTIVAL AREA

You will exit the Finish Area into the Festival Area in Greenwich Park where you can enjoy food, drink and live music.

A-Z SIGNS

A-Z signs will help you meet family and friends. Before the event, make sure you agree a letter to meet at.

FOOD AND DRINK

Stalls will be selling food, there will be a fully licensed pop-up bar, and we'll have some live music to keep you entertained. So please relax and enjoy yourself.

THERABODY RECOVERY ZONE

Our presenting partner Therabody will be offering specialist advice and techniques on improving mobility and reducing the risk of injury after the event. There will be a range of products for you to try.

There will also be a reflection space and a prayer space. Please use these spaces if you need to take a moment for yourself.

DONATE YOUR RUNNING SHOES

We're **supporting JogOn**, the running shoe collection campaign.

If you'd like to donate your running shoes after The Big Half, please 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.

11.

PLAN YOUR JOURNEY HOME

Please make sure you plan your journey home in advance. The nearest stations to the Finish Area are Greenwich station, Cutty Sark DLR station and Maze Hill railway station.

Please note that Cutty Sark DLR station will be entry only and very busy, so if you can leave the area by another station or hub, please do.

Local buses will also be operating in Greenwich town centre. To plan your journey, visit tfl.gov.uk/plan-a-journey



12.

CHECK YOUR RESULTS AND PHOTOS

Your result will be available on our official website – thebighalf.co.uk – within 24 hours and your official photographs will be available to purchase within 48 hours from sportograf.com. Sign up [here now](#) to be notified as soon as your photos are ready to view online.

Share your photos and Event Day experiences on Facebook, Instagram and X with [@OfficialBigHalf](#) and [#WeRunAsOne](#)



**AND FINALLY,
THANK YOU!**

Thank you for taking part in The Big Half 2024. It's going to be great to run together and we look forward to welcoming you on Sunday 1 September. For more information, visit thebighalf.co.uk



LOOKING FOR YOUR NEXT CHALLENGE?

**GO DOUBLE THE DISTANCE IN ONE OF OUR
APRIL 2025 MARATHONS!**



**THANKS TO OUR
PARTNERS & SPONSORS**

