



**SUNDAY 1 SEPTEMBER 2024**

***EVENT***

***GUIDE***

Please read this guide and save it, so you can access it easily in the build-up to Event Day

***#WeRunAsOne***

**f OfficialBigHalf | X @OfficialBigHalf | @OfficialBigHalf**

# BEFORE

# EVENT DAY

## YOUR EVENT PACK

If you live in the UK, you should receive your Event Pack in the post by Wednesday 28 August. If you live outside the UK, you will need to collect your pack – see below.

Your Event Pack contains the following:

- Your unique bib number, with a timing chip attached to the back, and safety pins to fix it to your top
- Your official kitbag and 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 Wednesday 28 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 at the Information Point in the North Assembly Area, Tower Hill EC3N 4SG. what3words location: /// again.golf.limp

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

## RUNNING ORDER

It is vital that everyone in your team knows which leg of the New Balance Big Relay they are running. It's also important whoever is running the first leg, here referred to as Runner One, knows which start wave to join – F or G. This information is clearly indicated on your bib number.

The relay starts near Tower Bridge, but only Runner One, who has Leg 1 printed on their bib number, should go to the North Assembly Area on Tower Hill.

Runners Two, Three and Four need to go to their designated Relay Changeover Point – see pages three to six for more information about the Changeover Points.

## EXAMPLE BIB NUMBER



It's important you understand the information displayed on the bib:

1. Runner One will start in either Start Wave F or G.
2. This indicates which leg of the relay you are running and therefore whether you are Runner One, Two, Three or Four.
3. This number indicates the baggage vehicle Runners One and Four should use at the Start and Finish.
4. Whether you opted to receive a finisher's medal and/or New Balance long sleeved T-shirt is clearly displayed.

# ON EVENT DAY

## INFORMATION FOR RUNNER ONE ONLY

Runner One needs to go to the North Assembly Area on Tower Hill, which is north of the River Thames.  
what3words location: ///flops.issue.strict

The nearest stations to the North Assembly Area are Tower Hill Underground and Tower Gateway Docklands Light Railway (DLR).

Marshals will be present to help guide you. Please arrive at your allocated time. Your Start Wave is F or G and your important times are in the table below.

Before Event Day, consider giving Runner Two your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you reach Changeover Point One.

Please note: if you do this it is your team-mate's responsibility to hand over your kitbag at your Changeover Point.

### BAGGAGE DROP

We also recommend Runner Four gives you their change of clothes in their kitbag before Event Day. You'll then be able to leave their kitbag at your allocated baggage vehicle in the North Assembly Area ready for them to collect when they finish. Our volunteers will only accept the official event kitbag provided.

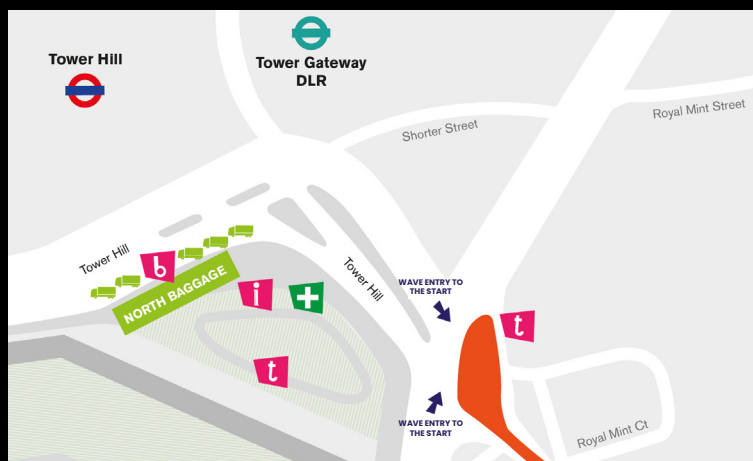
### YOUR LEG

The distance of your leg is approximately 5K and you will hand over to Runner Two at Changeover Point One on the corner of North Colonnade and Montgomery Street in Canary Wharf. After your run, you can walk to the nearest station, Heron Quays. From here you can get the DLR to Greenwich and meet your team-mates.

## RUNNER ONE'S IMPORTANT TIMES

Wave	Arrival time	Baggage vehicle	Drop off kitbag	Go to start	Start time
F	08:35	6	08:35-09:05	08:55	09:20
G	08:45	7	08:45-09:15	09:05	09:30

## NORTH ASSEMBLY AREA MAP



### KEY

- Medical
- Toilets
- Information
- Baggage

# ON EVENT DAY

## INFORMATION FOR RUNNER TWO ONLY

Runner Two needs to go to Changeover Point One on the corner of North Colonnade and Montgomery Street in Canary Wharf. what3words location: [///economies.scare.funds](#)

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest stations are Heron Quays and Canary Wharf, which are served by the Docklands Light Railway (DLR).

The distance of your leg is approximately 5K and you will hand over to Runner Three at Changeover Point Two outside Wapping Rose Gardens on the corner of Wapping High Street and Reardon Path.

Before Event Day, consider giving Runner Three your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you finish at Changeover Point Two.

After your run, you can walk to Wapping station to get the London Overground to Shadwell and then the DLR to Greenwich to meet your team-mates.

## INFORMATION FOR RUNNER THREE ONLY

Runner Three should go to Changeover Point Two outside Wapping Rose Gardens on the corner of Wapping High Street and Reardon Path. what3words location: [///party.plot.units](#)

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest station is Wapping, which is on the London Overground. Limehouse station, which is serviced by the DLR and national rail, is a 15-minute walk away.

The distance of your leg is approximately 5K and you will hand over to Runner Four at Changeover Point Three on Salter Road, near Brunel Road and Surrey Water.

Before Event Day, consider giving Runner Four your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you get to Changeover Point Three.

After your run, you can walk to Canada Water station and take the Jubilee line to Canary Wharf. From here, you can cross the road to Heron Quays and get the DLR to Greenwich to meet your team-mates.





# ON EVENT DAY

## INFORMATION FOR RUNNER FOUR ONLY

Runner Four should go to Changeover Point Three on Salter Road, between Brunel Road and Surrey Water.

what3words location:

///moving.cone.awards

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest station is Rotherhithe, which is on the London Overground. Canada Water station on the Jubilee line is also nearby.

The distance of your leg is approximately 6K and you will run to The Big Half Finish Line at Cutty Sark in Greenwich.

Before Event Day, consider giving Runner One your kitbag containing a change of clothes and an Oyster card, bank card, or cash.

Runner One can then give your kitbag to a member of the baggage drop team in the North Start Area, so it will be waiting for you at the Finish Area in Greenwich.

To retrieve your kitbag, just find the kitbag collection point that has the same number as the one displayed on your bib.



## CHANGEOVER PROCESS

The aim of the New Balance Big Relay is to get your team from The Big Half Start Line to the Finish Line and this will involve four runners and three changeovers.

As you approach your Changeover Point, you will see signs on the course directing you towards it. The Changeover Point will be barriered off and clearly signposted.

You must continue running until you cross the timing mat. You don't need to hand over a baton, your team-mate can begin their leg of the relay as soon as you cross the timing mat.

## AFTER YOUR LEG

It's your responsibility to make sure you have a change of clothes and an Oyster card, bank card or cash for onward travel after your leg.

Please read the information on the previous pages about how to coordinate this with your team-mates. We also recommend creating a team group chat and sharing your live locations.

## CHANGEOVER POINT FACILITIES

- Toilets
- Medical Point
- BUXTON® Natural Mineral Water
- Finisher medal collection point
- New Balance technical T-shirt

**Runner One will start in either Start Wave F or G near Tower Bridge. All other relay runners must start their leg of the relay at their designated Changeover Points at the locations shown below:**

### START

North  
Assembly Area



**Nearest tube:**  
Tower Hill

**LEG 1**  
5K



Tower Bridge to  
Canary Wharf

Changeover One:  
Canary Wharf



**Nearest tube:**  
Heron Quays/  
Canary Wharf

**LEG 2**  
5K



Canary Wharf  
to Wapping

Changeover Two:  
Wapping



**Nearest station:**  
Wapping

**LEG 3**  
5K



Wapping to  
Rotherhithe

Changeover Three:  
Rotherhithe



**Nearest station:**  
Rotherhithe

**LEG 4**  
6K



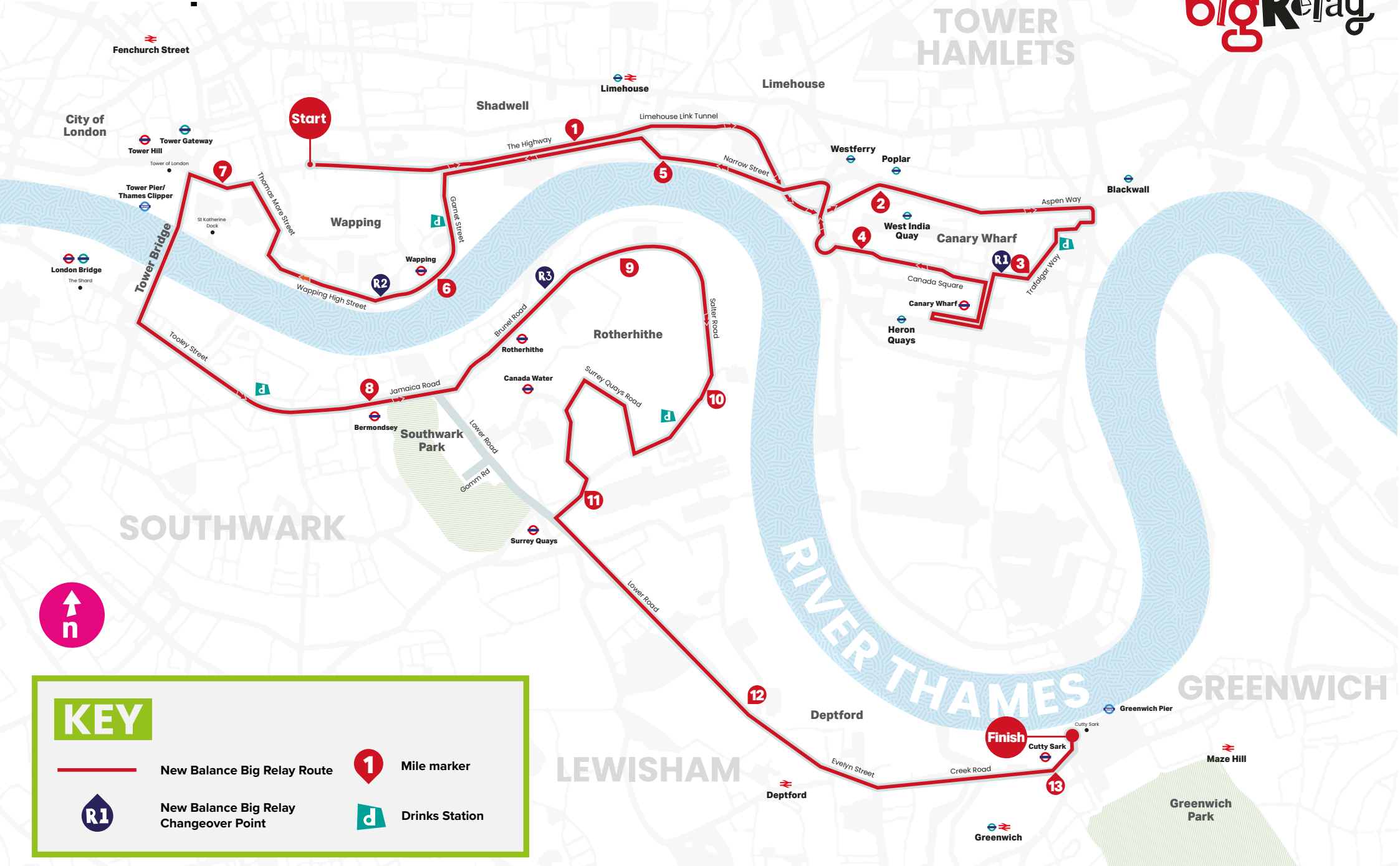
Rotherhithe  
to Cutty Sark

**FINISH**  
Cutty Sark



**Nearest DLR:**  
Greenwich

# THE COURSE



Start

Finish



## KEY

- New Balance Big Relay Route
- 1 Mile marker
- R1 New Balance Big Relay Changeover Point
- d Drinks Station



# ON EVENT DAY

## FACILITIES

Toilets are available in your Start Area or relay Changeover Point. Our teams at the Information Points will be able to help with any queries.

## #DRINKDRAINDROP

We aim to recycle every plastic bottle used at The Big Half but need your help. Plastic bottles can only be recycled if they are empty, so please remember to #DrinkDrainDrop.

Drink BUXTON® Natural Mineral Water, drain any leftover fluid, and drop your bottle in a recycling zone – after each Drinks Station there will be large recycling sacks at various points along the side of the road.

## LUCOZADE SPORT

Lucozade Sport will be available at Drinks Station 3, near Mile 8, to hydrate Runner Three. Lucozade Sport will be served in compostable cups.

Please only consume drinks that you've tried during your training runs.



## DROPPING OUT

If you cannot complete your leg, you must contact the next runner in your team to let them know.

In this situation, the next leg runner will be allowed to leave without the previous runner crossing the timing mat, but it is your responsibility to tell your team-mate you have dropped out.



# THE FINISH

## THE FINISH LINE

The climax of your team's 13.1-mile challenge comes as Runner Four crosses the Finish Line in front of the iconic Cutty Sark in Greenwich.

## FINISHER ITEMS

Once in the Finish Area, Runner Four will be able to collect their finisher 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 vehicle 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.

Runners One, Two and Three will collect their medal, T-shirts and finisher items at their Changeover Points.

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 your teammates. 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 in the Festival Area.

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.

# PLAN YOUR JOURNEY HOME

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

Cutty Sark DLR station will be very busy so if you can leave the area by another station or hub, please do so.

Local buses will also be operating in Greenwich town centre. To plan your journey, visit [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey)



# CHECK YOUR RESULTS AND PHOTOS

Your individual and team result will be available on our official website – [thebighalf.co.uk](https://thebighalf.co.uk) – within 24 hours and your official photographs will be available to purchase within 48 hours from our photography partner, Sportograf. You can **register now** to be notified when they're available to view online.

Share your photos and experiences on Facebook, Instagram and X with @OfficialBigHalf and #WeRunAsOne



**AND FINALLY,  
THANK YOU!**

Thank you for taking part in the New Balance Big Relay. It's going to be great to Run As One and we look forward to welcoming you on Sunday 1 September. For more information, visit [thebighalf.co.uk](https://thebighalf.co.uk)



**LOOKING FOR YOUR NEXT CHALLENGE?**

**A LIMITED NUMBER OF PLACES ARE AVAILABLE IN**

**OUR APRIL 2025 MARATHONS!**

**B R I G H T O N  
MARATHON 2025**

**tcs**   
TCS  
LONDON  
MARATHON

**THANKS TO OUR  
PARTNERS & SPONSORS**

