



EVENT GUIDE

Saturday 23 September

YOUR TOP 10 CHECKLIST

We hope you're looking forward to taking part in the Vitality Westminster Mile! Here are the 10 key things you need to know to enjoy your day.

Please read them carefully and save a copy to your phone or device so you can access them easily on Event Day.

1. CHECK OUT YOUR EVENT PACK

Most people who live in the UK, will receive their Event Pack in the post by Friday 22 September. It will contain:

- » your bib number, with your timing chip attached to the back
- » safety pins to attach your bib number to your T-shirt or top on Event Day

If your pack does not arrive or any items are missing, or if you live outside the UK, just head to the Information Point in Green Park on Event Day.

See the map on page 4 and the what3words location for the Information Point is: [///light.rinse.spoken](https://www.what3words.com/#!/light.rinse.spoken)

Junior Wave

Please note: if you're taking part in either of the Westminster Mile Junior Waves, you will also need to collect your Event Packs for your group from the Information Point on Event Day.

2. BE SAFE AND SECURE

The safety and security of all our participants and spectators is of paramount importance to us. We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure.

Our team of friendly stewards are there to help keep you safe too, so don't be surprised if they pop up to say hello!

3. PLAN YOUR JOURNEY

Please arrive at Green Park at least one hour before your wave start time. Details are provided in the timetable on page 3.

Where possible, we recommend travelling to the event on foot, by bicycle or by public transport.

To plan your journey to and from Green Park, please visit tfl.gov.uk/plan-a-journey

TAKING PART WITH CHILDREN?

If you're taking part in the Vitality Westminster Mile in a group that includes children, we have important additional advice and procedures you must follow – please see page 6 for details.

It is essential that you complete your child's emergency contact form on the back of their bib number.

Vitality



Westminster Mile

4. UNDERSTAND YOUR BIB NUMBER

Your bib number indicates which start wave you are in. Make sure you know your wave number before Event Day so you can find your wave quickly and easily.

Please clearly display your bib number as soon as you arrive at Green Park and throughout the day, so our stewards can help to direct you.

It is essential that all participants, especially children, have their emergency contact details and medical information filled in on the back of their bib number.



00000 ^{WAVE 1}



This is an example bib number for Wave 1.

5. KNOW YOUR IMPORTANT TIMES

Please make sure you know your wave number and its associated timings – see the timetable on the next page for full details.

If you're running with a group, please ensure all members know the details (see page 6 for more on running in a group with children).

When you arrive at the assembly area in Green Park, please look for timing information on the big screen and listen to announcements on the public address system. Our stewards will also be on hand to direct you to where you need to be at the right time.



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WAVE NUMBER	WAVE NAME AND COLOUR	ARRIVAL TIME	GO TO START	WAVE START TIME
1	Adult Wave 1	08:30	09:15	09:30
2 & 3	Adult Waves 2 & 3	08:30	09:20	09:35
4	Westminster Mile Junior Wave	08:30	09:35	09:50
5	Family Wave 1	08:45	09:45	10:00
6	Family Wave 2	08:55	09:55	10:10
7	Family Wave 3	09:05	10:05	10:20
8	Family Wave 4	09:15	10:15	10:30
9	Family Wave 5	09:25	10:25	10:40
10	Westminster Mile Junior Wave	09:20	10:35	10:50
11	Family Wave 6	09:45	10:45	11:00
12	Family Wave 7	09:55	10:55	11:10
13	Family Wave 8	10:05	11:05	11:20
14	Family Wave 9	10:15	11:15	11:30
15	Wheelchair Wave	10:10	11:25	11:40
16	Family Wave 10 – Walking	10:35	11:35	11:50
17	Family Wave 11	11:15	12:15	12:30
22	Junior NBA Wave	11:10	12:25	12:40
23	Junior NBA Wave	11:20	12:35	12:50



6. DROP OFF YOUR BAGGAGE

Please put anything you don't want to run with in a small bag or rucksack. Make your way to the baggage drop area (see map below) before you head go to the Start Area on The Mall. Please have your bib number on display so our stewards can help direct you.

Our baggage drop team will attach a numbered wristband to your bag and will give you an identical one to wear on your wrist. Please look after your wristband as you will need it to collect your belongings after your run.

Please note: your bag will be stored in an uncovered area, so please make sure it is rainproof.

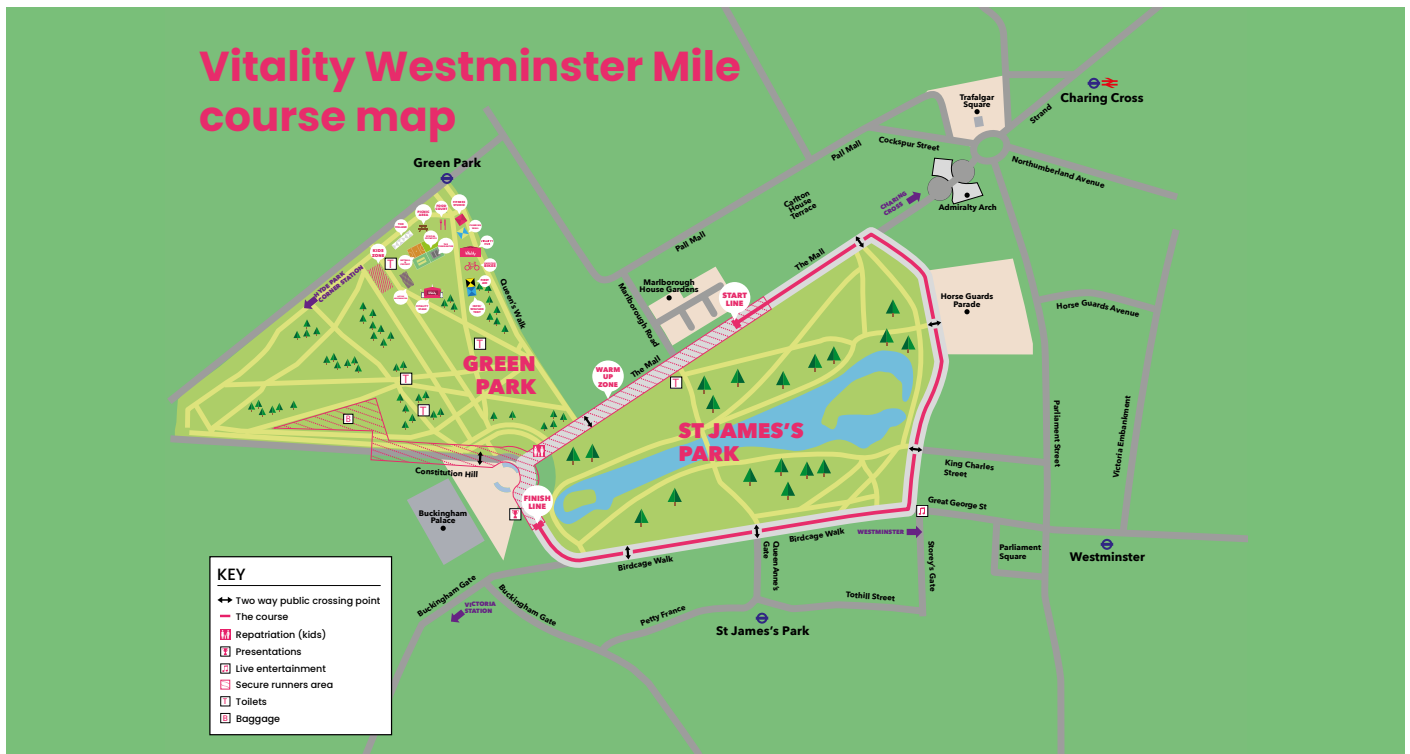
7. GET OFF TO A GOOD START

Once you have dropped off any baggage, please make your way to the Start Area. There will be a warm-up area and toilets on The Mall ahead of the loading pens and the Start Line.

Once your wave is ready to load, stewards and signs will direct you. Please follow their instructions to help with a smooth start procedure.

8. FAMILIARISE YOURSELF WITH THE COURSE

Below is a map of the spectacular course and Vitality Wellness Festival. The course starts on The Mall and finishes in front of Buckingham Palace, covering exactly one mile from start to finish. We hope you enjoy your run, jog or walk!





9. FOCUS ON THE FINISH

Look out for our official photographers from Sportograf, who will take a photo of you crossing the Finish Line. You'll also be given a hero's reception by the Cheer Squad.

Once you're over the Finish Line, you'll be able to celebrate by collecting your medal and a bottle of BUXTON® Natural Mineral Water.

10. RELAX AFTER YOUR MILE

You'll have the chance to meet your family and friends to relax together and enjoy the assorted activities on offer at the free Vitality Wellness Festival in Green Park.

To help with arranging a specific place to meet, we recommend using the free app [what3words](#).

The free family fun zone will be open until 16:00 with exciting activities for kids, sport taster sessions and the chance to have a go on the world-famous Vitality Tumbleator – a giant treadmill where you can choose a relaxed pace or go for a new world record!

Your official result from the mile will be available within 24 hours at vitalitywestminstermile.co.uk



TAKING PART WITH CHILDREN

The Vitality Westminster Mile is a fun event, designed for all ages and abilities to enjoy – and this includes families and groups with children.

We have a wide variety of security measures in place to ensure all our participants have a safe and enjoyable experience, and we also ask you to help us by being well prepared.

Please ensure all members of your team – including children – have their emergency contact information filled in on the backs of their bib numbers. This is essential so that both you and any children you are running with can be identified and reunited should you become separated.

Your bib number will display which wave your team will be running in, so make sure all members are aware of this – waves have been given a colour to help make them easy to identify.

If you would also like to use wristbands to help identify yourself and any children you're running with, or you have friends or family with children coming to watch or visit the Vitality Wellness Festival who would like wristbands, these can be collected from the Information Point in Green Park.

Please discuss as a group what to do if you get separated on Event Day – whether that's on the course or before/after at the Vitality Wellness Festival. Please see below for more information.

WHAT TO DO IF YOU BECOME SEPARATED...

...DURING THE EVENT



Do not panic. Please head straight to the Finish, where our team of trained, DBS-checked welfare support staff will be ready and waiting, looking for any children or carers who have become separated on the route.



This team will look after your child until you cross the Finish Line if they arrive before you – and will be there to support you if you get separated from your child and finish before them.



Any separated children who are found by event staff on the route **will also be guided to the Welfare Team at the Finish.** Please organise to meet at the flags just past the Finish Line to find our team and your child/young person.



Welfare Team staff need to verify that they have reunited the right child with the right adult before they can leave the Finish Area together. This is why you must ensure you and any children you are running with have filled in the correct information on the back of your bib numbers.

...OUTSIDE THE EVENT



If you are separated from a child before or after the event, please go to the Information Point at the Vitality Wellness Festival in Green Park, where there will be more Welfare Team staff to help.

This is also where you should go if you find a child who has been separated from their parent or carer or have any other concerns about a child or vulnerable adult.



It's also a good idea to prearrange a meeting point with family and friends if you plan to get together before or after the event. If you're unfamiliar with the area, we recommend using the free what3words app, which allows you to pinpoint your location to share with others.

And finally, thank you!

Thank you for taking part in the Vitality Westminster Mile. It's going to be great to run, jog and walk together in central London! We're really looking forward to seeing you on Saturday 23 September.

For more information, visit vitalitywestminstermile.co.uk

**THANKS TO OUR
PARTNERS & SPONSORS**

