



EVENT GUIDE

Saturday 21 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

If you live in the UK, you should receive your Event Pack in the post by Tuesday 17 September. If you live outside the UK, you will need to collect your pack - see below.

Your Event Pack contains:

- » 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

COLLECTING AN EVENT PACK

If you live outside the UK, you must collect your Event Pack from 10:00 to 18:00 on Friday 20 September 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 17 September, 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 Friday 20 September at Marathon House - see address above. If you require a replacement pack, we strongly advise you to collect it on the Friday.

However, a limited number of packs will be available on Event Day at the Information Point in Green Park. See the map on page 4 and the what3words location for the Information Point is: [///tune.penny.sooner](https://www.what3words.com/#!/tune.penny.sooner)

2. BE SAFE AND SECURE

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

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

Free bike parking is available in Green Park (what3words location: [///defeat.shower.banks](https://www.what3words.com/#!/defeat.shower.banks)), with limited spaces available on a first-come, first-served basis. If you cycle to the event, please dismount before entering Green Park.

TAKING PART WITH CHILDREN?

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



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

Medal choice

When you registered for the event, we asked you if you would like to receive a medal. Your choice will be clearly displayed on your bib number – see the example below.

If you opted not to receive a medal, thank you for helping us with our sustainability goals.



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.






WAVE	WAVE NAME AND COLOUR	ARRIVAL TIME	GO TO START	WAVE START TIME
1	Adult Wave 1	08:30	09:15	09:30
2	Adult Wave 2	08:30	09:20	09:35
3	Children with Cancer UK	08:45	09:30	09:45
4	Westminster Community	08:45	09:40	09:55
5	Family Wave 1	09:15	10:00	10:15
6	Family Wave 2	09:15	10:10	10:25
7	Family Wave 3	09:30	10:20	10:35
8	Parkrun	09:30	10:20	10:35
9	Ruth Strauss Foundation	10:00	10:40	10:55
11	Junior Westminster Wave	10:15	11:00	11:15
12	Family Wave 4 - Our Parks	10:15	11:10	11:25
13	Family Wave 5	10:30	11:20	11:35
14	Family Wave 6	10:45	11:30	11:45
15	Family Wave 7	11:00	11:40	11:55
10	Blueprint for All Wave	11:00	11:40	11:55
16	Wheelchair Wave	11:00	11:50	12:05
17	Family Wave 10 - Walking Wave	11:15	12:00	12:15
19	Scouts Wave	12:00	12:40	12:55
20	Family Wave 8	12:00	12:50	13:05
21	Family Wave 9	12:15	13:00	13:15
22	Family Wave 10	12:30	13:10	13:25
18	Bloomsbury Football Wave	12:30	13:10	13:25
24	London United	12:30	13:10	13:25
25	Jr NBA Wave	13:00	13:45	14:00
27	BMC Bannister Mile	13:15	14:05	14:20



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 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

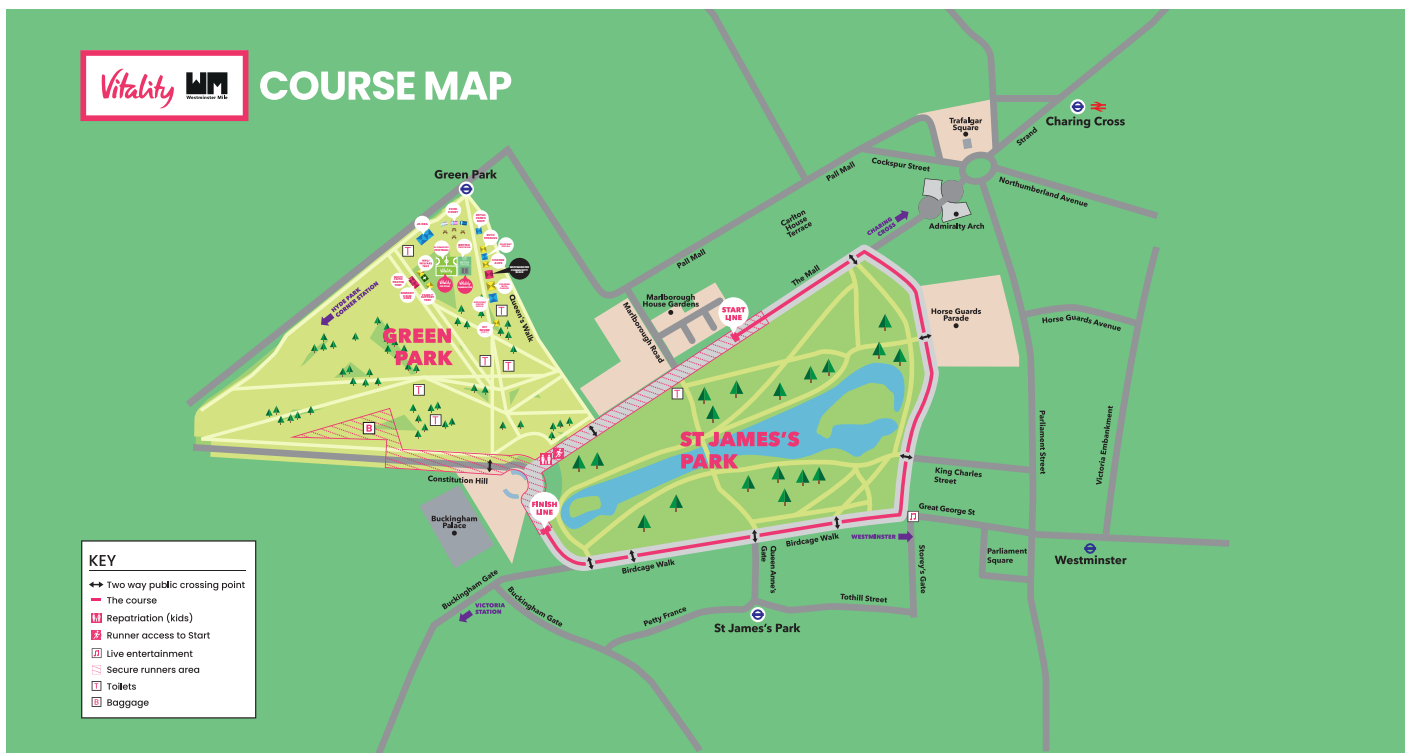
Once you've dropped off any baggage, please make your way to the Start Area. There will be space for you to warm up on The Mall and there will be toilets before the loading pens and the Start Line.

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

8. FAMILIARISE YOURSELF WITH THE COURSE

Below is a map of the spectacular course and Vitality Wellness Festival. Just zoom in to see the full details!

The one-mile course starts on The Mall and finishes in front of Buckingham Palace. 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. **Sign up now** to be notified as soon as your photos are ready to view online.

Once you're over the Finish Line, you'll be able to celebrate by collecting your medal, if you chose to receive one, 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 activities on offer at the free Vitality Wellness Festival in Green Park.

There will also be tasty food and drinks available from a variety of stalls.

To help with arranging a specific place to meet, we recommend using **what3words**. The Information Point what3words location is: [///tune.penny.sooner](https://www.what3words.com/#!/tune.penny.sooner)

Family fun zone

The free family fun zone in Green Park 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!

You'll also be able to join one of our yoga sessions, try out basketball with Jr NBA, take on the Bloomsbury Football challenge, or the British Triathlon duathlon challenge.

Prayer and Quiet Tents

There will be a multi-faith prayer space for people of all religions, and a quiet reflection space. Please use these spaces if you need to take a moment for yourself.

Your result

After the event, make sure you check out your official result, which will be available within 24 hours at **[vitalitywestminstermile.co.uk](https://www.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.

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.

Family Tent

As well as fun activities for all the family, there will be a Family Tent with facilities for people with young children and babies in the Festival Area at Green Park.

If you need to feed, change or entertain your child in the play pen, just pop in to see our team!

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.



Our Welfare Team will 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 21 September. For more information, visit vitalitywestminstermile.co.uk

**THANKS TO OUR
PARTNERS & SPONSORS**

