

Age UK Virgin Money London Marathon Guide 2018



We're working for a world
where everyone can
love later life



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Virgin Money London Marathon Expo

You should have received your Registration form via email from no-reply@london-marathon.co.uk. You need to print this off and take it, along with photographic ID, to the London Marathon Expo to pick up your race number, timing chip and kit bag. **You will not be able to run without your official race number and timing chip.**

ExCeL

1 Western Gateway
Royal Victoria Dock
London
E16 1XL

Exhibition opening times

Wednesday 18 April	11:00 – 20:00
Thursday 19 April	10:00 – 20:00
Friday 20 April	10:00 – 20:00
Saturday 21 April	09:00 – 17:00

If you absolutely cannot make the Expo, a named person can pick up your number. Here's what you need to do:

- Nominate someone to attend the Expo and collect your runner number for you.
- Your nominee needs to provide a letter written and signed by you, giving permission for them to collect your number. They also need to bring a copy of your identification.
- Sign the declaration on your registration form. When your nominee gives the form to the Registration Clerk, they check your details.
- Your nominee also needs to bring some identification (for example, their passport or driving license).

When to come

The show attracts 70,000 visitors over its 4 open days, with 15,000 visitors on the week days and 25,000 on Saturday. You may want to consider visiting in the week to avoid the weekend rush especially if you live close to London. If you are travelling down on the Saturday leave **plenty of time** to account for traffic to make sure you arrive well ahead of closing. After 5pm on Saturday there are **no** options to pick up your number and you won't be allowed to run.

Age UK pasta party

Date: Saturday 21 April

Time: 6pm

**Spaghetti House, 15 Goodge St,
London W1T 2PQ**

A chance to chat to us and other Age UK runners to calm nerves and stock up on carbs the evening before. We have negotiated a £15 per head spread of salads, pasta dishes and a light dessert ahead of the big day! Family and friends are very welcome to come along too.

Please email lianne.hayward@ageuk.org.uk to book your space(s)



Marathon morning

The night before

- Lay out your kit bag the night before so there's no panic in the morning: kit, trainers with chip attached, running number, memory bib, safety pins, drinks, gels, keys.
- Breakfast – don't forget to eat and don't try anything new!

Travel

- Let the train take the strain' and **check your journey** in advance.
- Check www.tfl.gov.uk/journeyplanner to check your route
- DLR services from Bank and Lewisham start at 5.30am
- Free train travel on South-eastern trains (from London Termini only) and DLR on display of running numbers for runners until 5pm on Sunday
- Expect a 15-20 minute walk to start zones from each station
- We recommend arriving in your zone an hour before the start, to give you time to put your kitbag on the trucks and use the facilities. Toilet queues are long!

Start zones

There are three start points which will correlate with the colour of your running number. You will not be allowed to start from a different coloured start to your running number.

- **Red Zone – Charity Runners** - Greenwich Park
Nearest stations: Greenwich or Maze Hill
- **Blue Zone – Ballot Runners** – Blackheath
Nearest station: Blackheath
- **Green Zone – Elite and Celebrity Runners**

Runners only will be allowed into the start zones so send your spectators to our cheer points and they can secure a good viewing spot (more on page 6).

Timing chip and running number

The timing chip will be activated as you cross the start line, not on the klaxon. Don't forget to pin your running number to the front of your running top, and In Memory bib to the back.

Baggage

A personal kit bag will be given to you at the Marathon Expo which matches your running number. Leave everything you will need post-race inside including recovery snacks and warm clothes. These are placed on baggage trucks in the start zones and given back to you after you cross the finish line. Once you have handed your bag in you can't retrieve it so wear old clothes and your Age UK poncho to keep you warm in the start area, these can then be ditched near the start line.

Spectators and cheering points

Age UK will have 5 cheering points along the route. Our amazing volunteers will be out all day to cheer you on. See maps later in this guide.

Mile 9 - Canada Water

Mile 13 –The Highway

Mile 18 - Canary Wharf

Mile 23 – Tower Hill

Mile 25 – Embankment



Family and friends

Definitely encourage your ‘supporters’ to join us here as it makes it so much easier for them to spot you and you to spot them! We have t-shirts and cheering sticks to hand out, and we will give them a space at the front.

Age UK running vest

Wearing your Age UK vest will allow our cheering points to spot you, otherwise we will miss you! Most of our cheering stations will be on the right hand side, so if you remember, run on the **right**.

Tracking

Your spectators can track your progress from the Virgin Money London Marathon homepage from 7am on race day. You can search by running number or surname! Times are taken every 5k and the page will estimate where you are on the course based on your pace.

www.virginmoneylondonmarathon.com

There is also a free tracking app available from Virgin Money London Marathon. Go to App Store or Google Play and search 'London Marathon Spectators'.

Please tag us in your pictures over race weekend and on the big day!

#teamageuk @TeamAgeUK #spiritoflondon

<https://www.ageuk.org.uk/get-involved/fundraise/events-challenges/community/>

Cheering point maps

Always check www.tfl.gov.uk/journeyplanner ahead of travelling!

Mile 9

Nearest Tube: **Canada Water**
(Jubilee Line)

Nearest Overground: **Canada Water**
Other options: **Surrey Quays**,
Rotherhithe



Mile 13

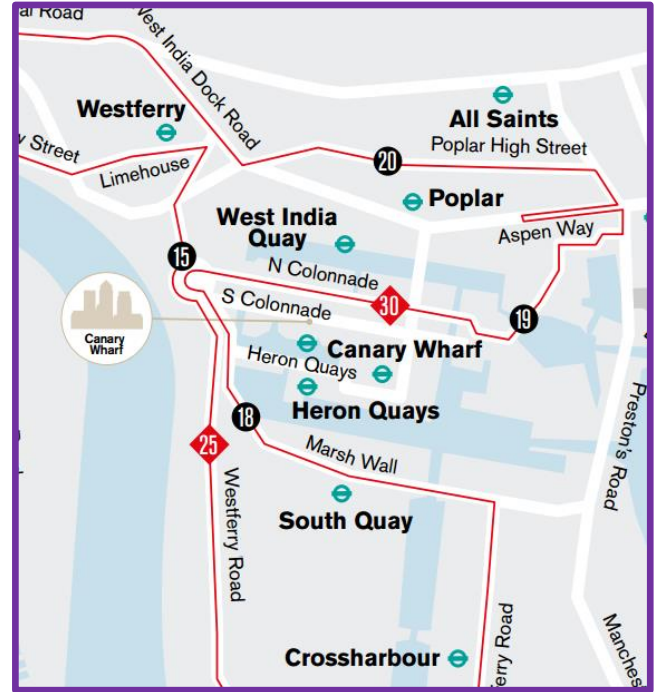
Nearest Tube: **Tower Hill**
(Circle and District Line)
Nearest Overground: **Shadwell**
Nearest DLR: **Shadwell** or
Tower Gateway
Other options: **Wapping**,
Tower Hill, **Aldgate**



Mile 18

**Credit Suisse Cheering Point
1 Cabot Square, North Collonade**

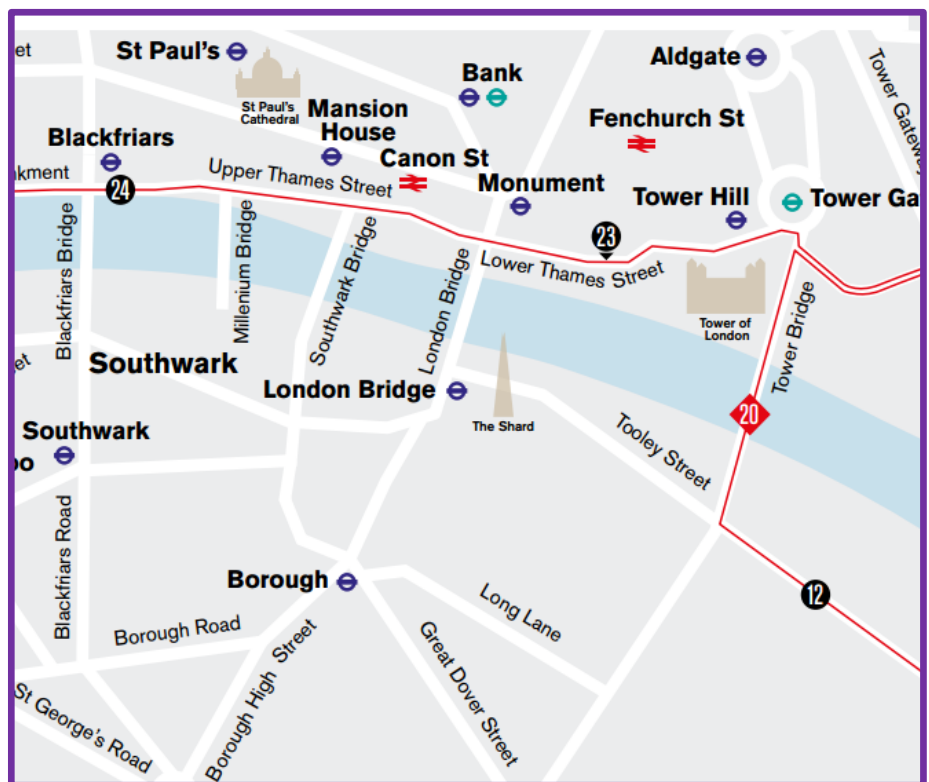
Nearest Tube: **Canary Wharf**
(Jubilee Line and DLR)
Nearest DLR: **Heron Quays**
Other options: **South Quay**



Mile 23

**Age International
Cheering Point**

Nearest Tube: **Monument**
(Circle and District line)
Nearest Overground:
Cannon Street
Other Options: **Bank,**
Mansion House



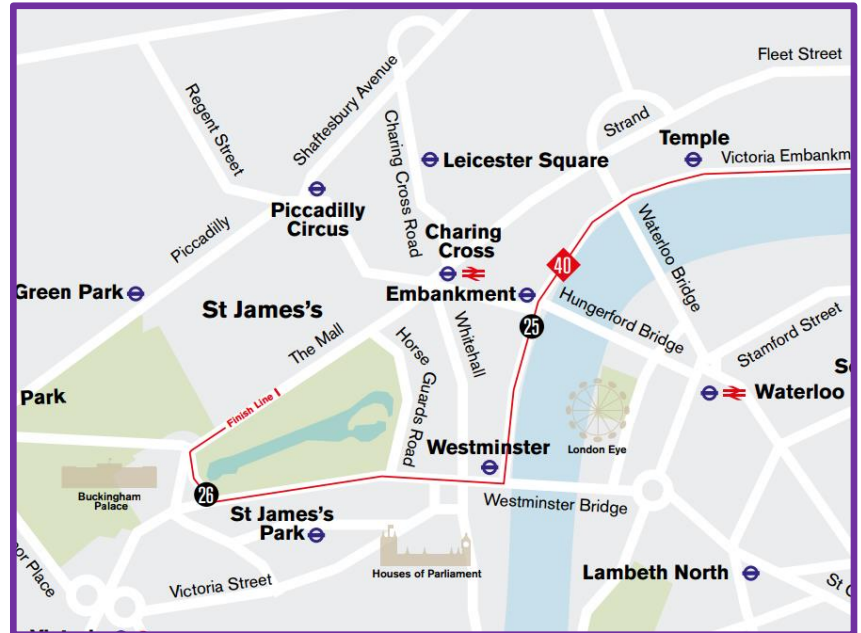
Mile 25

Nearest Tube: **Embankment**

(Bakerloo, Northern,
Circle and District line)

Nearest Overground: **Charing Cross**

Other options: **Waterloo**



Post-race reception

Prince Phillip House

3 Carlton House Terrace, SW1Y 5DG

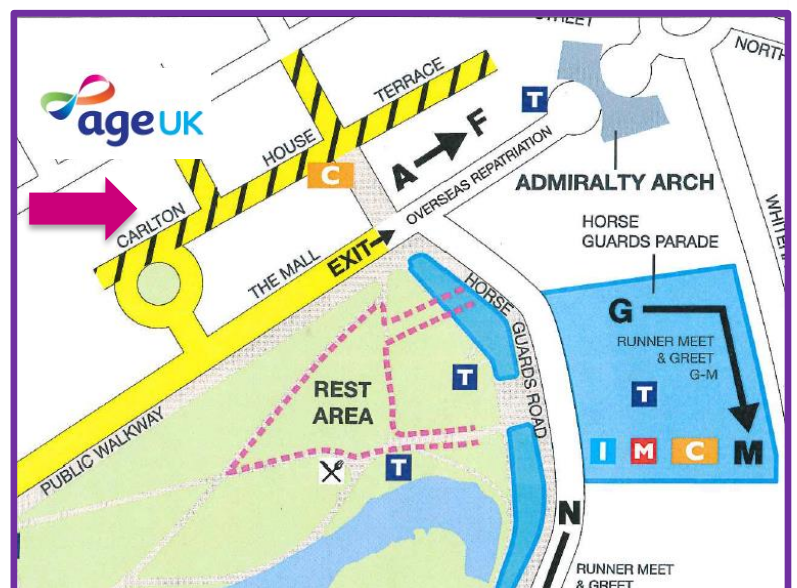
The post-race reception is our way of thanking you for running an amazing 26.2 miles for Age UK as well as a chance for you to relax with a well-deserved meal, massage and drink!

Prince Phillip House is a 5 minute walk from the finish line, and is a great place to meet friends and family post-race. Please be aware of numbers, though, as space may be limited.

- Open from 12 midday until 5pm
- Hot food and drinks for runners
- Goody Bags
- Massage Room
- Photo Area
- Paid cold buffet and bar for spectators for spectators
- Pack flip-flops for sore feet

How to get there

- Once you have finished the marathon make your way through the finish funnel and collect your kit bag
- **Take the first left exit you can** and follow signs to **Piccadilly**
- **Exit from this corner** and go up the steps towards the tall **Duke of York column** (you can't miss it)
- **At the top of the steps, turn left** onto Carlton House Terrace
- **Prince Phillip House** is the second big building on the left
- Look out for the Age UK balloons





Thank you so much for choosing to run for Age UK. We wish you the best of luck for a brilliant day and we look forward to seeing you at the reception.

Fiona, Lianne and the whole Age UK team.

Contact us

Call us on **020 3033 1725**

Email us at **events@ageuk.org.uk**

Visit our site at **www.ageuk.org.uk**

Follow us on social **#teamageuk @TeamAgeUK**