



Final Instructions

Please read these instructions very carefully. In the following pages you will find all the information you need to have an enjoyable Race Day on Sunday 22 April. We will do our utmost to look after you all the way through the 26.2 miles of the 2018 Virgin Money London Marathon. All you need to do is follow the simple guidelines here...



ASK THE CHATBOT!

The Virgin Money London Marathon ChatBot is now live. Using AI technology, the Bot will be able to answer your questions about this year's race and give advice to runners and spectators ahead of the 38th London Marathon. Scan the image on the left using the camera within Facebook Messenger to get started. Just line up the image and tap and hold the middle of the screen.

CONTENTS

04 Before Race Day
Registering for the race and collecting your running number

06 Visiting the Virgin Money London Marathon Expo
Everything you need to know to plan your visit

09 On Race Day
Essential advice to ensure you have an amazing race

10 General Travel Information
Useful travel advice for runners and spectators

11 Getting to the Start Areas
Your transport options for getting to the Start Areas

15 The Start Areas
What to expect when you arrive at your Start Area

17 The course
Everything you need to know about the course

20 The Finish
How to find your friends after you've made it to the Finish

22 Medical Advice
Please read our medical advice carefully before Race Day

39 Thanks to our Partners & Sponsors
A big thank you to the Virgin Money London Marathon Sponsors and Partners

It's time to change the world

Thanks for taking it on, one challenge at a time



OFFICIAL FOOTWEAR AND APPAREL



2018 LONDON EDITION

890v6

FINAL INSTRUCTIONS

Before Race Day

Your main aim between now and Race Day on Sunday 22 April is to plan your weekend and collect your running number from the Virgin Money London Marathon Expo. The following pages will explain how to do this

Collecting your running number

You were emailed your registration form, which shows your running number, together with these instructions. **PLEASE PRINT OUT THIS EMAIL** – you will need it to collect your running number and kitbag when you register at the Expo at ExCeL in east London.

You must bring photographic identification with you to collect your running number. The acceptance slip sent to you in December is not valid. On your registration form, you will find a Charity Survey questionnaire. Please complete this before you arrive at Registration.

While preferring you to register in person, we recognise that in some cases this may be impossible. You can nominate someone to collect your running number for you.

The person you nominate must have the following: a letter, written and signed by you, authorising that person – by name – to collect your number. You must also **PROVIDE THEM WITH A CLEAR PHOTOCOPY OF YOUR DRIVING LICENCE OR PASSPORT SHOWING YOUR NAME AND YOUR SIGNATURE.**

The person collecting your running number should also have suitable photo identification (such as passport or driving licence) with them. Failure to comply with these instructions may lead to your running number not being issued. Please note, an individual can only pick up **one** running number in addition to their own.

Please remember to bring a form of ID

YOUR RUNNING NUMBER

Take care of your running number and fill in the medical information on the reverse side of the number.

Do not tamper with your number in any way – please note that duplicate numbers cannot be issued under any circumstances. ➔



FINAL INSTRUCTIONS

Before Race Day (continued)

What should I do if I am ill or injured?

You must be fit and well to run a marathon. Severe exertion during or soon after any kind of fever is extremely dangerous. See the medical advice starting on **page 22** for more details on

health and distance running. Do not take any chances with your health: if you find yourself in this situation you must withdraw – even if this is the first time you have been accepted for the Virgin Money London Marathon after years of trying.

If you need to withdraw from the 2018 Virgin Money London Marathon, we will guarantee you an entry for the 2019 Virgin Money London Marathon, providing that you follow these simple instructions: go to virginmoneylondonmarathonballot.com/withdraw and complete the online withdrawal form no later than Saturday 21 April at 20:00. You will then be sent a confirmation email outlining the process required to apply for a guaranteed place in 2019.

Please note that entry fees are not refundable under any circumstances as stated in the terms and conditions. However, we do offer this option to apply for a guaranteed entry for the following year to everyone who got their place through the ballot, but then has to withdraw. This means it is not necessary to go through the ballot process again. Please note that it is only possible to withdraw and apply for a guaranteed place once. If you take up a guaranteed place for 2019 and then withdraw again, you will not be eligible for a guaranteed place in 2020.

You are eligible to apply for a guaranteed entry for 2019 unless you have already carried your entry over from the 2017 race or if the entry was received from a charity or sponsor. You must meet the deadlines outlined in the process below and pay the entry fee for the 2019 Virgin Money London Marathon.

Runners who withdraw will receive an email link for a guaranteed place for the 2019 race by Monday 4 June 2018. If you have not heard from us by Tuesday 5 June 2018 please telephone our Helpdesk on 020 7902 0200 on Tuesday 5 June and certainly no later than Wednesday 20 June 2018. Failure to do so will result in loss of entry. The closing date for completion of the online guaranteed entry form is 17:00 on Friday 22 June 2018.

WHERE DO I REGISTER?

You must register and collect your running number **before** Race Day (Sunday 22 April).

Registration is at the Virgin Money London Marathon Expo, which is held at ExCeL London. The address is:

EXCEL LONDON
1 WESTERN GATEWAY
ROYAL VICTORIA DOCK
LONDON E16 1XL

You can register and collect your running number at the Virgin Money London Marathon Expo at the following 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

Please ensure you allow yourself enough time to get to Registration before 17:00 on the final day, as it will close promptly at 17:00. No race packs will be issued after 17:00 and you will not be able to take part.

You will be asked to provide photographic ID such as a driving licence or passport. With your number and kitbag you will also be given a set of final instructions. Please read them carefully.



OVERSEAS RUNNERS

There are special desks for overseas runners at Registration, which will be clearly signposted.

HOW TO GET TO EXCEL LONDON

ExCeL London is connected to the Jubilee line at Canning Town via a three-minute DLR (Docklands Light Railway) journey to ExCeL's dedicated station Prince Regent. Prince Regent DLR station is adjacent to the ExCeL London eastern entrance.

You are advised to avoid Custom House station, which is adjacent to ExCeL's western entrance. Please note that Custom House station will be closed on Saturday 21 April.

ExCeL is also connected directly to the Central, Northern, Circle, District and Waterloo & City lines at Bank and the Circle and District lines at Tower Hill via the DLR. ExCeL is in London Underground Zone 3.

We strongly advise that you purchase a return ticket or Travelcard or use an Oyster or contactless payment card as ticket purchasing facilities are limited at ExCeL. All valid London Underground tickets are accepted on the DLR.

Please try to register on Wednesday or Thursday if you live in or around London. This will allow Friday and Saturday for runners from further afield.

After registering, take some time to look round the Virgin Money London Marathon Expo – the biggest of its kind in the UK.

YOUR KITBAG

At Registration you will be given an envelope containing your running number and an adhesive numbered sticker. You will also be given a drawstring Race Day kitbag. The sticker must be fixed to the front of the kitbag on the area indicated; you will use this kitbag for your belongings on Race Day. ➔

FINAL INSTRUCTIONS

Visiting the Virgin Money London Marathon Expo

THE EXPO



Entry to the 2018 Virgin Money London Marathon Expo is FREE, so bring your family and friends – and tell all your running companions to come along, even if they are not taking part.

Leading athletic brands are present, as are a multitude of other exhibitors showing and selling everything from run boosting food to the latest wearable technology devices. One of the biggest stands is devoted to the Virgin Money London Marathon Superstore with this year's range of New Balance souvenir and technical clothing.

International races, charities, running magazines and a vast range of health and fitness products and services will also be represented at the Expo. Check them out on virginmoneylondonmarathon.com and leave yourself plenty of time to explore the stands.

ON STAGE AT THE EXPO

You can also take on board some expert advice at the Centre Stage presentations during the Expo.

Throughout the day there will be a full programme of informative presentations, plus interviews with elite athletes, including world record holder Mary Keitany and running experts like top coach Martin Yelling.

The Centre Stage will also host a range of guest appearances and Q&As with the world's most inspiring runners, including criminal court judge Craig Mitchell, who started a running club on LA's notorious Skid Row and trained a group of addicts and criminals to run marathons around the world, fighting homelessness and addiction as they did so.

See page seven for more Centre Stage details and for the full show schedule, visit virginmoneylondonmarathon.com/centre-stage

PLANNING YOUR VISIT

The Virgin Money London Marathon Expo is held at ExCeL London, the biggest and best venue in the country, with easy access from ExCeL's dedicated DLR station, Prince Regent.

The Expo attracts 80,000 visitors every year. With more than 15,000 visitors each weekday and more than 25,000 on Saturday, you may want to consider visiting in the week to avoid Saturday's crowds. If you have to come to the Expo on Saturday, before 10:00 is the quietest time.

EXPO 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

Entrance to the Expo is through the doors marked 'N3' off the main central concourse of ExCeL. You can't miss it.

Come and share your Virgin Money London Marathon experience with more than 80,000 like-minded people at the running event of the year! 🏃

Sports Massage



You don't have to be an elite or Olympic athlete to benefit from a sports massage.

A sports massage is designed to stimulate circulation of blood and lymph fluids to the parts of the body that are involved in the activity you are planning – in this case, running a marathon.

Another benefit of good massage is the release of muscle tension as well as restoration of the musculoskeletal balance, which will not only help your performance on Race Day but will help avoid injuries caused by any imbalances.

As you ease off the training in the week preceding the race, a session on the table would be a great addition to your preparation. Not only will your muscles respond better after treatment but a little pampering will also relax you before Race Day and calm any nerves you may have.

The treatments available at the Massage Area are stimulatory rather than deep-tissue massage so you won't end up limping away from the table and our trained masseurs are well aware of what you will be facing on Sunday 22 April. All the therapists at the Expo are fully qualified and have many years of experience, they all have an interest in running and many have been with us at the Expo for more than 14 years.

With sessions at just £15 for 15 minutes or £30 for half an hour, don't waste this opportunity – come along and let one of our 25 therapists look after you.



FINAL INSTRUCTIONS

On Centre Stage at the Expo

Make sure you head along to the Centre Stage while you're at the Expo. The Centre Stage will feature a range of informative talks and interviews, including a chance to meet the celebrities running this year as well as the world's fastest marathon runners who will be battling for the win on Race Day

Throughout the four days of Expo, the Centre Stage timetable will be packed with inspirational talks, expert marathon advice and famous faces sharing their top tips and celebrating the **#SpiritOfLondon** (see page 26). A visit to Centre Stage, after you've collected your running number at Expo, is not to be missed! For the complete Centre Stage timetable, please visit virginmoneylondonmarathon.com/centre-stage

CELEBRITY INTERVIEWS

Be inspired and entertained by interviews with some of the famous faces taking on the 2018 Virgin Money London Marathon including BBC Radio 2 presenter Vassos Alexander, women's marathon running pioneer Kathrine Switzer, the UK's fastest ever marathon runner, Steve Jones (whose record of 2:07:13 set in 1985 may be under threat from Sir Mo Farah at this year's race), and George Lamb whose entertaining podcast, Mo-Joe, has centred around his marathon coaching from Mo Farah and Joe Wicks.

MEET THE ELITES

Catch interviews with elite athletes including race favourites Mary Keitany and Eliud Kipchoge. Olympic track legend Tirunesh Dibaba, who was the runner-up at last year's London Marathon, will also be appearing on Centre Stage for an exclusive interview along with British runners Charlotte Purdue and Jonny Mellor, who are hoping to make the team for the European Championships this summer.

London 2017 World Championships runner Tracy Barlow will be on stage sharing her experience of running the London Marathon. She first took part in 2011 as a charity fundraiser, when she dipped inside four hours. In 2017 she ran again, finishing in 2:30:46 and

qualifying to represent Team GB. And make sure you see Great Britain's six time Paralympic gold medallist David Weir, who is going for his eighth London Marathon title.

INSPIRING STORIES

Meet David Wyeth and Matthew Rees, who epitomised the **#SpiritOfLondon** in last year's race when Matthew sacrificed his own finish time to help David down The Mall to the Finish Line. The footage of the pair stole the nation's hearts after going viral and was named one of the 'Moments of the Year' at the 2018 National Television Awards.

Teenage Cancer Trust is the official charity of the year and inspirational fundraiser Jane Sutton will be sharing her story. She is once again running in memory of her son Stephen, this year in a bobsleigh team costume with three other participants.

BRITISH SIGN LANGUAGE INTERPRETERS

On Saturday 21 April, Centre Stage at Expo will feature two British Sign Language interpreters throughout the day to offer deaf or hard of hearing participants accessibility to the show. The following Experts' Show times will be interpreted: 09:30, 11:30, 13:30 and 15:30.

There will also be exclusive guest interviews with celebrity and elite runners, interpreted at 10:45 and 14:45. To find out more about the interview guests and the Experts' Show please visit virginmoneylondonmarathon.co.uk/centrestage

WIN GREAT PRIZES...

... in games sponsored by New Balance.

PLUS

Watch inspiring video footage from the history of the London Marathon, along with **#SpiritOfLondon** interview clips. ➔

Experts' Show



Our panel of experts will be providing great advice for your final preparations to get you Race Day ready. The Experts' Show lasts 45 minutes and will start at the following times:

Wed 18	Thu 19	Fri 20	Sat 21
11:30	10:30	10:30	09:30
13:30	12:30	12:30	11:30
15:30	14:30	14:30	13:30
17:30	16:30	16:30	15:30
18:40	18:30	18:30	

MAKE THE MOST OF RACE DAY

Don't miss invaluable advice from Geoff Wightman, former Commonwealth Games marathon runner and London Marathon announcer for the past 25 years – except in 1993, when he ran it himself! Geoff will guide you through the plans to make and the pitfalls to avoid on the big day.

PREPARE YOUR MIND AND BODY

Motivational marathon coach Martin Yelling will reveal how to adopt a positive mindset to run 26.2 miles, along with practical tips for warming up and fine-tuning your final preparations.

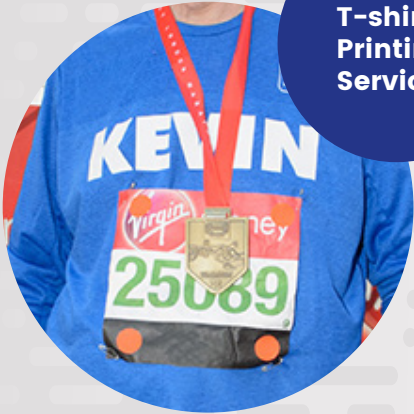
FUEL TO RULE

Sport and exercise nutritionist and author Anita Bean will advise you on what to eat and drink in the lead up to Race Day and during the marathon itself to ensure your hydration and nutrition strategies don't fail you.

RUNNER'S WORLD PACE TEAM

Official Race Day pacers from *Runner's World* magazine will offer pacing advice to help you achieve your target marathon time and give you all the information you need to know about joining a pacer.

T-shirt Printing Service



Ever wondered what it feels like to hear three quarters of a million people cheer for you? Find out at the 2018 Virgin Money London Marathon by making sure that everyone knows your name.

Many runners say that the support of the London crowds is a truly great motivator on Race Day, and one of the best ways to get the crowd to cheer you on is to let them know who you are. Simply display your name on your running top and you'll be cheered from start to finish.

Our T-shirt printing service has been operating for many years, with thousands of satisfied customers. This service is available at the Expo, however, due to the large volume of orders, this can sometimes mean large queues.

To avoid the wait, you can now order through our online mail order service with the added advantage of being able to train in your vest or singlet prior to Race Day.

Order your T-shirt printing through **Imexpo.com** then send your vest to us by Thursday 29 March 2018 and we'll print it and return it by First Class registered post.

1st Line – £8.00

2nd Line – £6.00

3rd Line – £4.00

Each subsequent line – £2.00

Postage & Packaging – £3.50

Cost covers printing only, shirt is not included. To get started, simply go to **Imexpo.com**

Who's at Expo?

Make sure you spend some time browsing the stands at Expo for some of the greatest products and services available for runners

Exhibitor List

2:09 Events Ltd

2Toms

2XU UK

A.S.D. Venice Marathon Club

Abbott

Able & Cole

Active Leisure Events Ltd

Active Connections

Active Root

AfterShokz Race Approved

Headphones

AIR RELAX EUROPE

Alton Sports

Alzheimer's Society

Alzheimers Research UK

Amsterdam Marathon

Anthony Nolan

ATO-gear

Barbados Tourism

Marketing Inc

Beet It Sport

Bloodwise

Bloomsbury Publishing

Breast Cancer Now

British Heart Foundation

Buxton Water

Canada Running Series, Inc.

Cancer Research UK

CEP SPORTS

Charity Link OBO Guide Dogs

Children with Cancer UK

CLIC Sargent

Clif Bar

club super marathon italia

Coldthorpe Holding Ltd T/A

Flapjackery

Compressport

ctc sistemas y eventos, srl

Deckers UK

Deep Heat - Deep Freeze

Donnerberg Company

Dr Cailbhe Doherty

Dreams Come True

EVENTCLIP

Everybody Engage

Everyday Adventures Trading

as Tribe

Extra UK

Feetures Socks

Fitness Superstore

FlipBelt

FUNCHAL MARATHON

G Adventures

Garmin (Europe) Ltd

Get Kids Going

Goody Bags

Grapefruit

Grounded Events

GSI Events Ltd

HelloFresh UK

Hilly Ltd

Hisamitsu Salonpas

Hospice UK

Independent Age

JDRF - The type 1

diabetes charity

KIND Snacks

KOSICE

KT tape

Leukamia CARE

Life Time Fitness - Chicago

Half Marathon &

Miami Marathon

LKR Events

Logitech, Inc.

London Classics

London Pride

Lucuzade

LUPUS UK

Macmillan Cancer Support

Marathon Events

Management Ltd

Marathon Information

MarathonFoto

Marie Curie

Massage

Medal In Frame Ltd

Medichecks

MENCAP

MEXICO CITY MARATHON

Midnight Sun Marathon

Midsummer Marketing Ltd

Moscow Marathon

MS Society

MS-UK

Muscular Dystrophy UK

New Balance

NSPCC

Oatopia

ON AG

Orange Mud Hydration

Oxfam GB

Pancreatic Cancer UK

Parkinson's UK

Performance Health

International Ltd

PHAB

Plot Publicity Name

Polar Electro UK

POW VIRTUAL RUNNING LTD

Promoción Exterior de

Lanzarote S.A.

Richmond & Towers

Road Runners Club

RockTape UK Ltd

Roole Ltd, GU Energy UK

RP Fighting Blindness

Runderwear

runDisney

Runmates LLC

Runner's World

Running buggies.com

Running Imp

Scimitar

Scope

SEGAS - ATHENS CLASSIC

MARATHON

Sense

Shelter

Skechers

Skins Services Ltd

sos hydration ltd

Sport Factory Ltd

Sports Tours International

St John Ambulance

Stryd, Inc

Sweatshop

Swim Serpentine

Tailwind Nutrition Ltd

Tata Consultancy Services

Teenage Cancer Trust

The Brain Tumour Charity

The Chia Charge Company

Limited

The Royal British Legion

The Runners Wall

The Stick

Trail Running Association

Valencia Marathon

Vest - Shirt Printing Order Point

VIBRAM UK

Vifit Sports

Virgin Money Group

Vital Proteins

Vitality London 10,000

Wavecompany Co., Ltd

WellChild

Westlab Ltd

Whizz-Kidz

Abbott World Marathon Majors

X-Bionic

Zafiro Palma Marathon

ZURICH MARATO BARCELONA

ZWIFT Inc

Please note that you will receive an Expo floorplan and list of exhibitors when you collect your running number. ➔

FINAL INSTRUCTIONS

On Race Day

Plan ahead! Read the following instructions carefully ahead of the big day

Your running number

You must pin your running number to the front of your T-shirt or running vest. Your running number has a number between 1 and 8 printed in the bottom right corner. This indicates your zone at the start (you'll find a map of the 'Start Zones' on page 16).

You must not use someone else's number, nor let someone else use yours. Number swapping is strictly prohibited for a number of reasons, the most important of which is the danger and confusion it can cause in the event of an incident on the course.

The information you provided in the registration process included your next of kin and emergency contact information. First aid crews on the course provide details of those that have had to drop out of the race, those receiving medical attention, including their location, and if they have been taken to a hospital.

In the event of a serious incident, we contact the named next of kin and emergency contact. If your place is being used by someone else, then the emergency services and medical professionals waste valuable time and your action might cause great distress and concern to your closest friends/family.

DON'T FORGET YOUR NUMBER

Do not forget your running number. There are no spare running numbers at the Start.

If you forget your number and still insist on taking part, our marshals will remove you from the race before you cross the Finish Line. They are instructed to do this in order to prevent non bona fide runners who do not have a place in the event joining in and attempting to cross the line to receive a Finisher's medal.

IPICO SPORTS TAG

Your IPICO Sports Tag will be issued to you at Registration. In the envelope with your running number are wire twist ties to attach the IPICO Sports Tag to your running shoe. Your IPICO Sports

Tag timing device must be fixed to your running shoe in accordance with the instructions (see the panel on the right).

If you need additional instructions, or wire twist ties to fix the IPICO Sports Tag, these can be collected from the information point located in the assembly area at each Start.

NO TAG, NO TIME!

If you do not wear your Tag then the system will not record you finishing and we will be unable to provide you with a finishing time. You must wear the Tag to get an official finishing time at the race. Please make sure that you run across the mats at the Start Line, at the split locations throughout the race and at the Finish Line.

The Virgin Money London Marathon accurately times every single runner by means of a transponder and an IPICO Sports Tag worn on the runner's shoes. When you cross the Start Line you will run over a mat on the road, which will register your time as you pass over it. There is another mat under the Finish Line gantry.

Official results and times will be based on the elapsed time taken by each runner between the Start Line and Finish Line. There are also timing mats at each 5K-point as well as half way. It is your responsibility to wear the IPICO Sports Tag correctly in order to get an official finishing time.

When you cross the Finish Line you do not need to hand back your IPICO Sports Tag.

BEFORE LEAVING HOME

Make sure you have the following items with you before leaving home:

Running number and safety pins;

IPICO Sports Tag, wire twist ties and instructions on how to fix it to your shoe (better still, put it on your shoe before you leave – see the panel on the right);

Your kitbag and baggage label with your running number printed on it. ➔

Fitting Your IPICO Sports Tag



STEP 1

Loosen the laces of one of your running shoes.



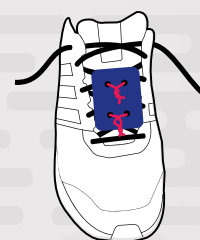
STEP 2

Thread the wire twist ties under the laces.



STEP 3

Thread the IPICO Sports Tag onto the wire twist ties.



STEP 4

Secure the IPICO Sports Tag by twisting the ties firmly together.



Where
and when
to Start

Running Numbers 401 to 2650 are Championship Men and Women competitors. Your number will be blue on a white background and you will start at the Blue Start on Blackheath. Use Blackheath station if you are travelling by train (see page 11 for information on getting to the Start Areas by train).

Please note that your Final Instructions (which you will collect at Registration) will include details of the special arrangements for you at the start.

Numbers 2651 to 23370, 24471 to 25810 and 59481 to 62800 also have a blue number on a white background and will start from the Blue Start. Use Blackheath station if travelling by train.

Numbers from 23371 to 24470 and 25811 to 30920 will have a green number on a white background and will start from the Green Start on Blackheath. Use Maze Hill station if travelling by train.

Numbers 30921 to 33380 are Fast Good for Age competitors. Your numbers will be red on a yellow background. You will assemble at the Fast Good for Age area, which is outside the main gates of Greenwich Park. Runners cannot gain access to this area via the Red Start assembly area. Use Blackheath station if you're arriving by train.

Numbers 33381 to 59480 will have a red number on a white background and will start from the Red Start, which assembles inside Greenwich Park. Use Greenwich or Maze Hill stations if travelling by train.

FINAL INSTRUCTIONS

General Travel Information

RUNNERS TRAVELLING BY TRAIN

The easiest way to get to the three Start Areas (Blue Start, Red Start and Green Start) is to travel by train. Runners do NOT need a ticket on Southeastern services to the stations that serve the Start Areas: Greenwich, Blackheath or Maze Hill. (Your race number is confirmation of travel.) Free travel is valid from London Termini only.

See page 11 for information on getting to the Start Areas by train.

SPECTATORS TRAVELLING BY TRAIN

Spectators are required to purchase a ticket to travel on Southeastern.

FARES FROM LONDON TERMINI

To Greenwich/Blackheath/Maze Hill	
Oyster/Contactless	From £2.80
Anytime cash single	From £4.90
Travel Card Zones 1-6	£12.70

ENGINEERING WORK

Engineering work to improve and maintain the railway network will be taking place between:
Paddock Wood and Ashford International.

Ashford International and Folkestone West (until 07:05 only)
Ramsgate and Minster / Sandwich (until 07:00 only)

LONDON UNDERGROUND & DLR

London Underground and Docklands Light Railway are also offering free travel to runners until 17:00 on Race Day for those who need to connect with mainline stations. Again, you will need to show your running number to station staff. Friends, family and other spectators will need to purchase tickets as normal.

Take the earliest train you can; all trains are busy on Race Day morning, but the later ones are especially so.

DOCKLANDS LIGHT RAILWAY

The DLR enables runners to travel to Greenwich from various stations north and south of the river. Services on Sunday 22 April will start earlier at 05:30 from Tower Gateway and Lewisham and 07:00 from Bank and all other DLR routes.

At the time of going to press, there is planned industrial action on the DLR network on Race Day, Sunday 22 April. We are monitoring this situation closely and will be in touch via email to update runners as further information becomes available.

For further info call **0343 222 1234** or visit tfl.gov.uk/journeyplanner (Service and network charges apply. See tfl.gov.uk/terms for details.)

LONDON OVERGROUND

For weekly updates before the event and real-time travel information on Race Day, visit tfl.gov.uk

NATIONAL RAIL SERVICES

Information about all the engineering works on the weekend of the race can be found at nationalrail.co.uk/service_disruptions/CurrentAndFuture.aspx

MBNA THAMES CLIPPERS

MBNA Thames Clippers run River Bus services every 20 minutes from central London to Greenwich Pier, where it's just a short walk to the Start Areas. For more information, visit mbnathamesclippers.com ☎

FINAL INSTRUCTIONS

Getting to the Start Areas by train

GETTING TO THE START AREAS BY TRAIN

As previously mentioned, the easiest way to get to the three Start Areas (Blue Start, Red Start and Green Start) on Sunday 22 April is to travel by train.

To help you to find your way on Race Day, there are marshals at the exits of all stations and on the routes to the Start Assembly Areas. Allow 15–20 minutes to walk from the station to the assembly area for all three Starts.

TRAVELLING FROM CENTRAL LONDON

Trains depart central London from Victoria, Charing Cross, London Bridge and Waterloo East to Blackheath for the Blue Start; and from London Bridge and Cannon Street to Greenwich for the Red Start and to Maze Hill for the Green Start.

Marshals at all stations will direct you onto the appropriate trains for each start. The journey takes between 12 and 20 minutes, with trains leaving every few minutes from 06:47 onwards. Please see the train timetable on page 12 to plan your journey.

If you need to travel to Blackheath (for the Blue Start and Fast Good for Age), you can travel from Charing Cross, Waterloo East, London Bridge or Victoria stations.

For Greenwich and Maze Hill (for the Red and Green Starts), use London Bridge or Cannon Street.

Travel on all of the above trains is free to competitors. You must present your running number to a member of staff at the station in order to take advantage of this offer.

Friends and relatives must pay the normal fare. However, these trains are extremely busy, and non-runners are not encouraged to travel to the start.

Please note also that spectators are not permitted into the Start Assembly Areas.



As outlined above, Southeastern has kindly agreed to allow you, as an official entrant to the 2018 Virgin Money London Marathon, to travel free of charge between the following stations and upon the following conditions: you may travel between Charing Cross, Waterloo East, Cannon Street, London Bridge and Victoria Stations and either Greenwich, Maze Hill or Blackheath stations on Sunday 22 April 2018.

You may not embark or disembark at any intermediate stations.

GETTING TO GREENWICH & MAZE HILL

For Greenwich and Maze Hill you need to travel from either London Bridge or Cannon Street. There are no services to these locations from Charing Cross, Waterloo East or Victoria.

GETTING TO BLACKHEATH

For Blackheath you need to travel from

Charing Cross, Waterloo East, London Bridge or Victoria. There are no services to Blackheath from Cannon Street. Please see the train times on page 12 or visit southeasternrailway.co.uk

Your authority to travel on the above train services will be your official running number for the Virgin Money London Marathon, which you must produce for inspection upon request by a member of staff.

You must not allow anyone else to use your running number to travel on the railways. The special concession is only for you as an entrant of the 2018 Virgin Money London Marathon.

You may only travel between the hours of 06:45 and 10:00 on Sunday 22 April 2018. The Board Passenger Conditions of Carriage shall apply, save as may be varied by this notice. Any property or possessions will be carried at your own risk. 🚫

FINAL INSTRUCTIONS

Race Day Train Timetable

London Marathon Services Summary 2018 by Route and Terminal

London Charing Cross	London Waterloo East	London Cannon Street	London Bridge	London Victoria	Blackheath	Greenwich	Maze Hill
....	06:47	06:53	07:00	07:07
....	07:02	07:08	07:15	07:22
....	07:13	07:19	07:26	07:32
....	07:23	07:28	07:35	07:41
....	07:32	07:37	07:45	07:51
....	07:43	07:49	07:56	08:02
....	07:48	07:55	08:02	08:07
....	07:54	08:00	08:07	08:14
....	08:02	08:07	08:15	08:21
....	08:13	08:19	08:26	08:32
....	08:18	08:25	08:32	08:37
....	08:24	08:30	08:37	08:44
....	08:32	08:37	08:45	08:51
....	08:43	08:49	08:56	09:03
....	08:54	09:00	09:07	09:14
....	09:02	09:07	09:15	09:21
....	09:13	09:19	09:26	09:32
....	09:18	09:23	09:32	09:37
....	09:24	09:30	09:37	09:44
....	09:33	09:38	09:46	09:51
06:55	06:59	07:06	07:19
07:05	07:09	07:16	07:28
07:15	07:19	07:26	07:40
07:25	07:29	07:36	07:50
07:39	07:43	07:49	08:00
07:42	07:47	07:53	08:09
07:52	07:56	08:02	08:15
....	08:07	08:20
08:00	08:06	08:25
08:09	08:13	08:19	08:30
08:12	08:17	08:24	08:41
....	08:37	08:49
08:30	08:36	08:55
08:39	08:43	08:49	09:00
08:52	08:56	09:02	09:14
09:09	09:13	09:19	09:30
09:30	09:33	09:39	09:51
09:39	09:42	09:48	09:59
....	07:09	07:35
....	07:39	08:05
....	08:09	08:35
....	08:39	09:05
....	09:09	09:35
....	09:39	10:04

FINAL INSTRUCTIONS

Getting to the Start Areas by coach



If you are travelling to the Start Areas by coach, please see the map on page 14 and consider the information below.

To ensure smooth access to the Start Areas, please visit virginmoneylondonmarathon.com to apply for a coach pass by 12 April. You can apply for a 2018 coach pass by going to the 'Event Info' tab, then clicking on 'Runner Info'.

All passes must be displayed clearly on the vehicle's dashboard on arrival at the Start Areas.

Please inform your driver that, due to road closures around Blackheath and Greenwich, all coach parties planning to park or drop-off at the Start Areas should use the designated coach park and coach drop-off areas marked on the map on page 14 and travel on the following routes:

COACHES ARRIVING FROM BLACKWALL TUNNEL A102 (NORTH) AND M25 (SOUTH) (PARKING/DROP-OFF):

USE ORANGE ROUTE

Coaches should use the Coach Park/ Drop-Off and access via the A2 Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of

Wales Road. Please note all coaches dropping off should depart to the south through Blackheath Village only.

COACHES FROM CENTRAL LONDON (PARKING/DROP-OFF):

USE DASHED ORANGE ROUTE

Coaches should use the Coach Park/ Drop-Off area and access via Lee High Road > Eltham Road > Westhorpe Avenue > A2 (Rochester Way Relief Road) to the Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of Wales Road.

COACHES FROM CENTRAL LONDON (DROP-OFF ONLY):

USE PURPLE ROUTE

Coaches wishing to use the Drop-Off only area, should access via the A2 Blackheath Hill (eastbound) and progress along Shooters Hill Road to the drop-off point at the junction with Goffers Road. Coaches will depart via Blackheath Hill (westbound).

To ensure smooth arrival for coaches at the start, please visit virginmoneylondonmarathon.com to apply for a coach pass and ask your coach driver to display it on the vehicle's dashboard. ➔

Transport to the Start – cars

We do not advise travelling to the Start Areas by car, but if there is no other alternative you should remember the following:

Roads in the area will close from 06:00, with local diversions in operation in the Greenwich, Charlton and Deptford areas.

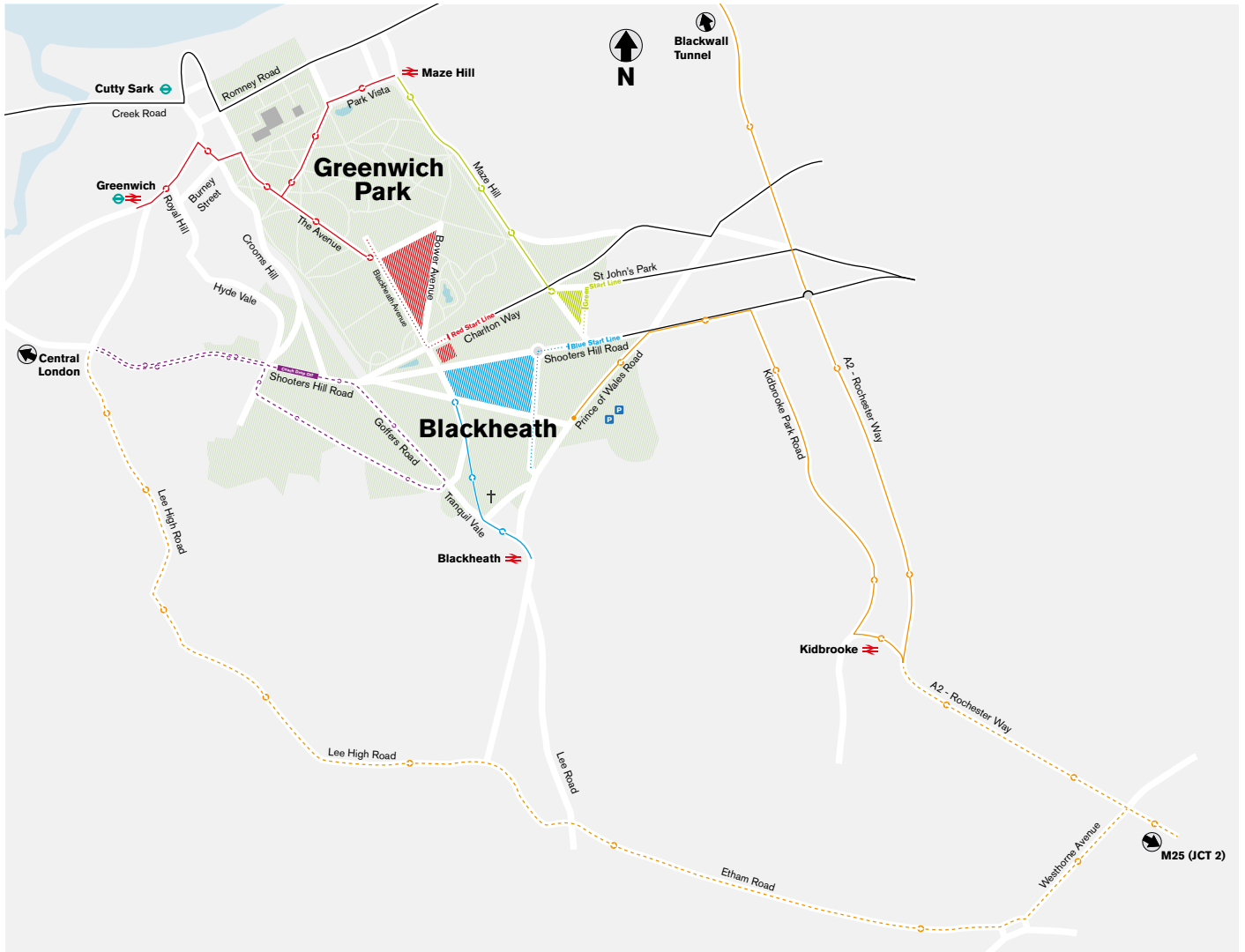
There is limited parking available on Blackheath.

If you intend to leave your car at the Start, you will need to retrieve it after the event once you have reached the Finish in The Mall.

There is NO parking in the vicinity of the Finish.

FINAL INSTRUCTIONS

Coach routes to the Start Areas



KEY

- | | | |
|---|---|---|
| Red Start Area | Blue Start Area | Green Start Area |
| Route from Greenwich & Maze Hill stations to Red Start | Route from Blackheath Station to Blue Start | Route from Maze Hill Station to Green Start |
| Red Start Zones | Blue Start Zones | Green Start Zones |
| Coach route to the start from central London (Drop-Off Only) | Coach/car route to the start from central London (Parking) | Coach/car route to the start from from Blackwall tunnel A102 (north) & M25 (south) (Parking & Drop-Off) |

FINAL INSTRUCTIONS

When you arrive at the Start Areas

Race Start Times

Large blimps will be flown over each of the three Start Areas, and signs and a PA system will help you to find your way around. There are toilets, Buxton Natural Mineral Water, Lucozade Sport and tea and coffee available at all three Starts.

Ensure your running number is clearly displayed before entering the assembly area. Please note, only runners with the corresponding coloured number will be allowed into the appropriate assembly area. This is a runners-only area; spectators are not permitted into the Start Assembly Areas.

KITBAGS & BAGGAGE LORRIES

Please DO NOT leave your bag or other property unattended, not even briefly, prior to depositing it at the baggage lorry.

The PA systems at each start will tell you when to put your kitbag onto the appropriate baggage vehicle in the Start Area.

All lorries are labelled with a range of numbers corresponding to runners' numbers. So for example, if your running number is 27,582, you should hand your bag in at the lorry with the number range 27,000-27,999.

Staff on the lorries will only accept the official Virgin Money London Marathon kitbag, which was handed to you at Registration. No other bags or belongings should be attached, and no oversize bags or suitcases will be accepted – all items must fit within the kitbag provided and have room for this to be fastened securely. Kitbags are sorted into number order to allow for easy retrieval at the finish.

Ensure you have stuck your self-adhesive running number label to the kitbag where indicated, and that you have drawn and tied the drawstring cord to prevent any items from falling out.

Once you have deposited your kitbag on

the lorry, you will not be able to retrieve your belongings until you arrive at the finish. Therefore, please ensure that you have all you require for your run BEFORE leaving your kitbag with the lorry. You should then move towards the Start Zones.

Many runners wear old clothes or a bin liner to keep warm before the start. If you discard these items when you start running, please do so carefully so as not to hinder the runners behind you. Bin liners are slippery when wet! All discarded clothing is collected and sent for reuse and recycling.

THE START ZONES

Running numbers are issued on a random basis, to assist with baggage retrieval at the finish. Please line up in the numbered Start Zone (1-8), which has been allocated to you on the basis of your predicted finish time. Please note this cannot be changed.

Marshals will ask to look at the Start Zone number marked on your running number and will only allow runners to enter the corresponding zone at the start.

Do not attempt to promote yourself to a faster zone – start in the correct zone, start steadily and you will be much more likely to enjoy your run.

If you are running in an elaborate fancy-dress costume, you must position yourself at the rear of zone 8 at the Red or Blue Starts so as not to impede other runners who want to run as fast as they can.

No animals or wheeled vehicles/devices of any kind are allowed on the marathon course, other than wheelchairs that have been permitted to participate. Anyone who disregards this rule will be disqualified, removed from the course and banned from participating in any future London Marathon. 🚫

The DON'T List

08:55

World Para Athletics Marathon World Cup in association with the Virgin Money London Marathon elite wheelchair race – Blue Start

09:00

World Para Athletics Marathon World Cup (ambulant athletes) – Blue Start

09:15

Virgin Money London Marathon for Elite Women – Blue Start

10:00

Elite Men and the British Athletics and England Athletics Championships for Men and Women – Blue Start

10:00

Virgin Money London Marathon Mass Start – Blue, Red and Green Starts

HERE ARE A FEW THINGS NOT TO DO ON RACE DAY:

Do not urinate in people's front gardens; use the toilets provided.

Be careful not to set off too quickly – pace yourself!

You do NOT need to drink at every water or Drinks Station. THINK before you DRINK.

#DrinkDrainDrop

We work to recycle as many bottles as we can and you can help. Please note that bottles are easier to recycle if they are empty so remember to **#DrinkDrainDrop** – squeeze out any remaining liquid and drop your empty bottle. Please discard bottles to the side of the road. Local authority cleansing teams will collect the discarded bottles, which will then be sent for recycling.

The Start Areas



NEW FOR 2018 – WAVE STARTS

The Virgin Money London Marathon Team has been carrying out a detailed analysis of our start procedures for the past two years and, following this study, we will be introducing wave starts across all three starts in 2018. This means there will be short gaps in the start release process to allow the course ahead to clear, thus providing an enhanced experience for all participants.

You do not need to do anything other than follow the instructions of the marshals. The final participants to begin their race will cross the Start Line at 10:40.

KEY			
S	Changing Tents, Baggage, Tea & Coffee, Information, Toilets, Buxton Natural Mineral Water, Lucozade Sport	WC	Elite Wheelchair Competitors
PT	Public Toilets	E	Elite Men & Women
PC	Public Catering	F	Fast Good For Age Competitors
A	Assembly Area Entrance	UK	Men & Women UKA & England Athletics competitors
			Route from Greenwich/Maze Hill stations to Red Start
			Route from Blackheath station to Blue Start
			Route from Maze Hill station to Green Start
			Red Start Zones
			Blue Start Zones
			Green Start Zones

FINAL INSTRUCTIONS

The Course

Getting going!

The Blue Start and the Red Start follow different routes for the first three miles, and then converge on a section of dual carriageway. The two routes run alongside each other for the next 800 metres. Please do not cross over the central reservation at this point; both routes are accurately measured and if you switch from one side to the other you may find you have run a greater distance. The Green Start merges with the Blue Route after 1,200m (3/4 mile).

Some short sections of the course have traffic running on the opposite side of the road – these are wide main roads, do not cross over these coned sections.

At various points on the course, slower runners will be directed to switch from one side of the road to another. This allows batches of spectators and vehicles to escape from the island caused by the route. Please follow the instructions of marshals; the switches do not involve any extra distance for runners.

The wheelchair athletes start before the mass race, so some runners will be overtaking the slower wheelchairs during the race. Please give them plenty of room and do not cut across their path. There will also be other runners with disabilities in the race, keep a look out for them, give them space (and your encouragement) as you pass.

THE THIN BLUE LINE

A broken blue line painted on the road indicates the shortest route and represents the exact and correct measured distance. Elite runners and faster runners follow this line closely; slower runners will find it less important to do so. Our agreement with the Highways Department in each of the boroughs through which the race passes is that this line must be removed from the highway before the roads can reopen.

The line will be removed by crews who follow the last runners.

If the line is being removed around you, this is a clear indication that you no longer have priority on the highway and you must move onto the pavement. (See the section 'Slow Runners' on page 19.)

TOILETS

In addition to the toilets at the Starts, there are toilets along the route as follows:

Blue Route: Mile 1, mile 2, mile 4 and then every two miles up to and including mile 24.

Red Route: Mile 1, mile 2 then as the Blue Route.

Green Route: As Blue Route, with the exception that the first toilets are at 1.25 miles.

Please use the toilets provided. Do not urinate in people's gardens or other public places.

DISTANCE MARKERS & TIMING CLOCKS

Each mile and 5K point is clearly indicated, and a clock will show the running time, based on the actual start time (not elapsed time). Please note that there is no timing clock at mile 26.

DRINKS STATIONS

Drinks Stations are situated as follows: **Buxton Natural Mineral Water** is offered at every mile from mile 3 through to mile 25 except mile 7 and mile 11. Water is supplied in 250ml race bottles with a flip-top. **Lucozade Sport** is available at miles 7, 11, 15, 19 and 23. It is offered in a 380ml race bottle with a flip-top.

Please discard your bottles to the side of the road – do not drop them on the road in front of you where they can be hazardous to runners behind you. Please do not throw bottles either – they can cause injury to others. Remember to

#DrinkDrainDrop your bottle to help our work to recycle.

Three Drinks Stations will be trialling compostable cups instead of bottles this year. Water stations at miles 10 and 19 and Lucozade Sport at mile 23 will offer drinks in compostable cups. We suggest you try drinking from a cup in training before Race Day.

To be set up effectively, Drinks Stations require an adequate stretch of straight road, so not all stations are immediately adjacent to mile markers. Each station will be clearly signed. Wherever possible, drinks will be offered from both sides of the road.

Do not rush for the first table; tables are spaced over approximately 80 metres and supplies distributed evenly – you will be better served if you pick your drinks up further down a station. Before you veer off to the side, remember there are runners behind you!

GEL STATIONS

Lucozade Sport Carbo Gel stations are on The Highway at miles 14 and 21.5. Please exercise the same care here as you would at the Drinks Stations.

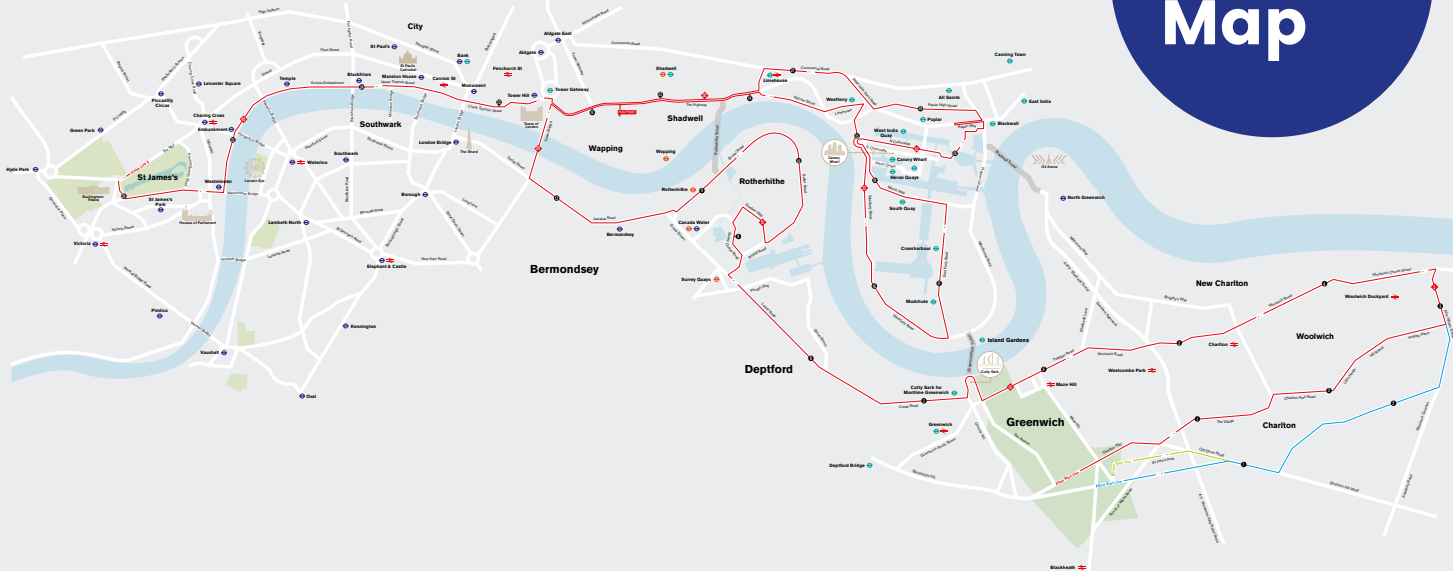
SHOWERS

Six shower units are placed on the course and can provide welcome relief in warm weather. If it is a warm day, please use the shower units to cool down.

Do not use bottled water from the Drinks Stations to tip over your head as this reduces drinking water supplies for slower runners at the back of the field.

The shower units are located at Surrey Quays (just before 9 miles), The Highway (13 miles), East Ferry Road (17 miles), West India Dock Road (20 miles), The Highway again (22 miles) and Upper Thames Street (23.5 miles). 📍

Course Map



Units are positioned slightly off the course so you will need to deviate from the blue line to pass through. Signs in advance of each unit showing 'Shower 200m Ahead' will indicate that you are approaching. Obviously the road surface will be wet under and around the shower unit, so take extra care at these points.

SPECTATORS

Anyone who has taken part in a London Marathon will tell you what an important role the spectators play on the day. Much like a theatre can't work without an audience or a football stadium is nothing without the fans, the spectators lining the race route are an essential ingredient in the mix.

They'll sing when you're winning and they'll give you that welcome lift when you're struggling. Don't underestimate the boost you will get from them on the day. If you have friends and family coming to support you along the course, make sure they have read our Spectators' Guide.

There are now very few places on the course where there are not hundreds of spectators to cheer you on. Your supporters are more likely to catch a glimpse of you if they avoid the busy spectator areas of Greenwich and Cutty Sark (see below), Tower Bridge and the

Tower of London, the halfway point on The Highway and Westminster.

CUTTY SARK

While the ship is undoubtedly a beautiful backdrop for the race, the crowds it attracts can make spectating here uncomfortable and transport in and around Greenwich gets particularly busy. Do tell your travelling supporters to give the ship a wide berth – we strongly advise spectators to avoid this area.

MILE 15 & MILE 18

This year, there is again a slight adjustment to the course between miles 18 and 19 due to building work at Canary Wharf. The very popular viewing spot at Heron Quay roundabout (close to the site of the former City Pride pub) at miles 15 and 18 will not be available this year. Access will be restricted and spectators should make alternative arrangements.

While the route through for runners is protected, the ongoing works will be fenced and inaccessible and it will not be possible to see runners at this location.

All spectators should follow the directions of our event marshals who will advise and direct people to alternative viewing spots. Further details and updates can be found on the 'Spectator Info' tab on virginmoneylondonmarathon.com.

Please ask your supporters not to take bicycles on public transport if possible as it will be very busy on Race Day.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens to you, please move over to the side of the road furthest from the blue line to allow runners to overtake. It is both frustrating and tiring for those who are still able to run to have to dodge around people who are walking.

Please show consideration to your fellow competitors and walk at the side of the road. Please endeavour to walk in single file, not in groups, to give more room for faster runners to pass.

AVOIDING COLLISIONS

Runners looking to complete the race in between four and seven hours, who line up towards the rear of any of the Starts, should be aware that there are standard wheelchair users on the course too.

Standard wheelchair users have a distinct speed differential from able-bodied participants, particularly on steep downhill sections such as between miles 2.7 and 3.1. In the past, there have been collisions between chairs and able-bodied runners, primarily around miles five to seven, as the faster wheelchairs

FINAL INSTRUCTIONS

The Course (continued)

passed slower runners. Please be aware of your fellow participants and allow wheelchairs to pass if they are quicker than you.

SLOW RUNNERS

London is one of the world's busiest cities and we are required to keep to the schedule for reopening the roads to traffic.

Our event only has priority over the roads on the route for the time that it takes a seven-hour runner to reach the Finish. The Course Closed vehicle travels at a seven-hour pace and crosses the Start Line at 10:40 on Race Day, the same time as the final participants.

The Course Closed vehicle is there for two reasons:

1. To alert participants that they no longer have priority on the road and must move to the pavement.
2. To advise our teams on the ground, and the many contractor vehicles and cleansing crews, that they can start work to derig the course and remove infrastructure such as mile markers, barriers, the blue line and so on.

The guide below shows the latest time you must reach specific landmarks on the route to maintain a seven-hour pace (based on the latest possible start time of 10:40). If you fall behind this schedule,

you MUST move on to the pavement.

Please note that if you are slower than seven-hour pace, you will complete the event on the pavement. This means you become a pedestrian; you will be sharing the pavement with others and you will need to cross the roads under normal traffic conditions, as roads start to reopen to traffic.

We understand that everyone wants to continue and finish the event and we keep the Finish Line open until 18:40 (to allow eight-hour pace runners to finish). Please note that participants must cross the Finish Line by 18:40 to receive a medal and a finish time in the official results.

The guide below indicates the latest time you must reach specific landmarks if you are likely to complete the Marathon in seven hours or more and reach the Finish Line in time to receive a medal and a finish time in the official results.

We will keep the Drinks Stations and toilets open for as long as we can, but we cannot guarantee the availability of these after the times indicated below. We urge slower participants to plan ahead and make provision for their own drinks and other necessities.

DROPPING OUT

There are two sweep-up coaches, which

follow the Course Closed vehicle around the course. If you have to drop out, you should make your way to the nearest St John Ambulance First Aid point, give them your running number and then wait for the sweep-up coach to stop and pick you up.

There will be a doctor and Virgin Money London Marathon event support personnel on each coach. The team on the coaches will ensure your details are passed on to the Information Point at the Finish.

The sweep-up coaches travel the whole route at approximately seven-hour pace. You will be dropped off at the Finish Area and, if you do not require further treatment, you will be able to retrieve your kitbag and make your way home.

The alternative is to make your own way back to the finish to collect your belongings. London Underground, the Docklands Light Railway and London Buses will honour your running number as a free pass to enable you to get back to the Finish.

Our marshals at all the Underground and DLR stations on the route will be able to direct you and give you instructions on how to get back to the Finish. They will also remove your IPICO Sports Tag from your running shoe and put a cross through your running number, so that we know that you have been accounted for.

You should head for Embankment station where our marshals will direct you back to the Finish Area in The Mall to collect your belongings.

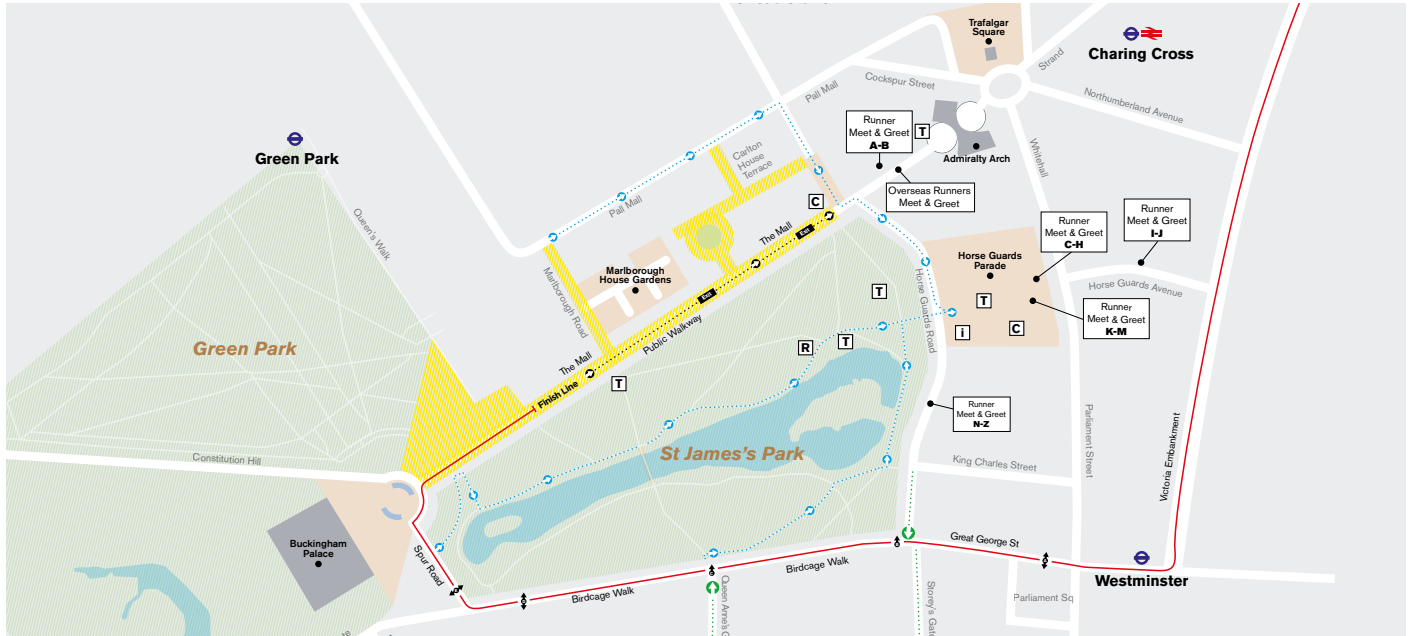
London Underground and Docklands Light Railway (DLR) offer free travel to all runners until 17:00 on Race Day – simply show your running number to station staff. Friends and family will need to purchase tickets as normal. 🚫

ROADS CLOSED TO PARTICIPANTS

Location	7:00hr pace (completing the event on the pavements)	8:00hr pace (pace needed to receive a medal & official finish time)
Start	10:40	10:40
Cutty Sark (6.5 Miles)	12:25	12:40
Tower Bridge (12.5 Miles)	14:00	14:25
Canary Wharf (18.5 Miles)	15:40	16:20
Tower of London (22.7 Miles)	16:45	17:40
Finish Line Closed	18:40	

FINAL INSTRUCTIONS

The Finish



KEY

- Two Way Public Crossing Point
- One Way Public Crossing Point
- Pedestrians One Way
- The Route
- Toilets
- Secure Area - Runners Only
- Route To Runner Meet & Greet
- St James's Cafe
- Information
- Changing

THE FINISH LINE

The Finish is in The Mall. As you cross the Finish Line, try to keep moving. If you become distressed, our medical staff and St John Ambulance officers will be on hand to care for you. Please make sure you do not cover your running number with your arms, otherwise we will not be able to identify you in the Finish Line photographs.

Remember, only participants who finish by 18:40 (eight hours and 40 minutes after the 10:00 race start time) will receive an official finish time and a medal.

SECURE FINISH

The Finish Area is an 800m long secure area with no public access. Once you have crossed the line you will first receive your medal. Then you will be offered a goody bag, which contains Buxton Natural Mineral Water, Lucozade Sport, a foil blanket, food items and your sized finisher T-shirt.

THE FINISH AREA

You should aim to retrieve your belongings from the baggage lorries as quickly as possible.

Follow the signs, look out for the colour of your start and collect your baggage from the lorry with your running number range displayed on it. Then move away from the baggage vehicle area and put on some warm clothing.

Please leave the secure area via the designated exit point only. If the weather is poor, there are two covered changing areas available. Both of these are outside the secure Finish Area. Please refer to the Finish Area map (see above) for further details.

THE ROYAL PARKS

The Royal Parks Agency has allowed us to use Horse Guards Parade, Horse Guards Road and St James's Park itself as a runner meet and greet area and the map above shows the layout of facilities. We are grateful to the Royal Parks Agency for their assistance and ask that you show your appreciation by treating the area with the respect it deserves and not littering the Park and surrounding areas.

RUNNER MEET AND GREET

The runner meet and greet area will be

very busy, so please note the following advice. There will be meeting points on The Mall and in Horse Guards Road and Horse Guards Parade with areas marked by letters of the alphabet – meet at your family initial or at another pre-arranged letter. Overseas runners have their own dedicated meet and greet area.

For those of you who find large crowds uncomfortable, we have a dedicated meeting point just off Whitehall, outside the very busy finish area.

For friends and family trying to get into St James's Park and the areas around the finish of the Marathon there are likely to be queues and delays especially at peak times. An alternative meeting point outside of the Finish Area is advisable. Spectators should allow extra time due to the crowds.

Please ask your friends and relatives to meet you at one of these meeting points and ask them NOT to congregate around the exit from the secure area. This causes massive congestion for exiting runners as well as other health and safety ⚠

FINAL INSTRUCTIONS

The Finish (continued)

The 10 Golden Rules!



- 1) If you are concerned about your health in the run up to the London Marathon, go to see your GP.
- 2) Do not swap your number with a friend – we will not know who to contact in an emergency if you do.
- 3) Do not run the Virgin Money London Marathon on Sunday 22 April if you feel unwell in any way.
- 4) Do not run in new shoes on Race Day. And if you're wearing fancy dress, make sure you train in your costume.
- 5) Practise drinking on your long training runs – hydration is a fine balance. Don't start the race dehydrated, but nor do you need to aggressively over-hydrate beforehand.
- 6) Adapt your goals to the temperature and humidity on Race Day. If it is hot or humid, go slow.
- 7) Drink according to your thirst – do not drink too much water or sports drink during the race; you do not need to drink at every water station.
- 8) Do not gulp large volumes of fluid after the race – if you need to rehydrate, try to do so slowly.
- 9) Do not take anti-inflammatories such as ibuprofen before or during the race. Take paracetamol instead if you need painkillers.
- 10) Write your name and emergency contact details on the back of your running number. If you have any medical conditions or take any medications, write them down too.

issues for the large numbers of people in this area. Both the Police and our security personnel are under instructions not to allow people to congregate here and to move them along.

PLAN AHEAD

Please make your arrangements to meet friends and relatives carefully – a little forward planning will prove extremely worthwhile. We strongly suggest that you have a contact landline telephone number to relay messages to a third party who will be at home and will be able to take calls and pass messages between you, should your plans go awry.

Please ask any friends or relatives to use the Spectator Guide app, which contains a map of the Finish Area.

In the unlikely event of the Finish Area becoming unavailable as a result of a serious incident on Race Day or the race being stopped for some other reason, you are advised to agree an alternative meeting place (our suggestion is not within a mile of the Finish Area) with friends and relatives. This will ensure you have a predetermined place to meet that will be more accessible.

Don't rely on your mobile phone. Heavy mobile phone traffic on all networks means you may find it difficult to get a signal in and around the Finish Area. Therefore do not rely on mobile phones as your only means of communication.

Remember you will most likely be tired and weary, as well as proud of your achievement, and meeting your friends and relatives after the event will be difficult among perhaps 100,000 other runners and relatives if you haven't made simple arrangements.

Please note that 50 per cent of runners finish in four hours plus. You are more likely to run slower than faster than your predicted time. After crossing the Finish Line it will take a minimum of 15 minutes and closer to 30 to 40 minutes to reach the runner meet and greet area. Remember to build these factors into your arrangements for meeting friends and relatives.

Also on Horse Guards Parade there will be a St John Ambulance Station and our Information Point, as well as toilets. We are very limited in terms of space in this area and would ask that once you have been reunited with your friends and relatives, you move on to allow access to runners behind you.

PLEASE REMEMBER...

Tell your family and friends your running number and ask them to download the official 2018 Virgin Money London Marathon app for iPhone and Android before Race Day. The app will be available by 16 April.

The app allows your family and friends to use your running number to track you along the race route to the Finish Line, which means they will know when to come to meet you.

To download the app, search for 'Virgin Money London Marathon' in the iPhone or android app store, or visit virginmoneylondonmarathon.com/spectator-info

Your running number is the easiest way for our Information Point staff to identify you on our database, so please make sure anyone who is meeting you knows your running number.

CHARITY RUNNERS

Running for a charity that has a reception afterwards? Find out where it is – and how you will get there – in advance.

Need to return to your coach for the journey home? Find out where it will be parked and how to get there before the race starts.

Arranging to meet your friends and relatives 'at the finish' is not adequate and could lead to distress and frustration on both sides. Following the instructions above will help you to avoid this situation.

HEADING HOME

Remember, the Docklands Light Railway and London Underground will allow free travel up to 17:00 on their entire network system to Virgin Money London Marathon runners only. Friends, relatives and spectators will need to purchase tickets as normal. ➔

FINAL INSTRUCTIONS

Medical Advice

Read the following marathon medical advice carefully before you embark on your next 26.2-mile challenge, says Medical Director Professor Sanjay Sharma



Since 1981, more than one million runners have successfully completed the London Marathon and many more will cross the Finish Line safely in years to come.

Provided you follow these common-sense guidelines, you too will be a picture of health as you cross the Finish Line of the 2018 Virgin Money London Marathon on Sunday 22 April.

Leading UK road races like the Virgin Money London Marathon and the Great North Run have come together to create the runners' medical resource – a unified stance on medical issues relating to running and triathlon events. As you know, taking part in these events is beneficial to your health if you are aware of the correct ways to train, drink and eat. Participants need to take responsibility for their own health by equipping themselves with the right information.

The following simple advice on how to look after your body will help you to have a safe and healthy race. Make it your priority to be informed.

MEDICAL PROBLEMS

Discuss any medical problems with your GP. This advice supplements anything he or she says. See your GP

if you have a problem that makes it a risk to run a marathon. On the following pages, you will find further useful and comprehensive advice. Keep it handy and if you would like more detailed information on medical issues related to the marathon and distance running in general, visit virginmoneylondonmarathon.com.

FIT TO COMPETE

Running is good for the heart and while more than one million runners have successfully completed the London Marathon, there have been several fatalities from serious heart disease in runners apparently unaware that they had a problem. Their condition could have been detected if they had had medical advice and the relevant heart tests. A 'fitness test' is not sufficient to detect these problems.

If you have a family history of heart disease or sudden death, or have a high risk from high cholesterol or high blood pressure, but particularly if you have symptoms of heart disease – such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations – see your GP who can arrange for you to have a proper cardiac assessment. Such an assessment may

not be instantly available, but continuing to run with these symptoms may shorten your running career catastrophically!

TRAINING

Muscular aches and pains occur most commonly after an increase in training. Training should be increased gradually so that you do not suffer prolonged exhaustion. Separate days of heavy mileage with one or two days of lighter training, or rest days, so that your body can refuel your muscles with muscle glycogen.

To reduce injury risk, vary your training runs, the running surface (parkland or hills), the pace and distance and do not always use the same pair of shoes. Always run facing oncoming traffic and be visible – at night wear bright or reflective clothing.

Stress fractures commonly occur in endurance running and generally affect the shin bones but may also affect the hip bone. Such fractures are more common in women. If you are a runner and have noticed a gradual increase in hip or groin pain with running training or during a race you are advised to stop and seek medical attention. Early diagnosis and management will prevent a potentially more serious injury from occurring. 🏃

FINAL INSTRUCTIONS

Medical Advice (continued)

ILLNESS AND TRAINING

If you have 'flu, a feverish cold or a tummy bug, do not train until you have fully recovered. Then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury – this may cause further damage or illness.

If you have 'flu it can take as much as a month to recover. If you cannot run 15 miles comfortably one month before a marathon, you will not manage it in safety or enjoy it – please do not run if this is the case.

DRINKING

Fluid lost in sweat must be replaced otherwise your body becomes dehydrated (short of water) and less efficient. Alcoholic drinks, tea and coffee are dehydrating. Take plenty of non-alcoholic drinks, especially when training in hot weather. Drink enough to keep your urine a pale straw colour.

Drink plenty of liquids after training, especially long runs, and practise drinking during longer training runs. Try Lucozade Sport (which will be handed out during the 2018 Virgin Money London Marathon) in training to see if you like it. It tastes quite different after 20 miles. Drinking on the run needs practice.

Drink plenty of fluids but preferably no alcohol in the two days leading up to a race. Do not drink excessively just before a race, during a race or gulp water after a race as you may develop hyponatraemia (see 'Drinking Safely', below).

DRINKING ON THE DAY

Start every race well hydrated and if you are not already bursting, drink half a pint (250ml) of water or sports drink in the half hour before the start. Do not be greedy and take extra bottles of drinking water to pour over yourself as you may be depriving slower runners of much-needed drinks. If it is hot on the day of the 2018 Virgin Money London Marathon, additional water will be provided and showers will be set up on the course to help runners to cool down.



DRINKING SAFELY

Drinking too little on the run can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking too much can be very dangerous and lead to hyponatraemia (water intoxication), fits and even death.

Drink when you feel the need and do not gulp large volumes of fluids before, during or after the race. Your needs vary with your build, your speed and above all the weather.

Faster runners (under 3:30 for a marathon) on a warm day may need as much as a litre of fluid per hour (two pints). Slower runners should need to drink less, particularly on a cool day, and should not drink more than 500ml of fluid per hour.

At the Virgin Money London Marathon there will be frequent Buxton Natural Mineral Water stations so you do not need to drink at every one, just swallow a mouthful of water occasionally. If you've trained successfully with Lucozade Sport, have that as well.

After the Finish do not drink large amounts of water. It can be quite normal to not pass urine for several hours after a marathon. You can only rehydrate (replace lost fluids) gradually over the next 24 to 48 hours. Try to eat some salty food as well as spacing out your drinks. This way you will not get hyponatraemia and will still replace the water, salt and glycogen lost in running the marathon.

EATING

Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you

are on a good mixed diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply.

Training (with adequate rest) helps you to sustain a high level of muscle glycogen if you eat enough carbohydrate. If you can, eat within two hours of your long runs. This helps to rapidly replace the muscle glycogen and speeds recovery.

Do not change your normal diet drastically in the last week before a marathon, but eat less protein (meat) and eat more carbohydrate (pasta, bread, potatoes, cereals, rice and sweet things), especially for the last three days when you should also be markedly reducing your training (tapering).

This loads the muscles with glycogen and delays or prevents you 'hitting the wall'. Unless you reduce your protein intake, you will not eat enough carbohydrate. (Not all runners are helped by first depleting carbohydrate with a long run and low carbo diet and then loading as this can make your muscles feel very heavy.)

FEELING UNWELL?

Do not run if you feel unwell or have just been unwell, even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family and your charity to risk serious illness and become a medical emergency. You are unlikely ☹

FINAL INSTRUCTIONS

Medical Advice (continued)

to do yourself justice. There will be many other races.

ON THE DAY

Wear appropriate clothes for the weather when you're racing. On a cold, wet day you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried.

If it is hot, wear loose mesh clothing, start slowly and, if possible, run in the shade. Please don't wear multiple layers and don't try to attempt a personal best. Use shoes you know from experience will not give you blisters.

AT THE FINISH

Once you have completed a race, do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Get your kit and change into warm, dry clothing. Foil blankets will not stop you from becoming cold.

Keep on drinking slowly and have something to eat. Some runners feel faint more than half an hour after finishing a race, often because they have taken insufficient fluid and/or not eaten anything. Again, do not drink excessively.



Professor Sanjay Sharma

BSc (Hons), MD, FRCP (UK), FESC, is Professor of Cardiology at St George's, University of London and the

Medical Director of the Virgin Money London Marathon, The Vitality Big Half, the Vitality London 10,000 and Prudential RideLondon. Follow Professor Sharma on Twitter [@SSharmacardio](#) ↗

Think Before You Drink

Adequate preparation for a marathon requires appropriate nutrition, hydration and rest. Athletes often consume isotonic, carbohydrate and protein drinks as well as energy gels and bars purchased in sports and health-food shops in preparation for the event, which is considered safe practice.

However, over the last two decades there have been an increasing number of commercially available compounds that claim to enhance performance. Some have been found to contain substances banned in other countries and other products (such as steroids) that are banned for use among competitive athletes. Such products are usually purchased via the internet and should not be used by anybody training for a sports event like the marathon.

Runners using performance-enhancing compounds that have not been licensed and regulated properly may experience serious side effects and increase their risk of developing heart disturbances that culminate in sudden death. There have been well-publicised cases of runners inadvertently using compounds in an attempt to help them fight fatigue during endurance events and this caused detrimental effects on their health, resulting in their death.

In one recent case, toxicology identified traces of DMAA, which is an amphetamine-like substance. Although banned in sport, the product was legally available at the time and advertised as a powerful performance enhancing agent and the warnings associated with the potential harmful ingredients were not highlighted on the product. Runners should avoid consuming unregulated substances bought over the internet.

Certain pain killers termed non-steroidal anti-inflammatory drugs (NSAIDS) such as brufen or naproxen can cause problems with the kidneys in states of dehydration and should be avoided within 48 hours of running the marathon. Muscular pain during this period should be treated with paracetamol.

The 2007 London Marathon was the hottest in its 36-year history and was sadly noteworthy for the death of 22-year-old David Rogers from hyponatraemia. There were 12 other cases of hyponatraemia the year before, six of whom required emergency treatment in hospital.

Again, it is likely that all of these runners drank more than necessary for the hot conditions, despite the official advice given by the London Marathon on safe drinking during the race. The 1996 London Marathon was run on a similarly hot day and, while there were complaints about the water running out, we had no significant cases of hyponatraemia. In 2003 there were plenty of drinks available for what was another warm marathon day but on this occasion we had 15 hospital cases of hyponatraemia. Many runners are drinking too much!

The Virgin Money London Marathon has many Drinks Stations to ease congestion and allow access for the 41,000 expected runners but supplies far more drinks than are needed. This ensures there is enough for everyone, including the slower runners at the back.

You do **NOT** need to drink at every water or Drinks Station. THINK before you DRINK.



RELAX, WE'LL LOOK AFTER YOUR SPECTATORS!

Make sure your cheer squad downloads the **FREE** official **Spectators' Guide** app for the 2018 Virgin Money London Marathon.

The app will give them access to mile-by-mile course maps with travel information, a real-time pace guide, profiles on elite and celebrity runners to look out for, a list of recommended pubs on and near the race route, plus lots more useful advice to help them enjoy the day!

Go to the App Store or Google Play search 'London Marathon Spectators' and download the guide for FREE!



FINAL INSTRUCTIONS

The Spirit of London Campaign

To have fun and provide some happiness and sense of achievement in a troubled world

The 2018 Virgin Money London Marathon celebrates the unique spirit of the world's greatest marathon, showcasing the extraordinary stories of its runners, champions, volunteers and supporters



The 2018 Virgin Money London Marathon celebrates the unique spirit of the world's greatest marathon, showcasing the extraordinary stories of its runners, champions, volunteers, supporters and spectators through the new Spirit of London campaign.

Hugh Brasher, Event Director, explains: "On Race Day last year, millions of people around the world were moved by the sight of Swansea Harrier Matt Rees helping David Wyeth down The Mall to the Finish Line. For us, that moment encapsulated the unique spirit of the London Marathon and inspired our theme for 2018.

"Running the Virgin Money London Marathon is described by so many as a life-changing experience with extraordinary camaraderie among the

runners, volunteers, spectators and everyone involved in the world's greatest marathon. Our **#SpiritOfLondon** campaign will unite everyone running on Sunday 22 April and the greater London Marathon family of more than one million finishers – and it also has a wider connection with the response of Londoners to troubled times.

"Sport has an extraordinary power to unify people. One of the London Marathon's founding pillars, created by my father Chris and John Disley, is 'to have fun and provide some happiness and a sense of achievement in a troubled world'. We have seen how the London Marathon does this every year since 1981.

"In the last 12 months London's values have come under attack from people trying to destroy our way of life, our

freedom. Never have the words of our founders rung truer. In 2018 we particularly welcome PC Charlie Guenigault, the teams of Grenfell firefighters and the Stephen Lawrence Charitable Trust runners who are taking part in this year's event.

"The unity and camaraderie that running a marathon can bring was embodied by our inaugural winners, Dick Beardsley and Inge Simonsen, who crossed the line hand in hand after duelling it out for 26.2 miles. Matt and David carried on that spirit and we know that on 22 April hundreds of thousands of Londoners will be out on the streets of the capital to celebrate the Spirit of London."

We hope that you will share your 2018 London Marathon stories using **#SpiritOfLondon** 🏃

26.2 MILES. EVERY STEP COUNTS



DOWNLOAD THE *Lucozade* SPORT APP



WIN 100s OF PRIZES

Lucozade Sport provides carbohydrates and electrolytes to enhance hydration and help maintain performance during prolonged endurance exercise. Lucozade, Lucozade Sport, and the Arc Device are all registered trade marks of Lucozade Ribena Suntory Ltd. ©Lucozade Ribena Suntory Ltd. All rights reserved.



GIVE YOUR RUN A DIGITAL BOOST

The modern marathon exemplifies how **digital technology** is transforming all aspects of **business and society**. From social media and smartphone applications, to fitness trackers and wearables, digital is providing fresh data and insight to **guide your preparation** and **boost your performance**.

As Technology Partner to the Virgin Money London Marathon 2018, Tata Consultancy Services is proud to enable participants to be **digitally optimised**, **motivated** and **connected**. With **live tracking** and **updates** of favourite runners via the **Official 2018 Race App**, friends, family and spectators are brought closer to the action to **empower you to be your best**.

#DigitalEmpowers

Download the
Official 2018
Race App

Download on the
App Store

GET IT ON
Google Play

Available to download mid April



COMe AND SEE US

Collect your race number at the Virgin Money London Marathon Expo and then head over to the New Balance Run Hub to:

> **SPEAK WITH
NEW
BALANCE
RUNNING
EXPERTS**

> **GET
EXCLUSIVE
DISCOUNTS**

> **COLLECT
RUN &
SPECTATOR
SURVIVAL
KITS**

> **PURCHASE
NEW
BALANCE
SOUVENIR
RANGE**



MARATHON SOUVENIR APPAREL

Get inspired with the exclusive marathon souvenir apparel range available at the Virgin Money London Marathon Expo!



LIFE-CHANGING TECHNOLOGY IS JUST THE BEGINNING

As title sponsor of the Abbott World Marathon Majors, Abbott celebrates what people can achieve with good health. It's the kind of spirit that has driven us to continually create the most personal technology. Technology with the power to change your life.

So champions like you can live your best life possible.



life. to the fullest.™

Abbott



GOOD LUCK FROM BUXTON

& SIP SOME AS YOU STRIDE

#GOBIG
#TOGETHER



**OFFICIAL
WATER SPONSOR**

#RACETORECYCLE
ALL OUR BOTTLES ARE
100% RECYCLABLE
BOTTLE, CAP & LABEL TOO!



LONDON CALLING

If you are keen to commemorate your Virgin Money London Marathon experience with some souvenir kit, look no further than the London Edition New Balance footwear range. The range includes three performance shoes the 1080v8, 1500v4 and 890v6 featuring design elements that celebrate the great city of London.

“Our designer created a mood board inspired by London at night, with all the lights, the bridges and the buildings,” says Liz Ellyard, Senior Merchandise Manager at New Balance. “We also took inspiration from the weather, because it’s always raining in the UK. The shoes are sophisticated but not too ‘out there’, as we wanted them to be equally at home pounding the pavements as down the pub.”

The shoes also feature a lot of ‘discovery details’ – small details that link back to London. Every shoe in the limited-edition range has the River Thames on the tongue and a rain graphic on the midsole. The marathon distance is on the end of the laces and the inner sock has a London cityscape on it. The colours are neutral but with pops of colour, to represent the bright lights of London at night.

Look out for the 2018 London Edition New Balance shoes at the Virgin Money London Marathon Expo.



WIN A PAIR OF TRAINERS EVERY HOUR AT THE EXPO

Visit the New Balance photo zone to enter.

Terms & conditions apply.

26.2 miles
of determination

#DontCrackUnderPressure



TAG Heuer

SWISS AVANT-GARDE SINCE 1860



OFFICIAL TIMEKEEPER OF



TAG HEUER CONNECTED MODULAR 41
OXFORD STREET BOUTIQUE, NOW OPEN



REST. RUN. EXPLORE.

Don't let travelling interrupt your marathon training. Pack your trainers and download our digital running routes straight to your phone for your next run.

Book with us and become an **IHG® Rewards Club** Member.

———— holidayinn.com/runningroutes ————



Holiday Inn

AN **IHG**® HOTEL

((audible original))

JUST GET UP
& GO FOR A RUN

THERE
ARE NO
CUTTING
CORNERS!
YOU'VE GOT
TO TRAIN
FOR IT

BELIEVE IN
YOURSELF;
THAT'S THE
MOST
IMPORTANT
THING

THINK
POSITIVELY
NOT
NEGATIVELY

come
join us

MO-JOE



A MARATHON TRAINING AUDIO SHOW STARRING
SIR MO FARAH, JOE WICKS & GEORGE LAMB

LISTEN FREE WITH YOUR 30-DAY TRIAL

www.audible.co.uk/run

audible 

£7.99 per month after 30 days. Renews automatically.



OFFICIAL FOOTWEAR AND APPAREL



EVERY
BODY'S
RACE





LONDON PRIDE



TO THE RUNNERS

Take Pride. You've done so much already.
Run tall. And drink in every moment.
Stride out. You'll bring London to life.
To London's finest, from London's finest.

#RUNWITHPRIDE



WHERE CHAMPIONS RUN

LONDON

TOKYO

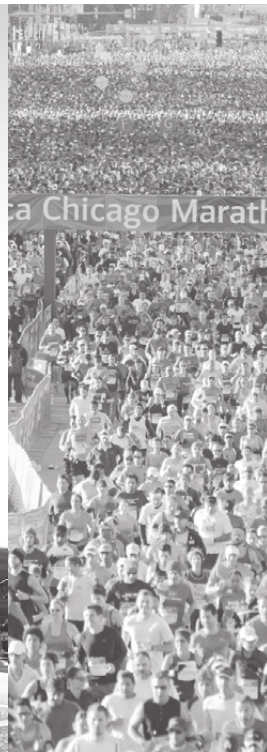
BOSTON



BERLIN



CHICAGO



NEW YORK



22.4.18

ROYAL PARK TO ROYAL PALACE

Abbott World Marathon Majors welcomes you to London, where 40,000 champions wear medals like crowns.

ABBOTTWORLDMARATHONMAJORS.COM

[#WhereChampionsRun](https://twitter.com/WhereChampionsRun)



Thank you to our Sponsors and Partners

