

Age UK Virgin Money London Marathon Guide 2019



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Virgin Money London Marathon Running Show

Before you can collect your running number, timing chip and kit bag, you must pre-register online. You'll have received the link via email from no-reply@london-marathon.co.uk. You must bring photo ID to the Virgin Money London Marathon Running Show at the ExCeL in London Docklands to get your race number and chip. **You won't be able to run without these.**

ExCeL

1 Western Gateway
Royal Victoria Dock
London
E16 1XL

Exhibition Opening Times

Wednesday 24 th April	11am – 8pm
Thursday 25 th April	10am – 8pm
Friday 26 th April	10am – 8pm
Saturday 27 th April	8.30am – 5pm

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

- Choose someone to attend the Running Show and collect your runner number for you.
- Pre-register online, following instructions on how to nominate another person.
- The person you nominate will need to take:
 - a letter written and signed by you giving them permission to collect your number
 - a copy of your ID
 - their own ID, for example their passport or driving licence.

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're travelling down on the Saturday leave plenty of time to account for traffic. After 5pm on Saturday there are NO other chances to pick up your number and you won't be allowed to run.

Age UK Pasta Party

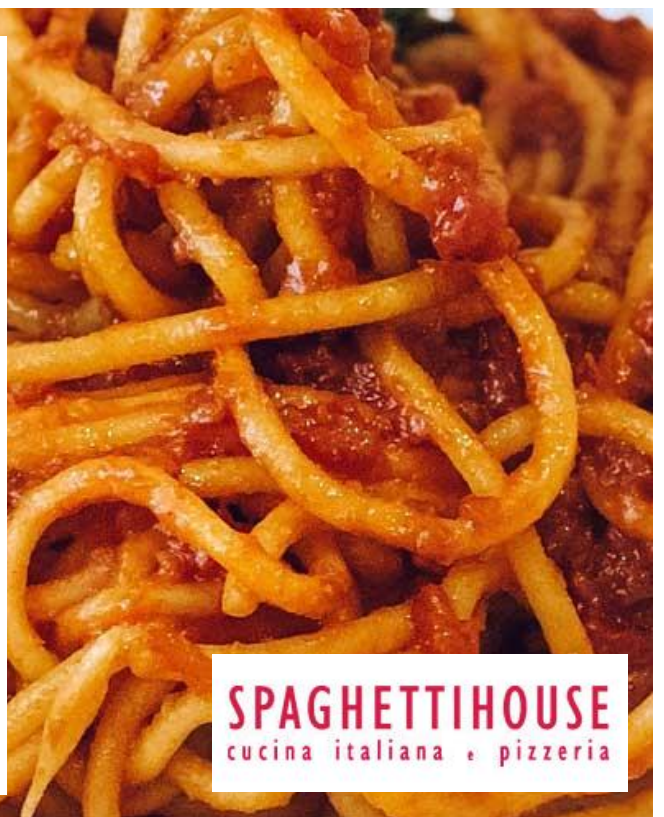
Date: Saturday 27 April

Time: 6pm

Spaghetti House, 15 Goodge St, London
W1T 2PQ

A chance to chat to us and other Age UK runners, to calm last-minute nerves, and stock up on carbs the evening before. We've negotiated a £16.95 per head spread of fresh salads, pasta dishes, pizza and a light dessert. Family members and friends are very welcome to join us there too.

Please email Yvonne.Carroll@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

- Check your journey in advance.
- Visit www.tfl.gov.uk/journeyplanner to check your route.
- DLR services from Bank and Lewisham start at 5.30am.
- Travel on Southeastern trains and DLR is free for all runners on display of a running number 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 official kitbag on the trucks and use the facilities. Toilet queues are long!

Start Zones

There are 4 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** – Greenwich Park
Nearest stations: Greenwich or Maze Hill
- **Yellow Zone** – Greenwich Park
Nearest stations: Greenwich or Maze Hill
- **Blue Zone** – Blackheath
Nearest station: Blackheath
- **Green Zone** – Greenwich Park
Nearest stations: Greenwich or Maze Hill

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

Chip tag and running number

The chip tag 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 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've handed in your bag 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

Tell your supporters to join us at our cheering points. We'll be holding a space from early in the morning, so we can guarantee them a spot at the front to give them a clear view of you running.

It also makes it easier for them to spot you as we'll all be looking out for you, and our decorations will make it easier for you to spot them too – it can be so disappointing to miss each other on the route!



We'll give out cheering sticks and T-shirts on the day, and make sure they have a great time.

Age UK running vest

Wearing your Age UK vest or T-shirt will allow our cheering points to spot 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 home page](#) 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.

There is also a tracking app available from Virgin Money London Marathon. This is available for iPhones and Android.

Social Media

Please tag us in your pictures over race weekend and we'll do the same!

#teamageuk

@teamageuk

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**

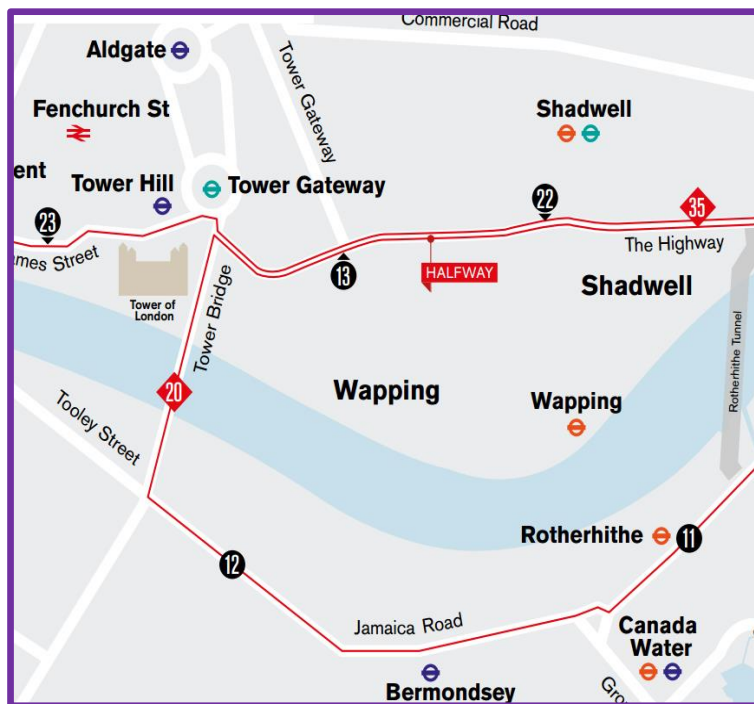
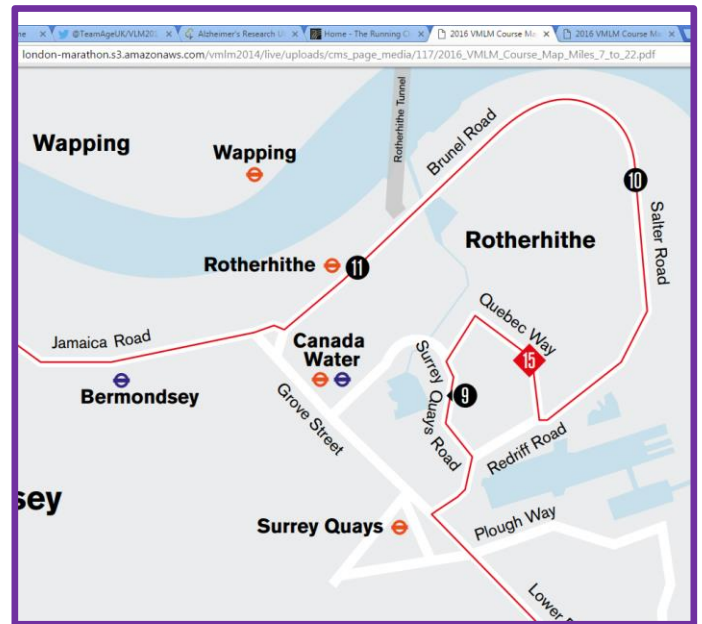
Other options: **Surrey Quays, Rotherhithe**

Peak Times: **10am – 12.30pm**

Landmarks: **Mile 9 marker, Decathlon**

Surrey Quays Road/Canada Street, SE1

The Age UK cheer point will be as close to the Mile 9 marker on Surrey Quays Road as possible. Look out for the Age UK branding!



Mile 13

Nearest Tube: **Tower Hill** (*Circle and District Lines*)

Nearest Overground: **Shadwell**

Nearest DLR: **Shadwell or Tower Gateway**

Other options: **Wapping, Tower Hill, Aldgate**

Peak Times: **11am – 1.30pm**
Corner of East Smithfield and Vaughan Way, E1W 2AG

This cheering point is a bit before the mile 13 marker. Make sure you approach from Tower Hill on the south side of the Highway, as it's difficult to cross the road from the north side once the race is in progress until after Shadwell where there is an underpass.



Mile 18

Nearest Tube: **Canary Wharf**
(*Jubilee Line and DLR*)

Nearest DLR: **Heron Quays**

Other options: **South Quay**

Peak Times: **12pm – 3pm**

1 Cabot Square, North Collonade, E14 4QJ

The Age UK cheer point will be on North Collonade, near 1 Cabot Square (Credit Suisse offices) – look out for the Age UK branding.

Mile 23

Nearest Tube: **Monument** (*Circle & District line*)

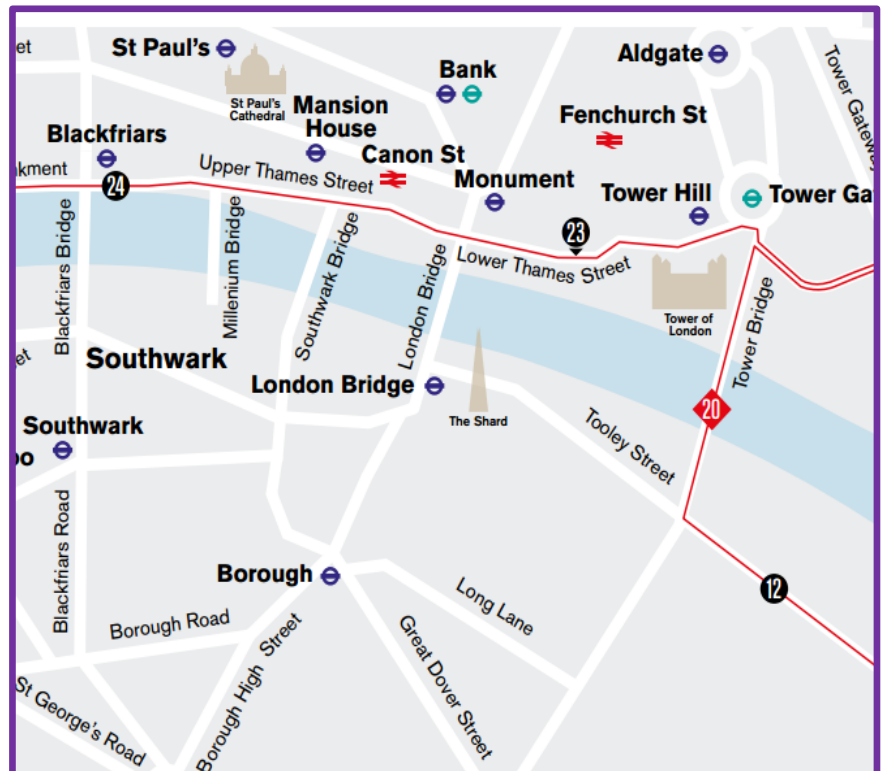
Nearest Overground: **Cannon Street**

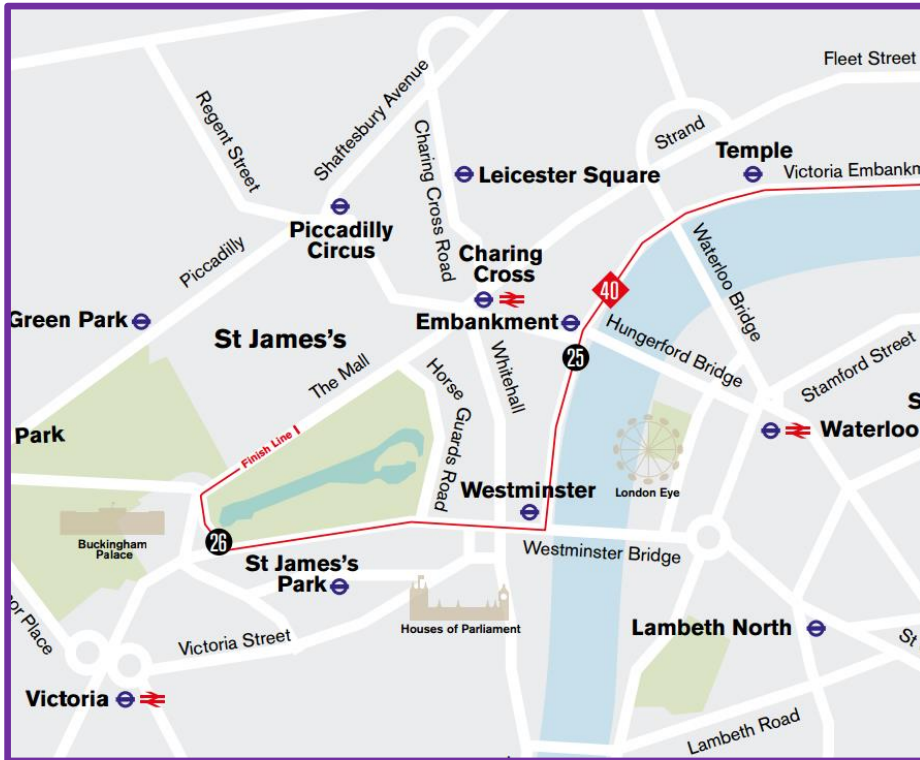
Other Options: **Bank, Mansion House**

Peak times: **12pm – 5pm**

Byward Street, EC3R 5AQ

This cheering point will be near the 23-mile marker – nearest landmarks are the Hung Drawn and Quartered pub and the church All Hallows By the Tower.





Mile 25

Nearest Tube: **Embankment**
(Bakerloo, Northern, Circle & District line)

Nearest Overground:

Charing Cross

Other options: **Waterloo**

Peak times: **1pm – 5.30pm**

Northumberland

Avenue/Victoria

Embankment, SW1A 2HR

We will be near the mile 25 marker, close to Hungerford Bridge in front of Whitehall Gardens.

Post-race reception

Prince Phillip House

3 Carlton House Terrace
SW1Y 5DG

The post-race reception is our way of congratulating you for running an amazing 26.2 miles and thanking you for your continued support for Age UK.

Prince Philip House is a 5-minute walk from the finish line, and is a great place to meet friends and family post-race. We'll be open from 12 midday until 6pm for you to enjoy a well-deserved treat.

PRINCE PHILIP HOUSE



At our post-race reception, there'll be:

- hot food and drinks for runners
- goody bags
- a massage room
- a professional photographer
- a paid cold buffet and bar for spectators
- flip flops for sore feet



How to get there

When you pass the finish line, make your way through the finish funnel and collect your kit bag.

- Take the first **left** exit you can, following **signs to Piccadilly**.
- **Exit from this corner** and go up the steps towards the tall **Duke of York column** (see picture).
- **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. You're absolutely brilliant and we wish you loads of luck for the race. See you soon!

Dan, Rosie, Yvonne & Team Age UK
