

TCS London Marathon: What to expect on race week



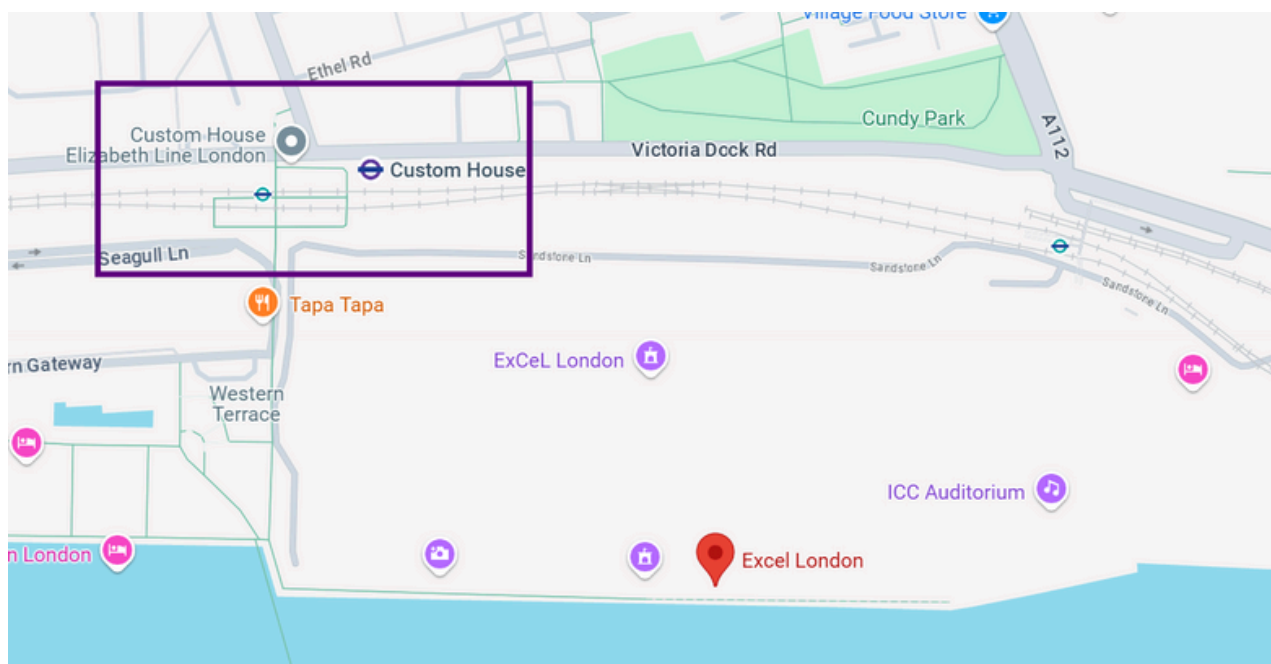
Running Show



Excel London

When: Wednesday 23rd April - Saturday 26th April

How to get there: You can travel to the Excel via the Elizabeth Line, DLR or bus.



You **must** visit the Running Show prior to race day to collect your Event Pack. Crucially, this contains your bib. Bibs **cannot be collected on race day.**

If you are unable to attend, you can elect someone to pick it up for you. Details of how to do this will be in the Participant Guide you receive from London Marathon Events.

If you plan to attend the Running Show on Saturday, leave plenty of time to do so as it will be incredibly busy.

What to bring with you

- Photo ID
- Your confirmation email

Post-race reception

We are hosting a post-race reception on the day, that you and your supporters can come along to. Here you can have a shower, massage and then relax with some food and drink. This is also a good place to arrange to meet your supporters - especially as the finish line area is so busy!



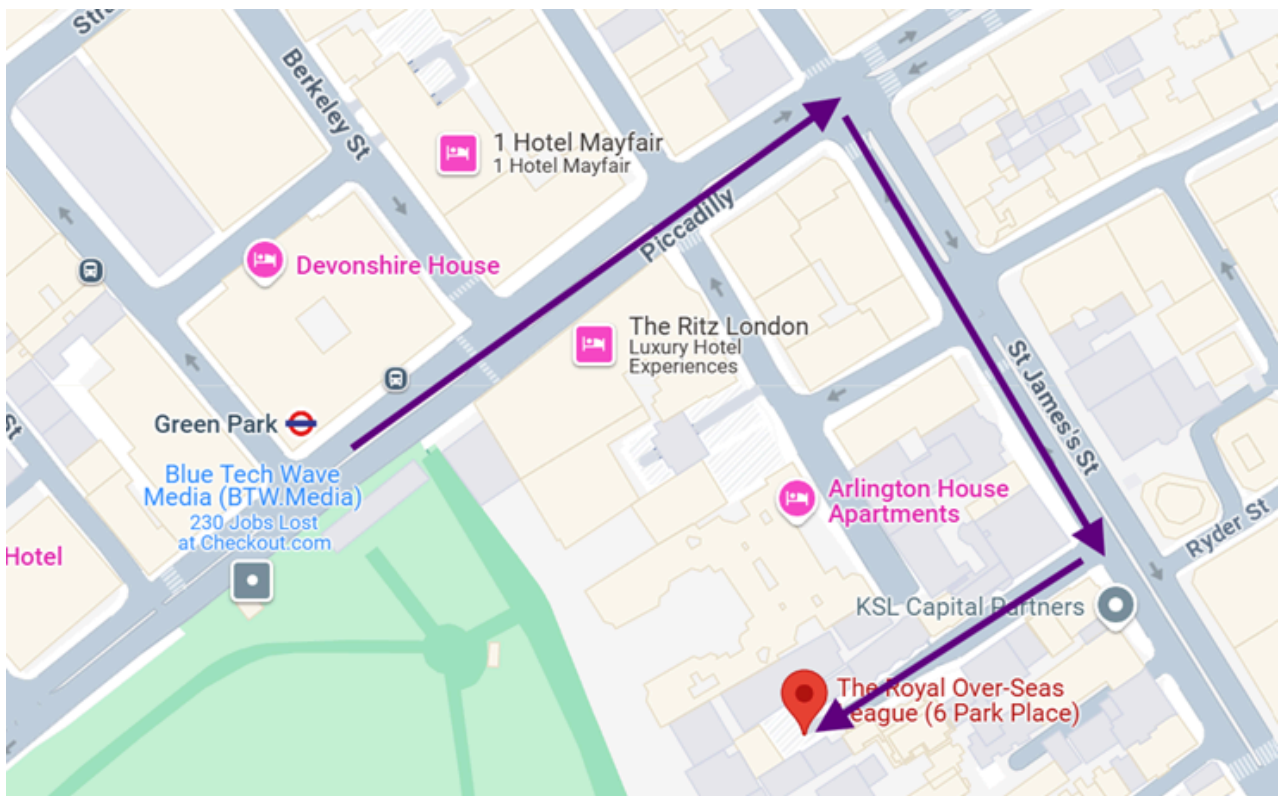
Royal Over-Seas League, 6 Park Place, SW1A 1LR



12pm to 6pm

How you can get there: We have a shuttle bus stop near the finish line. Members of MRF staff will be there to collect you, walk you to the bus stop and then you will be driven (5 minutes) to the ROSL.

How your supporters can get there: The ROSL is a short walk from Green Park underground station, which is serviced by the Jubilee, Piccadilly and Victoria lines. Green Park has lifts if step-free access to the station is required.



Mile 9 cheer point

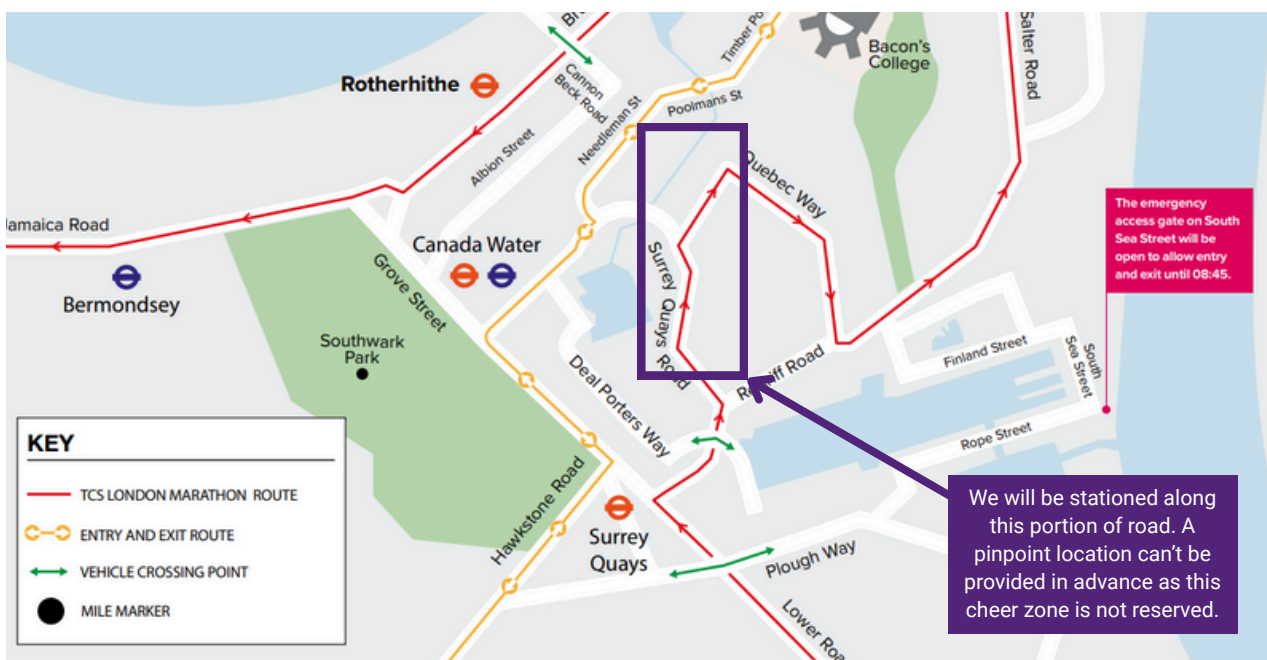


Surrey Quays



Staffed between 10am and 2.30pm

This year, based on runner feedback, we have introduced a second cheer point much earlier in the course. Our event photographer will be stationed here so make sure to smile and wave!



What do my supporters need to know?

If travelling by underground, we'd recommend getting off at Canada Water, which is serviced by the Jubilee line.

Wheelchair accessible routes for public transport can be found through downloading the Citymapper app.

When arriving at this cheer point, supporters will find Rhiannon and Kirsty from our team.

This area of the course is not a dedicated charity cheer zone so please be aware it could be very busy!

Look for: Purple and blue MRF flags and staff in purple MRF jackets

Mile 25 cheer point



Victoria Embankment



Staffed between 10am and 6pm

We know many supporters follow their runner and try to cheer them on at a few points across the course. This is a good spot for the final push to the finish.

There will also be pictures taken here!



What do my supporters need to know?

The closest underground station to this cheer point is Temple. Wheelchair accessible routes for public transport can be found by downloading the Citymapper app.

Once you exit the station, turn right and walk until you reach the designated crossing point outside Somerset House.

Then, cross the road and turn left. The charity cheer zone may appear closed off - but you are heading the right way.

Walk down until you find the MRF section of the charity cheer zone.

When arriving at this cheer point, supporters will find Celia, Lily and Kate from our team.

This cheer point is a dedicated area, reserved just for MRF supporters, so there will be plenty of space.

There will be an accessible viewing platform to the left of all the cheer points if required.

Look for: Purple and blue MRF flags and staff in purple MRF jackets

