



PARTICIPANT EVENT GUIDE

Sunday 6 April

Start and Finish Lines at Hove Lawns, Kingsway, BN3 2PE

WELCOME

We can't wait to see you at the **2025 Brighton and Hove 10K** on **Sunday 6 April** – we hope you're as excited as we are!

Please read this guide very carefully – it contains all the information you need for an amazing day.

We know there's a lot to take in, so we've broken it down into six essential things to know...

- 1. Be Safe and Secure**
- 2. Your Event Pack**
- 3. How to get to the Start**
- 4. When you arrive at the Start**
- 5. After crossing the Start Line**
- 6. After crossing the Finish Line**

BE SAFE AND SECURE

The safety and security of all our participants and spectators at the Brighton and Hove 10K is of paramount importance to us.

We will deliver a safe, secure and enjoyable event and you can help us to do this by following the instructions of our team of friendly stewards at all times.

If you see something suspicious, please report it to a steward, a police officer, or ring 999.

We work closely with the police and other organisations and have a range of measures in place, including bag searches in the Event Village, to help keep you safe and secure. We hope you have a fun and enjoyable day with us.

Injury or illness

You must be fit and well to run 10K. Please do not take any chances with your health.

Severe exertion during or soon after any kind of injury or illness is extremely dangerous. If you find yourself in this situation, do not take part.

Complete your medical information

Please fill in your medical information on the back of your bib – this could save your life in an emergency. More information about your bib is available on the next page.

Everyone is welcome!

We want everyone to feel welcome at the Brighton and Hove 10K and we aim to make the event accessible to all. We have a variety of inclusion initiatives to help make sure you have a great day.

If you need to take a moment in the Start or Finish Areas, there will be a Sensory Calm Tent, Parent and Child Tent (for breastfeeding/pumping and entertaining young children), and a Multi-Faith Prayer Tent. You're welcome to use these facilities whenever you need to.

Period products are available at the Information Points at the Start and the Finish. Please just ask our team if you need any.

YOUR EVENT PACK

UK PARTICIPANTS

If you live in the UK, you should receive your Event Pack in the post by **Tuesday 1 April**. If you have not received your pack by 17:00 on this date, please complete the **replacement pack form**.

Replacement packs

If you need a replacement Event Pack, you must fill in the form and collect your pack from one of the following locations:

From 10:30 to 18:00 on Friday 4 April at DoubleTree Hilton, Kings Road, Brighton BN1 2FU.

From 10:00 to 17:00 on Saturday 5 April at the Information Point in Preston Park. The **what3words** location is: [///sleep.scars.lake](https://www.what3words.com/sleep.scars.lake)

QR code

If you need to collect a pack, please show your unique QR Code, which we emailed to you with your important start information, to our team at one of the collection points. Please take a screenshot of the email.

If you are unable to collect your pack on Friday or Saturday, you can arrange for someone else to collect it. Please ensure they have a copy of your ID and your unique QR Code.

Please note: we're unable to send any replacement packs in the post and Event Packs are not available to collect on Event Day.

INTERNATIONAL PARTICIPANTS

If you live outside the UK, you'll need to collect your Event Pack from the locations listed above between the times stated.

There's no need to complete the replacement pack form, just pop along to see our team, who will give you your pack. Please have your unique QR Code ready to show them, which we emailed to you with your important start information.

Important: Event Packs are not available to collect on Event Day.

Your Event Pack contains:

- Your unique bib, with timing chip attached to the back, and safety pins to fix it to your top
- Your kitbag and attachable label to stick to your kitbag

Please make sure you bring these items with you on Event Day.

Understand your bib

Your bib (example below) indicates:

1. Your unique bib number
2. Your start wave number
3. Your choice of finisher items - T-shirt, medal



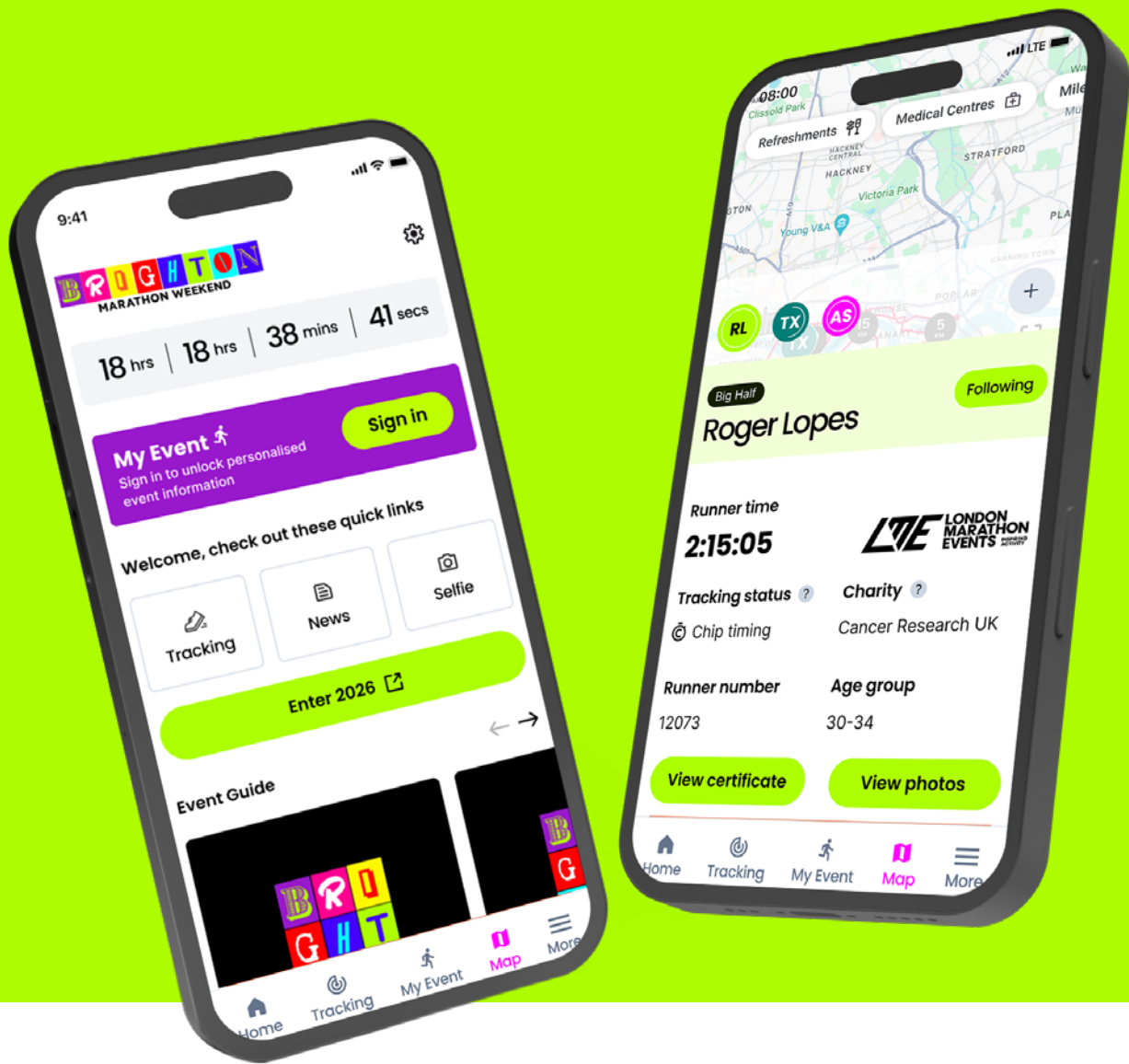
Medal: a green background indicates you have opted to receive a medal. A red background indicates you've chosen not to receive a medal.

T-shirt: if you've opted to receive a T-shirt it will be clearly displayed with your choice of size. Look out for the corresponding sign at the Finish Area.

Please note: it's not possible to change your choices or the details on your bib. Thank you for your understanding.

Do not give anyone else your bib

For safety reasons, it's strictly forbidden to allow someone else to use your bib or to take part wearing someone else's bib.



DOWNLOAD THE BRIGHTON MARATHON WEEKEND APP

The 2025 Brighton Marathon Weekend App will soon be available to download for free from the App Store and Google Play.

The App is your essential Event Day companion and includes everything you need to have the best possible experience, including the **marathon route map, event information** and **live tracking**, so family and friends can follow your progress as you run. Make sure they know to download the App!

People following you will receive notifications on your progress, including your 5K split time and your predicted finish time.

You also have the option to increase the accuracy of your position along the route, by setting up GPS tracking in the App and running with your phone. This makes it easy for people who are tracking you to see exactly where you are on the route and find you after you finish to congratulate you!

Log in to the My Event section of the App, using your bib number and email address, to get personalised Event Day information and instructions on how to start the GPS tracking, if you want to use it.

Before Event Day, you'll receive an email to let you know the App is available to download and to remind you of your login details.

HOW TO GET TO THE START

You must go to Hove Lawns, Kingsway, BN3 2PE. Please plan your journey in advance and allow for extra time due to public transport being busier than usual and the event road closures.

YOU. SMART. THING

Plan your journey to and from the event by using the green travel tool You. Smart. Thing to find your best low-carbon travel routes. You can also donate to offset your carbon emissions! **Plan your journey on their website.**

BY TRAIN

If possible, we recommend travelling to Hove station, which is the closest station to the Start Area - about a 20-minute walk.

At very busy times, there may be a queuing system at Brighton station (about a 30-minute walk to the Start Area). To help speed up your journey buy your tickets in advance at **southernrailway.com** or **thameslinkrailway.com**

Plan your journeys at **[nationalrail.co.uk](https://www.nationalrail.co.uk)** and stay up to date with the latest information and any on-the-day changes via the Southern and Thameslink social media channels.

BY BUS

Bus services run across the city and also connect with many local towns and villages. **Brighton & Hove Buses** has the most up-to-date travel information and full timetables.

WALKING

If you live, or are staying, in the city centre, we recommend walking to the Start. The city will be full of other participants doing the same, so there is always an exciting atmosphere. It's also a good pre-event warm-up for your legs!

If you are being dropped off near the Start, please note many of the roads around Hove Lawns will be closed from **06:00**. We recommend being dropped off outside the road closures and walking in. Please allow time for this in accordance with your allocated arrival time.

CYCLING

Bike parking on Hove Lawns is available on a first-come, first-served basis. When you are close to Hove Lawns you will be required to dismount and walk the remaining distance with your bike. Please bring your own bike lock to secure your bike.

Know your important times

We've emailed you your wave number, suggested arrival time at Hove Lawns and wave start time. A timetable is also shown below.

Please arrive at Hove Lawns at your arrival time to help reduce congestion and queuing on the day.

For safety reasons, it's not possible to change to an earlier wave, but you can join a later wave on the day if you'd like to. There's no need to let us know, just join a later wave.

WAVE	ARRIVAL TIME AT HOVE LAWNS	WAVE START TIME
1	07:45	08:45
2	07:45	08:48
3	07:55	08:51
4	07:55	08:55

WHEN YOU ARRIVE AT THE START

Once you arrive at Hove Lawns, please go to your allocated baggage area to drop off your kitbag and use the toilets if you need to!

DROP OFF YOUR KITBAG

Please only use the clear kitbag and attachable label provided in your Event Pack. Please ensure your kitbag is packed and ready before making your way to the baggage drop-off area. Here are the four steps to follow for a smooth drop-off:

1. Place any items you do not intend to run with in your clear kitbag.
2. Attach the baggage label, which is provided in your Event Pack, to your kitbag.
3. **Important:** go to the section of the baggage area displaying the number range that includes your bib number.
4. Drop off your bag with our volunteers so that it will be waiting for you once you've finished.

Please note: we can only accept items in your official kitbag. Please do not bring suitcases, large bags, or loose items such as coats or shoes.

TOILETS

Toilets, including accessible toilets, will be available in the Start Area.

There are then plenty of toilets, including accessible toilets, on the course, please refer to the course map on page 9.

INFORMATION POINT

If you need any assistance, please go to the Information Point at Hove Lawns. The **what3words** location is: [///moment.lovely.nail](https://www.what3words.com/#!/moment.lovely.nail)

FOOD AND DRINK

There will be traders offering food and drink at Hove Lawns. Please eat and drink sensibly before your 10K.

RECYCLING STATIONS

Our team will take your waste from you and separate it into the correct bin to maximise recycling levels.

GET READY TO RUN

You will be called in to the start chute in wave order. Please follow the signs and listen for announcements.

Waves will be set off at intervals to facilitate a safe and enjoyable start. The timing chip on your bib will activate when you cross the Start Line.



IT'S NEVER TOO LATE TO FUNDRAISE!

Have you thought about using your Brighton and Hove 10K place to raise funds for charity?

Support a charity of your choice by setting up your unique **fundraising page** on our official platform now.

Up to half of all donations are made in the month before an event, so now is the perfect time to ask your family, friends and colleagues to support you on your 10K journey!

AFTER CROSSING THE START LINE

Running through the traffic-free streets of Brighton is an experience like no other, so make sure you take time to enjoy it!

THE ROUTE

You'll first go east along the seafront and past the city's iconic landmarks, including the Pavilion, before heading west towards Hove, and finally finishing back at Hove Lawns. See the course map on the next page.

DRINKS STATION

There is a Drinks Station at the 5K mark, providing bottles of Buxton Natural Mineral Water. There is a Water Refill Point at 4K.

DROPPING OUT

If you have to drop out, please find the nearest First Aid Station or Event Marshal and let them know your bib number. Please don't leave the course without informing the Event Team.

If you are able to, please collect your kitbag from the baggage area in the Finish Area at Beach Village.

ENTERTAINMENT AND CHEER POINTS

There will be entertainment along the course including several acts, bands and charity cheer points to help keep you motivated.

Our Charity Avenue on Madeira Drive will provide lively cheer points to encourage participants along their journey as well as an excellent area for spectators to meet and congregate.

Brooks will be taking over the famous Aquarium Roundabout to bring the party to every participant and spectator.

RECYCLING ZONES



We're committed to reducing the environmental impact of the Brighton Marathon Weekend. As part of this, we're introducing Recycling Zones and Keep Clean Zones to the route.

Participants will only be allowed to drop their waste in our Recycling Zones, which will be marked with signs and flags. Zones will be signposted clearly, please see the examples above.

VOLUNTEERS

Our volunteers are amazing people who give up their free time to support the event, and you!

Please make sure you show them some appreciation!

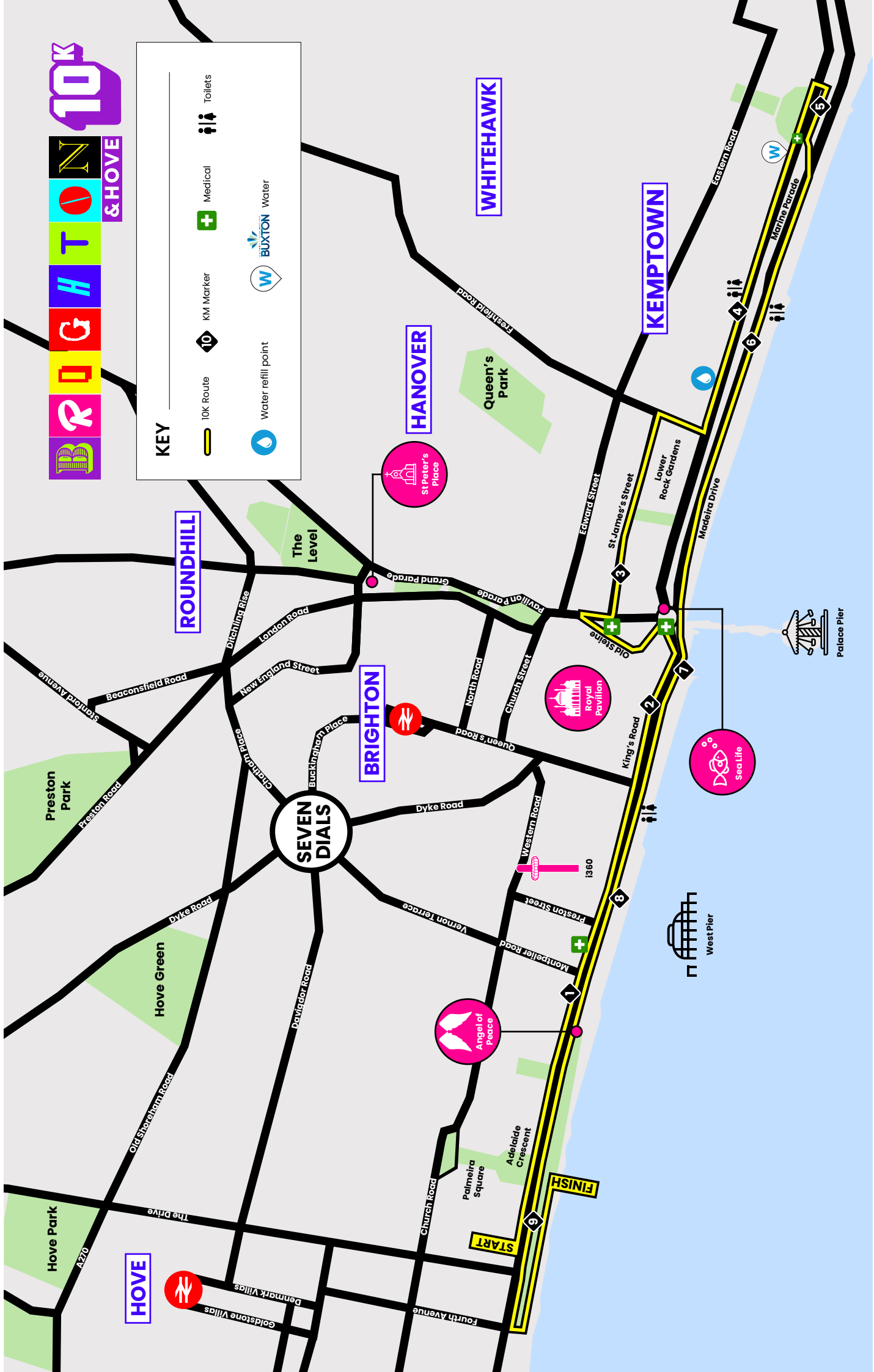
They will be positioned from Start to Finish and in the Beach Village, supporting at Drinks Stations, marshalling on the course, handing out medals and more.

OFFICIAL SUPPORTER VENUES

There will be several Official Supporter Venues welcoming you and your supporters throughout the weekend. **Take a look what's on offer at each venue.**

KEY

- 10K Route
- Water refill point
- Medical
- Toilets
- Water
- Buxton



AFTER CROSSING THE FINISH LINE

Crossing the Finish Line of the Brighton and Hove 10K is an amazing experience – enjoy the moment!

Once over the Finish Line, you'll probably be feeling tired but please keep moving to create space for participants arriving after you. If you're feeling unwell, please tell our medical staff immediately.

FINISHER ITEMS:

Once you're in the Finish Area, you'll receive items in the following order:

1. Your finisher medal*
2. A bottle of Buxton Natural Mineral Water
3. Your finisher T-shirt*
4. A GetPRO protein pouch

*If you opted to receive these items when you registered. Check your bib to see your choices.

Once you've collected your finisher items, please head to the baggage collection area. Do not congregate in the Finish Area.

SELFIE STATION

If you opted out of receiving a medal, look out for our Selfie Station in the Finish Area. As a thank you for choosing not to take a medal, you can get a unique photo with our branded selfie frames. Our volunteers will be there to take a photo of you on your own phone.

KITBAG COLLECTION

Once you've collected your finisher items, please head to the baggage area to collect your kitbag. Collection is from the same area as drop-off. Please go to the collection point displaying the number range that includes your bib number.

MEETING YOUR SUPPORTERS

When you leave the Finish Area you can meet family and friends in the Meet and Greet Area in the Beach Village, where you'll also be able to celebrate with leading charities and sponsors.

BROOKS

Brooks will be in the heart of the Beach Village playing tunes and giving you the opportunity to create unique art to celebrate your achievement.

RIVERVALE

Get a unique finisher photo in front of Rivervale's lead cars – including the opportunity to put your finishing time on the famous clock.

CGI

We've partnered with CGI to create a world-first virtual reality experience of the Brighton Marathon. If you have family or friends who want to experience what you've just achieved – or if you want to relive it yourself – find the CGI team in the Beach Village.

DONATE UNWANTED KIT

We're working with **Preloved Sports** and **JogOn** to reduce the environmental impact of sports kit while helping more people get active.

Donated trainers are redistributed to schools and community groups and donated clothing is either redistributed to people who need sportswear or is sold to raise funds for charity.

RESULTS

Results will appear on the Brighton Marathon Weekend website by the end of Event Day. If your result is incorrect or isn't showing, please fill in the online timing query form on the results webpage and our timing company will be in touch.

PHOTOS

Your official photographs will be available to purchase within 48 hours from **FotoGoto**. Share your photos and Event Day experiences on **Facebook** and **Instagram**.

GOOD LUCK

The most important thing is to have a great day, so thanks for reading. We can't wait to see you at the 2025 Brighton and Hove 10K!

THANKS TO OUR PARTNERS

