



PARTICIPANT EVENT GUIDE

Sunday 27 April 2025

#WeRunTogether

WELCOME

We can't wait to see you at the 2025 TCS London Marathon on **Sunday 27 April** as We Run Together at the 45th annual edition of the event!

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

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

Six essentials

1

Be safe and secure

2

Collect your Event Pack from the TCS London Marathon Running Show

3

Getting to the Start

4

When you arrive at the Start

5

After crossing the Start Line

6

After crossing the Finish Line

1

Be safe and secure

The safety and security of all our participants and spectators at the TCS London Marathon 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, to help keep you safe and secure. We hope you have a fun and enjoyable day with us.



Visit our website for more information about your [safety and security](#)



INJURY OR ILLNESS

You must be fit and well to run 26.2 miles. Please do not take any chances with your health: if you're ill or injured you must not take part – even if this is the first time you've been accepted for the London Marathon after years of trying.

This is because severe exertion during or soon after any kind of injury or illness is dangerous. Please read the medical advice from our Medical Director, Professor Sanjay Sharma – click below for full details.

Visit our website for full TCS London Marathon [medical advice](#)



UNABLE TO TAKE PART?



Life doesn't always go to plan! If you're unable to take part this year, you may be able to defer your place to the 2026 TCS London Marathon.

The deadline to request a deferral is **23:59 on Saturday 26 April**. See the link below for more details about the deferral process and eligibility.

Everyone is welcome!

We want everyone to feel welcome at the TCS London Marathon 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.

Period products are also available at the Information Points at the Start and the Finish, and at each Drinks Station on the route. Please just ask our team if you need any.

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

2

Collect your Event Pack from the TCS London Marathon Running Show

You'll need to collect your Event Pack and your New Balance technical T-shirt (if you opted to receive one) from the **TCS London Marathon Running Show** at ExCeL London before the registration deadline of 17:30 on Saturday 26 April.

The email containing this Participant Event Guide also includes the unique QR code that you need to collect your Event Pack.

You'll also find all your important arrival information for Marathon Day in this email, including your start wave and time, so please read it carefully and keep it safe.

YOUR EVENT PACK WILL INCLUDE:

- » your bib, with timing chip attached, and safety pins to fix it to your top
- » an official kitbag with a sticker matching your bib number and allocated baggage lorry

You must bring photographic identification, such as a passport or driving licence, with you when you collect your Event Pack.

UNABLE TO COLLECT IN PERSON?

If you're not able to collect your Event Pack in person, you can nominate someone to collect it for you.

They'll need to bring your QR code and a letter, written and signed by you, authorising them – by name – to collect your pack, along with a clear photocopy of your ID showing your name and your signature, as well as their own suitable photo ID.

Please note: an individual can only collect one other person's Event Pack in addition to their own.

YOUR BIB

Please look after your bib – you can't take part without it. We can't issue duplicates and there won't be any spares at the Start.

Please fill in your medical information on the back of your bib – this could save your life in an emergency.

If completing the 2025 TCS London Marathon means you'll be eligible for an Abbott World Marathon Majors Six Star Finisher and/or a London Classics medal, this will be clearly marked on your bib.

WHERE AND WHEN TO GO

The TCS London Marathon Running Show

Hall N7
ExCeL London
1 Western Gateway
Royal Victoria Dock
London E16 1XL

OPENING TIMES

10:00–20:00 Wednesday 23 April
10:00–20:00 Thursday 24 April
10:00–20:00 Friday 25 April
08:30–17:30 Saturday 26 April

AVOID BUSY TIMES

Friday and Saturday will be incredibly busy, with queues of up to an hour. If you live in or around London, try to collect on Wednesday or Thursday.

HOW TO GET TO EXCEL LONDON

We recommend travelling to Custom House station, which is on the Elizabeth line and the Docklands Light Railway (DLR). Plan your journey at tfl.gov.uk/plan-a-journey

CYCLING

Alternatively, you may like to cycle there. ExCeL London has free-to-use cycle racks at the west entrance taxi drop-off point, beneath the DLR walkway. There are also cycle racks near the east entrance underneath the stairway connecting Levels 0 and 1. Bikes are not permitted in the hall.

EXHIBITORS

Once you've collected your Event Pack, you can enjoy the rest of the TCS London Marathon Running Show – soak up the inspiring atmosphere and do some shopping too! Visit our website for more **Running Show info** and the **full list of exhibitors**.

REFLECTION SPACES

A Multi-Faith Prayer Room is available at ExCeL, next to the entrance to Hall S9. A Sensory Calm Space will be available at stand Q1.

COLLECT YOUR T-SHIRT

If you opted to receive a gender-specific New Balance technical T-shirt, you can collect it just before the exit of the show.

Your choice of size and fit (fitted or relaxed) will be displayed on your bib – our volunteers can only give you this size and fit.

If you wish to exchange your T-shirt for a different size, a limited number of T-shirts will be available at the Information Point in the Finish Area on Marathon Day.

AT THE TCS LONDON MARATHON RUNNING SHOW

Order your personalised Marathon Day top now!

Can you imagine thousands of people shouting your name as they cheer you through the streets at the 2025 TCS London Marathon?

You can make your experience extra special by personalising your own Marathon Day top through our name-printing service.

Order before 17:00 on Monday 21 April to have your name printed on your vest, T-shirt or top at the TCS London Marathon Running Show.

Order your printing now!



Give your unwanted running shoes a new home

We're supporting **JogOn**, the running shoe collection campaign. Estimates suggest more than three million shoes end up in landfill each year and JogOn's ambition is to reduce that by more than one million pairs of trainers.

Bring your unwanted shoes to the TCS London Marathon Running Show and leave them at the JogOn drop-off point in the main reception area.

All donated running shoes will be sorted by the JogOn team to ensure they are suitable for redistribution before being sent on to new homes for reuse in the UK and overseas.

DON'T MISS EXPERT TIPS AND ADVICE ON CENTRE STAGE

We have a jam-packed line-up of guest speakers every day on Centre Stage, including former London Marathon champion Paula Radcliffe, expert coach Martin Yelling, and voice of the TCS London Marathon, Geoff Wightman. The full schedule will be online soon.



The Official TCS London Marathon App



DOWNLOAD THE TCS LONDON MARATHON APP

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

The App is your essential companion and includes everything you need to have the best possible experience.

Use the App to record your marathon miles, track other participants, take a photo of you wearing a virtual medal, access your finisher certificate, take framed selfies to post on social media, and much more!

People following you will receive notifications on your progress, and your predicted finish time. Your supporters can use the Wayfinder to see when you've passed landmarks on the route, plus view your results and run summary.

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 Marathon section of the App, using your Booking ID, email address and date of birth, to get personalised Marathon Day information and instructions on how to start the GPS tracking, if you want to use it.

Your supporters will be able to use the App to send you Belief Booster messages.

If you're fundraising with our official partner, **Enthuse**, your supporters will also be able to donate to your chosen charity through the app.

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

It's never too late to fundraise!

Have you thought about using your TCS London Marathon place to raise vital funds for charity?

Pancreatic Cancer UK is proud to be our official **Charity of the Year**. You can support them, or another **charity of your choice**, by setting up a 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 marathon journey!

Visit the **Enthuse website** to set up your fundraising page



ALREADY RUNNING FOR CHARITY?

If your charity is holding a post-event reception, check where it is, using **Google Maps**, so you can head there after you've completed your 26.2 miles.



3

Getting to the Start

You'll need to travel to your Assembly Area at the Start for your allocated arrival time.

YOUR ARRIVAL INFORMATION

Your registration email contains information about your start wave, Assembly Area, allocated arrival time and the best train times for your arrival.

New for this year: there will be five Assembly Areas (Blue, Green, Pink, Red and Yellow) and three Start Lines (Blue, Pink and Red). Your bib will match your Assembly Area – see the table below for details.

Please note: spectators should not travel to the Start as it is for participants only.

Bib	Assembly Area	Nearest Station
Blue numbers on a white background	BLUE	Blackheath: 10-minute walk away
Green numbers on a white background	GREEN	Blackheath: 10-minute walk away
Pink numbers on a white background	PINK	Maze Hill: 10-minute walk away
Red numbers on a white background	RED	Greenwich: 10-minute walk away
Red numbers on a yellow background	YELLOW	Blackheath: 10-minute walk away

ENGINEERING WORKS



On **Sunday 27 April**, there are planned engineering works and closures on the **Elizabeth line**.

For more information, please visit tfl.gov.uk/status-updates/planned-track-closures

PLAN YOUR JOURNEY

Plan your journey to your Assembly Area by following the instructions in your registration email.

We also recommend using tfl.gov.uk/plan-a-journey and nationalrail.co.uk

FREE TRAVEL TO THE START

Participants (not family, friends or spectators!) have free travel on Southeastern train services from London stations to the Start, as well as on the Docklands Light Railway (DLR), London Underground and buses. **Simply present your bib – do not tap in or out at any London stations!**

DOCKLANDS LIGHT RAILWAY

Services on Sunday 27 April will start earlier: at 05:30 from Tower Gateway and Lewisham, and 07:00 from Bank and all other DLR routes.

CUTTY SARK DLR STATION













Cutty Sark DLR station will be entry only on Sunday 27 April. Passengers will not be able to get off trains or leave the station. Please do not travel to Cutty Sark station to get to your Start Assembly Area.

THAMES CLIPPERS

River Bus services run every 20 minutes from central London to Greenwich Pier. From here it's just a short walk to the Assembly Areas. For more information, visit thamesclippers.com



START AREA MAP

	Red Assembly		Route from Greenwich and Maze Hill Stations to Red
	Blue Assembly		Route from Blackheath Station to Blue
	Green Assembly		Route from Blackheath Station to Green
	Pink Assembly		Route from Maze Hill Station to Pink
	Yellow Assembly		Route from Blackheath Station to Yellow
	UK Championships		Assembly Access Point



4

When you arrive at the Start

Please go to your Assembly Area, ensuring your bib is clearly displayed on your chest before arriving. You should go to your allocated baggage lorry to drop off your kitbag and use the toilets if you need to!

DROP OFF YOUR KITBAG

- » Make sure your bib number sticker is on your kitbag
- » Pack a food item in your kitbag to eat afterwards
- » Place any items you don't want to run with in your kitbag, closing the drawstring tight
- » Go to the lorry that matches the number on your bib and hand over your kitbag

Only official event kitbags will be accepted and no other bags or belongings should be attached to your kitbag.

You'll be able to retrieve your kitbag in the Finish Area by looking for the same lorry number.

VALUABLE ITEMS

Please do not put any expensive items, such as a mobile phone, in your kitbag. We recommend leaving these types of items at home or with your supporters.

INFORMATION POINT

If you need any assistance, please go to the Information Point in your Assembly Area.

TOILETS

Toilets, including accessible toilets and Peequals - the women's urinals - will be available at the Start. There are then plenty of toilets, including accessible toilets, on the course, please refer to the course map on page 13.

WATER REFILL STATIONS

Water Refill Stations will be available in the Start and Finish Areas, and on the route at Miles 7.5, 15 and 20. Please bring a reusable bottle to fill up before, during and after your marathon.

DONATE UNWANTED CLOTHES

Collection points will be available near every Start Line so you can donate any extra layers that you don't want to run with.

The clothing is collected by the Salvation Army to sort, reuse, resell and reprocess as much as possible. Please respect the environment and do not leave unwanted clothes anywhere else.

YOUR START WAVE

From 09:35 to 11:30 a sequence of start waves will take place, with short gaps in between to allow the course ahead to clear - providing everyone with more space and an enjoyable experience.

Please note: all Start Lines will close at 11:30. For event safety reasons, participants will not be permitted to start after this time.

We've allocated your start wave and time based on your predicted finish time. Please note: even if you entered the same predicted finish time as another participant, that doesn't guarantee you'll be in the same start wave.

You cannot change your Start Line or move to an earlier start wave. However, you may join a later wave from your allocated Start Line - no need to let us know, just join it on the day.

LOOK OUT FOR OUR PACERS

If you're aiming for a certain time, you may like to follow one of our friendly pacers.

They complete the course at a managed pace and finish within their set time.

If you'd like to follow a pacer, they are easy to spot near the Start Line.

Each one will have a tall, bright flag attached to their back, which clearly displays their finish time - just like the one on the right.



YOUR SUPPORTERS

Spectators and supporters play an integral role in making the TCS London Marathon an incredible day for everyone.

Your supporters should not travel to the Start as only participants can enter the Assembly Areas.

They are welcome to watch and support you from almost anywhere else on the route. However, parts of the route are extremely busy, and waiting times at some train and London Underground stations on the route can be up to 90 minutes, so please ask your supporters to read our [Spectator Guide](#) and plan their day.

5

After crossing the Start Line

Your 26.2-mile challenge starts at Blackheath, passes the iconic Cutty Sark, goes over the world-famous Tower Bridge, and through Canary Wharf, before finishing on The Mall in front of Buckingham Palace.

TOILETS



Toilets are available at the Start, every mile from Mile 1 to Mile 24, and at the Finish. Accessible toilets are available at the Start, the Finish, Miles 1 and 2 and then every even mile – ie Miles 4, 6, 8 and so on – until Mile 24.

Drinks Station Locations

Buxton Natural Mineral Water	Water Refill Station	Lucozade Sport in compostable cups	Lucozade Sport Gels
Mile 3			
Mile 6			
	Mile 7.5	Mile 7.5	
Mile 9			
Mile 12			
			Mile 13
Mile 15	Mile 15		
		Mile 16	
Mile 17			
			Mile 18
Mile 19			
	Mile 20	Mile 20	
Mile 21			
Mile 24		Mile 24	

Sustainability

WEAR A BOTTLE BELT OR HYDRATION PACK

We recommend wearing a bottle belt or a hydration pack.

Wearing these items helps to reduce the number of bottles used on the course. They can also enhance your experience as you may not need to stop at Drinks Stations as often, although you can still use them if you need to.

You can buy your bottle belt from our [online shop](#) or at the TCS London Marathon Running Show.

WATER REFILL STATIONS

If you decide to carry your own water bottle or hydration pack, you'll be able to fill it up at our Water Refill Stations in the Assembly Areas and at Miles 7.5, 15 and 20.

HELP US TO RECYCLE

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

You'll only be allowed to drop your waste in our Recycling Zones, which will be marked with signs and flags. Zones will be signposted clearly, please see the examples below.



HUMANS ONLY

We're proud the TCS London Marathon is an inclusive event, but only humans can take part! No animals are allowed on the course, but your pets are welcome to watch you from the sidelines, if they're accompanied by an adult and on a lead.

WHEELED DEVICES

We support people with a huge range of disabilities – from elite wheelchair athletes to everyday participants – to take part in the TCS London Marathon.

To find out what support is available for disabled participants, please [visit our website for more information](#).

Please note: handbikes, in-line skates such as Rollerblades, skateboards, scooters or any geared or motorised devices are not permitted under any circumstances.

DISTANCE MARKERS AND TIMING CLOCKS

Each mile and 5K point will be clearly marked on the route, and a clock will show the running time, based on the actual start time (not elapsed time).

THE BLUE LINE

A broken blue line on the road indicates the shortest route and represents the exact and correct measured distance. Please let faster participants keep to this line.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens, please move over to the side of the road furthest from the blue line to allow participants to overtake.

DROPPING OUT

If you need to drop out, go to the nearest First Aid Point and tell the staff your bib number. We encourage you to make your own way to the Finish Area if possible.

You'll be able to travel on public transport for free if you show your bib. Head to Embankment station and our marshals will direct you to the Finish Area.

Alternatively, you can wait for our four sweep minibuses but please note, you may have a long wait depending on your location and time as they will be following the final participants.

The team onboard includes a physio and member of TCS London Marathon staff, who will ensure your details are passed on to the Information Point at the Finish. If you don't need medical assistance, you'll be dropped off at the Finish Area where you can retrieve your kitbag.

FINISH LINE CLOSURE

Our aim is to support every participant from Start to Finish and provide you with the best possible experience.

So that we can re open the roads to vehicles, the official course cut-off time is eight hours from the moment the final participant crosses the Start Line at 11:30.

The Finish Line closes at 19:30 on The Mall, and is then moved to St James's Park until 23:59:59. If it becomes apparent it will not be possible for you to reach the Finish Line before midnight, a sweep vehicle will collect you and transport you to St James's Park to collect your kitbag.

Once everyone is over the Start Line, a vehicle signalling the course closure will depart, maintaining a consistent eight-hour pace for the length of the marathon course.

Drinks Stations and timing mats will stay in place until the eight-hour pace participants have passed. After this, a course closure vehicle will follow the Back of the Pack (see below) along with four sweep minibuses to collect any participants who are unable to continue.

Participants who fall behind the masses but are ahead of the eight-hour pace Tailwalkers will be joined by a group of volunteers during the second half of the course, who will give them extra support to get to the Finish Line.

BACK OF THE PACK

A specially recruited group of cycle marshals and tailwalkers will move along the entire route starting at an eight-hour pace, starting at the back of the final wave on all three Start Lines.

If your predicted finish time is more than seven hours, you'll begin on the Pink Start, giving you more time to complete your marathon.

If you're unable to maintain an eight-hour pace but still wish to continue, you'll be required to move onto the pavement for safety reasons. The Back of the Pack team will be there to guide you and provide support through to the Finish.

Please note: Drinks Stations close once eight-hour pace participants have passed. If you're completing your marathon at a slower pace, you'll need to be self-sufficient from this point – so ensure you are prepared for this with additional layers, snacks and money for substantial nutrition and water. There will be a number of toilets available until midnight. Our team will be able to direct you to them.

ROUTE MAP



6

After crossing the Finish Line

Crossing the TCS London Marathon Finish Line is an amazing experience. Enjoy the moment!

In the excitement of achieving your goal, it's easy to get swept up in your emotions and lose your bearings – so make sure you read this section carefully, so you know what to do and where to go.

The Finish is on The Mall. As you cross the line, try to keep moving to make space for other participants. If you feel unwell, seek a member of medical staff immediately – there will be lots of them at the Finish.

FINISH AREA

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. A bottle of Lucozade Sport

*If you opted to receive a medal when you registered. Check your bib to see your choice.

SELFIE STATION AND MEDAL PHOTO

If you opted not to receive 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 lend you a medal and take a photo of you on your own phone.

OTHER EVENT MEDALS

If completing your marathon means you'll be eligible for an Abbott World Marathon Majors Six Star Finisher and/or London Classics medal, this will be clearly marked on your bib.

Once you've crossed the Finish Line, look out for collection points on the right-hand side of The Mall – immediately after collecting your bottle of water.

COLLECTING YOUR KITBAG

Follow the signs and find the lorry number that matches the one on your bib and our volunteers will reunite you with your kitbag.

FOOD ITEMS

You'll be able to collect a GetPRO protein bottle in the Finish Area. We also recommend packing a food item in your kitbag.

Think about what you'd like to eat after you've completed the TCS London Marathon and pack a snack in your kitbag.

MEETING YOUR SUPPORTERS

If you'd like to meet your family and friends after picking up your kitbag, you can do so at the Meet and Greet Area.

After crossing the Finish Line it will take up to 30 minutes to reach this area, so factor this in when making plans.

The Meet and Greet Area is made up of Meeting Points marked by letters. These are located in Whitehall, Horse Guards Road and Horse Guards Parade. Arrange to meet supporters at a specific letter, rather than just saying 'See you at the Finish'.

Do not rely on phoning your supporters in order to find them, as getting a signal might be difficult. Alternatively, you may want to agree a meeting place further away from the Finish Area where it should be less busy.

Finally, make sure the people you are meeting know your bib number – it could help them find you if necessary.

NEED A MOMENT?

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

HEADING HOME

TCS London Marathon participants receive free travel up to 18:30 on Marathon Day on the London Underground and Overground, buses and DLR – so you can get home for a well-earned rest!

Please note: Southeastern services provide free travel to the Start, but not after the Finish.

Westminster Underground station will be exit only, so please use a different station.

We recommend planning your onward journey 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.](#)

REGISTER FOR YOUR MARATHON DAY PHOTOS



For some great mementos of your day at the 2025 TCS London Marathon, [sign up now](#) with our photography partner Sportograf. Their photographers will be on the course on Sunday 27 April to capture you in action!

THANK YOU TO OUR PARTNERS



tcs²⁰  ²⁵



AND THANKS TO YOU!

Thank you for taking part in the 2025 TCS London Marathon. It's going to be great to Run Together and we look forward to welcoming you on **Sunday 27 April.**

And, if you want to do it all again next spring, the ballot for next year's event, on Sunday 26 April 2026, will be open soon!



#WeRunTogether