



SUNDAY 7 SEPTEMBER 2025

PARTICIPANT

EVENT GUIDE

Assembly Area:

Haddo Street,
Greenwich,
SE10 9RN

#WeRunAsOne

The Big Mile will start at 14:30 on Sunday 7 September 2025. We can't wait to see you for a fun afternoon for all the family!

YOUR EVENT PACK

You should receive your Event Pack in the post by Tuesday 2 September. It contains the following:

- your unique bib number(s) with timing chip attached
- safety pins to attach bib number(s) to your top(s)

CHILDREN UNDER 16

If you're participating with any children under the age of 16, you'll also receive their bib number(s). **Adults must tear off the safeguarding wristband attached to the child's/children's bib(s) and wear it on Event Day.** See the next page for full instructions on what you must do with your child's/children's bib number(s).

EXAMPLE BIB NUMBER

The tear-off safeguarding wristband is on the right-hand side of the bib.



REPLACEMENT PACKS

If your pack hasn't arrived by Tuesday 2 September or any items are missing, please complete this **replacement pack form**. Please don't complete the form before 17:00 on Tuesday 2 September. We'll then prepare a replacement pack for you to collect.

Replacement packs will be available to collect between 12:00 and 19:00 on Friday 5 September and between 10:00 and 18:00 on Saturday 6 September, from Marathon House, 190 Great Dover Street, London, SE1 4YB.

PLAN YOUR JOURNEY

You must go to the Assembly Area, which is located at Haddo Street, Greenwich, SE10 9RN. The what3words location is: [///rang.boxing.duke](https://www.what3words.com/rang.boxing.duke)

Please arrive no earlier than 14:00 and no later than 14:15 on Event Day. The Start Line will close at 14:45, we can't allow anyone to start after this time.

Please note: Cutty Sark Docklands Light Railway station is closed for engineering works until spring 2026. If you intend to use public transport, please consider using other train stations, such as Greenwich, Maze Hill, or Deptford.

We recommend using our green travel tool to find your best low-carbon travel routes. **Plan your journey now!**

FACILITIES

An Information Point, Medical Point, and toilets are provided. Please listen to announcements for further instructions.

YOUR BELONGINGS

We can't look after your belongings while you take part in The Big Mile, so please only bring items that you're able to run, jog or walk with.

START TIME

Our marshals will walk you to the Start Line, ready to start at 14:30. If you're intending to run please go to the front of the group. If you're intending to jog or walk, please go to the back and allow faster participants to move forwards.

THE ROUTE

The route will take you along the final section of The Big Half, from Creek Road towards Deptford, before doubling back through Greenwich to the Finish Line at the world-famous Cutty Sark. See the map below.

After completing The Big Mile, you will be awarded a medal and will receive a bottle of BUXTON Natural Mineral Water.

We have a wide variety of security measures in place to ensure all our participants have a safe and enjoyable experience, and we also ask you to help us by being well prepared.



TAKING PART WITH CHILDREN?

The Big Mile is a fun event, designed for all ages and abilities to enjoy – and this includes families and children.

Essential safety information

Please ensure everyone you're taking part with has their emergency contact information filled in on the backs of their bib numbers.

This is essential so that both you and any children in your care can be identified and reunited should you become separated.

Detach and wear the wristband(s)

Adults must also tear off the safeguarding wristband(s) attached to their child's/children's bib number(s) and wear this wristband(s) at all times while at the event. Extra wristbands are available from the Information Point in the Assembly Area.

Please also discuss with your family and friends what to do if you get separated on Event Day, either on the course or in the surrounding area. See the next page for more information.



WHAT TO DO IF YOU BECOME SEPARATED...

...DURING THE EVENT



Do not panic. Please head to the Child Meeting Point, which is after the finish and medal collection point, on the corner of College Approach and King William Walk (see map on previous page). We recommend downloading the free what3words app to help you find important locations like this. The what3words location for the Child Meeting Point is **///number.upon.link**



Our team of trained, DBS-checked welfare support staff will be at the Child Meeting Point, looking for any children or carers who have become separated on the route. This team will look after your child until you cross the Finish Line if they arrive before you – and will be there to support you if you get separated from your child and finish before them.



Any separated children who are found by event staff on the route will also be guided to the Welfare Team at the Child Meeting Point.



Welfare Team staff need to verify that they have reunited the right child with the right adult before they can leave together. This is why adults must tear off the safeguarding wristband(s) attached to their child's/children's bib number(s) and wear this wristband(s) at all times while at the event.

...OUTSIDE THE EVENT



If you are separated from a child before or after the event, please go to the Information Point in the Assembly Area, where there will be more Welfare Team staff to help.

This is also where you should go if you find a child who has been separated from their parent or carer or have any other concerns about a child or vulnerable adult.



It's also a good idea to prearrange a meeting point with family and friends if you plan to get together before or after the event. If you're unfamiliar with the area, you can use the what3words app to pinpoint your location to share with others.



RESULTS AND PHOTOS

Your result will be available on our website – thebighalf.co.uk – within 24 hours and your official photographs will be available to purchase within 48 hours from sportograf.com. **Sign up** to be notified as soon as your photos are ready to view online.

Share your photos and Event Day experiences on Facebook and Instagram using @OfficialBigHalf and #WeRunAsOne

Finally, thank you for taking part in The Big Mile. It's going to be a great day and we look forward to welcoming you. For more information, visit thebighalf.co.uk

**THANKS TO
OUR PARTNERS**

