



The **bigHalf**

SUNDAY 7 SEPTEMBER 2025

PARTICIPANT

EVENT GUIDE

**FOR PARTICIPANTS WHO MUST GO TO THE
NORTH ASSEMBLY AREA, WHICH IS INDICATED
BY A BIB NUMBER BEGINNING WITH 'N'**

#WeRunAsOne



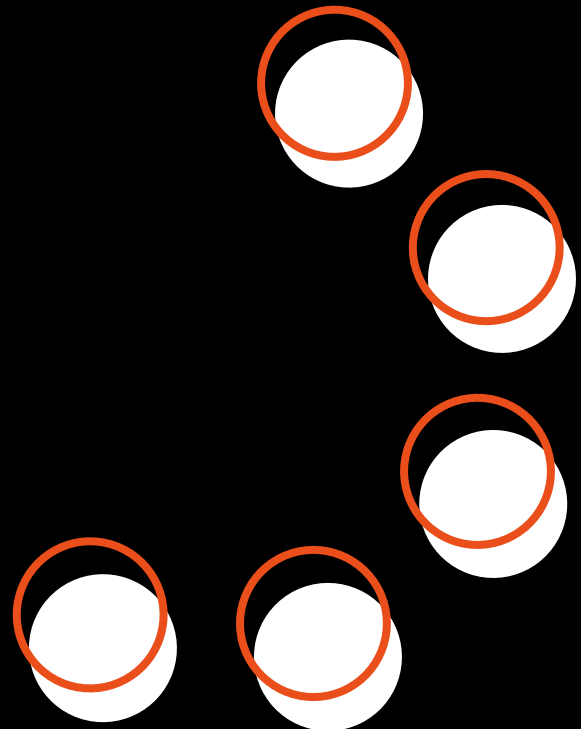
WELCOME

We can't wait to see you at The Big Half 2025 on Sunday 7 September – 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 essentials things you need 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 Big Half 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, 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 13.1 miles. 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.

Before Event Day, please **read the full advice** from our Medical Director, Dr Sanjay Sharma.

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 Big Half 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 will be available at the Information Points at the Start and the Finish. Please just ask our team if you need any.

If you need to take a moment after you've completed The Big Half, there will be a Sensory Calm Tent, Parent and Child Tent (for breastfeeding and entertaining young children), and a Multi-Faith Prayer Tent in the Festival Area. You're welcome to use these facilities whenever you need to.

YOUR EVENT PACK

UK PARTICIPANTS

If you live in the UK, you should receive your Event Pack in the post by Tuesday 2 September. 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 Marathon House, 190 Great Dover Street, London, SE1 4YB during the following times:

- 12:00 to 19:00 on Friday 5 September
- 10:00 to 18:00 on Saturday 6 September

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 Marathon House. Please take a screenshot of the email now, so that you can find it easily.

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 confirmation email.

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 Marathon House, 190 Great Dover Street, London, SE1 4YB during the following times:

- 12:00 to 15:00 and 16:00 to 19:00 on Friday 5 September
- 10:00 to 14:00 and 15:00 to 18:00 on Saturday 6 September

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.

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 baggage 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 kitbag drop-off and collection letter
4. 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.

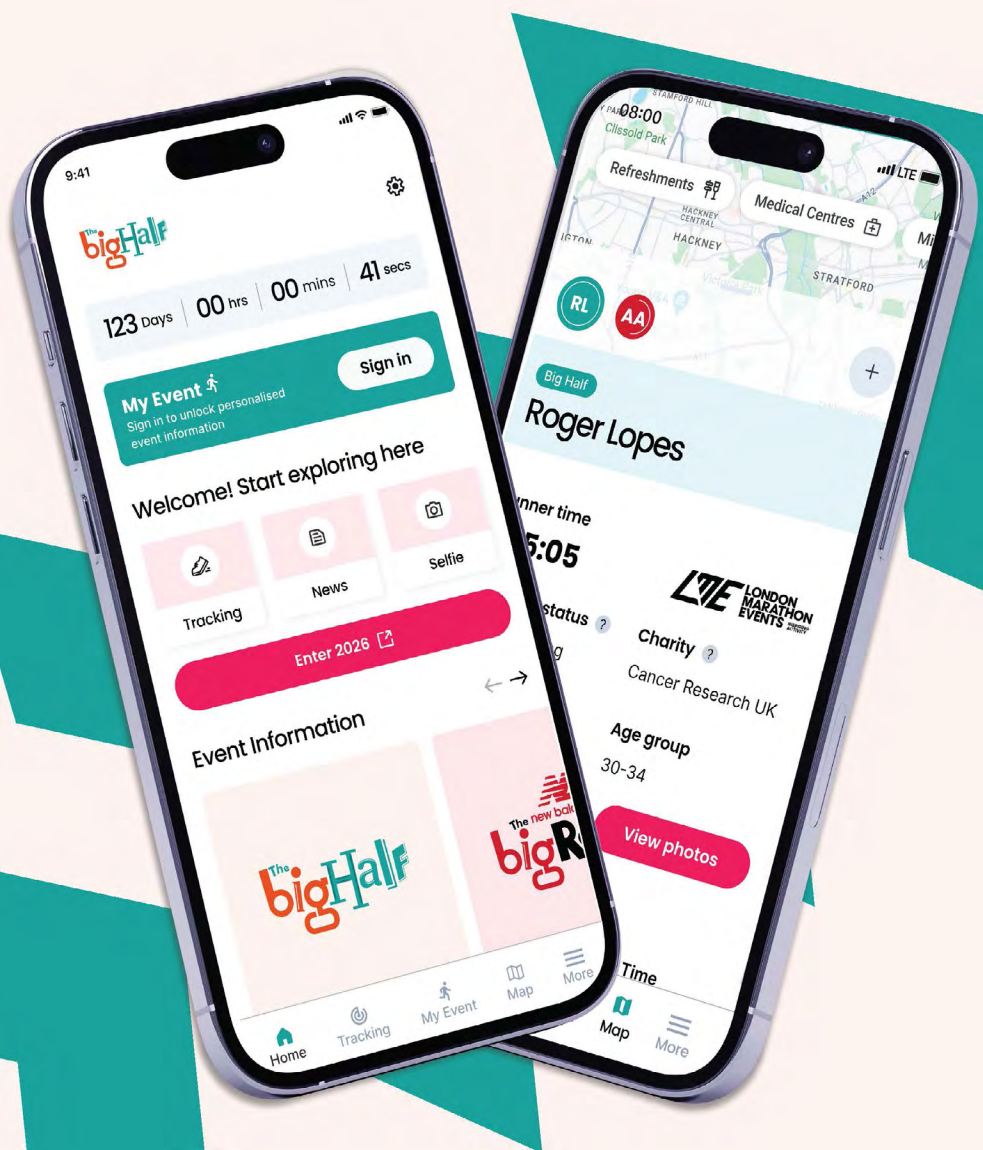
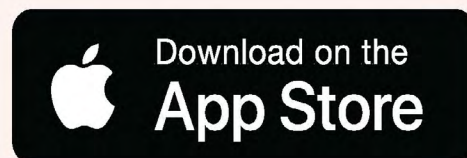
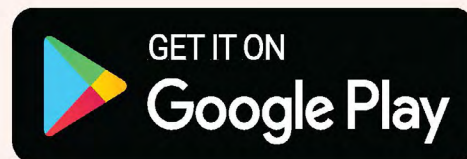
T-shirt: if you've opted to receive a T-shirt it will be clearly displayed with your choice of size. Look out for the corresponding sign at the Finish Area.

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 App



DOWNLOAD THE BIG HALF APP

The Big Half 2025 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 **half-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 times 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

The Start Area for The Big Half is on and around Tower Bridge. There are two Assembly Areas – North and South.

You must go to the **North Assembly Area**, which will be located on Tower Hill, on the north side of the River Thames. To help you remember this, the first letter of your bib number is 'N'.

The nearest stations are Tower Hill London Underground station and Tower Gateway Docklands Light Railway station. Marshals will guide you to the North Assembly Area.

Both Assembly Areas lead to the same Start Line, so you can meet people from the South Assembly Area before starting.

PLAN YOUR JOURNEY

Your Participant Event Guide email contains your allocated arrival time – you must stick to this time to help us deliver a safe event with minimal congestion and queuing.

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



IT'S NEVER TOO LATE TO FUNDRAISE!

Have you thought about using your place in The Big Half 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 half-marathon journey!

WHEN YOU ARRIVE AT THE START

Once you arrive at the North Assembly Area, please go to your kitbag van 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 **kitbag van that matches the letter on your bib**. 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. Peel off your baggage label, which is provided in your Event Pack, and stick it to your kitbag.
3. Go to the kitbag van displaying the same letter as the one on your bib.
4. Drop off your bag with our volunteers so that it will be waiting for you at the collection point displaying the same letter in the Festival Area at the Finish.

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.

INFORMATION POINT

If you need any assistance, please go to the Information Point in the North Assembly Area. The **what3words** location is: [///again.golf.limp](https://www.what3words.com/again.golf.limp)

TOILETS

Toilets, including accessible toilets, will be available at the Start. There are also plenty of toilets, including accessible toilets, on the course. Please refer to the table on page 9 and the course map on page 11.

WATER REFILL POINTS

Water Refill Points will be available in the Start and Finish Areas, and on the route. Please bring a reusable bottle to fill up before, during and after your half marathon.

The **what3words** location of the Water Refill Point in the Start Area is [///robot.entry.clubs](https://www.what3words.com/robot.entry.clubs)

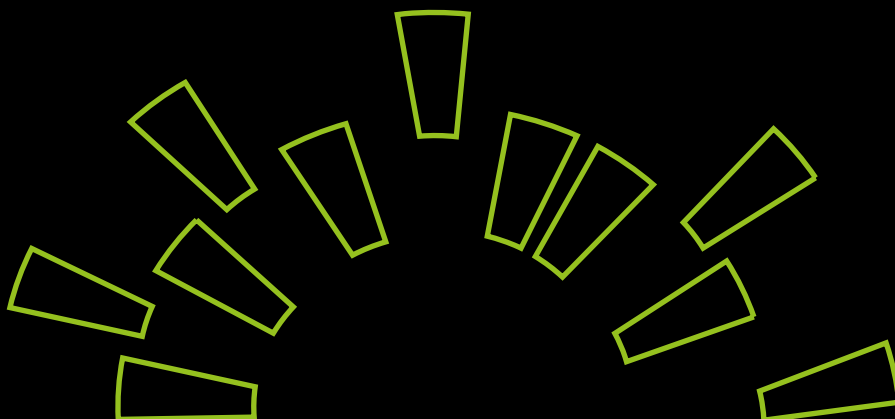
DONATE UNWANTED CLOTHES

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

The clothing is donated to charity where it's sorted for resale if it is good quality and for recycling or reprocessing if not suitable for resale.

GET READY TO RUN!

You'll be called into the start chute, which leads to the Start Line, in wave order. Please listen for announcements. **Only go to the start chute when your wave has been called.**



START WAVES

From 08:30 to 10:00, 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.

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.

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.

The timing chip on your bib will activate when you cross the Start Line.

The Start Line will close at 10:10. For safety reasons, no one will be permitted to start after this time.

PACERS

We have a team of 44 pacers spread across the seven start waves. They will complete the course at a managed pace and finish within a predesignated time from 90 minutes to three-and-a-half hours.

If you'd like to follow a pacer, they will be at the front of the waves and easy to spot – each one will have a tall, bright flag attached to their back, which will clearly display their finish time. See the image below.

If you can maintain the pacer's pace – you will finish at their designated time.



AFTER CROSSING THE START LINE

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

THE COURSE

A course map is available on page 11. The Big Half starts on The Highway, near Tower Bridge, before going through the four London boroughs of Tower Hamlets, Southwark, Lewisham, and Greenwich.

You will pass through the stunning surroundings of Canary Wharf and the historic streets of Wapping, before crossing the world-famous Tower Bridge as you head towards the Finish Line at the iconic Cutty Sark in Greenwich.

FLUIDS AND FUEL

Drinks and Water Refill Points will be available along the route – see the table below. BUXTON Natural Mineral Water will be in 250ml bottles and Lucozade Sport will be served in compostable paper cups.

Mile	BUXTON Natural Mineral Water	Water Refill Station	Lucozade Sport	Toilets
Start		/		/
3	/			/
4.5		/		
6	/			/
7.5		/		
8				/
8.5			/	
9.5	/			
11	/			/
12		/		
Finish	/	/	/	/

CARRY YOUR OWN HYDRATION

Why not wear a bottle belt, hydration vest or carry your own bottle?

This way you can drink to thirst, and make use of the Water Refill Points on the route to help us reduce plastic at the event. **Buy a bottle belt.**

HUMANS ONLY

We're proud The Big Half is an inclusive event for everyone 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.



CUT-OFF TIME

Everyone will have at least four hours to complete The Big Half before the Finish Line closes at 14:15.

You can run, jog or walk but you must maintain a four-hour pace. If you're unable to do so, but wish to continue, you'll be asked to move onto the pavement. Our team of Tailwalkers will walk with you and support you to the Finish Line.

DROPPING OUT

If you need to drop out, please find the nearest First Aid Station and show them your bib number.

You'll still be able to collect your kitbag – please go to Greenwich Park where our team will reunite you with your belongings.

There will be a Sweep Vehicle at the back of the event, supporting participants and offering lifts to the Finish Area.

ENTERTAINMENT AND CHEER POINTS

There will be a variety of entertainment along the course for you to enjoy, including DJs, samba bands, Indian drumming, Japanese drumming, brass bands, and much more!

Charities, community groups, schools and sponsors will also have cheer zones along the route to cheer you on and help keep you motivated.

OFFICIAL SUPPORTER VENUES

Why not encourage your family and friends to watch you from one of our Official Supporter Venues?

The **Pacific Tavern** – 100 Redriff Road, SE16 7LH – and **The Duke of Deptford** – 125 Creek Road, SE8 3BU – will open their doors early to offer food and drinks as well as music for both you and your supporters to enjoy.

RECYCLING ZONES



We're committed to reducing the environmental impact of The Big Half. 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.

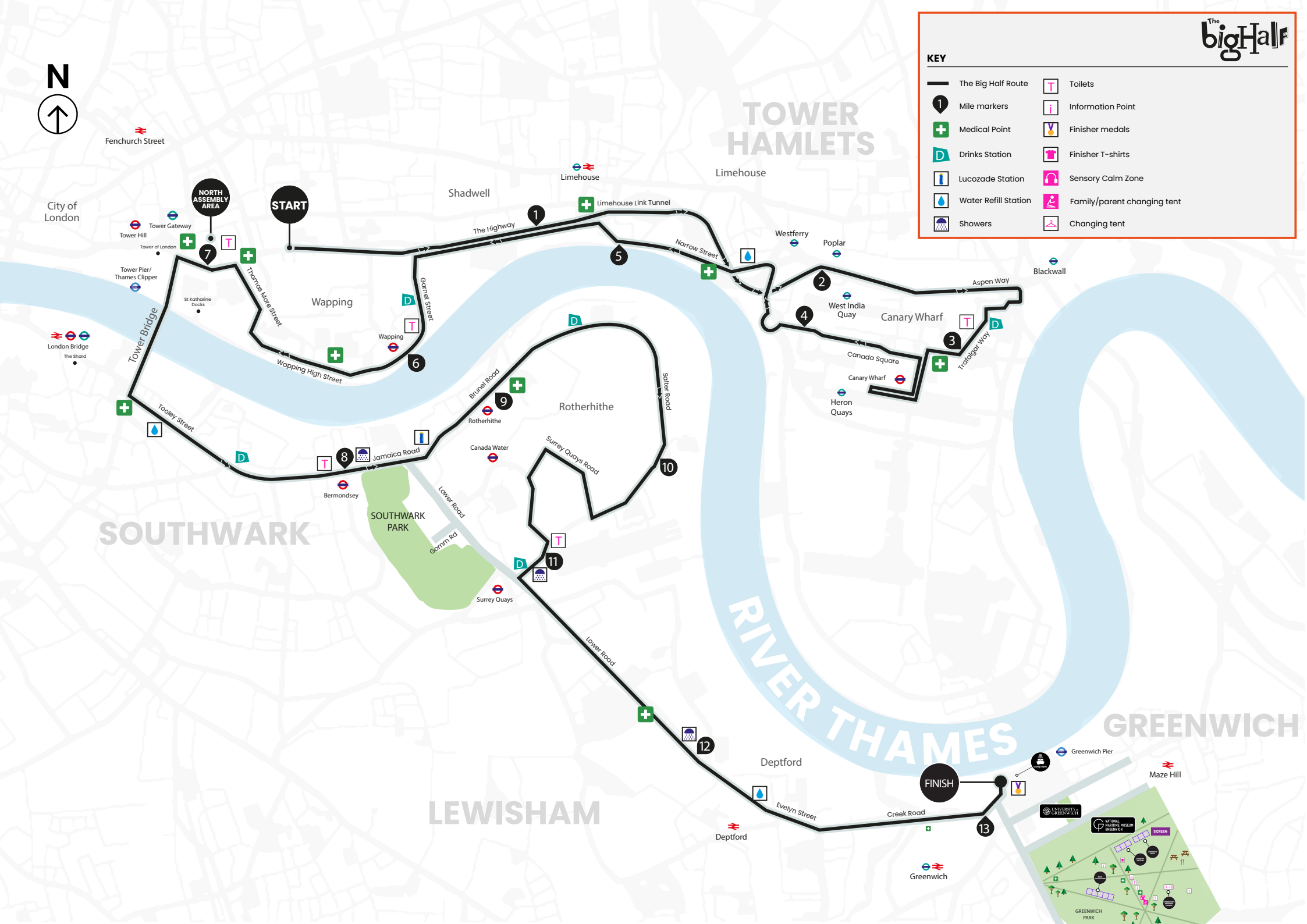
VOLUNTEERS

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 Festival Area, supporting at Drinks Stations, marshalling on the course, handing out medals and more.

KEY

- The Big Half Route
- Mile markers
- Medical Point
- Drinks Station
- Lucozade Station
- Water Refill Station
- Showers
- Toilets
- Information Point
- Finisher medals
- Finisher T-shirts
- Sensory Calm Zone
- Family/parent changing tent
- Changing tent



AFTER CROSSING THE FINISH LINE

Completing The Big Half is a special achievement – enjoy your moment and make sure you smile and wave for our photographers!

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. A bottle of BUXTON Natural Mineral Water
2. Your finisher medal*
3. A bottle of Lucozade Sport
4. A GetPRO protein pouch

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 AND T-SHIRT COLLECTION

Once you've collected your finisher items, please do not congregate in the Finish Area. Please keep moving and follow the path to the Festival Area in Greenwich Park.

Once in the Festival Area, please go to the kitbag collection point that displays the same letter as the one on your bib. You'll also be able to collect your New Balance finisher's T-shirt, designed by The Coopah Refugee Run Club*.

*If you opted to receive these items when you registered. Your choices will be displayed on your bib.

MEETING YOUR SUPPORTERS

You can meet family and friends in the Meet and Greet Area in Greenwich Park. Please arrange to meet your supporters at one of the numbered flags (one to 10).

Please ask your supporters to avoid standing immediately outside the exits of the baggage collection area, as this can cause congestion.

There will also be a charity and community area, so that you can meet up and find out more about organisations there on the day.

FESTIVAL AREA

Celebrate your achievement in style with a live DJ set from New Balance and kickstart your half-marathon recovery at the Therabody Recovery Zone.

GetPRO will be offering samples of their products and there will be food and drinks vendors for you to enjoy throughout the day.

The Calisthenics Academy will be hosting various activities and challenges open to all participants and spectators. Try your hand at bodyweight training – go for your first pull up, learn a how to do a handstand, or win some of the prizes on offer!

CHANGING FACILITIES

There will be a small number of individually separated changing tents in the Festival Area for those who would like to change in a more private area.

WASTE STATIONS

Look out for our waste stations and the clearly signed sections for each type of waste. Please help us maximise recycling by putting your waste in the correct bins.

DONATE UNWANTED KIT

We're working with **JogOn**, the running shoe collection campaign. If you'd like to donate your running shoes, please leave them at the JogOn drop-off point at the Information Point in the Festival Area.

All donated running shoes will be sorted to ensure they are suitable for redistribution before being sent to new homes for reuse.

RESULTS

Results will appear on **The Big Half 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 **Sportograf**.

Share your photos and Event Day experiences on **Facebook** and **Instagram**.

PLAN YOUR JOURNEY HOME

Please make sure you plan your journey home in advance.

We recommend using our green travel tool to find your best low-carbon travel routes. You can also donate to offset your carbon emissions! **Plan your journey now!**

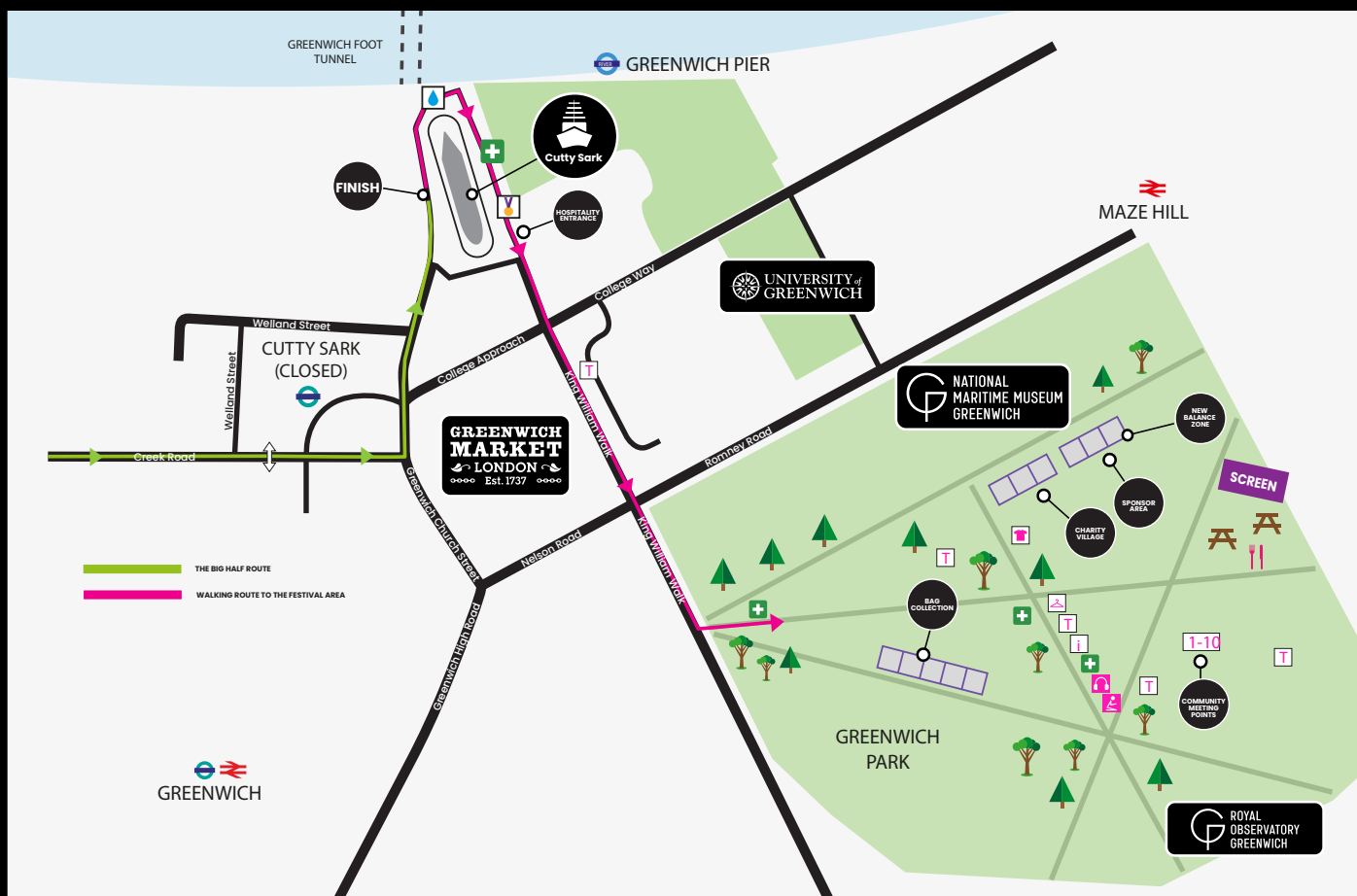
Please note: Cutty Sark Docklands Light Railway station is closed for engineering works until spring 2026.

If you intend to use public transport, please consider using other train stations, such as Greenwich, Maze Hill, or Deptford.

You may also want to use the **Thames Clipper riverboat service** from Greenwich Pier.

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 Big Half 2025 on Sunday 7 September!



THANKS TO OUR PARTNERS

