



SUNDAY 7 SEPTEMBER 2025

PARTICIPANT

EVENT GUIDE

Please read this guide and save it, so you can
access it easily in the build-up to Event Day

#WeRunAsOne

WELCOME

We can't wait to see you at the New Balance Big Relay 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 five essentials areas you need to know about...

- 1. Before Event Day**
- 2. On Event Day**
- 3. The Changeover Process**
- 4. The Course**
- 5. The Finish**

Be safe and secure

The safety and security of all our participants and spectators at the New Balance Big Relay 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.

1. BEFORE EVENT DAY

YOUR EVENT PACK

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 19:00 on Friday 5 September
- 10:00 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.

RUNNING ORDER

It is vital that everyone in your team knows which leg of the New Balance Big Relay they are running.

The relay starts near Tower Bridge, but only Runner One, who has Leg 1 printed on their bib number, should go to the North Assembly Area on Tower Hill.

Runners Two, Three and Four need to go to their designated Relay Changeover Point – see pages three to six for more information about the Changeover Points.

EXAMPLE BIB NUMBER



It's important you understand the information displayed on the bib:

1. Runner One will start Wave 5.
2. This indicates which leg of the relay you are running and therefore whether you are Runner One, Two, Three or Four.
3. The bibs of Runners One and Four will display the letter of the baggage vehicle/ collection point they should use at the Start/Finish.
4. Whether you opted to receive a finisher's medal and/or New Balance long sleeved T-shirt is clearly displayed.

Please note: kitbags are only transported from the Start Area at Tower Bridge to the Finish in Greenwich. Participants starting or finishing at changeover points on the route are responsible for their own baggage.

2. ON EVENT DAY

INFORMATION FOR RUNNER ONE ONLY

Your Event Guide email contains the allocated arrival time for Runner One – please stick to this time to help us deliver a safe event with minimal congestion and queuing.

Runner One needs to go to the North Assembly Area on Tower Hill, which is north of the River Thames.
what3words location: ///flops.issue.strict

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

Before Event Day, consider giving Runner Two your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you reach Changeover Point One.

Please note: if you do this it is your team-mate's responsibility to hand over your kitbag at your Changeover Point.

BAGGAGE DROP

We also recommend Runner Four gives you their change of clothes in their kitbag before Event Day.

You'll then be able to leave their kitbag at your allocated baggage vehicle in the North Assembly Area ready for them to collect when they finish. Our volunteers will only accept the official event kitbag provided in your Event Pack.

YOUR LEG

The distance of your leg is approximately 5K and you will hand over to Runner Two at Changeover Point One on the corner of North Colonnade and Montgomery Street in Canary Wharf.

After your run, you can travel to meet your team-mates at the New Balance Recovery and Refuel Zone in Greenwich Park. **Plan your journey now!**

Please note: Cutty Sark DLR station is closed for engineering works until spring 2026.

NORTH ASSEMBLY AREA MAP



ON EVENT DAY (continued)

INFORMATION FOR RUNNER TWO ONLY

Runner Two needs to go to Changeover Point One on the corner of North Colonnade and Montgomery Street in Canary Wharf. what3words location: `///economies.scare.funds`

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest stations are Heron Quays and Canary Wharf, which are served by the Docklands Light Railway (DLR).

The distance of your leg is approximately 5K. You'll hand over to Runner Three at Changeover Point Two outside Wapping Rose Gardens on Wapping High Street.

Before Event Day, consider giving Runner Three your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you finish at Changeover Point Two.

After your run, you can walk to Wapping station to get the London Overground to Shadwell and then the DLR to Greenwich to meet your team-mates at New Balance Recovery and Refuel Zone in Greenwich Park.

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

Please note: Cutty Sark DLR station is closed for engineering works until spring 2026.

INFORMATION FOR RUNNER THREE ONLY

Runner Three should go to Changeover Point Two outside Wapping Rose Gardens on Wapping High Street. what3words location: `///party.plot.units`

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest station is Wapping, which is on the Windrush line. Limehouse station, which is serviced by the DLR and national rail, is a 15-minute walk away.

The distance of your leg is approximately 5K and you will hand over to Runner Four at Changeover Point Three on Salter Road, near Brunel Road and Surrey Water.

Before Event Day, consider giving Runner Four your kitbag containing a change of clothes and an Oyster card, bank card or cash, so they can hand it to you when you get to Changeover Point Three.

After your run, you can walk to Canada Water station and take the Jubilee line to Canary Wharf. From here, you can walk to Heron Quays and get the DLR to Greenwich to meet your team-mates at the New Balance Zone in Greenwich Park.

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

Please note: Cutty Sark DLR station is closed for engineering works until spring 2026.

ON EVENT DAY (continued)

INFORMATION FOR RUNNER FOUR ONLY

Runner Four should go to Changeover Point Three on Salter Road, between Brunel Road and Surrey Water. what3words location: [///moving.cone.awards](#)

Please speak to your team-mates to coordinate what time you need to arrive at your Changeover Point. To help with this, we recommend creating a group chat on your phones and sharing your live locations.

The nearest station is Rotherhithe, which is on the Windrush line. Canada Water station on the Jubilee line is a 15-minute walk away.

The distance of your leg is approximately 6K and you will run to The Big Half Finish Line at Cutty Sark in Greenwich.

Before Event Day, consider giving Runner One your kitbag containing a change of clothes and an Oyster card, bank card, or cash.

Runner One can then give your kitbag to a member of the baggage drop team in the North Start Area, so it will be waiting for you at the Finish Area in Greenwich.

To retrieve your kitbag, just find the kitbag collection point that has the same letter as the one displayed on your bib.

Then head to the Festival Area in Greenwich Park to meet your team-mates at the New Balance Recovery and Refuel Zone.



3. THE CHANGEOVER PROCESS

The aim of the New Balance Big Relay is to get your team from the Start Line to the Finish Line and this will involve four runners and three changeovers.

Each Changeover Point will be barriered off at the side of the route and clearly signposted.

You must continue running until you cross the timing mat. You don't need to hand over a baton, your team-mate can begin their leg of the relay as soon as you cross the timing mat.

There will be blue, green and red flags just after the timing mat at each Changeover Point. Please arrange in advance with your team-mate which flag you'll wait for them at for handover.

AFTER YOUR LEG

It's your responsibility to make sure you have a change of clothes and a means of onward travel after your leg.

Please read the information on the previous pages about how to coordinate this with your team-mates. We also recommend creating a team group chat and sharing your live locations.

CHANGEOVER POINT FACILITIES

- Toilets
- Medical Point
- BUXTON® Natural Mineral Water
- Finisher medal*
- New Balance technical T-shirt*

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

Runner One will start in Wave 5 near Tower Bridge. All other relay runners must start their leg of the relay at their designated Changeover Points at the locations shown below:

START

North
Assembly Area



Nearest tube:
Tower Hill

LEG 1
5K



Tower Bridge to
Canary Wharf

Changeover One:
Canary Wharf



Nearest tube:
Heron Quays/
Canary Wharf

LEG 2
5K



Canary Wharf
to Wapping

Changeover Two:
Wapping



Nearest station:
Wapping

LEG 3
5K



Wapping to
Rotherhithe

Changeover Three:
Rotherhithe



Nearest station:
Rotherhithe

LEG 4
6K



Rotherhithe
to Cutty Sark

FINISH
Cutty Sark



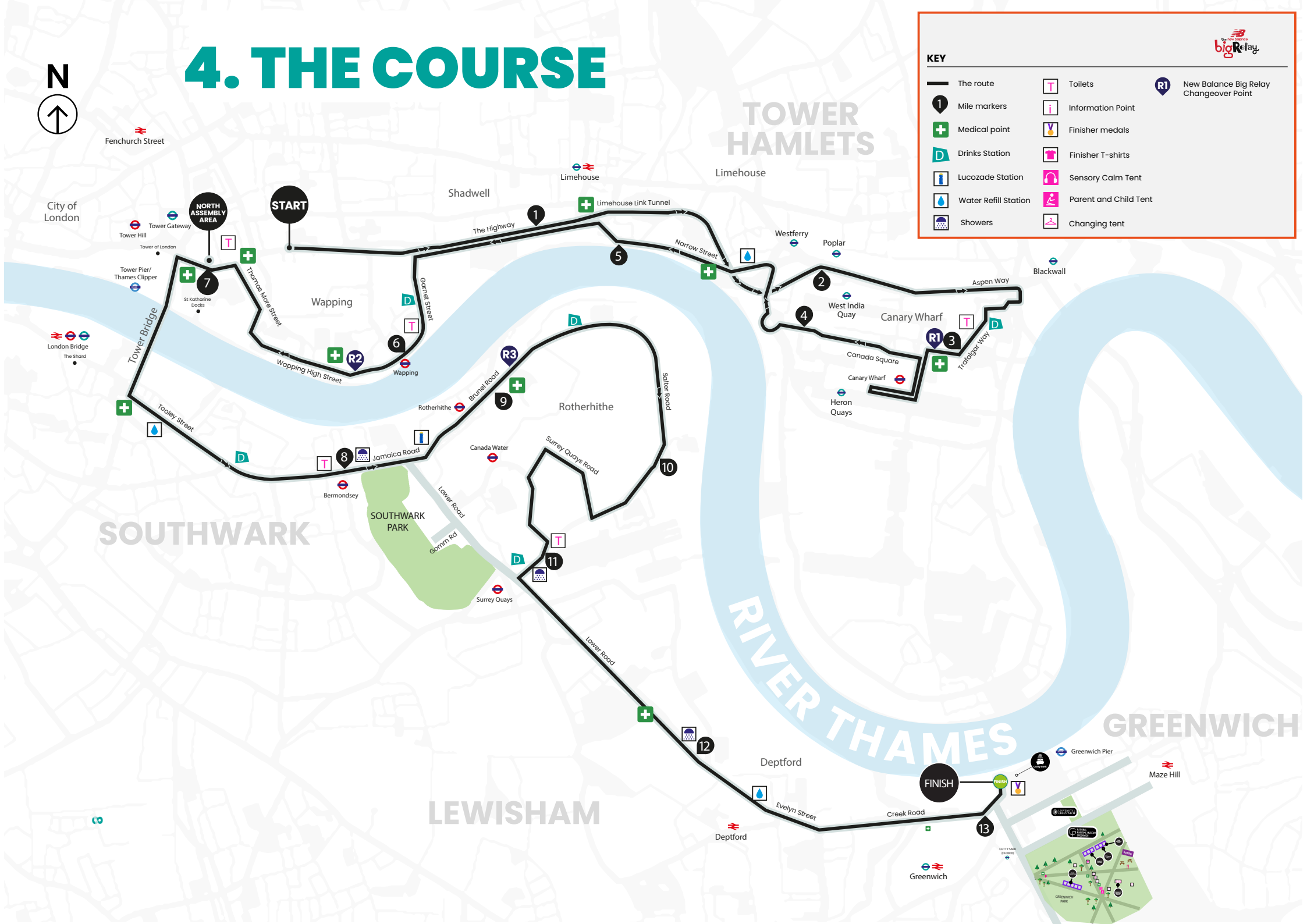
Nearest station:
Greenwich

4. THE COURSE



KEY

- | | | |
|----------------------|-----------------------|--|
| The route | Toilets | New Balance Big Relay Changeover Point |
| Mile markers | Information Point | |
| Medical point | Finisher medals | |
| Drinks Station | Finisher T-shirts | |
| Lucozade Station | Sensory Calm Tent | |
| Water Refill Station | Parent and Child Tent | |
| Showers | Changing tent | |



THE COURSE (continued)

FACILITIES

Toilets are available in your Start Area or relay Changeover Point. Our teams at the Information Points will be able to help with any queries.

FLUIDS AND FUEL

Drinks and Water Refill Points will be available along each leg of the Relay. Please refer to the Course map for the Drinks Stations that are available for your leg of the Relay.

BUXTON Natural Mineral Water will be in 250ml bottles and Lucozade Sport will be served in compostable paper cups.

Why not wear a bottle belt, 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.**

DROPPING OUT

If you cannot complete your leg, you must contact the next runner in your team to let them know.

In this situation, the next leg runner will be allowed to leave without the previous runner crossing the timing mat, but it is your responsibility to tell your team-mate you have dropped out.

ENTERTAINMENT AND CHEER POINTS

There will be a variety of entertainment along the course for you to enjoy, including DJs, samba bands, Indian and Japanese drumming, brass bands, and much more! Charities, community groups, and sponsors will also have cheer zones to 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 event. 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.

5. THE FINISH

THE FINISH LINE

The climax of your team's 13.1-mile challenge comes as Runner Four crosses the Finish Line in front of the iconic Cutty Sark in Greenwich.

FINISHER ITEMS

Once in the Finish Area, **Runner Four only** will be able to collect their finisher items in the following order:

1. A bottle of Buxton Natural Mineral Water
2. A bottle of Lucozade Sport
3. Your finisher medal*
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. 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 Coopah Refugee Run Club*.

Runners One, Two and Three will collect their medal*, T-shirts* and finisher items at their Changeover Points.

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

MEET YOUR TEAM-MATES

You can meet your team-mates at the New Balance Recovery and Refuel Zone in Greenwich Park. Celebrate your achievement with the New Balance team and their DJ, refuel at the Rebel Café, decorate your T-shirt, and capture the moment at the photo backdrop.

You can also meet family and friends in there, or at the Meet and Greet Area at one of the numbered flags (one to 10).

FESTIVAL AREA

Kick-start your recovery at the Therabody Recovery Zone, and 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.

CHANGING FACILITIES

There will be a small number of individually separated changing bays 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.



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. **Plan your journey now!**

Please note: Cutty Sark DLR 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.

RESULTS AND PHOTOS

Your individual and team result will be available on our official website –

thebighalf.co.uk – within 24 hours.

Your official photographs will be available to purchase within 48 hours from our photography partner, Sportograf. You can **register now** to be notified when they're available to view online.

Share your photos and experiences on Facebook and Instagram with **@OfficialBigHalf** and **#WeRunAsOne**

GOOD LUCK!

Thank you for taking part in the New Balance Big Relay. It's going to be great to Run As One and we look forward to welcoming you on Sunday 7 September. For more information, visit **thebighalf.co.uk**

Everyone is welcome!

We want everyone to feel welcome at The Big Half and the New Balance Big Relay and we aim to make the events 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 in the Festival Area, there will be a Sensory Calm Tent, Parent and Child Tent (for breastfeeding and entertaining young children), and a Multi-Faith Prayer Tent. You're welcome to use these facilities whenever you need to.

THANKS TO OUR PARTNERS

