



SUNDAY 28 SEPTEMBER 2025

PARTICIPANT

EVENT GUIDE

WELCOME

We can't wait to see you at the
Vitality London 10,000 on Sunday 28 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 essential things you need to know...

- 1. Be Safe and Secure**
- 2. Your Event Pack**
- 3. How to get to the event**
- 4. When you arrive at the event**
- 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 Vitality London 10,000 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 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.

If you're taking part with anyone under the age of 18, please make sure you complete their details too.

More information about your bib is available on the next page.

Everyone is welcome!

We want everyone to feel welcome at the Vitality London 10,000 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 Point in Green Park. Please just ask our team if you need any.

If you need to take a moment after you've completed your 10K, 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 Vitality Wellness Festival Area in Green Park. 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 23 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 one of the locations below during the following times:

- 12:00 to 19:00 on Friday 26 September from Marathon House, 190 Great Dover Street, London, SE1 4YB
- 08:30 to 16:00 on Saturday 27 September from the Information Point in Green Park

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. 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 one of the locations below during the following times:

- 12:00 to 15:00 and 16:00 to 19:00 on Friday 26 September from Marathon House, 190 Great Dover Street, London, SE1 4YB
- 08:30 to 12:00 and 13:00 to 16:00 on Saturday 27 September from the Information Point in Green Park

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
- A baggage wristband

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.



HOW TO GET TO THE EVENT

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

PLAN YOUR JOURNEY

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!**

Where possible, we recommend travelling to Green Park on foot, by bicycle or by public transport.

YELLOW JERSEY BIKE PARK

A secure bike park will be available free of charge in Green Park, thanks to our partner Yellow Jersey.

A limited number of spaces will be available on a first-come, first-served basis.



IT'S NEVER TOO LATE TO FUNDRAISE!

Have you thought about using your place in the Vitality London 10,000 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!

WHEN YOU ARRIVE AT THE EVENT

Once you arrive in Green Park, please clearly display your bib number, so our stewards can help to direct you.

Go to the 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 you go to the Baggage Drop Area. You'll need the numbered wristband from your Event Pack to drop off and collect your kitbag.

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 Baggage Area and join the lane that matches your wave number
4. Drop off your bag with our volunteers so that it will be waiting for you after your 10K

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.

Your kitbag will be stored in an uncovered area and any items are left at your own risk.

INFORMATION POINT

If you need any assistance, please go to the Information Point in Green Park. The **what3words** location is: [///assist.placed.bricks](#)

TOILETS

Toilets, including accessible toilets, will be available in Green Park and before the Start Line on The Mall. There are also plenty of toilets, including accessible toilets, on the course. Please refer to the course map on page 10.

WATER REFILL POINTS

A Water Refill Point will be available in Green Park and also on the course, just after the 4K mark. Please bring a reusable bottle to fill up before, during and after your 10K.

GO TO YOUR START PEN

Once you've dropped off your kitbag and used the facilities, please make your way to the start pens on The Mall at your allocated time. The entrance point for The Mall is at the south end of Green Park, behind Canada Gate. Just follow the signs and instructions from our volunteers.

To help us avoid overcrowding, please do not go to The Mall until your allocated time. When it is time for you to be loaded into your start pen, our volunteers will show you where to go. Please note: you must access your start pen on The Mall via the entrance in Green Park – no other routes are available.

WARM UP

The Vitality team will be on stage on The Mall to help you warm up and get ready for your 10K as you wait to start your wave.

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.

START WAVES

From 09:30 to 11:00, 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 11:00. For safety reasons, no one will be permitted to start after this time.

Wave	Wave colour	Arrive in Green Park	Start pen opens	Wave start time
1	Yellow	08:10	09:00	09:30
2	Black	08:20	09:00	09:38
3	Green	08:25	09:00	09:48
4	Grey	08:35	09:30	09:57
5	Purple	08:45	09:30	10:06
6	White	08:55	09:30	10:15
7	Red	09:05	09:45	10:25
8	Orange	09:15	09:45	10:34
9	Blue	09:25	09:45	10:43
10	Pink (Celebrate You)	09:30	10:00	10:52

TAKING PART WITH A YOUNG PERSON

Participants must be at least 15 years old on the day of the event. Anyone under 18 remains the responsibility of their parent/guardian at all times and must be accompanied to the Start Line and around the Course.

Please ensure everyone you're running with, especially those under 18 years old, have their emergency contact numbers filled in on the reverse of their bib number. This is essential so that both you and any young people you're running with can be identified and reunited should you become separated.

There will be a Young Person Meeting Point in the Finish Area for people under 18 to meet a parent/guardian should they need to. Please look out for the flags to find our team and your young person.

If you're separated from a child or young person before or after the event, please go to the Information Point in Green Park, where our Welfare Team will be able 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.

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

The Course starts on The Mall and takes in many of London's most famous landmarks, including Big Ben, the Houses of Parliament, and St Paul's Cathedral, before finishing in front of Buckingham Palace.

WATER AND TOILETS

There will be toilets at 3K, 5K and 7K, a Drinks Station - serving BUXTON® Natural Mineral Water - at the halfway stage and a Water Refill Station just after the 4K mark.

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 Point on the route to help us reduce plastic at the event. **Buy a bottle belt.**

HUMANS ONLY

We're proud the Vitality London 10,000 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.

KM	BUXTON Natural Mineral Water	Water Refill Station	Toilets
Start		/	/
1			
2			
3			/
4		/	
5	/		/
6			
7			/
8			
9			
10			
Finish	/	/	/



CUT-OFF TIME

Everyone will have at least two hours to complete the Vitality London 10,000 before the Finish Line closes at 13:00.

You can run, jog or walk but you must maintain a two-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 Green 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

There will be a variety of entertainment along the course for you to enjoy, including DJs and bands.

RECYCLING ZONES



We're committed to reducing the environmental impact of the Vitality London 10,000. 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.

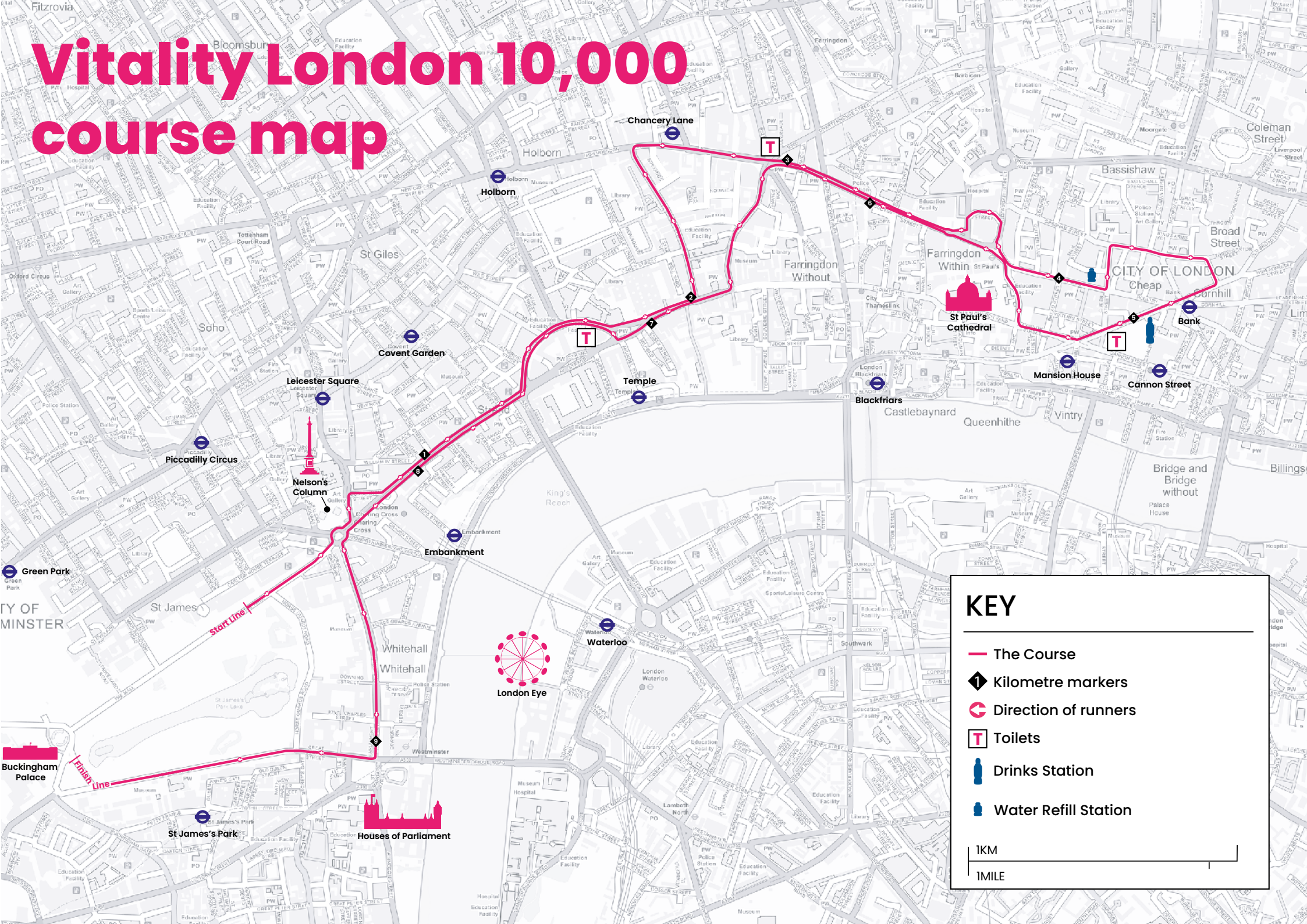
VOLUNTEERS

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



Vitality London 10,000 course map



AFTER CROSSING THE FINISH LINE

Completing the Vitality London 10,000 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. Your New Balance technical T-shirt*

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

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 do not congregate in the Finish Area.

Please keep moving and follow the path to the Vitality Wellness Festival Area in Green Park.

Once in Green Park, you can collect your kitbag, if you handed one in – just show the Baggage Team your wristband.

MEETING YOUR SUPPORTERS

You can meet family and friends in the Meet and Greet Area in Green Park. Please arrange in advance to meet at one of the A to Z signs.

VITALITY WELLNESS FESTIVAL

You can celebrate and relax after completing your 10K at the Vitality Wellness Festival in Green Park.

Visit New Balance's Bra Bar for fittings, coffee, and DJ beats – all in one stylish space. Meet some of the inspirational women running this year, featuring those behind the Celebrate You Wave, plus NIXI Body will be exhibiting women's underwear. There will also be talks by pelvic floor and nutrition specialists.

The breast cancer awareness charity CoppaFeel! and The Endometriosis Foundation will be there to tell you about the amazing work they do.

There will be a variety of activities for you to enjoy, from boxing and football to netball and yoga.

You'll also have the chance to go on the world-famous Vitality Tumbleator – a giant treadmill where you can choose a relaxed pace or go for a world record!

Find out more about the Vitality Wellness Festival on the **Vitality London 10,000 website**.

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 Vitality Wellness Festival Area.

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

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.

RESULTS

Results will appear on the **Vitality London 10,000 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.**

GOOD LUCK

The most important thing is to have a great day. We can't wait to see you at the Vitality London 10,000 on Sunday 28 September – it's going to be amazing to run, jog and walk together through the traffic-free streets of London!



THANKS TO OUR PARTNERS



The Vitality London 10,000 is proudly brought to you by:

