



SATURDAY 27 SEPTEMBER 2025

PARTICIPANT

EVENT GUIDE

WELCOME

We can't wait to see you at the
Vitality Westminster Mile on Saturday 27 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 Westminster Mile 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.

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.

Taking part with children?

If you're taking part in a group that includes children, we have important additional advice and procedures you must follow – please see the next page for details.

EVERYONE IS WELCOME!

We want everyone to feel welcome at the Vitality Westminster Mile 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 to yourself, 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.

TAKING PART WITH CHILDREN

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

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.

Please ensure all members of your team – including children – have their emergency contact information filled in on the backs of their bib numbers. This is essential so that both you and any children you are taking part with can be identified and reunited should you become separated.

All participants under the age of 18 will receive a wristband in their Event Pack, which will have a number on that matches their bib number.

This wristband should be worn by the parent/guardian attending the event with them. If you are separated at any point, this will enable our Welfare Team to reunite you as quickly as possible. Additional wristbands will be available from the Information Point in Green Park.

If you are bringing additional children with you who are not taking part in the event, we would encourage you to collect wristbands for them so we can reunite you if you are separated.

Parent and Child Tent

As well as fun activities for all the family, there will be facilities in the Vitality Wellness Festival Area in Green Park for people with young children and babies.

If you need to feed, change or entertain your child in the play pen, just pop in to see our team!

WHAT TO DO IF YOU BECOME SEPARATED...

...DURING THE EVENT



Do not panic. Please head straight to the Finish, where our team of trained, DBS-checked welfare support staff will be ready and waiting, looking for any children or carers who have become separated on the route.



The Welfare 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 Finish.

Please organise to meet at the flags just past the Finish Line to find our team and your child/young person.



Our Welfare Team will need to verify that they have reunited the right child with the right adult before they can leave the Finish Area together.

This is why you must ensure you and any children you are participating with have filled in the correct information on the back of your bibs and you are wearing the wristband provided.

...OUTSIDE THE EVENT



If you are separated from a child before or after the event, please go to the Information Point at the Vitality Wellness Festival in Green Park, 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, we recommend using the free what3words app, which allows you to pinpoint your location to share with others.

YOUR EVENT PACK

UK PARTICIPANTS

If you live in the UK, you should receive your Event Pack in the post by Monday 22 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 14:00 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.

INTERNATIONAL PARTICIPANTS

If you live outside the UK, you'll need to collect your Event Pack from one of the following locations, during the following times.

There's no need to complete the replacement pack form, just pop along to see our team, who will give you your pack.

- 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 14:00 on Saturday 27 September from the Information Point in Green Park

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
- Safety pins to fix your bib to your top
- Wristband for accompanying adult to wear (Only in Event Packs for participants under 18, see previous page for full details and example wristband below)

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. Whether you opted to receive a medal



Please note: it's not possible to change your medal choice 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.

If you cycle to the event, please dismount before entering Green Park.

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 a small bag and use the toilets if you need to!

DROP OFF YOUR BAGGAGE

Please put anything you don't want to run with in a small bag or rucksack.

Make your way to the Baggage Drop Area in Green Park before you go to the Start Area on The Mall. Please have your bib number on display so our stewards can help to direct you.

Our Baggage Drop Team will attach a numbered wristband to your bag and will give you an identical one to wear on your wrist. Please look after your wristband as you will need it to collect your belongings after you've crossed the Finish Line.

Please note: we can only accept small bags and rucksacks. Please do not bring suitcases, large bags, or loose items such as coats or shoes.

Your baggage 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](https://www.what3words.com/assist.placed.bricks)

TOILETS

Toilets, including accessible toilets, will be available in Green Park and before the Start Line on The Mall. Please refer to the map on page 9.

WATER REFILL POINT

A Water Refill Point will be available in Green Park. Please bring a reusable bottle to fill up before, during and after your Mile.

GO TO THE START AREA

Once you've dropped off any baggage, please make your way to the Start Area on The Mall 15 minutes before your wave start time.

There will be space for you to warm up on The Mall and there will be toilets before the loading pens and the Start Line.

Once your wave is ready to load, stewards and signs will direct you. Please follow their instructions to help with a smooth start.



KNOW YOUR IMPORTANT TIMES

Please make sure you know your wave number and its associated timings – see the timetable below for full details.

If you're running with a group, please ensure all members know the details (see page 4 for more on running in a group with children).

When you arrive in Green Park, please look for timing information on the big screen and listen to announcements on the public address system. Our stewards will also be on hand to direct you to where you need to be at the right time.

Please note: all children under the age of 11 must take part with an adult.

WAVE	WAVE NAME AND BIB COLOURS	ARRIVAL TIME	GO TO START	WAVE START TIME
1	Adult Wave – Masters Wave	08:30	09:15	09:30
2	Adult Wave	08:30	09:20	09:35
3	Daily Mile	08:45	09:30	09:45
4	Westminster Community	08:45	09:40	09:55
5	Family Wave	09:15	10:00	10:15
6	Family Wave	09:15	10:10	10:25
7	Family Wave	09:30	10:20	10:35
8	Joe Wicks – The Body Coach	09:30	10:30	10:45
9	Ruth Strauss Foundation	10:00	10:40	10:55
10	Junior Westminster Wave	10:15	11:00	11:15
12	Family Wave	10:15	11:10	11:25
13	Family Wave	10:30	11:20	11:35
14	Family Wave	10:45	11:30	11:45
15	Family Wave	11:00	11:40	11:55
16	Children with Cancer UK	11:00	11:50	12:05
17	Wheelchair Wave	11:00	11:50	12:15
18	Family Wave – Walking Wave	11:15	12:00	12:25
19	Scouts Wave	12:00	12:40	12:55
20	Superhero Wave	12:05	12:50	13:05
21	Family Wave	12:15	13:00	13:15
22	Family Wave + London Youth Games	12:25	13:10	13:25
23	Family Wave + London United	12:35	13:20	13:35
24	Jr. NBA Wave	13:00	13:45	14:00
25	BMC Bannister Mile	13:20	14:05	14:20

AFTER CROSSING THE START LINE

HUMANS ONLY

We're proud the Vitality Westminster Mile 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.

Running the world-famous Vitality Westminster Mile is an experience like no other, so make sure you take time to enjoy it!

The Course starts on The Mall and finishes in front of Buckingham Palace. We hope you enjoy your run, jog or walk!



AFTER CROSSING THE FINISH LINE

Completing the Vitality Westminster Mile is a special achievement – enjoy your moment and make sure you smile and wave for our photographers!

Once over the Finish Line, 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 a bottle of BUXTON® Natural Mineral Water and your finisher medal, if you opted to receive a medal when you registered. Your choice 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.

BAGGAGE 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 bag, if you handed one in – just show the Baggage Team your wristband.

RESULTS

Results will appear on the **Vitality Westminster Mile 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**.



VITALITY WELLNESS FESTIVAL

You'll have the chance to meet your family and friends to relax together and enjoy the activities on offer at the free Vitality Wellness Festival in Green Park. There will also be tasty food and drinks available from a variety of stalls.

The free family fun zone will be open until 16:00 with exciting activities for children, sport taster sessions and the chance to have a go on the world-famous Vitality Tumbleator – a giant treadmill where you can choose a relaxed pace or go for a new world record!

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.

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 Westminster Mile on Saturday 27 September – it's going to be amazing to run, jog and walk together on the most famous Mile in the world!



THANKS TO OUR PARTNERS



The Vitality Westminster Mile is proudly brought to you by:

