

# 2026 TCS London Marathon – Accessibility Guide

This Accessibility Guide and our Participant Event Guide are screen-readable and available as an audio format.

Please also read your Participant Event Guide for all other information about the TCS London Marathon.

If you need any additional support, or have trouble accessing the content below, please contact our Accessibility Team at [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

## Access to the Start Area

The TCS London Marathon Start Area has five assembly areas: Blue, Green, Pink, Red and Yellow. Your registration email contains information about your start wave, Assembly Area, allocated arrival time and the best train times for your arrival.

All Assembly Areas are on grass; if you need assistance navigating the grass, please get in touch with [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

## Getting to the Start

### Travel by train

Your assigned Assembly Area will indicate your closest train station.

You can find the accessibility information for each station below.

Blackheath Train Station has a degree of step-free access. You can find out more here: [Blackheath Station | National Rail](#)

Maze Hill Train Station has a degree of step-free access. You can find out more here: [Maze Hill Station | National Rail](#)

Greenwich Train Station has a degree of step-free access. You can find out more here: [Greenwich Station | National Rail](#)

On Marathon Day, all participants will have free travel on Southeastern train services from London stations to the Start, as well as on the Docklands Light Railway (DLR), London Underground and buses.

## Plan your journey

Plan your journey to your Assembly Area by following the instructions in your registration email. We also recommend using [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey) and [nationalrail.co.uk](https://nationalrail.co.uk)

## Parking

There is limited parking at the Start area. If you require parking at the Start area of the TCS London Marathon, please get in touch with [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

Please note: you will be required to be parked before 07:30 to gain access to the site.

## Toilets

There are mobile Changing Places toilets in the Blue Assembly Area Start and just after you cross the Finish Line, before baggage collection. These have a hoist and an adjustable changing table. If you require a Changing Places toilet but have not been assigned the Blue Assembly Start Area, please contact [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

Toilets are available at the Start, every mile from Mile 1 to Mile 24, and at the Finish. Accessible Toilets are available at the Start, the Finish, Miles 1 and 2 and then every even mile – ie Miles 4, 6, 8 and so on – until Mile 24.

If you have a bladder or bowel condition, a [Just Can't Wait Toilet Card](#) explains you have a medical condition and need urgent access to a toilet. If you have the card handy, you can show it to whoever is at the front of the queue.

We will have signage and will be briefing stewards around some toilets to encourage participants to respect anyone who needs urgent toilet access.

## Event Route

Most of the course is flat, with only minor undulations. The first three miles from the Red Start, which feature some hills, are the only exception.

The course is mostly asphalt; however, there is a section of flagstones around Cutty Sark – please beware, as this may become slippery when wet.

Please be mindful of the sections with speed bumps along the route.

Please be aware of trip hazards at Drinks Stations and just afterwards, where other participants will have dropped bottles.

You can view more details about the event route, including the elevation profile and a description of what to expect on the route, here: [London Marathon Course | London Marathon Events](#)

## Accessibility Tent

We have a dedicated space in the Blue Assembly Start Area to support any participants with additional support requirements. The space has hard flooring, two Changing Places toilets, a sensory calm space, access to a BSL interpreter, additional accessible toilets and a team of volunteers who can support.

Space is limited in the Accessibility Tent, so if you need access to the space, please complete the following form: [Application Form](#)

## Disability Support Hub

There is a small tent on the route, just before Tower Bridge, where you can take some time to rest or gather yourself before continuing. This tent will have some basic seating, a puncture repair kit, some noise-cancelling headphones, water and an accessible toilet. There will be two volunteers here to assist you.

The Disability Support Hub can be found between Mile 12 and Mile 13, at the following What3Words location: [///rift.title.cycles](https://www.what3words.com/rift.title.cycles)

## Repatriation Tent

At the TCS London Marathon Finish Area, we have a dedicated Repatriation Tent, where you can meet a partner, carer, friend or family member if you need additional support after you finish the marathon.

You can nominate one person to meet you at the Repatriation Tent.

Space is limited in the Repatriation Tent, so if you need access to the space, please complete the following form: [Application Form](#)

## Cut-Off Time

Everyone will have at least eight hours to complete the TCS London Marathon. You can run, jog, push or walk, but you must maintain at least an eight-hour pace.

If you're unable to maintain this pace, but wish to continue, you'll be asked to move onto the pavement, and you must remain on the pavement to complete the course. We will have a team on the ground to support you, but please be aware that Drinks Stations,

timing mats and medical treatment centres will not be available outside of the eight-hour pace.

You will be able to cross the official Finish Line before 19:30, after which time the official Finish Line will be closed. After 19:30 we will have a secondary Finish Line open until 23:59, but you must maintain at least a 12.5-hour pace, or you will not be able to complete the event.

## Accessible Viewing Areas

There are five accessible viewing areas on the course.

They are managed by stewards and are barrier-free, providing better visibility for wheelchair users. We welcome spectators with disabilities, along with one carer or supporter. There will be accessible toilets in the vicinity of these locations – please ask stewards for more information.

Cutty Sark, [///honey.rift.chops](http://honey.rift.chops)

Canary Wharf, [///issues.towns.packet](http://issues.towns.packet)

Rainbow Row (Butcher Row), [///trash.forget.gift](http://trash.forget.gift)

Tower Hill, [///papers.bonds.fault](http://papers.bonds.fault)

Victoria Embankment, [///marker.local.forgot](http://marker.local.forgot)

There are also limited accessible viewing spots at the Start Line grandstand. This has ramp access and a raised platform for better visibility. If you would like to access this viewing platform, please contact [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

## British Sign Language

We will have a BSL interpreter based at our Accessibility Tent. They will be wearing a purple hi-vis vest with ‘British Sign Language Interpreter’ on the back.

If you need BSL at the Finish, please head to the Repatriation Tent. We will also have a BSL Video Relay Service that can assist you at the Finish Information Point, at Horse Guards Parade.

## Support/Guide Runners

We offer a free support or guide runner race place to every eligible participant – this includes blind/visually impaired runners or those with disabilities and/or medical conditions who require support or guide runners.

If you don't need someone to run with you, but you need support on the day at the Start or Finish, please contact our Accessibility Team at [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

## Sensory Calm Space

We have a Sensory Calm Space at the Finish; this is located after medal and water collection, and just before baggage collection, on the right-hand side of The Mall. This space is for anyone who wants to take a moment away from the crowds or the noise.

It contains beanbags, noise-cancelling headphones, fidget toys, magazines and weighted blankets.

The Sensory Calm Space can be found at the Finish, at the following What3Words location:

[///inspector.moon.mass](https://www.what3words.com/#!/inspector.moon.mass)

## Bib Stickers and Wheelchair Flags

We have optional bib stickers, with the following wording, available for collection from the Disability Information Point at the TCS London Marathon Running Show:

Give Me Space

Deaf Runner

Blind Runner

Visually Impaired Runner

You can also collect Guide Runner and Support Runner vests, as well as wheelchair flags for additional visibility on the course.

We strongly advise all wheelchair users to use flags for their own safety and visibility as well as for the safety of other participants.

## Additional Support

If you need any additional support or would like to speak to someone ahead of the event, please email [accessibility@londonmarathonevents.co.uk](mailto:accessibility@londonmarathonevents.co.uk)

Our Accessibility Team will also be present at the event and will be wearing purple hi-vis jackets. They will be more than happy to help.

We wish you a great TCS London Marathon!