

# TCS Mini London Marathon Easy Read Guide

**An Easy Read guide  
to your day out at  
the TCS Mini  
London Marathon**



# The TCS Mini London Marathon is a fun day out in London.



In this guide, we show you how to:

- Get to the Start Line.



- Wear your bib and run with your friends.



- Cross the Finish Line.

# Arriving at the event (1)



You arrive at the Start Area.  
There are lots of other  
people.

You might feel **excited**.



It is noisy and crowded.  
You could wear ear  
defenders if you need to.

People might bump into  
you, or brush past you in  
the crowd.



You may see **dust**  
in the air.

This is from gravel or small  
stones on the ground.

# Arriving at the event (2)



There are **bright colours** on T-shirts, flags and signs.



You might see:

**Activities** to do, such as drawing.



**A Sensory Calm Tent.**

This is a quiet space. If you need a break an adult can take you to the Sensory Calm Tent.

# Arriving at the event (3)



## An Information Point.

Here, you can get a sticker that says "Give Me Space" to stick on your T-shirt.

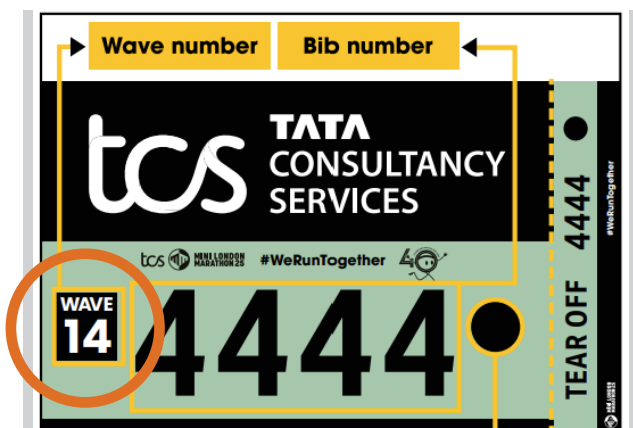


Places to refill your **water bottle.**

# Finding your Start Line (1)



Ask an adult to help pin your bib to the front of your T-shirt.



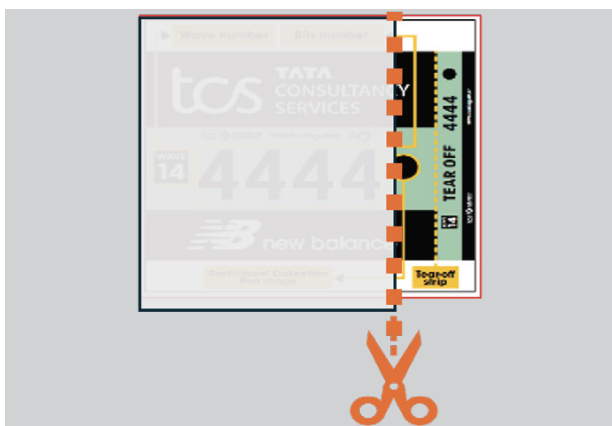
Check your **WAVE** number on your bib. Your wave number is circled on this picture.

Your wave is your group for the event.



Ask an adult to help you find your warm-up pen for your wave number on the large map.

# Finding your Start Line (2)



Give your grown-up the tear-off strip from your bib. They will meet you at the meet-up area.

Or they can run with you around the route.

# At the Start Line (1)



You may feel nervous before the start.

You might see big mascots walking around the Start Area.



Start with the warm-up. There will be loud music.

Follow along with the stretching and jumping.



Teachers and volunteers will give helpful instructions.

A big screen plays videos. There is music, movement and cheering.

# At the Start Line (2)



A loud horn will start your wave.

Follow the other runners along the route.

# Running the race (1)



It will feel calmer as you start to run, walk or wheel.

You may feel the wind on your face.



You might see or hear:

- trees rustling and birds
- music from live bands
- windcatchers and mirrors



Lots of people are cheering you on as you take part.

# Running the race (2)



There will be music,  
high-fives and bubbles.

# The Finish Line (1)



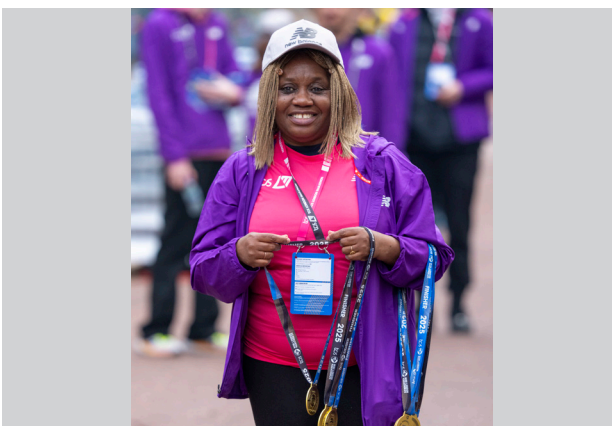
This is the end of the race. Lots of people are watching and cheering.

It feels exciting.



You run under the large Finish arch and finish your run.

You might feel happy and proud to have finished.



You will be given a medal and a bottle of water.

# The Finish Line (2)



Friendly staff will guide you to your **meet-up area**.

They will wait with you until your grown-up arrives.



Take a photo to remember your day.



Celebrate afterwards at the Fan Zone.

There will be food, drink and live music.

# More Information



For more information,  
see our website.



[londonmarathonevents.  
co.uk/tcs-mini-london-  
marathon](https://londonmarathonevents.co.uk/tcs-mini-london-marathon)