



PARTICIPANT EVENT GUIDE

SUNDAY 26 APRIL 2026

We can't wait to see you at the 2026 TCS London Marathon on Sunday 26 April!

This guide contains everything you need for a fantastic day, broken down into six essential sections.



1. BE SAFE AND SECURE

Safety and security are top priorities. We work closely with police and other agencies to ensure a safe experience for all. Measures include bag searches and stewards on site. Follow their instructions and report anything suspicious. In case of emergency, call 999.

Health and medical advice

Only participate if you're fit and well. Running with illness or injury is dangerous. Read the [full medical advice](#) from the event Medical Director, Professor Sanjay Sharma.

Complete your medical information on the back of your bib – it could save your life.

Unable to take part?

If you're unable to take part this year, you may be able to [defer your place](#) to the 2027 TCS London Marathon. The deadline for requesting a deferral is 23:59 on Saturday 25 April.

Everyone is welcome

We want everyone to feel welcome at the TCS London Marathon 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 are available at the Information Points at the Start and the Finish, and at each Drinks Station on the route. Please just ask our team if you need any.

In the Finish Area, there will be a Sensory Calm Tent, Parent and Child Tent (for breastfeeding/pumping and a playpen for entertaining young children) and a Multi-Faith Prayer Tent.



2. COLLECT YOUR EVENT PACK FROM THE RUNNING SHOW

You'll need to collect your Event Pack and your New Balance technical T-shirt (if you opted to receive one) from the TCS London Marathon Running Show at Excel London before the registration deadline of 17:30 on Saturday 25 April.

We'll email you a unique QR code to collect these items. Your QR code is also available in the 2026 TCS London Marathon App, under 'My Marathon' – in the 'Event Pass' section.

Visit our [website](#) to check the Running Show opening times and learn more about the exhibitors and talks on Centre Stage.

Your Event Pack contains:

- Your bib, with timing chip attached, and safety pins to fix it to your top
- Official kitbag*
- Kitbag sticker matching your bib number and allocated baggage lorry*

*** Team Green participants will not receive a kitbag and sticker. Please bring your own small bag for any items you pick up from the Running Show.**

You must bring photographic identification, such as a passport or driving licence, with you when you collect your Event Pack.

Your bib

Bibs are non-transferable. Green background = opted for medal; red = no medal. T-shirt size (if selected) is displayed.

Sustainability

Through our partnership with [Trees Not Tees](#), a tree will be planted for each participant who chose not to receive a medal at registration.

Medals

If you're eligible for an Abbott World Marathon Majors Six Star Finisher and/or a London Classics medal, this will be clearly marked on your bib.



Your T-shirt

If you opted to receive a New Balance technical T-shirt, you can collect it at the Running Show.

Your choice of size and fit (relaxed or fitted) will be displayed on your bib – our volunteers can only give you this size and fit.

If you wish to exchange your T-shirt for a different size, a limited number of T-shirts will be available at the Information Point on Horse Guards Parade in the Finish Area on Marathon Day.

Personalise your Marathon Day top

Can you imagine thousands of people shouting your name as they cheer you through the streets of the capital at the 2026 TCS London Marathon? You can make your experience extra special by personalising your own Marathon Day top through our name-printing service.

Visit printmyeventtop.com to pre-order this service and visit the dedicated top-printing stand at the Running Show with the top you want your name printed on. If you would like to have your name printed on your participant T-shirt, we recommend you choose white lettering, as the 2026 T-shirt is a dark colour.

Unable to collect in person?

If you're not able to collect your Event Pack in person, you can nominate someone to collect it for you.

They'll need to bring your QR code and a letter, written and signed by you, authorising them – by name – to collect your pack, along with a clear photocopy of your ID showing your name and your signature, as well as their own suitable photo ID.

Please note: an individual can only collect one other person's Event Pack in addition to their own.

Download the App

The 2026 TCS London Marathon App will be available to download before the event. The App is your essential companion and includes everything you need to have the best possible experience. We'll let you know when it's ready for you!

Tell your family and friends to download the App, too, so they can track you on the day and see your split times and predicted finish time.



It's never too late to fundraise!

Have you thought about using your TCS London Marathon place to raise vital funds for charity?

Marie Curie is proud to be our official Charity of the Year. You can support them, or another charity of your choice, by setting up a 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 marathon journey!

Set up your fundraising page with our official online fundraising partner



Already running for charity?

If you are already running for a charity, they might be holding a **post-event reception**. Check the location beforehand so you can find it after you've completed your 26.2 miles. This will be a great place to celebrate your achievement.



3. GETTING TO THE START

Your Participant Event Guide email also included information about your Start Wave, Assembly Area, allocated arrival time and the best train times for your arrival.

Your bib colour will match your Assembly Area colour and you'll need to arrive at your allocated time.

| Bib | Assembly Area | Start Line | Nearest Station |
|-------------------------------------|---------------|------------|---------------------------------|
| Blue numbers on a white background | BLUE | Blue | Blackheath: 10-minute walk away |
| Green numbers on a white background | GREEN | | |
| Pink numbers on a white background | PINK | Pink | Maze Hill: 10-minute walk away |
| Red numbers on a white background | RED | Red | Greenwich: 20-minute walk away |
| Red numbers on a yellow background | YELLOW | | Blackheath: 10-minute walk away |

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 and nationalrail.co.uk

Spectators should not travel to the Start, as it is for participants only. See our [Spectator Guide](#) for tips on where to watch.

Free travel to the Start

Participants (not family, friends or spectators!) have free travel on Southeastern train services from London stations to the Start, as well as on the Docklands Light Railway (DLR), Elizabeth Line, London Underground, Overground and buses. Simply present your bib – **do not tap in or out at any London stations!**

Docklands Light Railway

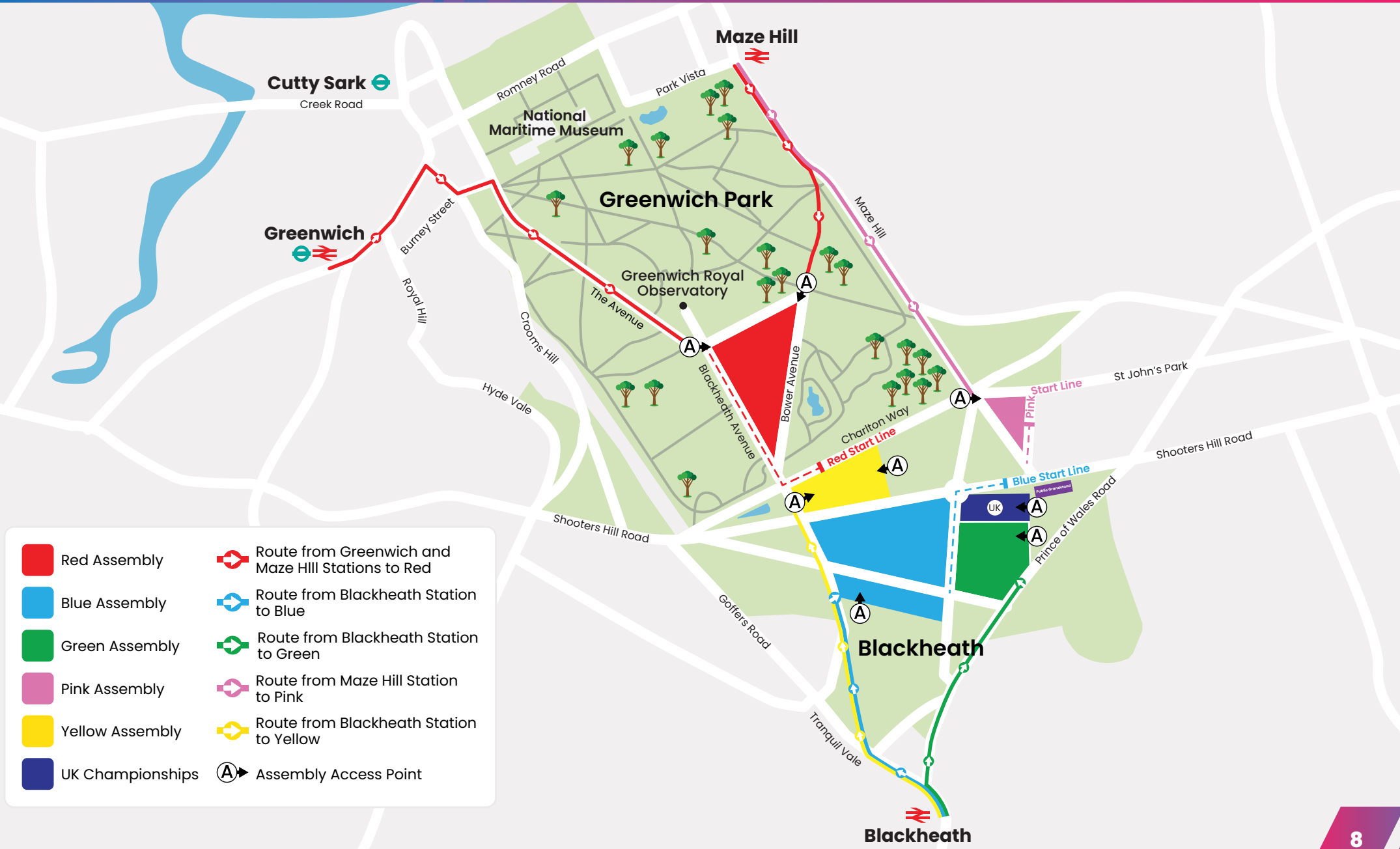
Services on Sunday 26 April will start at about 05:30 from Tower Gateway and Lewisham, and about 07:00 from Bank and all other DLR routes.

Thames Clippers River Bus

Services run every 20 minutes from central London to Greenwich Pier. From here, it's just a short walk to the Assembly Areas. For more information, visit thamesclippers.com



3. GETTING TO THE START



4. WHEN YOU ARRIVE AT THE START

Please go to your Assembly Area, ensuring your bib is clearly displayed on your chest before arriving.

You should go to your allocated baggage lorry to drop off your kitbag and use the toilets if you need to!

There is no bag-drop facility in the Green Assembly Area. However, if you are a Team Green participant, you can drop off a small bag at the Finish Area in St James's Park on Saturday 25 April (see map on page 16 for details).

Drop off your kitbag

1. Make sure your bib number sticker is on your kitbag
2. Pack a food item in your kitbag to eat after you finish
3. Place any items you don't want to run with in your kitbag, closing the drawstring tight
4. Go to the lorry that matches the number on your bib and hand over your kitbag
5. Only official event kitbags will be accepted and no other bags or belongings should be attached to your kitbag
6. You'll be able to retrieve your kitbag in the Finish Area by looking for the same lorry number

Valuable items

Please do not put any expensive items, such as a mobile phone, in your kitbag. We recommend leaving these types of items at home or with your supporters.

Information Point

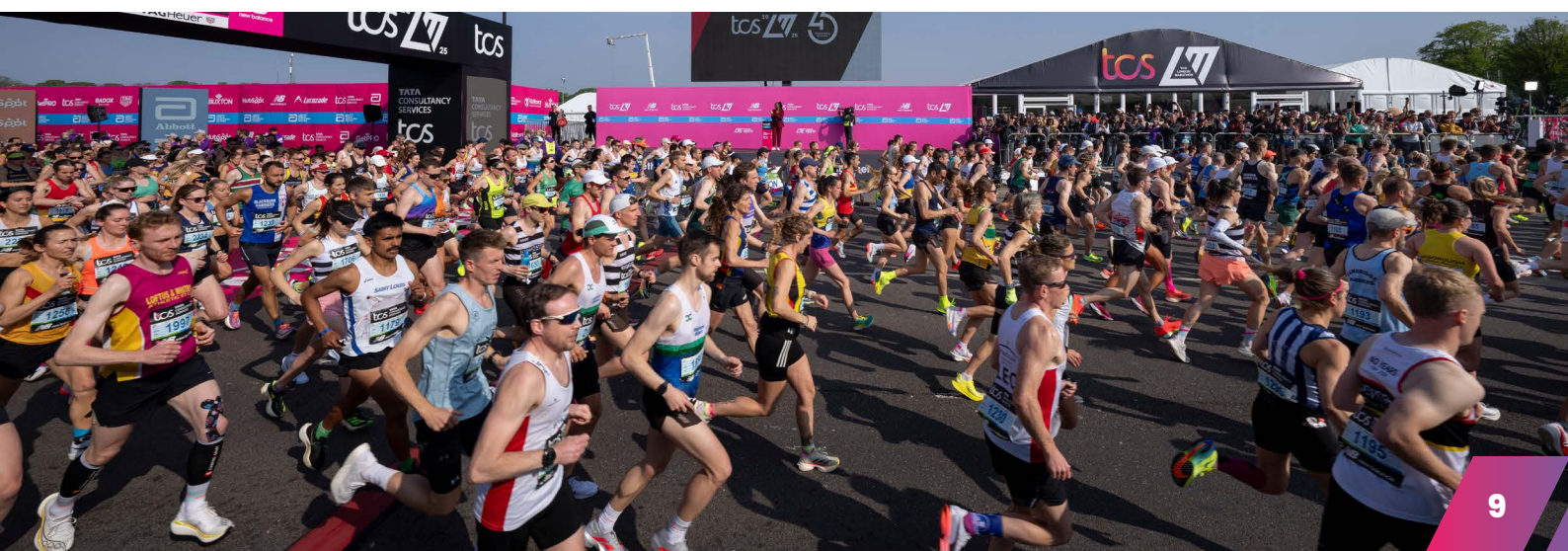
If you need any assistance, please go to the Information Point in your Assembly Area.

Toilets

Toilets, including accessible toilets and PEEQUALS – the superfast squat-and-go urinals for women – are available at the Start.

Water Refill Stations

Water Refill Stations are available in the Start and Finish Areas, and along the route. Bring a reusable bottle to fill up before, during and after your marathon.



Donate unwanted clothes

Collection points are available near every Start Line so you can donate any extra layers that you don't want to run with. Please ensure the clothes are clean and in good condition.

The clothing will be collected and donated to the Salvation Army to sort, reuse, resell or reprocess. Please respect the environment – don't leave unwanted clothes anywhere else.

Start waves

From about 09:30 to 11:30 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.

All Start Lines close at 11:30. For event safety reasons, participants will not be permitted to start after this time.

We allocate Start Waves and times based on predicted finish times. Even if you entered the same predicted finish time as another participant, that doesn't guarantee you'll be in the same Start Wave.

You cannot change your Start Line or move to an earlier Start Wave. However, you may join a later wave from your allocated Start Line – there's no need to let us know, just join it on the day.

Pacers

If you're aiming for a certain time, you may like to follow one of our pacers. They complete the course at a managed pace and finish within their set time.

If you'd like to follow a pacer, they are easy to spot near the Start Line. Each one has a tall, bright flag attached to their back, which clearly displays their finish time.



5. 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 route

Your marathon begins at Blackheath, passing landmarks such as Cutty Sark and Tower Bridge and through Canary Wharf. You'll experience incredible crowd support and cross the world-famous Finish Line on The Mall, near Buckingham Palace.

Participation rules

Only humans can take part – pets may watch from the sidelines if they are on a lead and supervised.

Wheeled devices such as handbikes, rollerblades, skateboards, scooters or motorised gear are prohibited. Find out about our [support for participants with disabilities](#).

Headphones

Non-noise-cancelling or bone conduction headphones are allowed, or you can use just one earpiece. You must be able to hear safety instructions.

Toilets and Vaseline

Toilets are at the Start, every mile from 1 to 24, and at the Finish. Accessible toilets are at the Start, Finish, Miles 1 and 2, and every even mile thereafter. Vaseline will be at Miles 14, 17, 20 and 22.

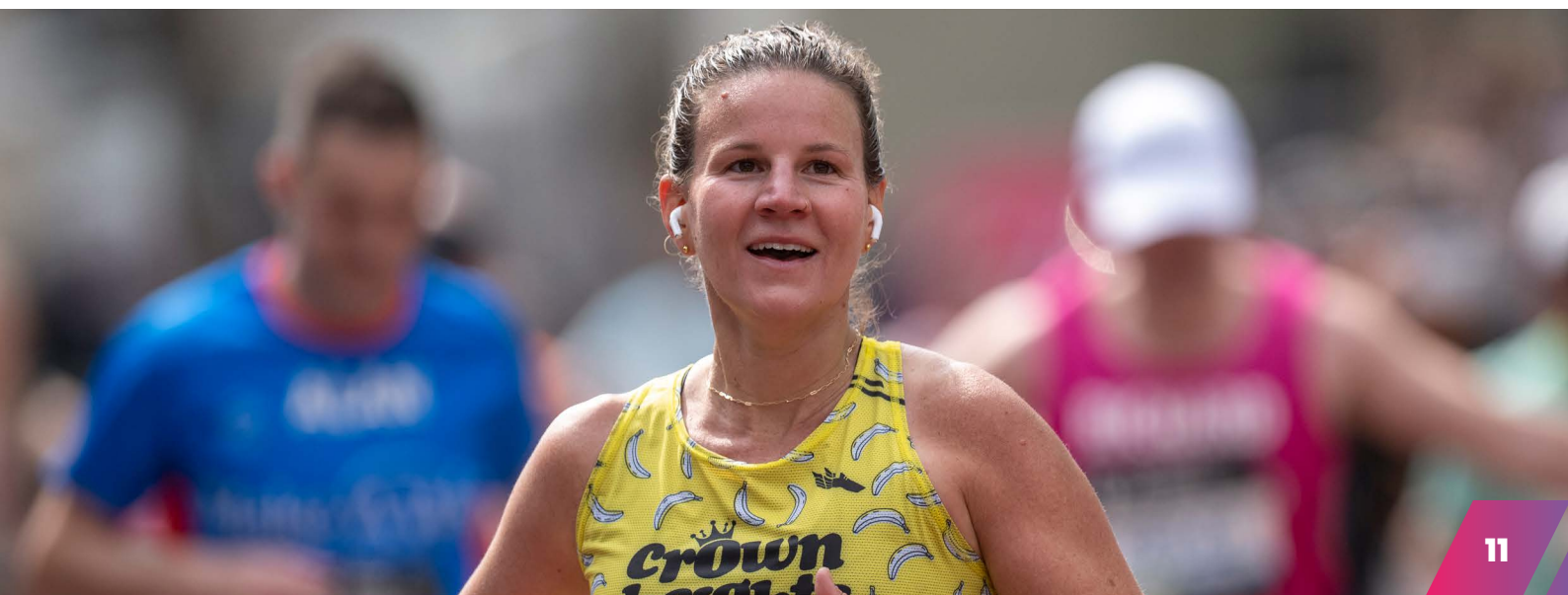
Hydration and fuelling

Wearing a bottle belt or hydration pack is recommended to reduce bottle waste and minimise stops. Water Refill Stations are available in the Assembly Areas and on the route at Miles 5, 10, 14, 17 and 20.

There is Buxton Natural Mineral Water every three miles from Mile 3 to 12, then every two miles from Mile 12 to 24. Please remember to drain the bottle before finishing with it. There is Lucozade Sport at Miles 7, 15, 21 and 23. There is also Lucozade Sport Gels at Miles 13 and 19.

Recycling

Please help us reduce littering on the route by using the bins provided at all Drinks Stations for gel wrappers, cups and other items.



Course features and etiquette

Distance markers and timing clocks are at every mile and every 5K point. The clocks show how long since the first wave started.

A blue line indicates the shortest route; please let faster participants use it.

Move to the left if you need to walk.

Entertainment

We have a variety of live music and entertainment on the course. Full details will be shared on the event website nearer to Marathon Day.

Dropping out

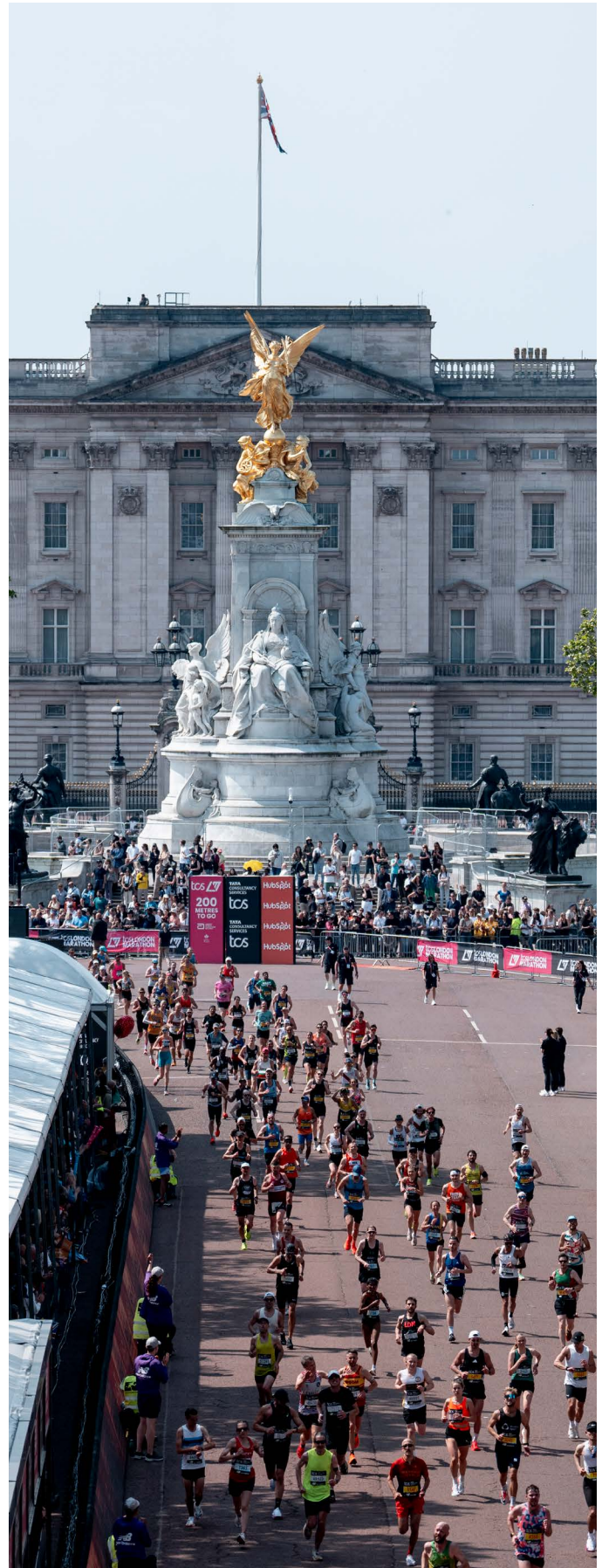
If you need to drop out, please let staff know at the nearest First Aid Point. You can either wait for a sweep minibus to take you to the Finish or you can use public transport for free by showing your bib. Please note, it may be a long wait for a sweep minibus.

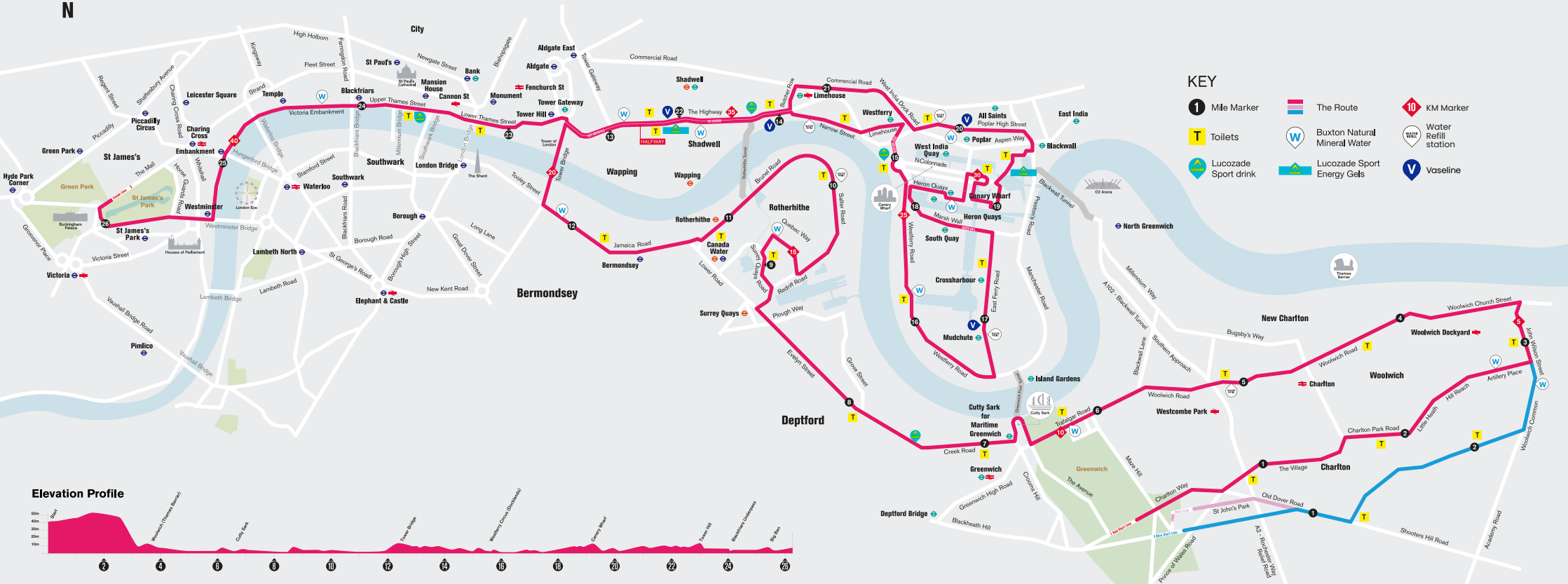
Finish Line closure

The official cut-off is eight hours after the last participant starts at 11:30, with The Mall closing at 19:30. After that, the Finish Line moves to St James's Park until midnight. Sweep vehicles and minibuses will assist those unable to finish. Any participants finishing after 19:30 will need to move onto the pavement to complete their marathon.

Back of the Pack

Tailwalkers and cycle marshals maintain an eight-hour pace. If you predict a finish over seven hours, you'll start on the Pink Start. Participants who fall outside the eight-hour pace will need to move onto the pavement and be self-sufficient after Drinks Stations close. Toilets remain available until midnight.





KEY

- Mile Marker
- The Route
- KM Marker
- Toilets
- Buxton Natural Mineral Water
- Water Refill station
- Lucozade Sport drink
- Lucozade Sport Energy Gels
- Vaseline



6. AFTER CROSSING THE FINISH LINE

Crossing the Finish Line is a major achievement – enjoy it while following these steps:

1. Please keep moving and seek medical help if needed.
2. If you declined a medal, visit the Selfie Station for a photo with a borrowed medal. Or check out the App for an exclusive Finisher selfie frame and a virtual medal to celebrate your achievement. Abbott World Marathon Majors Six Star and London Classics medals can be collected at the designated points.

You'll receive:

- Finisher medal (if opted for at registration)
- Buxton Natural Mineral Water
- GetPRO Yoghurt Pouch
- Lucozade Sport

Kitbag collection

Follow signs to the lorry matching your bib number to retrieve your kitbag. If you opted to be part of Team Green and have a bag to collect, please look for signage directing you to the appropriate marquee.

Food

Consider packing a snack in your kitbag for post-event recovery.

Meeting supporters

The Meet and Greet Area is up to 30 minutes' walk from the Finish Line, with lettered Meeting Points at Whitehall, Horse Guards Parade and Horse Guards Road. Arrange to meet at a specific letter and avoid relying on phone signals.

Dedicated spaces

A Sensory Calm Tent, Parent and Child Tent, and Multi-Faith Prayer Tent will be available for those needing to use them.

Heading home

Travel is free until 20:00 on London Underground, Overground, Elizabeth Line, buses and DLR. Plan routes using our [Green Travel Tool](#) and consider carbon offset donations. Westminster station will be exit-only. Southeastern trains do not offer free post-event travel.

Results and photos

Your result will be online within 24 hours; photos within 48 hours via [Sportograf](#). You'll also be able to view these in the App.



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ACCESS POINTS

- ① TCS Clubhouse Entrance
- ② The Grandstand & Accessible Viewing Entrance
- ③ 1981 Suite Entrance
- ④ Public Viewing Entrance

FINISH AREA CROSSING POINTS

- A** Parliament Square to Parliament Street
- B** Park Exit to St James's Park Station
- C** Park Entrance from St James's Park Station
- D** Victoria Station/Buckingham Palace - St James's Park

One Way Public Crossing Point
 Two Way Public Crossing Point



TEAM GREEN BAG DROP MAP
SATURDAY 25 APRIL



- Mini London Marathon Route
- Crossing Points
- Route to Team Green bag drop



THANK YOU TO OUR PARTNERS



WE ARE PART
OF THE



EUROPEAN MARATHON
CLASSICS