



**A VISUAL GUIDE FOR YOUR DAY AT THE**

**TCS MINI LONDON MARATHON**

# HEY!

**In this guide I will take you through what to expect at the TCS Mini London Marathon!**

**This includes:**

- **Getting to the Start Line**
- **Wearing your bib and running with your friends**
- **Crossing the Finish Line**



# ARRIVING AT THE EVENT:

**You've made it! Lets GO!**



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

You might feel **EXCITED!**



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

It is **NOISY** and **CROWDED**.



**03** There are lots of small stones  
and gravel at the start.

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



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



**05** You might see **ACTIVITIES** to do such as drawing.



**06** There is a **Sensory Calm Tent** to take a break from the crowds.

**A space for some QUIET time.**



**07** At the **Information Point** you can get a sticker to put on your T-shirt, which says:

**"Give Me Space"**

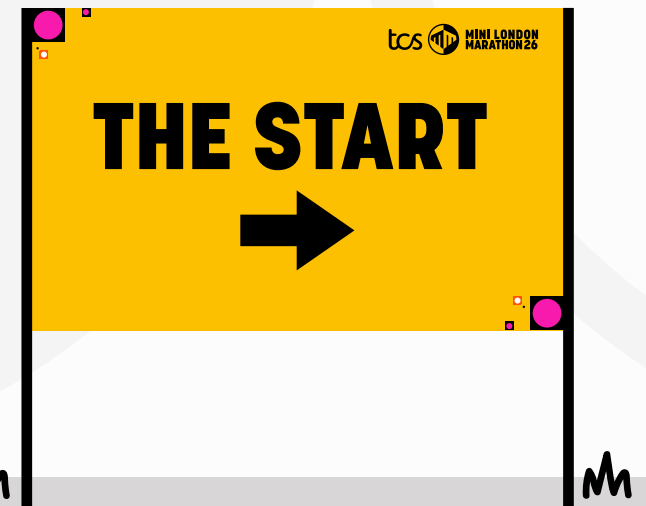
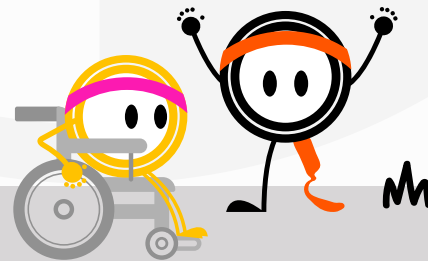


**08** There are places for you to refill your water bottle.



# FINDING YOUR START LINE

**Look, it is that way!**



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



10 Check your WAVE number on your bib. It is circled on this picture.

Your wave is your group for the event.



11 Use the large map to find the warm-up pen for your wave number.

This is where you WAIT to cross the Start Line.



12 Give your grown-up the tear-off strip from your bib.

Your grown up will meet you at the Finish Area.



tcs MINI LONDON MARATHON 26 #WeRunTogether

WAVE 14 4444



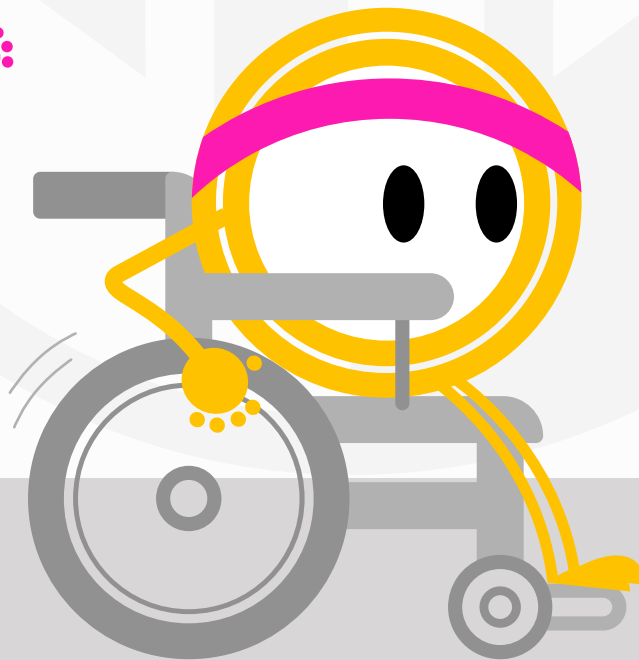
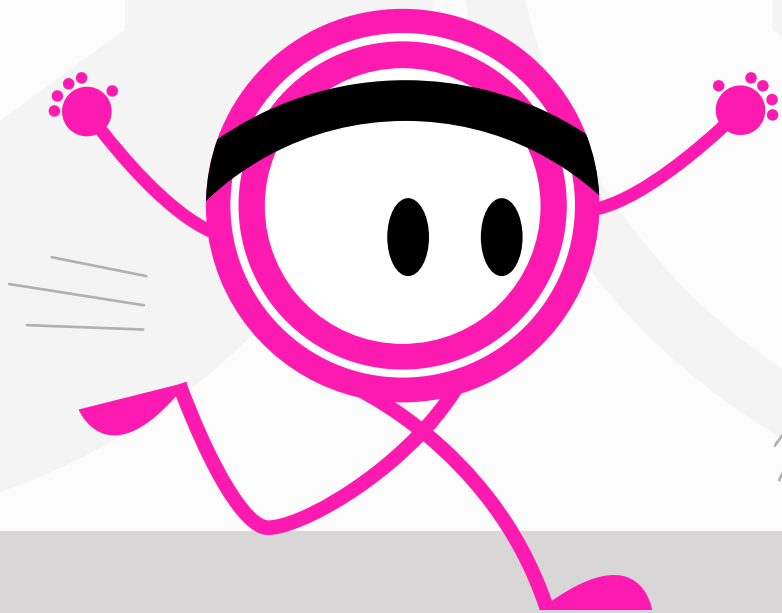
WAVE 14 TEAR OFF 4444

#WeRunTogether



# AT THE START LINE

3,2,1...GO!



**13** You might see big mascots walking around the Start Area.



You may start to feel **NERVOUS**.



**14** Start with a warm up. Follow along stretching and jumping.

There may be lots of **MUSIC**.



**15** There are big screens which play videos. Teachers and volunteers give helpful instructions.

There is **MUSIC, MOVEMENT** and **CHEERING**.



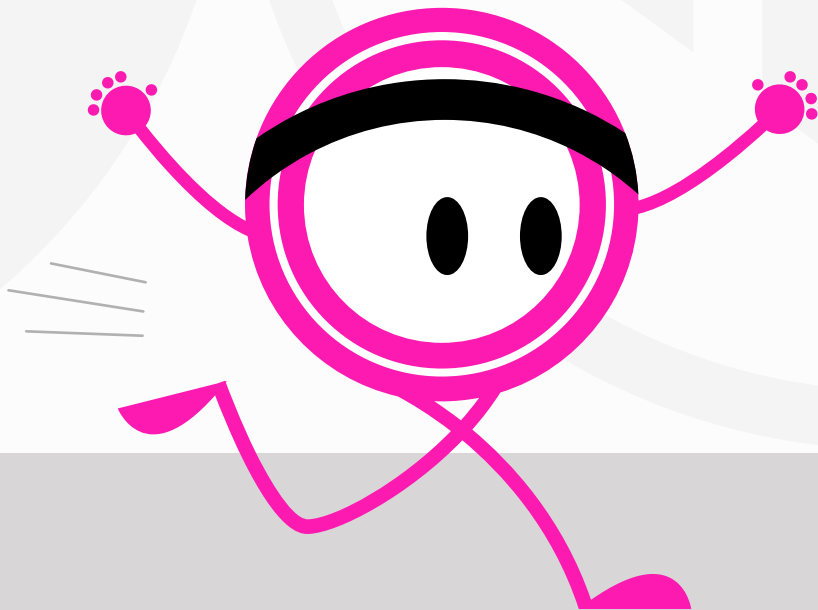
**16** A horn will start your wave. Follow the other runners along the route.

The horn may be **LOUD**.



# RUNNING THE RACE

**Keep going, you've got this!**



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MINI LONDON  
MARATHON

17 You will be running towards the park and might feel the wind on your face.

It will be a CALM time.



18 You might see or hear:

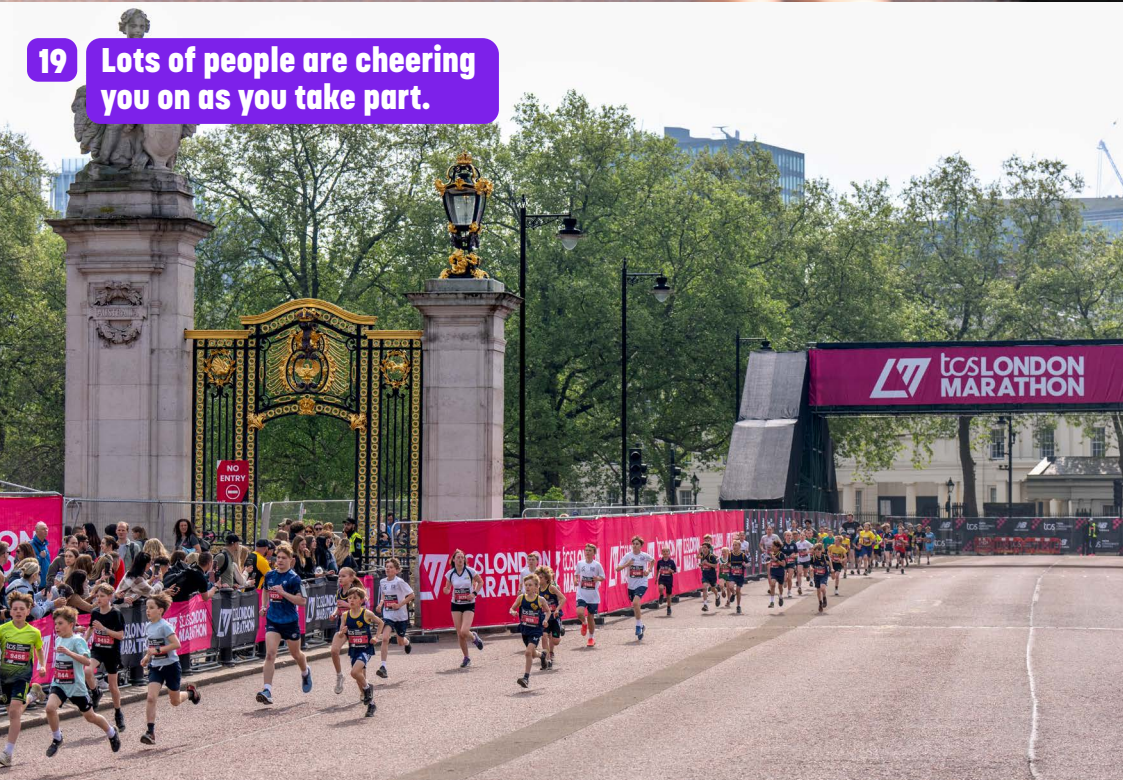
Trees rustling and birds.

Music from live bands.

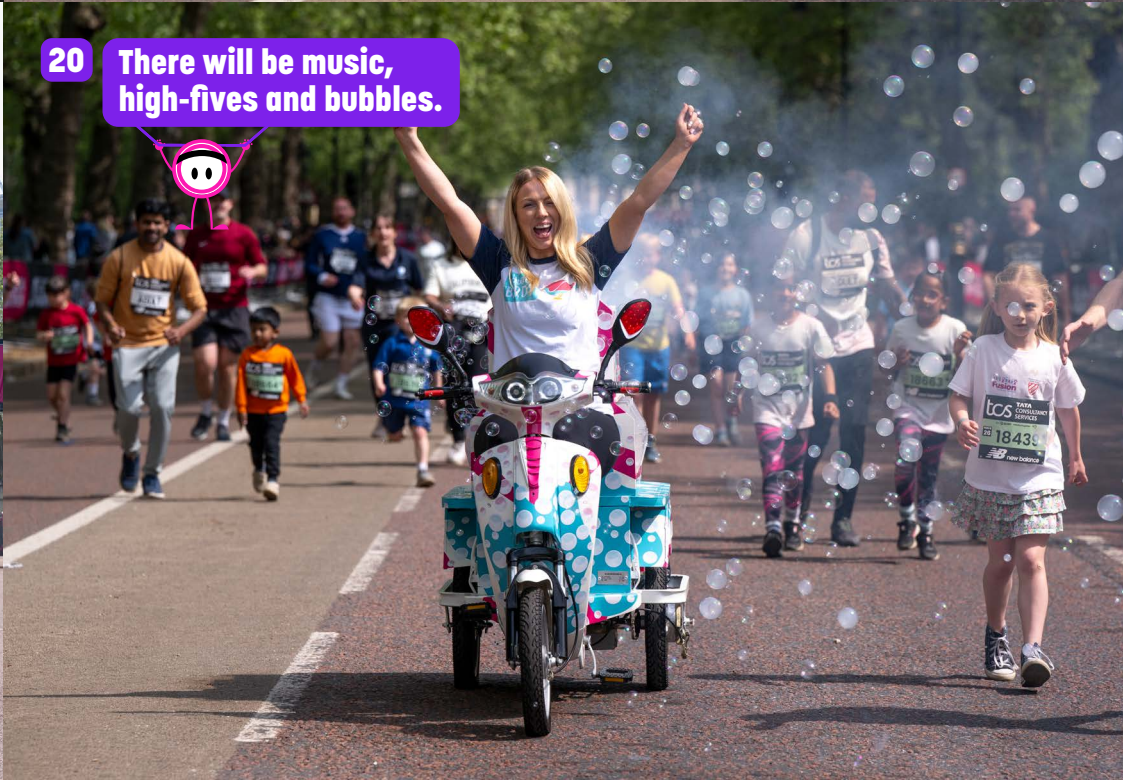
Windcatchers and mirrors.



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



20 There will be music, high-fives and bubbles.



# THE FINISH LINE

**You have finished, congratulations!**



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

It feels EXCITING.



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

You might feel happy and proud to have finished.



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



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

This is where your grown-up will be waiting for you.



25 Take a photo to remember your day with your friends and family.



26 Celebrate afterwards at the Fan Zone, where there will be food, drink and live music.





# HAVE FUN!

**Hopefully you now have all the information you need to have a great day at TCS Mini London Marathon!**

**BUT, if you want to find out more, please visit our website via the link below!**

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

