



new balance

BIG RELAY 2026

SUNDAY 6 SEPTEMBER 2026

PARTICIPANT GUIDE

**RUNNER ONE – YOU MUST GO TO THE SOUTH ASSEMBLY
AREA ON EVENT DAY.**

WHAT3WORDS: ///GIFTED.SADLY.BILLS

SEE PAGE 2 FOR HOW TO GET TO THE START.

NEW FOR 2026

One kitbag per team, which will be transported from the Start to the Finish (see page 5)

Medal and T-shirt collection will be from the Big Half Festival, in Greenwich Park (see page 8)

Option to cross the Finish Line together (see page 8)





RUNNER ORDER AND LEG LOCATIONS

Each runner will complete about 5K of the Big Half route.

As a team, make sure you know who is running which leg and have agreed your pace plan, so you know what time to arrive at the Changeover Points.

The leg start and finish location for each runner is listed on page 3. The changeover process is explained on page 4.

We recommend making a group chat on your phones and sharing your live locations. The Big Half Festival, in Greenwich Park, is the perfect place to celebrate as a team. We encourage all runners to make their way here after their leg.

The what3words address is:
///fine.kind.deeper

Use our [green travel tool](#) to find your best low-carbon routes on Event Day.

RUNNER ONE

START: SOUTH ASSEMBLY AREA, TOOLEY STREET,
WHAT3WORDS ADDRESS: ///GIFTED.SADLY.BILLS

FINISH: CHANGEOVER ONE,
HARBORD SQUARE, CANARY WHARF,
WHAT3WORDS ADDRESS: ///RIVER.TEETH.COVERS

RUNNER TWO

START: CHANGEOVER ONE,
HARBORD SQUARE, CANARY WHARF,
WHAT3WORDS ADDRESS: ///RIVER.TEETH.COVERS

FINISH: CHANGEOVER TWO, WAPPING ROSE
GARDENS, WAPPING HIGH STREET,
WHAT3WORDS ADDRESS: ///NOTING.SUNG.RISK

RUNNER THREE

START: CHANGEOVER TWO, WAPPING ROSE
GARDENS, WAPPING HIGH STREET,
WHAT3WORDS ADDRESS: ///NOTING.SUNG.RISK

FINISH: CHANGEOVER THREE, SALTER ROAD,
WHAT3WORDS ADDRESS: ///PLACES.TUMMY.LIFT

RUNNER FOUR

START: CHANGEOVER THREE, SALTER ROAD,
WHAT3WORDS ADDRESS: ///PLACES.TUMMY.LIFT

FINISH: CUTTY SARK, GREENWICH



THE CHANGE- OVER PROCESS

- The New Balance Big Relay consists of four runners, four legs and three Changeover Points
- Each Changeover Point will be clearly signposted
- There is no baton and the outgoing runner can start as soon as the incoming runner crosses the timing mat

- There will be blue, green and red flags just after the timing mat at each Changeover Point.

Please arrange in advance with your team-mate which flag you'll wait for them at

CHANGEOVER POINT FACILITIES

- Toilets
- Medical Point
- BUXTON® Natural Mineral Water
- Lucozade Sport

BIG HALF FESTIVAL

Medals and New Balance finisher T-shirts must be collected by each runner from the Big Half Festival, in Greenwich Park (if you chose to receive these when you registered). Runners One, Two and Three can join Runner Four for the final 500 metres of their leg, so you cross the Finish Line as a team. See page 8 for full details.

Runner One will start in either Wave 3, 4 or 5, near Tower Bridge. All other relay runners must start their leg of the relay at their designated Changeover Points at the locations shown below:

START

South
Assembly Area



Nearest station:
London Bridge

LEG 1 (5K)



Tower Bridge to
Canary Wharf

Changeover One:
Canary Wharf



Nearest station:
South Quay/
Canary Wharf

LEG 2 (5K)



Canary Wharf
to Wapping

Changeover Two:
Wapping



Nearest station:
Wapping

LEG 3 (5K)



Wapping to
Rotherhithe

Changeover Three:
Rotherhithe



Nearest station:
Rotherhithe

LEG 4 (6K)



Rotherhithe
to Cutty Sark

FINISH Cutty Sark



Nearest station:
Greenwich

EVENT PACK AND TEAM KITBAG

UK PARTICIPANTS

Your Event Pack, which contains your bib number, should arrive in the post by Tuesday 1 September

- If it hasn't arrived by 17:00, please complete the [replacement pack form](#)
- Runner One's Event Pack will also include the team kitbag. They should drop this at the Start and Runner Four should collect it at the Finish in Greenwich
- Please note: we can only accept items in your official kitbag. Please do not bring suitcases, large bags, or loose items such as coats or shoes.

REPLACEMENT PACKS

If you need a replacement pack, complete the form and collect your pack from Marathon House, 190 Great Dover Street, London, SE1 4YB, during the following times:

- **12:00 to 19:00** on Friday 4 September
- **10:00 to 18:00** on Saturday 5 September

HOW TO COLLECT A REPLACEMENT PACK

- Take a screenshot of the unique QR Code we emailed to you with your start info
- Show the QR Code to our staff
- You can arrange for someone else to collect your pack – they will need to show a copy of your ID and your QR Code/start info email

INTERNATIONAL PARTICIPANTS

You'll need to collect your Event Pack from Marathon House, 190 Great Dover Street, London, SE1 4YB, during the following times:

- **12:00 to 19:00** on Friday 4 September
- **10:00 to 18:00** on Saturday 5 September

You don't need to complete the replacement pack form. Take a screenshot of the unique QR Code we emailed to you with your start info and show it to our staff.

Please note: we're unable to send any replacement packs in the post and Event Packs are not available to collect on Event Day.



EXAMPLE BIB NUMBER



Understand your bib

Your bib (example above) indicates:

1. Runner One will start in either Wave 3, 4, or 5
2. Indicates which leg of the relay you are and therefore whether you are Runner One, Two, Three or Four
3. Indicates the baggage drop-off/collection point for the team kitbag. Runner One will drop the kitbag off at the Start and Runner Four should collect it at the Finish
4. Indicates your finisher item choices – medal and T-shirt. Collect these from the Big Half Festival at the Finish

BE SAFE AND SECURE

Our priority is keeping you and spectators safe at the New Balance Big Relay.

- We work closely with the police and other agencies to ensure a safe event for all
- Measures include bag searches and stewards on site
- Please follow their instructions and report anything suspicious

In an emergency, call 999

HEALTH AND MEDICAL ADVICE

- Complete your medical info on the back of your bib – it could save your life
- Only participate if you're fit and well. Running with illness or injury is dangerous
- Before Event Day, please read the full medical guidance on our website

Important: Please run to the conditions – don't attempt a personal best if it's hot on Event Day.





FACILITIES

See the course map on page 11 for locations of toilets, Drinks Stations, Tap Water Refill Points, and Info Points – where our team will be able to help with any queries. Period products will be available at the Info Points.

In the Big Half Festival area, there will be a Sensory Calm Tent, a Parent and Child Tent (for breastfeeding/pumping and a playpen for your children) and a Multi-Faith Prayer Tent.

FLUIDS AND FUEL

BUXTON® Natural Mineral Water will be in 250ml bottles and Lucozade Sport will be served in compostable paper cups.

Why not wear a hydration vest, bottle belt or carry your own refillable bottle? This way you can drink to thirst and make use of the Tap Water Refill Points on the route to help reduce waste.

PLEASE BIN YOUR RUBBISH

We're committed to reducing the environmental impact of the Big Half. Please help us reduce littering on the route by using the bins

provided at all Drinks Stations for bottles, gel wrappers, cups and other items.

DROPPING OUT

If you cannot complete your leg, you must contact the next runner in your team to let them know. The next leg runner will be allowed to leave without the previous runner crossing the timing mat, but it is your responsibility to tell your team-mate you have dropped out.

ENTERTAINMENT, CHEER ZONES AND OFFICIAL SUPPORTER VENUE

There will be a variety of entertainment along the course for you and your supporters to enjoy.

Share our [Spectator Guide](#) with your family and friends for full details of our community cheer zones and Official Supporter Venue.

SHOW OUR VOLUNTEERS SOME LOVE

Our volunteers are amazing people who give up their free time to support the event, and you. Please show them some appreciation on Event Day.

THE FINISH

CROSS THE FINISH LINE AS A TEAM!

New for this year, runners of legs one to three can join the final 500 metres of leg four so you cross the Finish Line together in front of Cutty Sark in Greenwich.

Head to the meeting point on Creek Road to wait for your leg four runner to arrive.

what3words address: [///shaped.claim.vanish](https://www.what3words.com/#!/shaped.claim.vanish)

The nearest stations are Greenwich (12-minute walk) and Cutty Sark Docklands Light Railway (eight-minute walk).

All participants must be wearing their bibs; there will be a security check at the meeting point.

FINISHER ITEMS

Once in the Finish Area, Runner Four can collect a bottle of BUXTON® Natural Mineral Water and a bottle of Lucozade Sport.

KITBAG COLLECTION

Please don't congregate in the Finish Area; follow the signs to the Big Half Festival, in Greenwich Park. Runner Four should collect the team kitbag from the collection point that matches the baggage letter in the top-right corner of their bib.

FINISHER MEDAL AND T-SHIRT COLLECTION

Each runner should collect their medal and New Balance finisher T-shirt* from the Big Half Festival. The collection point will be clearly signposted. Please be ready to show your bib to our team, so they can check the required T-shirt size and stamp your bib to confirm collection.

*If you opted to receive these items when you registered. Your choices will be displayed on your bib. If you chose not to receive a medal, grab a picture using our branded selfie frames. Our volunteers will take a photo of you on your phone.



BIG HALF FESTIVAL

Celebrate your achievement in style with New Balance. Ease into your recovery with electrolyte mocktails while enjoying live DJ sets, exclusive product testing and photo opportunities.

Look out for the incredible dancers from [Empowered Movement](#), who'll be ready to celebrate with you. [The Cali Academy](#) will be hosting various calisthenics activities and challenges open to all participants and spectators.

There will also be food and drink vendors.

GREEN VILLAGE

Here you can buy trainer bags and running belts made from branding used at last year's Big Half. We've created this exclusive merch to reduce waste from the event. Customise your bag, belt or finisher T-shirt with a badge from [Alterist x Kippa Tres](#).

CHANGING FACILITIES

There will be changing facilities in the Festival area, next to the Info Point.

WASTE STATIONS

There will be clearly signed sections for each type of waste. Please help us maximise recycling by putting your waste in the correct bins.

DONE WITH YOUR RUNNING SHOES?

Give them a new lease of life through [JogOn](#), the running shoe collection campaign. Please leave them at the JogOn drop-off point at the Info Point in the Festival area.

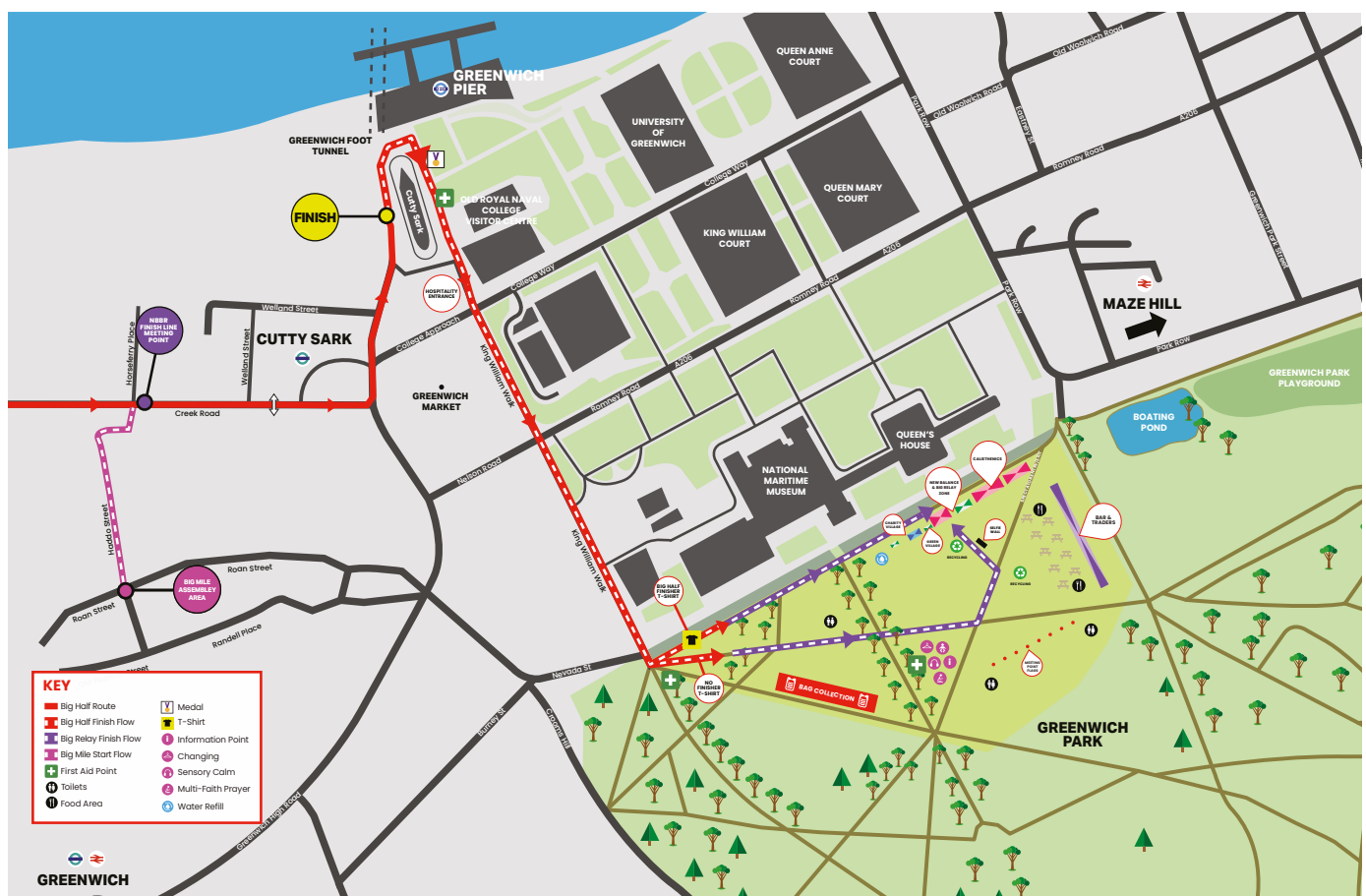
All donated running shoes will be sorted to ensure they are suitable for redistribution before being sent to new homes for reuse.



PLAN YOUR JOURNEY HOME

Please plan your journey home in advance. Use our [green travel tool](#) to find your best low-carbon travel routes and see the map below for the closest stations to the Finish Line.

Three riverboat services are available from Greenwich Pier: Thames Clipper, City Cruises and Thames River Services.

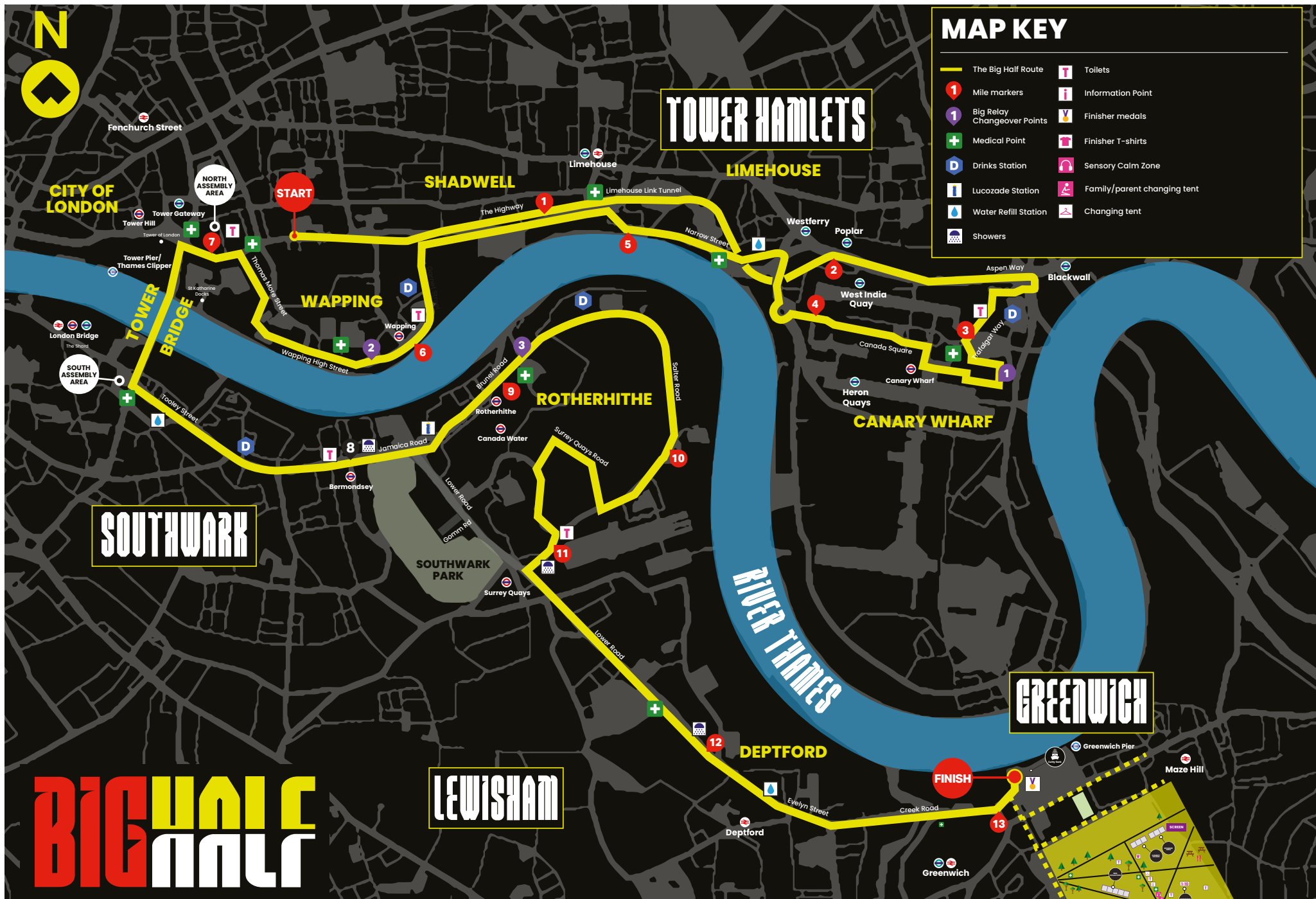


RESULTS AND PHOTOS

Your individual and team result will be available on [our website](#) within 24 hours.

Your official photographs will be available to purchase within 48 hours from our photography partner, [Sportograf](#). You can register now to be notified when they're available to view online.

Share your photos and experiences on [Facebook](#) and [Instagram](#) with @OfficialBigHalf and #WeRunAsOne



THANKS TO OUR PARTNERS

