

Vitality Westminster Mile Easy Read Guide

**An Easy Read Guide
to your day out at
the 2026 Vitality
Westminster Mile**



The Vitality Westminster Mile 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



The Start Line for the Vitality Westminster Mile is on The Mall.



There will be lots of people and it will be noisy.

You might feel **excited**.



You may notice:

- the **sound** of trees rustling
- **wind** on your face

The Event Village



At the Event Village you might see:

A place to refill your water bottle.



An Information Point

Here you can get a sticker to put on your shirt that says 'Give Me Space'.



A Sensory Calm Tent

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

Getting ready to run or walk



Ask a grown-up to write on the back of your bib and tear off the collection strip on the side.



Ask a grown-up to help pin your bib to your top.



The Start Area will be busy and there will be music playing.

You will be called forwards to start your mile.

Running or walking the mile



A loud horn starts the event.



There will be lots of people running or walking beside you.

People will be waving and cheering you on.



You see the Finish Line up ahead.

Well done, you're nearly there.

The Finish Line



You cross the Finish Line.

You did it!



You will be given a medal and some water to drink.



A grown-up will show you to your collection point.

Your grown-up will meet you here.

More Information



For more information,
see our website.



**[www.londonmarathon
events.co.uk/westminster
-mile](http://www.londonmarathon
events.co.uk/westminster-
mile)**

