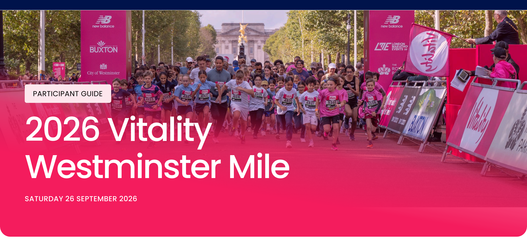

PARTICIPANT GUIDE

2026 Vitality Westminster Mile

SATURDAY 26 SEPTEMBER 2026

What's Inside

Everything you need, in three sections.

SECTION 01

My Run

All you require to arrive prepared, from the kit you'll need to your wetsuit, wristband and event-day essentials.

SECTION 02

The Essentials

Comprised of six sections around everything you might need to know before, during, and after the event.

Your most common questions, answered.

Select a topic below to find the information you need.

Can I cancel my entry, defer to next year or get a refund?

Entries are non-refundable, non-deferrable and non-transferable, unless you purchased the Refund Protect during registration. Please check the terms of your Refund Protect policy. Please contact the insurer if you have a refund query. Places cannot be transferred to another runner under any circumstances.

Can I change my wave or move into the Pyjama Wave?

Wave-change requests are among the most common enquiries. While some changes may be possible before the event, availability is limited and not all requests can be accommodated.

Can my family run together?

We offer several family-friendly waves, make sure your group is entered into one of these categories.

How old do children need to be to take part?

There is no minimum age for the Vitality Westminster Mile.

When will I receive my Event Pack and start time?

If you live in the UK, you should receive your Event Pack by Monday 21 September. If you live outside the UK, you'll need to collect it from Marathon House.
Your start time will be emailed to you along with your Participant Guide.

I entered the wrong category or need to update participant details. What should I do?

If you've entered the wrong wave or need to amend a participant's name or other details, contact us as soon as possible via the link below. Changes may be possible before event deadlines, subject to availability and event rules.

01 - My Run

Your Start Wave

Your wave number is printed on your bib, and your allocated arrival time in Green Park is in your Participant Guide email. Please stick to it — it helps us deliver a safe event with minimal congestion and queuing.

YOUR WAVE

You'll find this information in your Event Pass.

Your times

First wave starts	09:30
Last wave starts	14:25
Waves in total	24
Your timing chip	Attached to the back of your bib

Your Event Day Checklist

Tick each item as you pack it.

YOUR EVENT DAY CHECKLIST

Pack these tonight.

- ✓ **Your bib**
  Medical details filled in on the back, for you and any under-18s
- ✓ **Safety pins**
  In your Event Pack, to fix your bib to your top
- ✓ **Your wristband**
  For the adult accompanying a participant under 18
- ✓ **A small bag or rucksack**
  Small bags only, no suitcases, large bags or loose items
- ✓ **A reusable bottle**
  There's a Water Refill Point in Green Park
- ✓ **A change of clothes**
  The Baggage Area is uncovered, so pack for the weather
- ✓ **This guide, saved offline**
  Download the PDF to your phone before you travel
- ✓ **Your arrival time**
  It's in your Participant Event Guide email
- ✓ **Your travel plan**
  Allow enough time to reach Green Park by your arrival time
- ✓ **A meeting point agreed**
  Prearrange where to meet family and friends afterwards

Your Bib

Your bib shows three things: your unique bib number, your start wave number, and whether you opted to receive a medal when you registered. Your medal choice and the details on your bib are set once your pack is printed, so they can't be changed.

For safety reasons, it's strictly forbidden to let someone else use your bib, or to take part wearing someone else's.

Good to Know

Your wristband, your timing chip and taking part with children.

Under-18 wristbands

Every participant under 18 gets one in their Event Pack
It's numbered to match their bib, and the parent or guardian attending with them wears it

Bringing children who aren't taking part?
Collect wristbands for them from the Information Point in Green Park, so we can reunite you if you're separated

Additional wristbands are available at the Information Point in Green Park

Under-18s must be accompanied to the Start Area

Your timing chip

Your chip is already attached to the back of your bib

Wear your bib on your front
Clearly visible, with nothing covering it

It activates as you cross the Start Line
Your time starts automatically when you start, not when the first wave goes

It records again at the Finish Line
Keep your bib on until you're through the Finish Area

Please avoid folding, cutting or pinning through the chip

If your details are wrong
Your medal choice and bib details are set once your pack is printed.

Medal choice and bib details can't be changed

Contact us if something else on your registration needs updating

Only you can use your bib, and it can't be passed to anyone else

Everyone is Welcome

We want everyone to feel welcome at the Vitality Westminster Mile, and we aim to make the event accessible to all. Here's the support on offer, including facilities at the Vitality Wellness Festival in Green Park.

- ✓ Sensory Calm Tent in Green Park — a quiet space open whenever you need it
- ✓ Parent and Child Tent in Green Park — for breastfeeding/pumping and a playpen for entertaining young children
- ✓ Multi-Faith Prayer Tent in Green Park
- ✓ Period products at the Information Point in Green Park — just ask our team
- ✓ Accessible toilets in Green Park and before the Start Line on The Mall

02 - The Essentials

02.01 - Get Prepared

Your Event Pack, your bib, and taking part with children.

> ⚠ **Fill in the medical details on the back of your bib**
> In an emergency, it could save your life. If you are taking part with anyone under 18 then you should complete theirs too.

Your Event Pack

When it arrives, what's inside and what to do if it doesn't.

Receiving your Event Pack

If you live in the UK, your Event Pack will arrive in the post by Monday 21 September. If it hasn't arrived by 17:00 that day, complete the replacement pack form.

If you live outside the UK, collect your pack from Marathon House, 190 Great Dover Street, London SE1 4YB on Friday 25 September, between 12:00 and 19:00. Or from the info Point in Green Park on Saturday 26 September, between 08:30 and 16:00. There's no form to complete, just pop along to see our team.

Missing your pack?

Complete the replacement pack form, then collect your pack from Marathon House, 190 Great Dover Street, London SE1 4YB on Friday 25 September, between 12:00 and 19:00. Or from the info Point in Green Park on Saturday 26 September, between 08:30 and 16:00.

Replacement packs can't be sent in the post.

What's in your Event Pack

Your bib, safety pins and, for under-18s, a wristband

Your unique bib, with the timing chip attached to the back. Safety pins to fix your bib to your top. A wristband for the accompanying adult to wear, included in Event Packs for participants under 18 only. Please bring these items with you on Event Day.

Have your QR code ready

Whenever you collect a pack, show our team the unique QR code we emailed you with your important start information. Take a screenshot of that email now, so you can find it easily on the day.

You can arrange for someone else to collect your pack, but they must have written authorisation from you and will need to bring a copy of your ID and your QR Code.

Only you can use your bib

For safety reasons, it's strictly forbidden to let someone else use your bib, or to take part wearing someone else's.

Be Safe and Secure

How we keep everyone safe, and how you can help.

Safety and security at the Mile

The safety and security of all our participants and spectators is of paramount importance to us. We work closely with the police and other organisations, and we have a range of measures in place, including bag searches.

Follow the instructions of our team of friendly stewards at all times. If you see something suspicious, tell a steward, tell a police officer, or ring 999.

Taking part with children

The Vitality Westminster Mile is designed for all ages and abilities to enjoy, and that includes families and groups with children. Help us by being well prepared.

Children of any age can run on their own and the accompanying adult should be wearing the wristband associated with the bib the child is wearing.

Please make sure every member of your team, children included, has their emergency contact information filled in on the back of their bib. It's how we identify and reunite you both if you become separated.

Wristbands for under-18s

Every participant under 18 receives a wristband in their Event Pack, numbered to match their bib. The parent or guardian attending with them wears it, so our Welfare Team can reunite you as quickly as possible if you're separated.

Bringing children who aren't taking part? Collect wristbands for them too. Additional wristbands are available from the information Point in Green Park.

Parent and Child Tent

As well as fun activities for all the family, there are facilities for people with young children and babies in the Vitality Wellness Festival Area in Green Park. If you need to feed, change or entertain your child in the play pen, just pop in to see our team.

KEY DATES

Dates to put in your phone

The dates and times worth saving now, so you're not hunting for them later.

Event Pack arrives (UK)	**Monday 21 September**
Pack collection, Marathon House	**Friday 25 September, 12:00–19:00**
Pack collection, Information Point	**Saturday 26 September, from 08:30**
First wave starts	**09:30**

02.02 - Before You Leave

The final checks the night before, so the morning is easy.

> ☐ **Pack your bib, safety pins and wristband tonight**
> Make sure everything is packed so you're ready to go in the morning.

What to Bring

Everything you'll need in Green Park.

Your Event Pack items

Your bib, with the medical details filled in on the back and the timing chip still attached. Your safety pins, to fix your bib to your top. Your wristband, if you're the adult accompanying a participant under 18.

Wear your bib clearly on your front from the moment you arrive in Green Park, so our stewards can direct you.

A small bag only

Pack anything you don't want to run with into a small bag or rucksack. Suitcases, large bags and loose items such as coats or shoes can't be accepted at the *Baggage Area*.

Your baggage is stored in an uncovered area and any items are left at your own risk, so pack for the weather and leave valuables at home.

A reusable bottle

Fill up before, during and after your Mile

There's a Water Refill Point in Green Park, so bring a bottle you can refill rather than a single-use one.

Screenshot your QR code and your times

Take a screenshot of the email containing your unique QR code and your allocated arrival time. Signal in central London can be patchy on a busy Saturday, and a screenshot works without it.

Save this guide to your phone, too, so you can read it offline.

Agree a meeting point

Prearrange a meeting point with family and friends if you plan to get together before or after the event. If you're unfamiliar with the area, the free what3words app lets you pinpoint your location and share it with others.

Know Your Times

Check these tonight, not on the train.

Your arrival time in Green Park

Your Participant Event Guide email contains your allocated arrival time. Please stick to it — it helps us deliver a safe event with minimal congestion and queuing.

Your wave number is printed on your bib. Check it against the wave timetable in My Run so you know your arrival time, your loading time and your wave start time.

Taking part as a group?

Make sure every member of your group knows their own wave number and its timings, not just yours. Waves load separately, so you may not all be starting together.

Taking part with children?

The Vitality Westminster Mile is designed for all ages and abilities to enjoy, and that includes families and groups with children. Help us by being well prepared.

Children of any age can run on their own and the accompanying adult should be wearing the wristband associated with the bib the child is wearing.

Please make sure every member of your team, children included, has their emergency contact information filled in on the back of their bib. It's how we identify and reunite you both if you become separated.

Plan your journey

Use our green travel tool to find your best low-carbon route to Green Park, and to donate to offset your carbon emissions. Where possible, we recommend travelling on foot, by bicycle or by public transport.

TONIGHT'S CHECKLIST

The four things to do before you sleep

Run through these tonight and the morning takes care of itself.

Pack your bib, pins and wristband	**Medical details filled in**
Pack a small bag and include a reusable bottle	**No suitcases or loose items**
Screenshot your QR code and arrival time and save this guide offline	**All your key info in one place**
Plan your route to Green Park	**Meeting point agreed**

02.03 - Getting There

Your arrival time in Green Park, and the best way to travel.

> ⏱ **Stick to your allocated arrival time**
> It's in your LME Account Event Pass. It's how we keep Green Park safe and free of queues.

Plan Your Journey

How to reach Green Park, and when to be there.

Your arrival time

Your Participant Guide email contains your allocated arrival time in Green Park. You must stick to this time to help us deliver a safe event with minimal congestion and queuing.

Arrival times run from 08:30 for the first waves through to 13:20 for the last.

Travelling to Green Park

Where possible, we recommend travelling on foot, by bicycle or by public transport.

Plan your journey to and from the event with our green travel tool, which finds your best low-carbon travel routes. You can also donate to offset your carbon emissions.

Yellow Jersey Bike Park

Free, secure bike parking in Green Park

A secure bike park is available free of charge in Green Park, thanks to our partner Yellow Jersey. A limited number of spaces are available on a first-come, first-served basis. If you cycle to the event, please dismount before entering Green Park.

Displaying your bib

Once you arrive in Green Park, wear your bib clearly on your front so our stewards can direct you to where you need to be.

If you're travelling with children who are taking part, make sure their bibs are on and their emergency contact details are filled in before you set off.

Getting home

Plan your journey home in advance, too. The green travel tool works both ways, so you can find your low-carbon route back and offset the trip at the same time.

When You Get There

The first few minutes in Green Park.

Wear your bib on your front

Our stewards use your bib number to direct you, so keep it clearly visible from the moment you arrive.

Head for the Baggage Area first to drop off a small bag and use the toilets, then make your way to the Start Area on The Mall.

Look and listen for your wave

Timing information appears on the big screen in Green Park, and announcements go out on the public address system. Our stewards are on hand to direct you to where you need to be at the right time.

Travelling as a group

Groups arrive together but may start apart, so agree now where you'll meet afterwards. The free what3words app makes it easy to share exactly where you are.

ARRIVAL TIMES

When to be in Green Park

Your allocated time depends on your wave. Here's the range across the day.

First arrival time	**08:30**
Last arrival time	**13:20**
First wave starts	**09:30**
Last wave starts	**14:25**

02.04 - On Arrival

Baggage drop, toilets and getting to the Start Area.

Keep your baggage wristband safe
You'll need the numbered wristband from our Baggage Drop Team to collect your bag after the Finish Line.

YOUR TIMINGS

The three times that matter

Work back from your wave start time and you'll be in the right place at the right time.

Arrive in Green Park	See your Event Pass
Go to the Start Area	15 minutes before your wave
First wave starts	09:30
Last wave starts	14:20

In Green Park

Everything you'll find before you head to the Start.

Drop off your baggage

Put anything you don't want to run with in a small bag or rucksack, then make your way to the Baggage Area in Green Park before you go to the Start Area on The Mall. Keep your bib number on display so our stewards can direct you.

Our Baggage Team will attach a numbered wristband to your bag and give you an identical one to wear. Look after your wristband, as you'll need it to collect your belongings after you've crossed the Finish Line.

What we can accept

We can only accept small bags and rucksacks. Suitcases, large bags and loose items such as coats or shoes can't be stored.

Your baggage is stored in an uncovered area and any items are left at your own risk.

Toilets and water

In Green Park and before the Start Line

Toilets, including accessible toilets, are available in Green Park and before the Start Line on The Mall. There are also toilets before the loading pens. A Water Refill Point is available in Green Park, so bring a reusable bottle to fill up before, during and after your Mile.

Information Point

If you need any assistance, head to the Information Point in Green Park.

It's also where you'll find additional wristbands, period products, welfare support and the JogOn trainer drop-off.

Know your important times

Look for timing information on the big screen and listen to announcements on the public address system. Our stewards will also be on hand to direct you to where you need to be at the right time.

Getting to the Start

From Green Park to The Mall.

Go to the Start Area

Once you've dropped off any baggage, make your way to the Start Area on The Mall 15 minutes before your wave start time.

There's space to warm up on The Mall, and toilets before the loading pens and the Start Line.

Loading your wave

When your wave is ready to load, stewards and signs will direct you. Follow their instructions to help everyone get away smoothly and on time.

Starting as a group

If you're taking part with a group, make sure everyone knows their own wave number and its timings. Under-18s must be accompanied to the Start Area.

Taking part with children

Keep your group together in the loading pen, make sure every bib has emergency contact details on the back, and check the accompanying adult is wearing the numbered wristband from the child's Event Pack.

02.05 - On The Course

The Mall to Buckingham Palace, on the most famous Mile in the world.

Only humans can take part
No animals are allowed on the course. Your pets are welcome to watch from the sidelines, accompanied by an adult.

THE MAP

Follow the Vitality Westminster Mile route along the course around St James Park. Keep an eye out for the course markers and marshals, who'll help keep you on track from start to finish.

Your Mile

What to expect between the Start and the Finish.

The route

The course starts on The Mall and finishes in front of Buckingham Palace. Running the world-famous Vitality Westminster Mile is an experience like no other, so take the time to enjoy it.

Run it, jog it or walk it. However you cover the distance, it counts.

Humans only

We're proud the Vitality Westminster Mile is an inclusive event for everyone, but only humans can take part.

No animals are allowed on the course. Your pets are welcome to watch you from the sidelines, as long as they're accompanied by an adult.

Reading the course map

What the symbols mean

The map shows two-way public crossing points, the course itself, repatriation points for children, participant access to the Start, live entertainment, the secure participant area, toilets and baggage.

Live entertainment

Look out for live entertainment along the route, and for our stewards and volunteers cheering you through. If you're feeling unwell at any point, tell a steward or a member of our medical team straight away.

Watching from the sidelines

Friends and family can watch from the two-way public crossing points along the route, then meet you at the Vitality Wellness Festival in Green Park afterwards.

If You Become Separated

What to do, during the event and outside it.

During the event:

If you get separated, do not panic.
Please head straight to the Finish, where our team of trained, DBS-checked welfare support staff will be ready and waiting, looking for any children or carers who have become separated on the route.

The Welfare Team will look after your child
They will look after your child until you cross the Finish Line if they arrive before you – and will be there to support you if you get separated from your child and finish before them.

Separated children on the route
Any separated children who are found by event staff on the route will also be guided to the Welfare Team at the Finish. Please organise to meet at the flags just past the Finish Line to find our team and your child(ren)s young person.

Reuniting the right child with the right adult
Our Welfare Team will need to verify that they have reunited the right child with the right adult before they can leave the Finish Area together. This is why you must ensure you and any children you are participating with have filled in the correct information on the back of your bibs and you are wearing the wristband provided.

Outside the event:

Go to the Information Point
If you are separated from a child before or after the event, please go to the Information Point at the Vitality Wellness Festival in Green Park, where there will be more Welfare Team staff to help. This is also where you should go if you find a child who has been separated from their parent or carer or have any other concerns about a child or vulnerable adult.

Prearrange a meeting point
It's also a good idea to prearrange a meeting point with family and friends if you plan to get together before or after the event. If you're unfamiliar with the area, we recommend using the what3words app, which allows you to pinpoint your location to share with others.

COURSE FACTS

Your Mile at a glance

The essentials, in one place.

Start	The Mall
Finish	In front of Buckingham Palace
Distance	One mile
Animals on the course	Not permitted

02.06 - The Finish Line

Your medal, your bag and the Vitality Wellness Festival.

Feeling unwell? Tell our medical staff immediately
Once over the Finish Line, keep moving to create space for the participants arriving after you.

Your Finish

What happens in the moments after you cross the line.

Crossing the line

Completing the Vitality Westminster Mile is a special achievement, so enjoy your moment and make sure you smile and wave for our photographers.

Once over the Finish Line, keep moving to create space for participants arriving after you. If you're feeling unwell, tell our medical staff immediately.

Your finisher items

Once you're in the Finish Area, you'll receive a bottle of BUXTON® Natural Mineral Water and your finisher medal, if you opted to receive a medal when you registered. Your choice is displayed on your bib.

Selfie Station

For everyone who opted out of a medal

Look out for our Selfie Station in the Finish Area. As a thank you for choosing not to take a medal, you can get a unique photo with our branded selfie frames, and our volunteers will be there to take it on your own phone.

Collecting your baggage

Once you've collected your finisher items, please don't congregate in the Finish Area. Keep moving and follow the path to the Vitality Wellness Festival Area in Green Park.

Once in Green Park, you can collect your bag if you handed one in. Just show the Baggage Team your wristband.

Results and photos

Results appear on the Vitality Westminster Mile website by the end of Event Day. If your result is incorrect or isn't showing, fill in the online timing query form on the results webpage and our timing company will be in touch.

Your official photographs will be available to purchase within 48 hours from Sportograf. Share your photos and Event Day experiences with us on Facebook and Instagram.

In Green Park Afterwards

Where to meet, what to try and how to get home.

Vitality Wellness Festival

- Head to the Meet and Greet Area to reunite with your supporters and then enjoy loads of fun activities
- Try your hand at two Guinness World Records – the 'most large LEGO® bricks stacked in 30 seconds' and the 'most aerobics step ups in one minute'.
- The Baltimore Ravens will be hosting quarterback and flag football challenges, with free headbands for all.
- One London Basketball will be offering hoop activities and games throughout the day.
- Stretch it out with yoga sessions from Our Parks.
- Plus loads more!

Donate your unwanted kit

We're working with JogOn, the running shoe collection campaign. If you'd like to donate your running shoes, leave them at the JogOn drop-off point at the Information Point in Green Park.

All donated running shoes are sorted to make sure they're suitable for redistribution, before being sent to new homes for reuse.

Waste stations

Look out for our waste stations and the clearly signed sections for each type of waste. Help us maximise recycling by putting your waste in the correct bins.

Plan your journey home

Plan your journey home in advance. We recommend using our green travel tool to find your best low-carbon travel routes, and you can donate to offset your carbon emissions at the same time.

GOOD LUCK

The most important thing is to have a great day

We can't wait to see you complete the most famous Mile in the world. Here's where to find everything once you've finished.

Finisher items	In the Finish Area
Baggage collection	Green Park, show your wristband
Results	Online by the end of Event Day
Photos	By Sportograf - typically within 48 hours