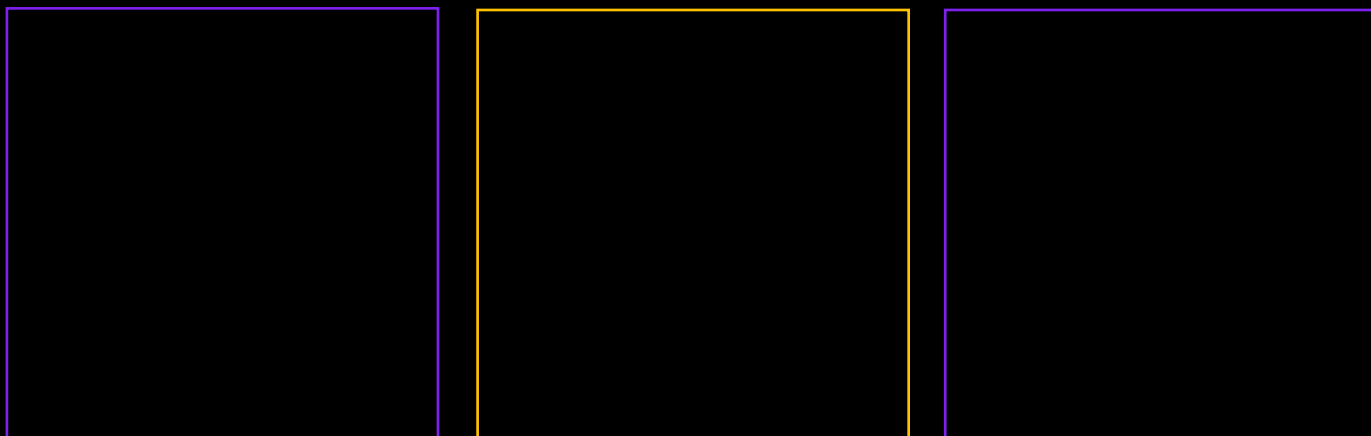




Saturday 20 April 2024

TCS Mini London Marathon



#WeRunTogether

At the bottom of the page, there are colorful, pixelated patterns in yellow, pink, and purple, mirroring the patterns at the top.

Welcome...



...to the 2024 TCS Mini London Marathon!

About **14,000 children and young people** are set to cross the world-famous London Marathon Finish Line on The Mall, before receiving a TCS Mini London Marathon medal **and a £10 donation to their school, courtesy of our title partner TCS!**

This guide lets participants know what they need to do before, during and after the event to make sure everyone has an enjoyable, successful, and safe experience at the 2024 TCS Mini London Marathon.



Don't miss out!

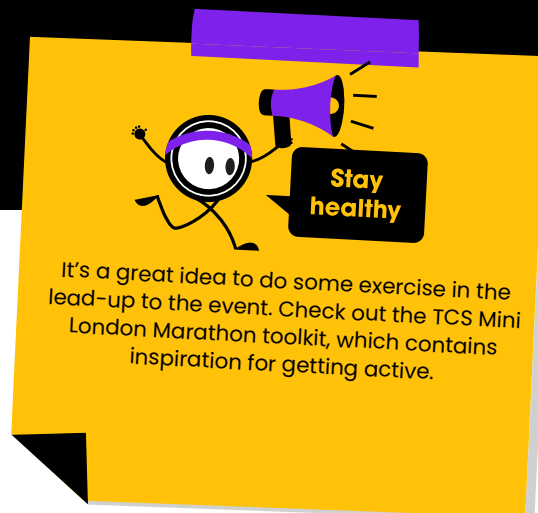
Please read the Event Guide carefully and share the information with everyone attending on the day

See you on **Saturday 20 April!**



BEFORE THE BIG DAY

Here's what participants will receive from us in the run-up to the event, and what they need to bring with them on the day...



EVENT PACKS

We have sent Event Packs to participants' registered addresses. The packs contain a bib number and wristband for each participant. If you haven't received them by Monday 15 April, email schools@londonmarathonevents.co.uk



WRISTBANDS

The wristband contact details for each participant must be completed in full – in addition to the information on the bib number.

This gives us a quick and easy way to contact parents or guardians of participants if needed.



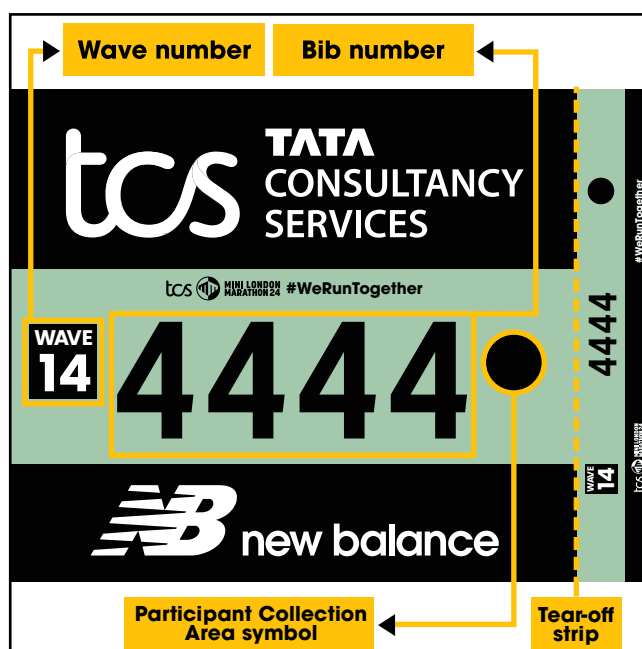
BIB NUMBERS

The contact and medical information on the back of each bib must be completed in full.

Each bib number has a tear-off collection strip up the side – the adult collecting the participant at the Finish must remove this and keep it safe, as they will need to show the strip

to enter the Finish Area. One strip is needed for each participant being collected.

Event Packs also include bib numbers for **accompanying adults**. Examples of both bib numbers are below.



WHAT TO WEAR

Participants should arrive 'ready to run' in their kit. We recommend **trainers, shorts or tracksuit bottoms and a T-shirt with the bib number pinned to the front.**

Depending on the weather on the day, they may also want to wear a warm layer or waterproof jacket.



DRINKS

Participants will receive a bottle of water as they go through the Finish Area so may want to bring a drink to have beforehand.

Unless it's really hot, we don't recommend taking part with a bottle – participants can leave it in their bag or just hold on until the Finish for a drink.



START TIMES

The event timetables are shown below. Match the wave number displayed on each participant bib with the arrival and start time.

Participants should arrive in the Assembly Area at Horse Guards Parade 30 minutes before their start time, no earlier!



TIMETABLES

2.6K

WAVE	ARRIVE FROM	START TIME
10	09:30	10:00
11	09:40	10:10
12	09:50	10:20
13	10:00	10:30
14	10:10	10:40
15	10:20	10:50
16	10:30	11:00
17	10:40	11:10
18	10:50	11:20

The maps on pages five and six show where the Assembly Area is at Horse Guards Parade and where participants need to go

One mile

WAVE	ARRIVE FROM	START TIME
19	11:20	11:50
20	11:30	12:00
21	11:40	12:10
22	11:50	12:20
23	12:00	12:30
24	12:10	12:40
25	12:20	12:50
26	12:30	13:00
27	12:40	13:10
28	12:50	13:20
29	13:00	13:30
30	13:10	13:40
31	13:20	13:50
32	13:30	14:00
33	13:40	14:10
34	13:50	14:20
35	14:00	14:30
36	14:10	14:40
37	14:20	14:50
38	14:30	15:00

Celebrate the day by experiencing all that the 2024 TCS Mini London Marathon has to offer!

REFLECTION SPACE

The Reflection Space at Horse Guards Parade will be split into two sections: faith space and quiet space.

The faith space is open to any religion or for anyone who may need to take time to reflect. Inside, there will be:

- prayer mats
- head coverings (including hijab and kippah)
- prayer dress
- the Bible
- Jewish prayer book
- the Quran

The quiet space is available for people who are neurodivergent, or who need a moment away from the noise. Ear defenders and bean bags will be provided in the quiet space.

FAMILY SUPPORT AREA

Available at Horse Guards Parade will be a purpose-built family area aimed at those with children under five.

This will include: baby-changing mats, nappies in various sizes, a microwave, breastfeeding chairs, nappy-changing beds/bench, highchair for feeding toddlers, play pen with a nominal selection of toys, Bumbo seat for feeding smaller children, nappy sacks, wet wipes, hot water urn (for sterilising/formula), nursing pads, nipple cream.



WWF-UK

Visit the stand run by our charity partner, WWF-UK, to find out more about our precious planet.

Get involved in lots of fun and games, pick up educational resources and find out how you can take small actions to help bring our world back to life.



FAN ZONE MAIN STAGE

Visit the Fan Zone for an eclectic mix of entertainment!

This is the best place for supporters to watch their loved ones cross the Finish Line, via a live video stream shown on the Main Stage screen. The Championship presentation ceremonies will also take place on the Main Stage along with other entertainment throughout the day.

There will be food vans to replenish energy and to treat the whole family before heading home to celebrate the accomplishment.

SANITARY PRODUCTS

We have a sanitary box available at our Horse Guards Parade Information Point. This is free of charge for anyone who may need it, and contains: Vaseline, deodorant, tissues, intimate wipes, hair bands, bladder pads, tampons, sanitary towels, wet wipes, sanitary bags and hair grips.

GETTING TO THE ONE MILE START

The map below shows the one mile route and important locations, as well as the way to walk from Start to Finish

1

WHEN TO ARRIVE

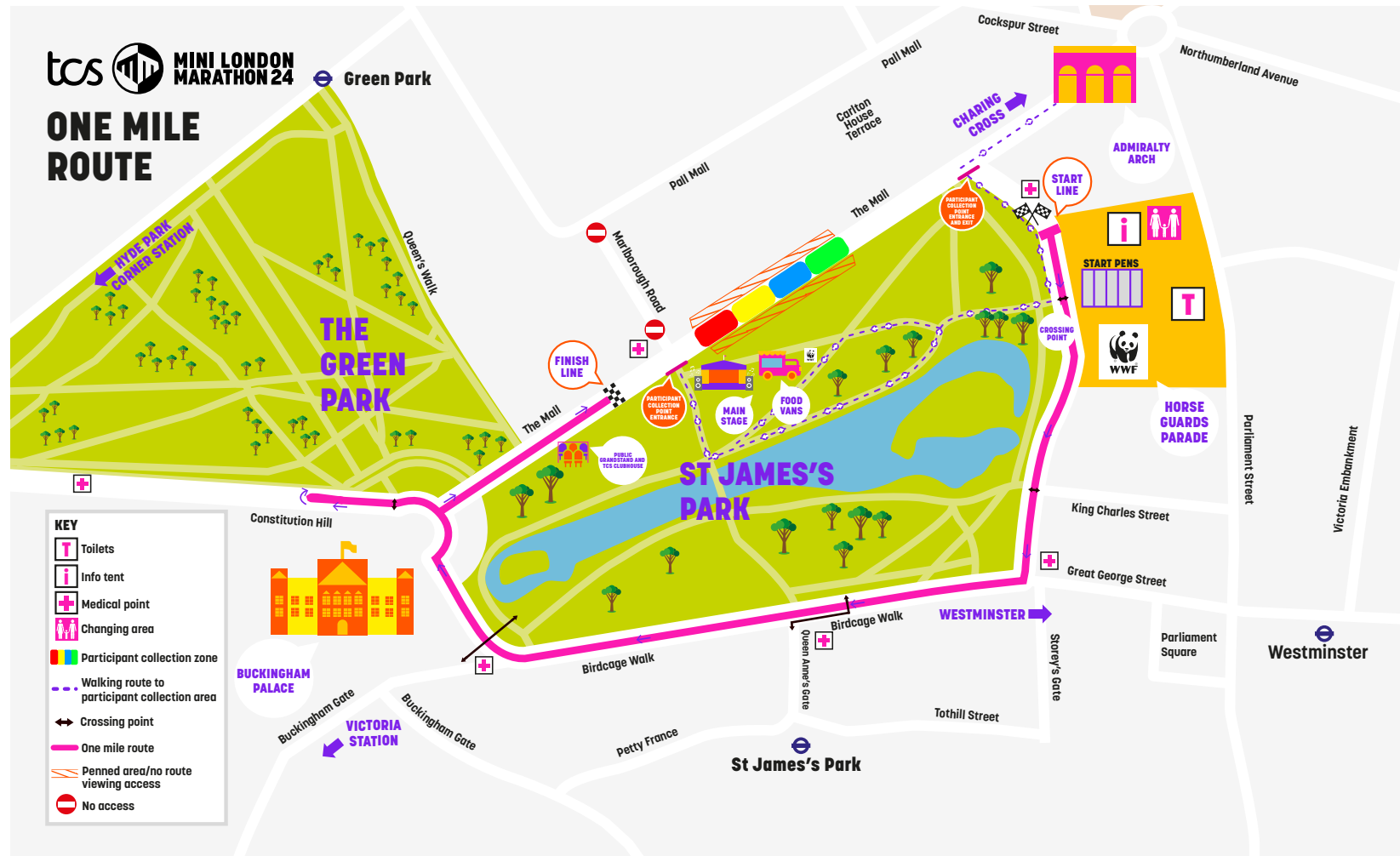
Please arrive at the Horse Guards Parade Assembly Area 30 minutes before your start time, no earlier. This will help prevent crowding and allow time for a warm-up, trips to the toilets and to find the correct start 'pen' (where participants will gather before we set them off).

2

HOW TO GET TO THE ONE MILE ASSEMBLY AREA

Please use public transport to get to us. The Assembly Area is walking distance from a number of tube stations, including Westminster, Charing Cross, St James's Park and Green Park. Victoria* and Waterloo* stations are 20 to 25 minutes' walk away.

***Note: Victoria and Waterloo both have step-free access.**



GETTING TO THE 2.6K START

The map below shows the 2.6K route and important locations, as well as the way to walk from Start to Finish

1

WHEN TO ARRIVE

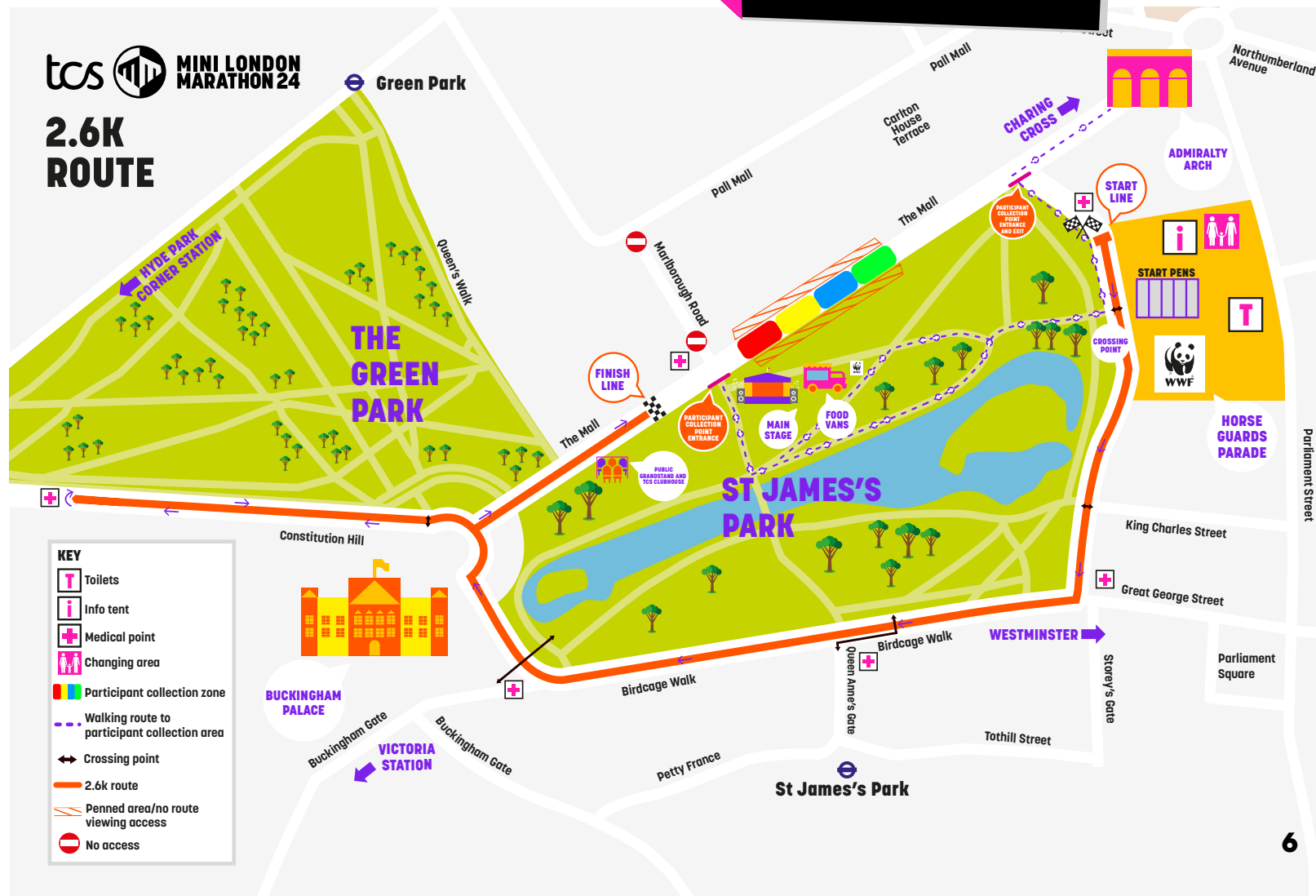
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HOW TO GET TO THE 2.6K ASSEMBLY AREA

Please use public transport to get to us. The Assembly Area is walking distance from a number of tube stations, including Westminster, Charing Cross, St James's Park and Green Park. Victoria* and Waterloo* stations are 20 to 25 minutes' walk away.

***Note: Victoria and Waterloo both have step-free access.**



AT THE START

This is where things get exciting – find out what to expect, including key information about dropping off your participants...



INFORMATION AND WELFARE POINTS

These will be located at the Assembly Area at Horse Guards Parade.



TOILETS

There are toilets at the Assembly Area at Horse Guards Parade.



BAGGAGE

Please keep baggage/belongings to a minimum as there is no storage. If participants have things they don't want to take into the Assembly Area, they can leave them with their parents or guardians.



START PENS

About 15 minutes before your start time, the PA system will announce that it is time for participants to enter the start pens. While this is an exciting moment, please make sure participants follow the signs and directions from stewards to the correct pens. Please note only participants are allowed in the start pens.





Important: Drop off

If the participant is running on their own (only if they are in Year 3 or above) they will still need to be accompanied until they are safely in the start pens.

Larger groups should have a sufficient number of adults to supervise everyone. The start pens are a secure space where the participants can wait until the allocated start time.

Remember to make sure all collection strips have been torn off bib numbers and are kept safe by the adult who is collecting the participant/s.

Once participants have been dropped off at the start pens, head off to watch them on the route, or from the Public Grandstand on The Mall. It's then just a short walk to the Participant Collection Area.

ACCOMPANYING ADULTS



If adults are taking part with their group, they need to attach their 'accompanying adult' bib number to the front of their top so it is clearly visible. They will then be able to **take their group to the start pens, complete the route with them, and then round-up and collect their group at the Finish.**





ON THE ROUTE

And they're off! After all that preparation it's time to enjoy the event, and our tips will help you do just that.

IMPORTANT: staying safe on the route

If you have participants taking part on their own, please make it clear that they should follow the route to the Finish. They don't have to run the whole way, so if they need to stop and walk to get their breath back, that's fine. They should only drop out for medical reasons and must not leave the route at any point along the way.

WHERE TO WATCH



It should take **between six and 20 minutes for participants to reach the Finish Line**, passing under the world-famous TCS London Marathon gantry – a moment to remember!

Supporters can watch from anywhere on Birdcage Walk or in front of Buckingham Palace. There's also a Public Grandstand on The Mall that you can access from St James's Park. You can also see the one mile participants as they head down Horse Guards Road near the Start. Visit the Fan Zone to watch a live video stream of the Finish Line, shown on the main stage!

Wherever you watch, if you're also collecting children from the Finish, make sure you're in the Participant Collection Area in good time to pick them up and congratulate them.

SAFETY AND SECURITY



Our highly trained teams of security personnel, stewards and dog support staff work alongside police officers, the emergency services and us as event organisers – so if you see anything suspicious please find someone to help, as there will always be someone close by.

Every steward on and around the barriered route can communicate with other stewards and the Event Control Room, as well as the police, via radio and other channels. Our Event Control Room also has access to extensive CCTV to help keep you safe.

MEDICAL SUPPORT



If a participant needs to drop out because of illness or injury there are medical stations with trained staff along the route. Any injured or unwell participants will be taken to the Finish Line medical tent. Our team will contact the relevant adult for each child, using the bib number and wristband details. Please explain this to all participants and ensure they don't leave the course, they must stay where we can help them.

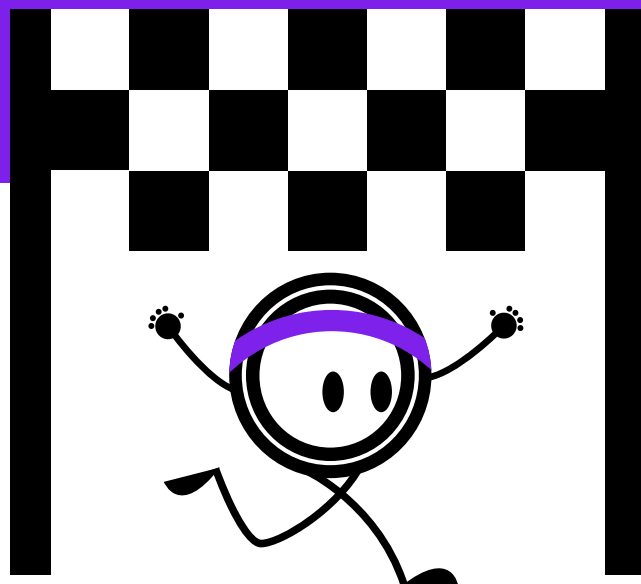


EMERGENCY PROCEDURES

In the event of a major emergency, all key TCS Mini London Marathon staff have been briefed with a contingency plan. **It is very important to stay calm and follow the instructions they (and any emergency services) give you.**

AT THE FINISH

While our young participants are riding high from their achievement, make sure they know what to do next...



1

THE FINISH SYSTEM

Once participants have crossed the Finish Line they'll go through the 'finish system', where they'll be rewarded with their medals and a bottle of Buxton Natural Mineral Water, and directed to the Participant Collection Area.

3

COLLECTION COLOURS AND SYMBOLS

Each bib number has a colour and symbol (triangle, circle, rectangle or star – see image on page two). **Look for the corresponding signs in the Participant Collection Area.** Once you have found your participant, show the steward the collection strip so we can safely reunite you. There's a one-way system in place so you'll need to exit from the Admiralty Arch end of The Mall. We advise choosing a meeting point within St James's Park for the remainder of your party.

5

RESULTS

Results will be on the TCS Mini London Marathon website. Please note they will display bib number and time, not individual names – so hang on to your bib numbers if you want to check your times!

PARTICIPANT COLLECTION AREA

The Participant Collection Area is on the south side of The Mall, after the Finish Line, and can be accessed from St James's Park as well as from The Mall. Adults will need to show the tear-off strip from the child's running bib to access this area.

We will keep participants safely in this area until the designated adult collects them. **All participants need to be collected – they will not be allowed to leave the Participant Collection Area on their own.**

Bag checks will be required in this area, so please don't bring in a bag if you don't need to.

2

MEDALS

All children who finish will receive a TCS Mini London Marathon medal. **Medals are limited in number and available for children and young people only** – if you are an accompanying adult please do not collect a medal.

4

TAG US ON SOCIAL MEDIA

We love to see you taking part – share your pictures with us on social media:

#minilondonmarathon



Thank you

Finally, we'd like to say a **BIG THANK-YOU** for being part of this exciting event.

We hope your children and young people will feel the benefits of being active and develop healthy habits for life – and maybe even become our marathon stars of the future!

We hope to see you again at the **2025 TCS Mini London Marathon!**

If you need any further information, please email schools@londonmarathonevents.co.uk

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SERVICES

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