

2022 TCS London Marathon

Top tips for hospice runners and supporters

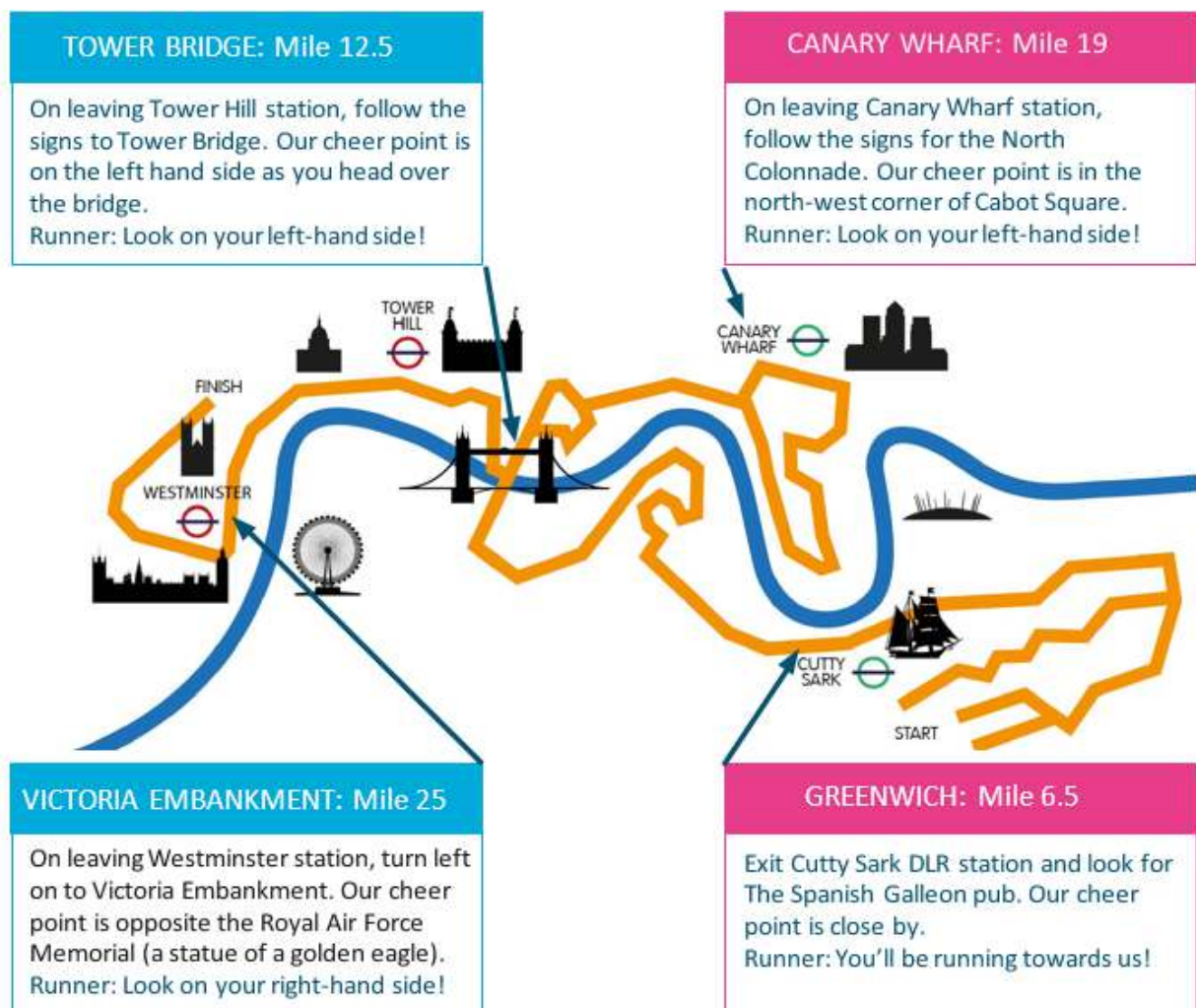
Hello!

Hospice UK is delighted to be working alongside your local hospice to make sure that you have the best possible London Marathon experience! We hope to see you at the Expo and on the big day. If you have any questions, please get in touch with the Fundraising Team at your hospice.

Best wishes from the Events Team at Hospice UK

Cheer points along the route..

Keep an eye out for Hospice UK's four cheer points on the route - hopefully you'll spot our banners and flags, and our noisy volunteers!





Advice for family and friends

- Be prepared! Remember to bring this information pack, snacks, Hospice UK t-shirt and cheer sticks, phone, camera, waterproof jacket, warm clothes, sun cream and a hat.
- It takes much longer to get around London on marathon day but you should have time to get to two Hospice UK cheer points if you plan your journeys.
- Make sure that you bring plenty of food and drinks.
- Give it your all - shout, bring a sign and make use of the cheer sticks we'll be handing out at the Expo.
- Take lots of photos and videos and share them on social media. Hospice UK is on Facebook, Twitter and Instagram. We'll be using #hospicerunners,, #TCSLondonMarathon #TeamHospiceUK

MILE/POINT	ELITE WOMEN	ELITE MEN	3:30 PACE	4:30 PACE	5:00 PACE	6:00 PACE
6.5 miles Greenwich	09:49	10:30	10:52	11:06	11:16	11:29
12.5 miles Tower Bridge	10:21	10:59	11:40	12:08	12:22	12:52
19 miles Canary Wharf	10:56	11:30	12:32	13:15	13:37	14:21
25 miles Victoria Embankment	11:28	11:59	13:20	14:17	14:46	15:43
26.2 miles Finish	11:35	12:05	13:30	14:30	15:00	16:00

Post-race celebration

You and your family are invited to our post-race celebration at the QEII Centre. It's a great place to meet up with your family and friends and celebrate your success!

Once you've collected your medal and kit bag, you can go to the letter "H" in the Family Repatriation Area on Horse Guards Parade. One of our runner escort volunteers will meet you there and help you find your way to the QEII Centre. Alternatively, you can make your own way;

- Follow the one way system keeping St James's Park on your right
- Cross the marathon route and head down Storey's Gate
- The QEII Centre will be on your left, opposite Westminster Abbey.

The Family Repatriation Area is very busy and it's difficult to get mobile phone coverage. Because of this, you might prefer to meet your family at the QEII Centre.

The QEII Centre is easily accessible by tube from Westminster and St James's Park stations, but please be aware that these stations get very congested. The QEII Centre is only a short walk from our cheer point at Victoria Embankment.

At the post-race celebration, you can enjoy a hot meal and sports massage. Tea and coffee will be available for family and friends, but food won't be - please advise your family to bring their own snacks.

Please be aware that we're required to start packing up at 18:00.



We look forward to seeing you on Sunday 2nd October!