



LONDON MARATHON RUNNER WEEKEND BRIEFING SHEET

Hi team! We're so excited to welcome you to London Marathon weekend. Below is everything you need to know for a smooth, stress-free, sea-spirited race day.

KEY WEEKEND OVERVIEW

Race Day: Sunday 26 April 2026

Distance: 26.2 miles

Start Location: Greenwich / Blackheath

Finish Location: The Mall, London

BEFORE RACE DAY

EXPO & BIB COLLECTION

You must collect your running number, timing chip, and kit bag in person at the TCS London Marathon Running Show.

Where: ExCeL London

When: Wednesday–Saturday of race week

What to bring: Photo ID + QR code from race organisers

Tip: Go early – it gets very busy on Saturday.

SATURDAY SHAKEOUT Run

What: Hugh will be hosting a 3/4km shakeout run

When: Saturday 4pm

Where : St James Park - Guards Memorial, 69 Horse Guards Rd, London SW1A 2BJ

RACE MORNING

ARRIVAL TIME

Aim to arrive at your start area at least 90 minutes before your wave start.

In your official London Marathon event pack you will receive:

- Your wave colour
- Your start time

Important: Only runners are allowed inside the start areas.



BAG DROP

Use the official kit bag from the expo – no other bags allowed.

Label it clearly.

You'll collect this same bag at the finish.

Course Highlights

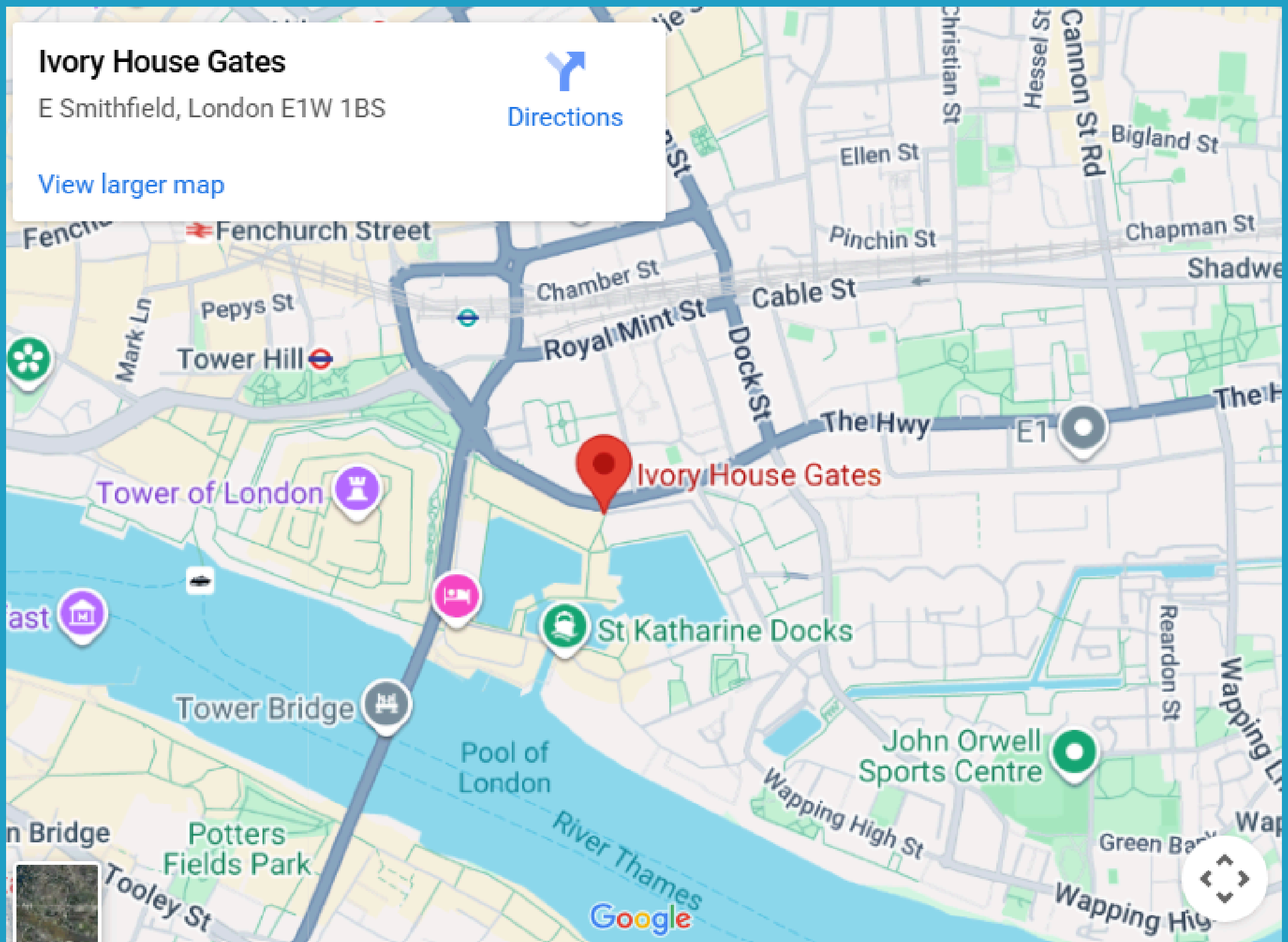
- Mile 6–7: Cutty Sark
- Mile 12–13: Tower Bridge (SAS CHEER POINT!)
- Mile 18–19: Canary Wharf
- Mile 23: Embankment
- Mile 26: The Mall finish line

◀ SAS CHEER POINT –

We'll be waiting to give you a huge push!! We will be on the right hand side of the road and then will cross over to catch you on the other side!

Location: Mile 12/13 and Mile 22/23 - Outside Ivory House Gates. Just after Tower Bridge.

Look for: SAS flags, banners, and a LOT of noise



FINISH AREA

After You Cross the Line

You will receive:

- Medal
- Foil blanket
- Your kit bag (from bag trucks)

Tip: The finish area is runners-only



SAS MEETING POINT

Once you leave the secure area, if you would like to meet us after please head to:

 The Phoenix, Victoria 14 Palace St, London SW1E 5JA

Please bring friends and family to celebrate your incredible achievement.

If you can't find us, call/text Hugh on the WhatsApp group.

TRACKING & UPDATES

Friends/family can track you using the official TCS London Marathon App.

Search by your bib number.

We will also be tracking all SAS runners throughout the day.

FUNDRAISING REMINDERS

- Last-minute donations really spike on race weekend – keep sharing your link!
- Your pages will be open until the end of May for you to smash your target of £2500!

WE'RE HERE FOR YOU

If you need anything during the weekend – logistics questions, nerves, or last-minute support – reach out anytime.

You're running not just 26.2 miles, but for cleaner seas and thriving coastlines. We're incredibly proud of you.

Let's do this. 

