

Whizz-kidz
move a life forward



Your

Runner's

Guide





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Meet us at the London Marathon Running Show

The London Marathon Running Show is an important part of your final registration process and takes place at the Excel Centre the Wednesday – Saturday before the marathon. This is also a great opportunity to come and meet the Whizz-Kidz Team ask us your last minute questions about marathon day and the plans for Race day.

You will need to attend The London Marathon Running Show to register and collect your race number – if you do not do this then you cannot run on the day. You cannot register on the day of the event!

Come and ask us your last minute questions about marathon day and the plans for Race day. We would love to have the opportunity to thank you for joining the team and to give you that all important GOOD LUCK from us.

London Marathon Running Show Opening times:

19 April
10am - 8pm

20 April
10am - 8pm

21 April
10am - 8pm

22 April
8:30am
- 5:30pm

Address: **ExCeL,**
1 Western Gateway,
Royal Victoria
Dock, London E16
1XL

Getting to the Running Show at the Excel Centre

By road

When driving to ExCeL, London follow signs for Royal Docks, City Airport and ExCeL. There is easy access from the M25, M11, A406 and A13. For Sat Nav purposes, we recommend using postcode E16 1XL.

ExCeL offers on-site pay-and-display car parking (£20 for up to 24 hours) for 3,700 cars. Visit ExCeL's website for more information. Motorcycles can be parked free of charge in the designated motorcycle parking area.

By public transport

ExCeL London is connected to the Elizabeth line and also the Jubilee line at Canning Town via a DLR (Docklands Light Railway) journey to ExCeL's dedicated station Custom House.

ExCeL is in Transport for London zone 3. We strongly advise that you purchase a return ticket or use Oyster or a travelcard as ticket-purchasing facilities are limited at ExCeL.

● Jubilee

● DLR



Registering at The London Marathon Running Show

What you need to bring

You will need to bring a form of ID to the Running Show, this could be a driving license or a passport.

Reminder - The Expo closes at 5:30pm Saturday 22nd April 2023 after which point you cannot register and Whizz-Kidz won't be able to help.





Best day to register

It's advisable to register Weds/Thurs if you live locally as Fri/Sat are really busy with runners who live outside of London/UK.

Printing your name on your vest

We would advise getting your name printed on your vest as it's a great way to boost support around the course. There will be no facilities to print your name on your vest at the Running Show. Please remember to leave room for your running number – put your name above the Whizz-Kidz logo.

Can Someone else collect your race number from the Running Show?

If you cannot attend in person you may nominate someone to drop off your kitbag and collect your race number for you. The person you nominate must have the following:

- A letter, written and signed by you, authorising that person –by name – to collect your bib number
- A clear photocopy of your passport or driving licence showing your name and your signature
- Their own suitable photo identification with them

Official Kit Bag

Official kit bags will be issued. You can use these to store your belongings and leave on the kit lorry in Greenwich to collect at the end of the race. Alternatively, if friends and family are accompanying you to the start, ask them to look after your belongings – this will avoid queuing for your bag at the end and means you can get to our Post-Race Reception quicker!





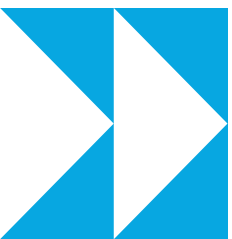
Final

week

Put your feet up

Don't spend the Saturday before the marathon walking around London sightseeing. The best way to see the city is to jump on one of the many bus tours. See the city without wearing yourself out. Work out how you are getting to the start of the marathon on Sunday and leave plenty of time to get to the start just in case you need it, and finally, prepare your kit the night before!

You should be comfortable with your shoes and have made sure you've worn your marathon kit in training and that it's been washed several times. Take it easy from now on. You only need to do some very gentle training to keep your body flexible. Extra training will only be detrimental.



Don't

forget



Food on Race day

Make sure you stick to your normal eating routine the week before the marathon. As your training tapers off, you will naturally 'carbo-load' as your eating will remain at the same level.

Do have breakfast on race day, even if it means getting up early! Try to take in at least 300 calories of something you know that works for you and you have used in training (e.g. porridge and a banana). Race day is not the time for trying something new.

Don't forget!

- Running shoes – Make sure they are **not new!**
- Race number and timing chip (collected from the Running Show before race day)
- Race number (pinned below the Whizz-Kidz logo)
- Whizz-Kidz Running Vest (with your name written/printed)
- Tracksuit/something to cover up with in case it's cold (old so you can then discard it at the start)
- Plasters, Vaseline, chafing gel, safety pins
- Race map and instructions
- To arrange to meet family and friends at our post-race reception

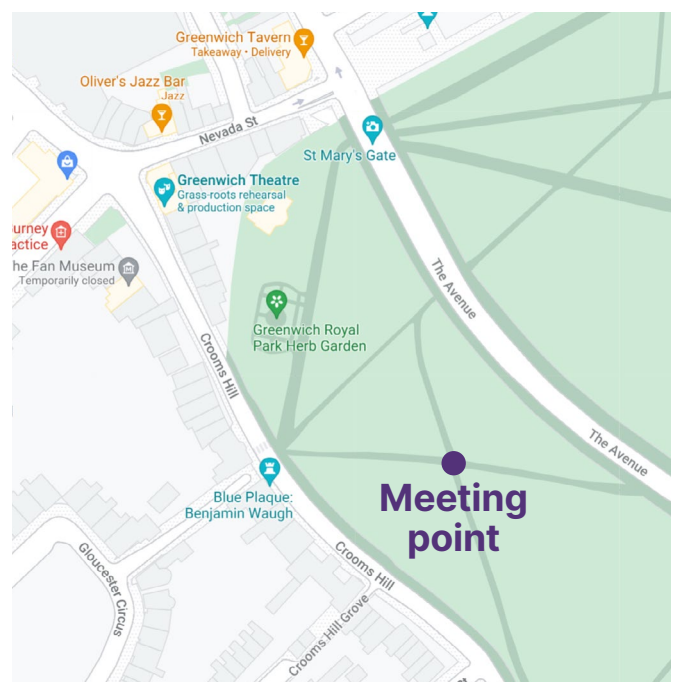


Race Day

Meet us for a Team Photo at 8:15am the photo will be taken at 8:30am (race starts at 09:30am).

Whizz-Kidz meeting point King William Walk / Nevada Street entrance to Greenwich Park (just inside the Park, red star on map)

There will be plenty of time to get to the start. We'd love you to join us so we can wish you luck before the race. If you can't make it, we'll see you afterwards at the Race Recovery Reception at the Royal Institute of Great Britain!



The

start

line

Official kit bags and starting waves

Each start is split into pens according to the predicted finishing time you stated on your online form.

The baggage trucks will be by the start line. Only official kit bags clearly displaying your running number on the adhesive sticker can be handed in to the baggage trucks. You can pick this up again at the end of the race.

Almost all of our charity placed runners will start at the **red** start, but some of you will be starting from **green** or **blue**. These waves are just a 5-minute walk from Greenwich Park. You will get further information on when you need to arrive at your start wave directly from the London Marathon





Getting to the Start line

Start time is 9.30am. Toilets & drink stops will be available at the start but be prepared for long queues!

The Whizz-Kidz photo meeting point just inside Greenwich Park (at the corner of King William Walk/Nevada Street) is a 5-minute walk from Greenwich station, and a 15-minute walk from Maze Hill over-ground station. From this point to the RED race start inside Greenwich Park is roughly a 15-minute walk – perfect to do your warm up! The BLUE start is just a bit further on at Shooter's Hill Road and the GREEN start at St John's Park.

Extra trains are in service from Charing Cross, Waterloo East and London Bridge between 7am and 9am.

For train times check tfl.gov.uk or call 020 7222 1234. Travel is free on these over-ground trains and on the tube and DLR on presentation of race number. Be aware of possible track closures on TFL's closure calendar.

During the race

Whizz-Kidz have 4 cheering points around the course and at The Running Show the team will give you a wrist band mile marker with these points. We will endeavour to be as close as possible to the points stated in the Supporters' Guide but this isn't always possible. We are visible on the day with a mass of green t-shirts and sail banners at each cheer point, so if we are not able to get the spot we show exactly in the Supporters' Guide, we hope we won't be too far from it.

Cheer points

The cheering points will be at miles 9, 12.5, 19, and 24. For more details please refer to the Supporters' Guide. We will be keeping an eye out for you in your vest but if you see us first give us a shout and a wave.



Cheer

point

strategy

Behind every good cheer-point is a strategy - try to run on the left at the beginning and the right towards the end. The Whizz-Kidz cheerers will be located on the left hand side of the road for Mile 9 / Mile 12.5 / Mile 19. We will be on the right hand side of the road for Mile 24. Due to the high volume of runners and supporters, we might miss you if you're running on the wrong side.

You may get spotted by a member of the press especially those who are running in fancy dress! They may want to have a brief chat/interview with you.

Do share a small piece of information with them about Whizz-Kidz, we'd love you to say something along the lines of: "Whizz-Kidz supports children to have independence by providing wheelchairs and other mobility equipment".





The

finish

Collecting Your Kit Bag

Please remember that your kitbag will be waiting for you at the Finish and will have added into it your finisher's medal, the New Balance finisher T-shirt in the size you requested, Lucozade Sport and Buxton Natural Mineral Water. You'll likely need to show your race number on your vest to collect your Kit Bag so make sure you keep this on throughout the whole run.

Getting to the Post Race Reception



The reception is a short 10-minute walk from the finish line, we recommend taking a slow leisurely walk to the reception, this is also a great way to cool down and stretch out those tired legs. You may also be able to grab a black cab or an Uber to the reception. You will see members of our team looking out for you at the finish line to congratulate you and direct you to the Post Race Reception. We will be in green and wearing a backpack with a Whizz-Kidz Sail/flag (see the picture to the left).

However, it will be crowded and we may miss each other, so we have included a map for you to find your own way from the finish area to the Recovery Reception.

Meeting Point

Whizz-Kidz staff members will be looking out for you on The Mall at the end of the race.

We won't be at the lettered meeting points.

The address for the post-race reception is:
The Royal Institution, 21
Albemarle Street
London W1S 4BS



Post Race Reception

We cordially invite you to join our post-race celebrations at the Royal Institute of Great Britain for a well-deserved massage, meal and a chance to meet up with family and friends! (Please keep a look out for this invitation on email, and RSVP as soon as you can so we know who will be joining you).

We want to celebrate your massive achievement with us, so as well as massage and food for you, there is a theatre where we will be screening the London Marathon live for friends and family to watch whilst they wait for you to arrive at the venue.

The reception is a 10 minute walk from The Mall and we will have Whizz-Kidz staff looking out for you. Runners eat for free and there is a café and a bar where family/friends can buy food and drink.



Guest capacity

Due to having such a large team of runners, we have had to cap guests at 5 per runner so please let us know how many guests will be attending the reception with you. Please email their names to events@whizz-kidz.org.uk.

Please note food and massage will be available up until 6:00pm.

Address:

The Royal Institution
21 Albermarle Street
London W1S 4BS

If you have any questions please email us at events@whizz-kidz.org.uk

Remember, you have to collect your running number from The Running Show – you cannot do this on race day. Without your race number you can't run. After 5pm on Saturday 22nd April Whizz-Kidz won't be able to help you with this.



Registered with
**FUNDRAISING
REGULATOR**

GO **THE** DISTANCE. **BE** THE DIFFERENCE.

Thank you and
good luck from
everyone
at Whizz-Kidz.

Whizz-Kidz

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 Whizz-Kidz

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