

pennyappeal

London Marathon Spectators Guide

LONDON MARATHON



DIG DEEP



pennyappeal.org/challenges



We're really excited to have a team participating in the London Marathon this year. Our team of runners have spent months training through the rough winter to prepare for this huge challenge. Getting through 26.2 miles is no easy feat, so your support, encouragement and motivation will make a huge difference in helping our runners cross the finish line. Not just for the Penny Appeal team, but there will be 40,000 runners taking part with hundreds of amazing causes being represented. So come along with your friends and family, join one of our cheer stations and enjoy one of the world's most iconic road races.

Our team of runners have already raised over £30,000 to help build deep water wells in Africa. We're DIGGING DEEP and hope you'll #DIGDEEP too and cheer us on to the finish line.

To help you get in to the #TeamOrange spirit, we're also equipping you with plenty cheer material, so please make sure you get in touch to order your T-shirt, giant gloves, cheer sticks & wigs.

Don't forget to look out for Sir Mo Farah, and the amazing elite line up too. It will definitely be a day to remember.

Haroon Mota,
Head of Challenges

I'M IN!

#team orange

We would recommend that you buy a Travel card to travel around London on the day allowing you to access Rail, Tube and Bus at no extra charge. Zones 1-2 should suffice for the travelling around the route, but if you need to go further afield, check which zones you will be travelling in.

Buses no longer accept cash payments. You will need to use a Travel card, Oyster card or pay with a contactless debit/credit card.

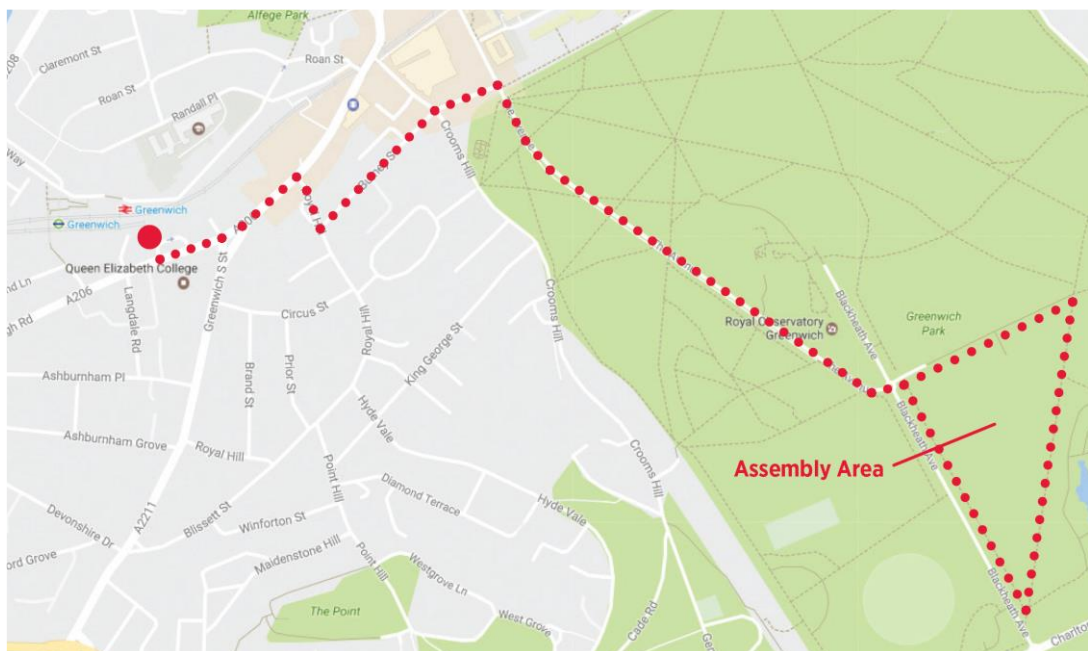
Our Cheer stations will be at Miles 9 & 25. Details and directions for these will be on the following pages. Volunteers will be required to remain at the cheer stations, whilst family & friends are encouraged to follow their runners from one cheer station to the next.



START AREA – Greenwich Park

Although it is advised not to accompany your runner to the start line due to the huge numbers of people, if you decide to follow them in the morning to see them off, please be aware that spectators will not be allowed into the assembly areas of the start. Once you have said your good bye and wished them good luck, head down the Avenue out of Greenwich Park and back towards Greenwich Station and make your way to our first cheer station at Canada Water, mile 9.

Elite women start 09:15 Elite men & mass start 10:00



#

CHEER POINT 1: MILE 9 – CANADA WATER

Our first cheering point will be at Mile 9 along Surrey Quays Road. When leaving Canada Water Station, turn left onto Surrey Quays Road and follow the road until you reach the race route. Our cheering station will be located near the junction of Canada Street. Look out for our orange banners. Once our last runner has passed, this cheer station will close. Head to cheer station 2 for mile 25.

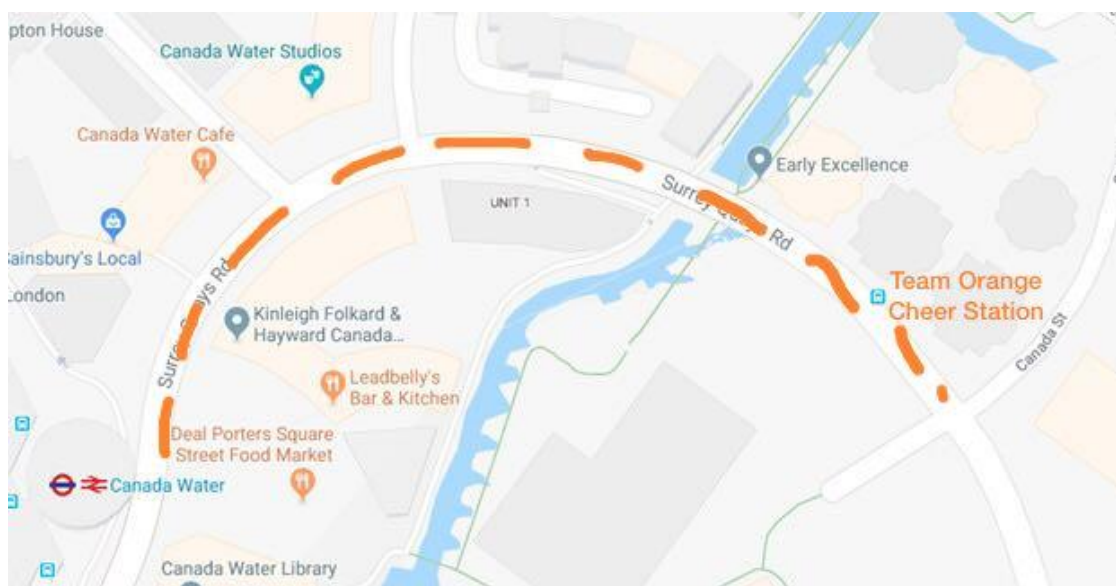
Elite men expected 10:40

First Penny Appeal runners expected 11:00 | Last Penny Appeal runners expected 13:00

#TeamOrange Volunteers needed 10:00-13:00

Penny Appeal contact for this station – Taksima 07739363894

Cheer station set up 10:00



CHEER POINT 2: MILE 25 – EMBANKMENT

This is our final cheer station. Head out on to Victoria Embankment and turn right, following the direction of the race. Our cheer station will be at/near Whitehall Gardens. Look out for the Team Orange banners. Runners will be extremely exhausted at this point and many will be suffering with cramps and other problems. Your cheers will be needed more now than ever. Give #TeamOrange the final push to help them past the London Eye and towards Westminster, and on to the final stretch at The Mall. They're almost there! Head to Trafalgar Square to meet and congratulate our runners.

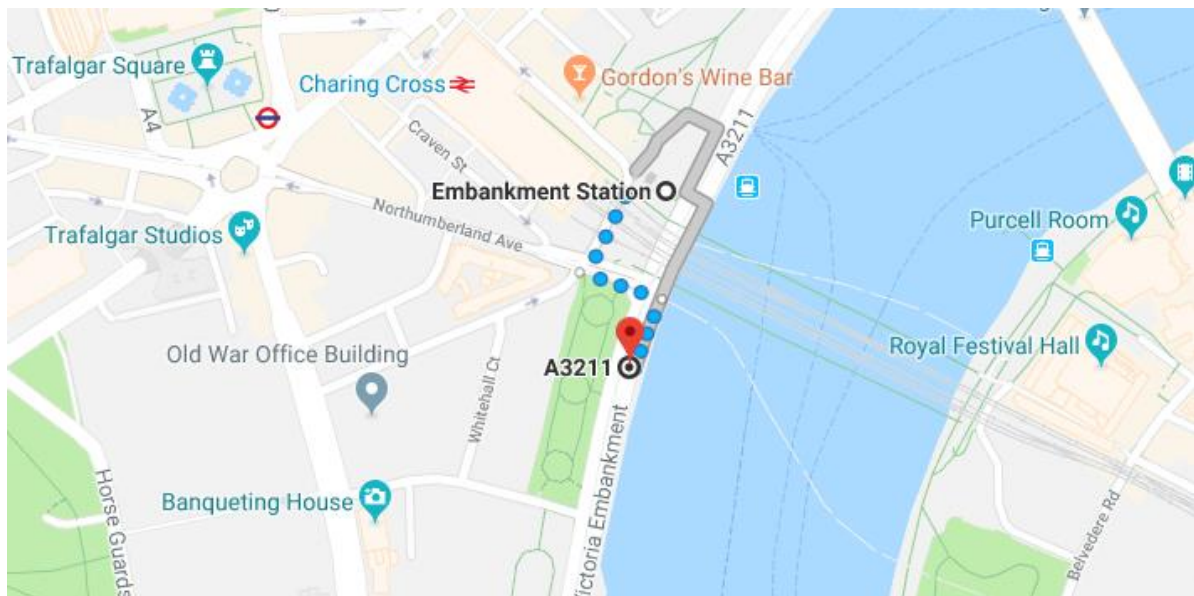
Elite men expected 12:00

First Penny Appeal runners expected 13:15 | Last Penny Appeal runners expected 16:30

#TeamOrange Volunteers 12:30-17:00

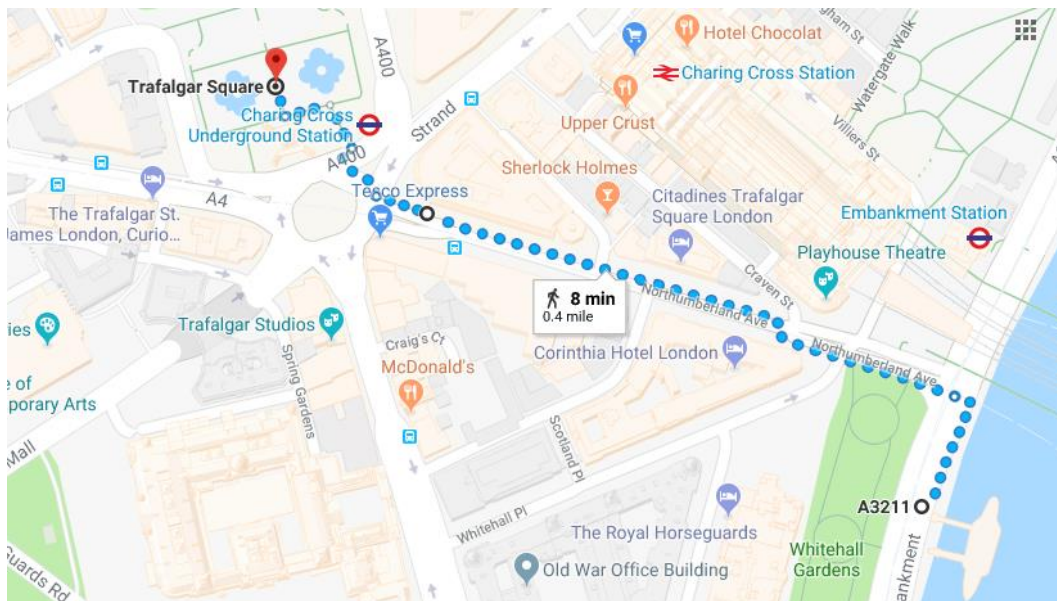
Cheer station set up 11:30

Penny Appeal contact for this station – Seema 07566 280733



The Finish: Trafalgar Square

We encourage you NOT to go towards the finish line. This area will be extremely crowded and the chances of meeting runners there is extremely low. Instead head up Northumberland Avenue towards Trafalgar Square, where our runners will congregate post race. Look out for the Penny Appeal flag as you will struggle to get phone signal due to the mass crowds.



Thank you so much for supporting Penny Appeal & being part of #TeamOrange – we hope you have a fantastic day. We would love for you to share all the news and your action shots in real time on social media. Please tag @pennyappeal and post using hashtags #LondonMarathon #PennyAppeal #TeamOrange #DigDeep and don't forget to add www.justgiving.com/campaign/pennyappeal2019 (or your runner's individual link) in you're your posts also to collect that extra support in donations.

Spectators' Guide – Mobile App

Download the FREE official Spectators' Guide

Make sure you download the FREE official Spectators' Guide app for the Virgin Money London Marathon. The app will give spectators access to mile-by-mile course maps with travel information, a real-time pace guide, profiles on elite and celebrity runners to look out for, plus lots more useful advice to help you enjoy the day!

Go to the App Store or Google Play and search 'London Marathon Spectators'.

Meet some of our amazing runners

DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
I have ran 3 full marathons, 4 half marathons, 2 10K's and a 5K

REASON TO RUN
We take having the blessing of clean water for granted, we don't understand how lucky we are to have this. This is a blessing that many around the world do not have. I'm taking on these challenges in order to relieve their struggle. For every step I take, I hope it's a step in the direction of helping those in need.

MANCHESTER - 20 YRS
HUSAM ABUKHSHIM pennyappeal

DONATE NOW : JUSTGIVING.COM/RUNHUSAMRUN



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
12 marathons (4 majors: Chicago, Berlin, NYC & Boston), 15 half marathons and 22 10 K's

REASON TO RUN
I want to be the first Egyptian to finish all 6 majors

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MANIROSTOM

DUBAI - 39 YRS
MANAL ROSTOM pennyappeal

DONATE NOW : JUSTGIVING.COM/MANALROSTOM



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
I ran the Great North Run 10 years ago and got a cramp after 8 miles, I had to walk the rest of the way! Now ten years and ten stones later I'm attempting to run a full marathon.

REASON TO RUN
It would be incredible to be able to raise enough money to make a big difference.

MANCHESTER - 29 YRS
ABDULLAH AFZAL pennyappeal

DONATE NOW : JUSTGIVING.COM/ABDULLAHAFZAL



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
I run to keep fit, this will be my first marathon! I have only ever run half a marathon once before and that was in October 2018.

REASON TO RUN
I want to run the London Marathon and raise money to build water wells for those less privileged than others.

ASHRAFWALLACE
ASHRAFWALLACE
ASH WALLACE
ASHRAFWALLACE

BRADFORD - 42 YRS
ASHRAF WALLACE pennyappeal

DONATE NOW : JUSTGIVING.COM/ASHRAF-WALLACE4



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
Over 100 5k's, 5 10k's and 7 half marathons

 **NAILANAZBUTT**

 **NAILA NAZ BUTT**

 **NAILA205**

REASON TO RUN
I want to show people that you don't have to look like an athlete to be a runner! The hijab is not a barrier for Muslim women and neither is age.



LEICESTER - 50 YRS

NAILA NAZ BUTT

pennyappeal

DONATE NOW : [JUSTGIVING.COM/NAILARUNSLONDONMARATHON](https://www.justgiving.com/NAILARUNSLONDONMARATHON)

DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
I have previously completed two Half Marathons, one 10k and a few 5k Parkrun's.

 **AZIZFC7**

 **YUNUS AZIZ**

REASON TO RUN
I will be running the London Marathon to help build water wells in Africa and provide safe clean drinking water to help save lives.



BRADFORD - 39 YRS

YUNUS AZIZ

pennyappeal

DONATE NOW : [JUSTGIVING.COM/YUNUS-AZIZ](https://www.justgiving.com/YUNUS-AZIZ)

DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
Completed half marathons and one full London Marathon 2017.

 **ADEEMYOUNIS**

 **ADEEMYOUNIS**

 **@ADEEM_YOUNIS**

REASON TO RUN
I want to help provide clean fresh drinking water that we take for granted.



WAKEFIELD — 37 YRS

ADEEM YOUNIS

pennyappeal

DONATE NOW : [JUSTGIVING.COM/TEAMS/LONDONMARATHON2018](https://www.justgiving.com/TEAMS/LONDONMARATHON2018)


DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
Previously completed 7 Marathons and 30 half marathons.

 **HAROON MOTA**

 **HAROONMOTA**

 **HARRYMOTA00**

 **@HAROON_MOTA**

REASON TO RUN
Providing the gift of water is quite priceless, and I've seen with my own eyes when I visited Africa, how much difference clean water can make. I'm digging deep to put in the miles.



COVENTRY — 32 YRS

HAROON MOTA

pennyappeal

DONATE NOW : [JUSTGIVING.COM/TEAMS/LONDONMARATHON2018](https://www.justgiving.com/TEAMS/LONDONMARATHON2018)

DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE
I've completed two half marathons and a number of 10ks and 5ks.

 **DAOUD36GREEN**

 **DAVID CARLING**

REASON TO RUN
I hope to raise funds for the creation of deep-water wells and help provide clean drinking water to thousands of people and their livestock.



LONDON - 44 YRS

DAVID CARLING

pennyappeal

DONATE NOW : [JUSTGIVING.COM/DAVID-CARLING36](https://www.justgiving.com/DAVID-CARLING36)

DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE

I have participated in number of charity runs, all raising money for great causes.

REASON TO RUN

I want to take on a new challenge. I always remember my late brother Quote "He who wishes to secure the good of others has already secured his own".

PRESTON - 44 YRS

pennyappeal

IMRAN MUSA

DONATE NOW : JUSTGIVING.COM/IMRAN-MUSA4



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE

2018 Manchester Half Marathon

IMRANSARDAR39

REASON TO RUN

I want to make a huge difference to the lives of others.

IMRAN_520@HOTMAIL.COM

IMRAN_520@HOTMAIL.COM

BOLTON - 39 YRS

IMRAN SARDAR

pennyappeal

DONATE NOW : JUSTGIVING.COM/IMRAN-SARDAR



DIG DEEP

LONDON MARATHON

RUNNING EXPERIENCE

5k for Cancer Research, 10k for Macmillan Trust, Royal Parks Half Marathon for Medicinema and the Brighton marathon.

SAIMA_ZED

SAIMA76535603

SAIMA-ZED

REASON TO RUN

I want to help provide water for communities through the construction of water wells.

LONDON - 28 YRS

SAIMA ZEB

pennyappeal

DONATE NOW : JUSTGIVING.COM/SAIMASLONDONMARATHON



pennyappeal

CONTACT US

Challenges Team

Challenges@pennyappeal.org

07739363894

#team orange

challenges

HAVE FUN, RAISE FUNDS
AND SAVE LIVES!



take a challenge with #teamoranger today!

www.pennyappeal.org/challenges

10 Amazing Years
pennyappeal



BRITISH 10K

21 July 2019