

pennyappeal

London Marathon

Spectators Guide

LONDON MARATHON



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 pandemic 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 £120,000 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.

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.

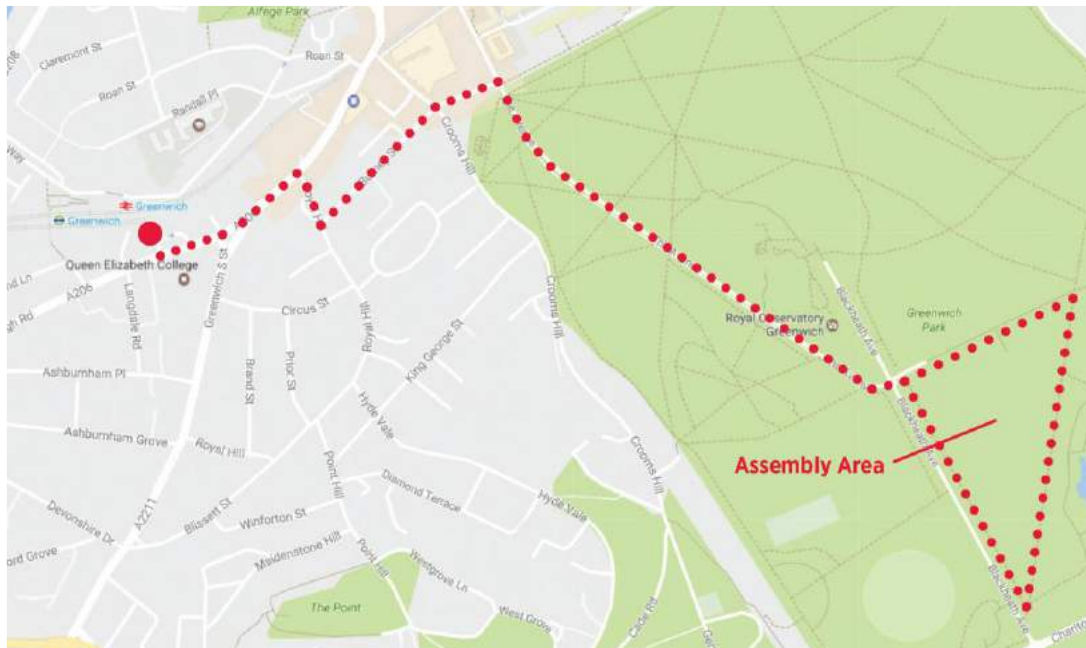
Buses no longer accept cash payments. You will need to use a Travel card, Oyster card or pay with a contactless debit/credit card.

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 goodbye 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.



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.

10am – 1PM

Penny Appeal contact for this station – Taksima 07739363894

Cheer station set up 10:00

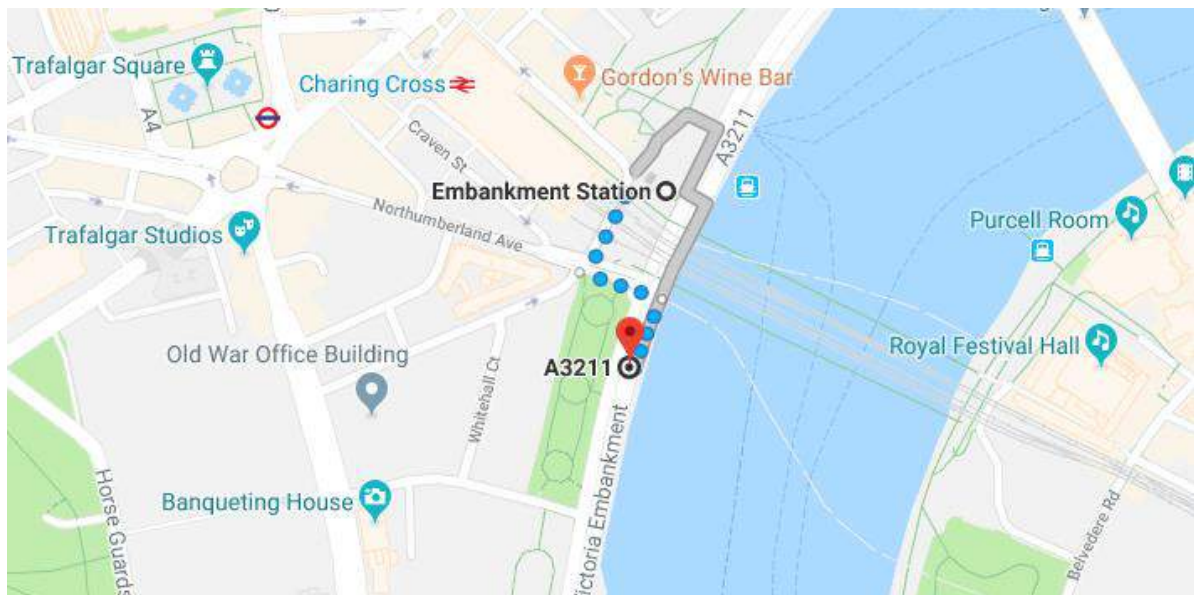


CHEER POINT 2: MILE 25 – EMBANKMENT

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.

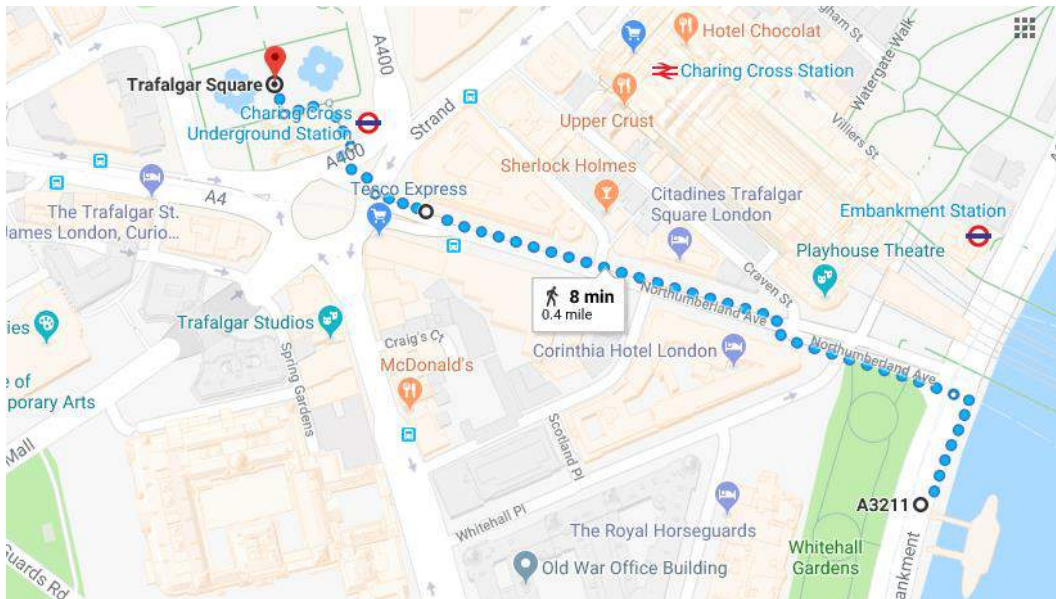
Cheer station set up 12PM

Penny Appeal contact for this station – Taksima 07739363894



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 <https://www.justgiving.com/campaign/pennyappeal2021> (or your runner's individual link) in 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'.