The Virgin Money London Marathon is unique among international sporting events in that ordinary people — people just like you — can compete and join in with the best in the world. How many people can say they’ve had a kick about with Gareth Bale or cycled alongside Sir Bradley Wiggins? Yet, over the years, more than 850,000 people can say they’ve raced against some of the world’s top runners like Paula Radcliffe, Haile Gebrselassie and Martin Lel.

If you’ve never joined the hundreds of thousands of spectators lining the streets of London to cheer on the runners in the Virgin Money London Marathon before, you’re in for a treat. Nothing can prepare you for the breathtaking spectacle that’s about to unfold before your eyes.

You may well have watched the race on TV with millions of others and marvelled at the elite and fancy-dress runners but, rather like the FA Cup Final or Wimbledon, nothing compares to being there. The Virgin Money London Marathon is a wonderful celebration of all that is great about sport and all that is great about people.

The course has three different starts on Blackheath that straddle the border between the Boroughs of Lewisham and Greenwich. These three routes eventually meet up at John Wilson Street in Woolwich by the Royal Artillery Barracks. The ‘race-line’ is marked out in blue on the road for the entire 26.2 miles. Can you spot it where you are?

After about six miles, the runners cross the Meridian Line that marks the transition from East to West and pass the Royal Naval College at Greenwich. They turn right to the Cutty Sark before heading on to Surrey Quays and along Jamaica Road to Tower Bridge at around 12 miles.

Runners then cross the Thames, turning east along The Highway, over the half-way mark, into Wapping and on to the Isle of Dogs, through Canary Wharf, before returning back along The Highway and passing the Tower of London at 22.5 miles.

The course drops down to follow the Thames along Victoria Embankment and on to the Houses of Parliament where it turns towards St James’s Park. Finally, The Mall, with Buckingham Palace and Admiralty Arch at each end, marks the glorious finale to an amazing race in an amazing city.

Beginning on page five, there are details about the route — where to avoid as well as the best places to watch — and course-wide maps to help you get around. Make sure you read the travel information on these pages before you decide to move; they could save you a lot of time and discomfort.

The day’s action begins at 08:40 when the Virgin Money Giving Mini London Marathon takes place on the final three miles of the London Marathon course (see panel for details). The wheelchair athletes will set off first followed by the runners. Find out more at www.MiniMarathon.co.uk

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Finally, and probably what makes the Virgin Money London Marathon the greatest big-city marathon on the planet, the course belongs to the fun runners and fancy dressers; the ordinary Joes and Josephines who make the event truly unique.

If you’ve been inspired by watching the 2014 race, you never know, next year it could be you out there. If you’d like to apply to run the 2015 Virgin Money London Marathon, visit www.VirginMoneyLondonMarathon.com on Tuesday 22 April 2014 to apply for a ballot place.
Virgin Money London Marathon spectators are a crowd on the move! Most people like to try to see runners at more than one location on the route and it’s great to soak up the atmosphere, take in some of the landmarks and perhaps pick up refreshments on the way too. Here are some tips on getting around London to make your day safer and more enjoyable.

There is advice on public transport, routes to take to help you to see the race at different places, and a guide to the pubs on the course, all designed to make your Race Day go smoothly.

On page four there is a specially formulated pace guide to help you follow the top-flight action in the elite races. This is how it works: if you are spectating on Heron Quay (near 15 miles) you will first see the leaders in the men’s wheelchair elite race at around 09:46. The women’s elite wheelchair race will be through roughly 12 minutes later at 09:58 and, at about 10:22, the leaders in the IPC Athletics Marathon World Cup should be passing. The elite women will pass mile 15 at roughly 10:33, followed by the fastest elite men, who will race past and out towards Canary Wharf at around 11:11 followed by the mass of runners.

As the last of the elite runners passes you, take a moment to reflect on the IPC Athletics Marathon World Cup, which made its debut at last year’s London Marathon. After the success of the London Paralympic Games, it’s fitting that the city has been chosen to drive the development of disability sport. London is set to host the race until 2017.

The IPC Athletics Marathon World Cup is for athletes in the T11-T13 visual impairment classes and athletes in the T42-T46 amputee classes. The aim of the event is to develop the sport of marathon running in classes other than the well-established wheelchair category and build on the amazing success of 2012’s Paralympic Games.

Look out for Paralympic champion and marathon world-record holder Richard Whitehead, who is the sole competitor in the T42 class.

You may well decide to go somewhere a bit quieter. Over the next few pages you will find useful maps and information about the Virgin Money London Marathon course, which will help you to make your way around and find the best spots to watch the race (and the places to avoid).

The Real-Time Pace Guide also shows calculated times so you will know when to keep an eye out for your loved ones as they come bounding majestically down the road. If they have a projected finishing time of 4:30, say, and you are waiting to see them at the Surrey Docks at Surrey Quays (mile nine) you know that, if they’ve done their training, you should see them come past at about 11:32. Simple.

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Quay twice, you’ll get another chance to see the elite as they head west – you are also at the 18-mile mark! The men’s wheelchairs will be the first through at about 10:56 followed soon after by the other racers until the men’s elite pass you at about 11:25.

The Real-Time Pace Guide also shows calculated times so you will know when to keep an eye out for your loved ones as they come bounding majestically down the road. If they...
GETTING AROUND BY RAIL
With all roads closed, the only way to get around is by public transport. London Underground, London Overground and the Docklands Light Railway (DLR) lay on extra services on Race Day, and this is by far the best way to get around.

Please be aware that spectators who travel with bicycles on the Docklands Light Railway (DLR) on Race Day will be required to follow instructions from staff, and may be asked to wait for a less busy train. Spectators are advised not to bring bicycles onto the DLR on Race Day.

TUBE/OVERGROUND CLOSURES ON RACE DAY
Please be aware that London Underground will have closures in place on the Northern Line from East Finchley to High Barnet and Mill Hill East on Sunday 13 April.

The London Overground route between Richmond/Clapham Junction and Camden Road will be closed until 12:30 due to engineering works.

For further travel information call 0343 222 1234 or visit www.tfl.gov.uk/journeyplanner

AVOID THE START AREA
The mass race starts at 10:00 from Blackheath and Greenwich Park. We don’t suggest accompanying your runner to the Start. The assembly areas are for runners only, so you will have to say goodbye well before race time anyway. There are a couple of options. All runners are entitled to free travel to the Start on Southeastern trains from Charing Cross, Waterloo East and London Bridge. If you were to say goodbye at any one of these three stations, then it’s an easy transfer onto the Underground to make your way onto the marathon route, get your spot and probably have time for breakfast too!

We encourage runners to get to the Start early – the first trains leave central London at 06:50, so if you travel into London together you will have plenty of time. You won’t be bored though – the Virgin Money London Marathon elite wheelchair race starts at 08:55 so you will see them, plus the IPC Athletics Marathon World Cup athletes and the elite women before the elite men and the mass runners start to come through.

From Charing Cross you can take the Northern Line southbound to Waterloo. Transferring onto the Jubilee Line eastbound gives a number of options. From London Bridge Station you can walk along Tooley Street to Tower Bridge Road and see the runners just before they cross Tower Bridge at mile 12.

Or walk over London Bridge into the City of London: the race passes underneath London Bridge. If you are early enough (between 08:40 and 09:45) you will see the Virgin Money Giving Mini London Marathon junior races, which start just east of London Bridge. Later on, the main race passes by at mile 23.

If you keep walking you will reach Bank Station, a major London Underground interchange. It also connects with the Docklands Light Railway, so you can head east out towards Canary Wharf and the Isle of Dogs before the elite men and the IPC Athletics Marathon World Cup athletes and the elite women. You will have plenty of time. You won’t be bored though – the Virgin Money London Marathon elite wheelchair race starts at 08:55 so you will see them, plus the IPC Athletics Marathon World Cup athletes and the elite women before the elite men and the mass runners start to come through.

Another option from Charing Cross is to walk to Embankment and connect with the District & Circle Line eastbound. Get off at Tower Hill and you can watch the runners from a number of locations in this area BUT it will be very, very busy.

The best option is to walk from Tower Hill Station to Tower Gateway on the DLR and head east out towards the Isle of Dogs.

AROUND THE COURSE
Canary Wharf and the Isle of Dogs, miles 14 to 21 on the Marathon route, are well served by a number of Docklands Light Railway stations. If a station is not mentioned then it is not close enough to the route to be considered spectator-friendly.

The DLR connects with London Underground at Canary Wharf Station (Jubilee Line), Bank (District & Circle Lines – connect at Monument Station) and Tower Gateway (walk to Tower Hill – District & Circle Lines). So, when you’re ready to head back towards the Marathon Finish in central London you can use these interchanges.
**SPECTATOR ROUTES**

If you really must accompany your runner to the Start, you can travel on the same trains from Charing Cross, Waterloo East and London Bridge, but will need to purchase a ticket as travel for non-runners is not free. These trains are also extremely busy, and non-runners are therefore not encouraged. Remember spectators are not allowed in the assembly areas.

Trains go to Blackheath, Maze Hill and Greenwich Stations, depending on which Start runners set off from. We would not advise travelling to Blackheath (Blue Start) or Maze Hill (Red and Green Start) Stations. There are no Underground or DLR connections and the only way to leave is to return to these stations and get a train back into central London and this may take some time. So if your runner is on the Blue or the Green starts, think carefully about this one.

However Greenwich Station (Red Start) is in the town centre and also connects with the DLR. Runners have a 20-minute walk to the Start assembly area from Greenwich Station (remember the assembly area is for runners only). You could say goodbye at the station and transfer onto the DLR and head out to Canary Wharf and the Isle of Dogs where there are some excellent viewing spots.

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**PLACES TO AVOID**

If you want to follow your loved ones and try to get a glimpse of them as they pass, we suggest that you avoid very crowded areas, where it can be difficult to find a viewing spot, hard to move around and tough to get in and out. These busy areas include:

- Greenwich town centre and the Cutty Sark. While the ship is undoubtedly a beautiful backdrop for the race, the crowds that are attracted here can make spectating uncomfortable and transport in and around Greenwich becomes particularly busy. We strongly advise spectators to avoid this area.
- Tower Bridge and the Tower Hill area.
- Anywhere from mile 23 to the Finish in The Mall, especially around Westminster and Parliament Square. Obviously many of you will eventually end up in this area later on in the day as you head to the runner Meet and Greet Area in Horse Guards Road.
THE ISLE OF DOGS

SHADWELL
(Connects with London Overground.)
A short walk from the station takes you to The Highway, a very popular spectator spot as the race passes by here twice. Please do not spectate in the middle of the road and cross only at designated crossing points. The closest is at Glamis Road where a subway under the road takes you from one side to the other. The subway also has a ramp that is suitable for pushchairs and wheelchairs.

LIMEHOUSE
There are lots of options from here. Cut through the park over the top of the Limehouse Link and you will reach Narrow Street at mile 14. This lively part of the route has several pubs and is very popular – noisy and busy – and narrow! Or go the opposite way, walk down Butcher Row and down onto The Highway to see runners twice. Or turn right onto Commercial Road and see runners at mile 21, keep walking along Commercial Road towards West India Dock Road and you will find one of the less-busy parts of the route.

WESTFERRY
Westferry Station is small and has elevated platforms so there are stairs to climb up and down here. Please do not spectate from the station platforms – follow instructions from station staff. The station is at the eastern end of Narrow Street. You can either walk up onto West India Dock Road to watch, or follow the route down Westferry Road. As the runners go underneath the roundabout here you can walk up the ramp onto Canary Wharf for further good viewing opportunities.

POPLAR
The station is just behind Poplar High Street at mile 20 on the route. Again, it’s one of the less-busy areas; most of the spectators are locals here.

BLACKWALL
Exit the station towards Preston’s Road and the runners will pass you as they make their way towards Poplar High Street. If you walk up onto Trafalgar Way you will be on the least busy part of the whole route. If you are looking for landmarks you will see the New Billingsgate Fish Market, relocated here from the City of London in the 1980s. It can be windy around here, so after a while you may choose to keep walking through to Canary Wharf.

CANARY WHARF
Another elevated station, walk down and get your bearings, remember the runners make a loop around the whole complex, so there are lots of viewing opportunities. Shops, bars and restaurants will be open, so this might be a good place to grab a bite to eat!

HERON QUAYS
This station is right on the route, just as the runners enter Canary Wharf at its western entrance at about 18 and a half miles. Be prepared to queue when arriving at and leaving this station. Turn right and you move further onto Canary Wharf itself, passing the entrance to the Underground Station. If you need to cross the route, use the shopping centre underground walkways. Turn left and you will go back towards the 18-mile mark where there is another opportunity to see runners twice as they exit the underground roundabout just before mile 15, and start their loop of the Isle of Dogs. Please note that The City Pride pub close to mile 15 and 18 is now closed.

SOUTH QUAY
Although directly on the route, the exit is on the ‘wrong’ side. We suggest that spectators do not get off here but stay on the train to Heron Quays or Crossharbour.

CROSSHARBOUR
The George pub will be certain to have a band to entertain the crowds. Turn either left or right and move further away from the station entrance if you want a quieter spot to watch. Keep walking south and you will come to Mudchute Station.

MUDCHUTE
Located on East Ferry Road, close to the 17-mile point, this is a good spot to watch and less busy than many places. The Nelson pub on the corner of East Ferry and Westferry Roads is popular with locals.

ISLAND GARDENS
This is the southern-most station on the Isle of Dogs so it will be busy with spectators coming from Greenwich and the Cutty Sark to continue watching the race. The corner of East Ferry Road and Westferry Road is always congested, but if you walk up Westferry Road towards the 16-mile point you should find it easier to locate a good spot to watch from.

A tube map will show you the various connections you can make to reach these stations. The main interchanges from the DLR to London Underground are at Canary Wharf (Jubilee Line), Tower Gateway (walk to Tower Hill, District & Circle Lines), Bank/ Monument (Northern, District & Circle and Central Lines) and Stratford (Jubilee and Central Lines).
EMBANKMENT & CHARING CROSS
This part of the route (from mile 23 to The Mall) will be very busy with spectators especially towards Westminster. Embankment and Charing Cross Stations will involve a longer walk to the Meet and Greet Area at the Finish (up to 20 minutes), however, these stations will be less crowded than either St James’s Park or Westminster.

››

Come and join in the fun at Mile 23, the perfect cheering point from which to support your favourite runners. Marsh & McLennan Companies, a global professional services firm, are hosting a Cheering Zone in aid of their charity partner, Age UK. Located beside the iconic Tower of London and Tower Bridge, a hive of activity will welcome you with a volunteer cheering squad, live music and children’s entertainment. Enjoy a delicious BBQ, cakes and refreshments with all proceeds taken on the day donated to Age UK. Best of luck to all 200 Age UK marathon runners, especially the 16-strong MMC Marathon Team.

MILE 23 OFFICIAL CHEERING POINT – MARSH & McLENNAN COMPANIES ZONE

KEY
- MILE MARKER
- KILOMETRE MARKER
- PUB WITH LIVE BAND
- FULLER’S PUB
- LIVE BAND ON ROUTE
- PUB
There are a number of crossing points around the course to help the public get around but the Finish Area is so busy on Race Day that there are more crossing points around St James’s Park than anywhere else along the 26.2-mile route. If you have decided to brave the crowds and meet your runner in the park you can cross the course at the following points (these crossing points are shown on the map opposite):

**Parliament Square**
This is a two-way crossing point, ideal for access to and from St James’s Park tube towards the runner Meet and Greet Area. This crossing is suitable for wheelchairs and pushchairs.

**Storey’s Gate**
One-way access only from north to south. After being reunited with your runner this is ideal for those of you wanting to leave from St James’s Park tube. The crossing point is suitable for wheelchairs and pushchairs.

**Queen Anne’s Gate**
One-way access only from south to north, ideal for those of you arriving at St James’s Park tube and wanting to make your way to the Meet and Greet Area on Horse Guards Parade. This crossing point is suitable for wheelchairs and pushchairs.

**Birdcage Walk**
This is a two-way crossing point for access to and from Victoria Station towards the runner Meet and Greet Area. This crossing point is suitable for wheelchairs and pushchairs.

**Spur Road**
Two-way footbridge perfect for those of you using Victoria Station before heading to the Meet and Greet Area on Horse Guards Parade and ideal when you want to make your way home. Not suitable for pushchairs or wheelchairs.

**Finish Area - St James’s Park**
Many thousands of you will make your way to the Finish Area to be reunited with your runner. Simply meeting your runner at the Finish is not enough though: pre-planning is vital in order to avoid any distress.

The entire area, in and around St James’s Park, is incredibly congested. Families and friends of runners trying to catch a glimpse of their loved ones on The Mall will be disappointed. You will **not** be able to see runners cross the Finish Line. Far better to meet your runner on Horse Guards Parade (see the map on page 14).

The first point that you will be able to meet your runner is on Horse Guards Parade at one of the A to Z meeting points. The best way to reach this point is via one of the following routes:

**Westminster & St James’s Park**
The closest stations to the Meet and Greet Area on Horse Guards Parade are Westminster and St James’s Park. Both of these stations are extremely busy so expect queues to get in and out, especially from lunchtime onwards when many spectators – including you! – make their way to the Finish. Congestion will be compounded by runners who have already finished and their families leaving the area, and regular London tourists visiting the landmarks nearby. If you are arriving at St James’s Park tube we would advise you to use Queen Anne’s Gate crossing (C) to access the Meet and Greet Area and use Storey’s Gate crossing (B) to make your way back to the station.

If you are arriving at Westminster Station you will not need to use a crossing point to access the Meet and Greet Area. We recommend that any wheelchair users wanting to access the Meet and Greet Area use this station as it has step-free access to the station and you will not have to use one of the public crossing points.

There are other stations relatively close by that will be less busy - Piccadilly Circus, Charing Cross, Embankment and Victoria will involve a longer walk to the Meet and Greet Area (up to 45 minutes from Victoria, 15 minutes from Charing Cross and 20 minutes from Embankment).

Where stations are on the ‘wrong’ side of the route, you will need to use the designated crossing points. These are clearly signed and marshalled. Again these will be busy and you will often need to wait before you can cross.

**Please do not use Green Park Station as this is not suitable to access the Meet and Greet Area. Heading to this station will only cause distress and take far longer to be reunited with your friends and family.**

**Victoria**
Victoria will involve a longer walk to the Meet and Greet Area (up to a 45-minute walk). However, this station is likely to be less congested. We would advise that you use the pedestrian footbridge on Spur Road (crossing point E) to make your way to the Meet and Greet Area on Horse Guards Parade. The footbridge will be two-way so you should also use it to make your way back to Victoria Station.

The footbridge is not suitable for pushchairs or wheelchairs. A step-free alternative is to use the Birdcage Walk crossing point (D).
Raise a glass to this year’s amazing Virgin Money London Marathon runners at one of the many pubs and bars along the route...

Enjoying a pint is the last thing on the mind of most runners in the Virgin Money London Marathon but, for spectators, watching from a pub on the route with a drink and some pub grub makes for a perfect Sunday morning. And what better way to complement your drink than listening to live music from one of the 40 bands playing on the day?

Along the 26.2 miles of the course, there are 49 pubs taking part in the Virgin Money London Marathon best-dressed pub competition, many of these will have bands playing in close vicinity, helping to create a carnival atmosphere.

London’s landlords and landladies have been invited to join in the Marathon festivities by dressing up their pub with banners, balloons and bunting (supplied by the Virgin Money London Marathon) and any other colourful decorations. The establishment that is judged the best dressed wins a champagne dinner for two.

Many of these pubs are linked to charities who have runners in the race. They are providing up a base for the charity supporters to cheer on their families and friends and, with the help of the bands, they will create an amazing atmosphere for the runners.

In the panel on the right you will find a comprehensive list of all participating pubs and bars on the course complete with the address and, if there is one, the affiliated charity.

Take a look at the maps on pages seven to 14 to find a pub and join in the fun. Fuller’s pubs are marked by the red crest and serve Fuller’s London Pride – the official beer of the Virgin Money London Marathon.

The Royal Standard
Blackheath Newbridge Social Club
Greenwich & Bexley Hospice
The White Swan
The Albion Church Street
The White Horse
The Antigallican
The Rose of Denmark
The Pickwick
The Crown
The Clink
Moby Dick
The Bridgehouse Bar & Dining Room
The Crown
The Embankment
The Gatehouse
The Gate Clock
The Glass Tankard
The Guild House
The Hung Drawn & Quartered
The Old Ship
The Old Crown
The Crisp
The Crown
The Badger
The Black Horse
The Blackfriars
The Blackfriars

The following groups will be judging the best dressed pubs.

The children of London’s landlords and landladies
Fuller’s
The British Beer and Pub Association
The pub companies
The pub sector (as a whole)
The running community
The Virgin Money London Marathon
Fuller’s
Speculative entries

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