Virgin London Marathon spectators are a crowd on the move! Most people like to try and see runners at more than one location on the route. It’s great to soak up the atmosphere, take in some of the landmarks, and perhaps pick up some refreshments on the way too.

On the following pages you will find a serial photograph of the entire route of the Virgin London Marathon 2010, complete with helpful information on the course. In addition, there is a detailed map of the finish area along with information on where you should meet your loved ones after the race.

Friends and relatives should pay special attention to the information on the following pages regarding the best viewing points along the course. Not only is there an elite runner’s pace guide to help follow the top flight of the course. Not only is there an elite runner’s pace guide to help follow the top flight of the course. Not only is there an elite runner’s pace guide to help follow the top flight of the course. Not only is there an elite runner’s pace guide to help follow the top flight of the course.

**PLACES TO AVOID**

If you want to follow your loved ones and try to get a glimpse of them as they pass, we suggest avoiding the very crowded places where it is difficult to find a spot – and hard to move around and get in and out. These are:

- Greenwich and especially the area close to the Cutty Sark.
- The Greenwich Foot Tunnel between Greenwich and the Isle of Dogs will be CLOSED ALL DAY due to refurbishment work. A free shuttle service on the Thames Clipper will operate between Greenwich pier and Canary Wharf pier at 20 minute intervals between 10:00 am and 12:20 pm. Those wishing to travel north to south (Isle of Dogs to Greenwich) should use DLR services from Island Gardens to Cutty Sark.
- The east side pavement of Tower Bridge will have no public access and there will be very limited viewing points on the west side pavement. Spectators should avoid Tower Bridge!

- Anywhere from mile 25 to the Finish in The Mall. 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 Horseguards Road.
- The East London Line is closed until summer 2010 – so don’t base any of your plans around stations on this line.

**SPECTATOR ROUTES FROM CENTRAL LONDON STATIONS:**

- Getting to the start area is easy for A4. Walk from Blackheath and Greenwich Park. We don’t suggest accompanying your runner to the Start. The assembled area is 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 starts early – the first trains leave central London at 06:34 am, so if you travel into London together you will have plenty of time. You won’t be bored though – the elite women’s race starts at 09:00 am so you will see them, plus the wheelchair competitors and then the elite men before the mass runners start to come through.

From Charing Cross you can take the Northern line southbound to Waterloo. Transfer onto the Jubilee line eastbound giving 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 14. Or, walk over London Bridge into the City of London, the race passes underneath London Bridge. If you are early enough (between 09:00 and 09:45) you will see the Mini Marathon age group races which start just east of London Bridge. Later on the main race passes by at mile 22.

If you keep walking you will reach Bank Station, a major underground interchange. It also connects with the DLR, so you can head east out towards Canary Wharf and the Isle of Dogs to see the race between miles 14 & 21.

Bermudian Day on the Jubilee line is right on the Marathon route between miles 11 and 12. It’s a good place to watch, a straight stretch of road and once your runner has passed you can get back on the Jubilee line and continue on to Canary Wharf (mile 19.)

Get off at Tower Hill and you can watch the runners from a number of points 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.

If you are coming to Waterloo East Station then you should head for Waterloo underground and follow the suggestions above.

If you are leaving your runner at London Bridge Station then see the suggestions above for viewing and connections from London Bridge.

**CANARY WHARF & THE ISLE OF DOGS (DLR)**

Miles 14 to 21 on the Marathon route are well served by a number of Docklands Light Railway Stations. The DLR connects with London Underground at Canary Wharf (Jubilee line), Bank (District & Circle lines – connect at Monument Station) and Tower Gateway (walk to Tower Hill – District & Circle lines). Yes, when you want to head back towards the Marathon finish you can use these interchanges.

Please be aware that there are planned Tube closures on 25th April.

**Metropolitan line - between Wembley Park and Rayners Lane - between Wembley Park and Northwood**

**Northern line - between Kennington and Morden - Warren Street closed**

**Victoria line - Warren Street closed**

**Bakerloo line - Closed**

**Circle & District line - Blackfriars station closed**

**Piccadilly & District line - Ealing Common trains non-stopping on eastbound platform.**

For further information call 0843 222 1234 or log on www.tfl.gov.uk/journeyplanner

**On the following pages you will find a serial photograph of the entire route of the Virgin London Marathon 2010, complete• with helpful information on the course. In addition, there is a detailed map of the finish area along with information on where you should meet your loved ones after the race.**
# The First 6 Miles

**Blackheath - Woolwich - Greenwich**

## Real Time Pace Guide

<table>
<thead>
<tr>
<th>Mile</th>
<th>Elite Women</th>
<th>Wheelchair Men</th>
<th>Wheelchair Women</th>
<th>Elite Men Mass</th>
<th>3:30 Pace</th>
<th>4:30 Pace</th>
<th>5:00 Pace</th>
<th>6:00 Pace</th>
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<td>09:45</td>
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<td>11:07</td>
</tr>
</tbody>
</table>

For more information, visit [www.virginlondonmarathon.com](http://www.virginlondonmarathon.com).
MILES 7 TO 22
CUTTY SARK - THE TOWER

REAL TIME PACE GUIDE

<table>
<thead>
<tr>
<th>Mile</th>
<th>Elite Women</th>
<th>Wheelchair Men</th>
<th>Wheelchair Women</th>
<th>Elite Men/Mass</th>
<th>3:30 Pace</th>
<th>4:30 Pace</th>
<th>5:00 Pace</th>
<th>6:00 Pace</th>
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<td>10:23-11:35</td>
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<td>11:34-12:35</td>
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</table>

IMPORTANT
Due to restoration work on the Cutty Sark clipper, access to the area will be severely limited again this year. Spectator viewing opportunities are greatly reduced and you are advised to avoid the area.

The Greenwich Foot Tunnel is CLOSED for refurbishment works and although a shuttle service north across the river provided by Thames Clippers will operate from Greenwich pier, spectators coming from Greenwich Park will be guided to Greenwich DLR station, five minutes walk from the town centre.

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www.virginlondonmarathon.com 127
REAL TIME PACE GUIDE

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MILES 23 TO 26
THE HOME STRETCH
LONDON BRIDGE - THE MALL

If you plan to watch the Virgin London Marathon from one spot, why not a pub? All the pubs listed below are putting on special events, many linked to charities.

PUB EVENTS ON THE COURSE

If you plan to watch the Virgin London Marathon from one spot, why not a pub? All the pubs listed below are putting on special events, many linked to charities.

MILE 23 OFFICIAL CHEERING POINT - MMC ZONE

Come and join the fun at the MMC Zone, at mile 23 next to the Tower of London. Virgin Money, BBC London and Fuller’s London Pride have teamed up with MMC, a global professional services firm, at this iconic location so that you can cheer on your favourite runners, enjoy a variety of entertainment including music from a variety of bands. There will also be face painters and other entertainers. You will also be able to sample some of London’s most famous ales and keep hunger pangs at bay with some great BBQ food. There will also be live reporting from London radio station, BBC London on 94.9. All proceeds will go to the MMC and the Virgin London Marathon’s Official Charity of the Year, CLIC Sargent – Caring for Children with Cancer.

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THE FINISH
SPECTATOR’S INFO

MEETING UP AFTER THE RACE

You will be reunited with your runner at the ‘Runner Meet and Greet Area’ in Horse Guards Road and Horse Guards Parade. You will NOT be allowed into the secure area. Many of you will use the Crossing points and pedestrian bridge in order to make your way to and from this area, we therefore would ask that you take the time to look at the map and plan your route to and from the Finish area carefully.

The closest stations to the finish area are indicated on the map, for those of you arriving from St James’s Park tube please proceed along Queen Anne Gate where the crossing point will take you directly into the park. For people arriving at Victoria Station please use the new footbridge on Spur Road. All the crossing points shown will be clearly signed and marshalled but bear in mind that these will be busy and you will often need to wait before you can cross.

Charing Cross and Embankment stations will involve a longer walk (approx 20mins). However, these stations will be less crowded and you will not have to use the crossing points.

RUNNER MEET & GREET AREA

It can be very busy, so please take note of the following advice. There will be meeting points in Horse Guards Road and Horse Guards Parade with areas marked by letters of the alphabet - meet at your family initial or at another pre-arranged letter.

Please meet your runner at one of these meeting points. DO NOT congregate around the exit from the secure area at the top of Horse Guards Road. This causes massive congestion for exiting runners as well as other health and safety issues for the large numbers of people in this area.

Both the Police and our security personnel are under strict instructions not to allow people to congregate here and to move them along.

Heavy mobile phone traffic on all networks may mean you find it difficult to get a signal in and around the Finish Area. Therefore, do not rely on mobile phones as your only means of communication.

Runners are more likely to run slower than faster than their predicted time. After crossing the Finish Line it will take a minimum of 15 minutes and closer to 30 – 40 minutes to reach the Runner Meet and Greet area. Remember to build these factors into your arrangements for meeting your runner.

OTHER POINTS

- Make sure you have the details of your runner’s running number. It is the easiest way for our Information Point to identify them on our database.
- There will be a PA system in operation throughout the day at the Finish; this is only for the official race commentary and emergency announcements, NOT for runners seeking lost friends or family.

Please see the enclosed map for a detailed guide on how to get to Horse Guards Road and Horse Guards Parade. The map shows the entrance, secure area, and the Runner Meet and Greet Area.

KEY

- Secure Area
- No Vehicle Access
- Changing Male & Female
- Information Tent
- Medical
- Toilets
- IN THE PARK RESTAURANT
- Rest Area
- THE ROUTE
- One Way
- Two Way Public Crossing Point
- One Way Public Crossing Point

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