



**Sunday 10 March 2019**

# Final Instructions

In the following pages you will find all the information you need to have an enjoyable day at The Vitality Big Half 2019.

Please read these instructions very carefully and save them to your computer, tablet or smartphone now, so that you can access them easily in the build up to Race Day. More detailed information is available at [final-instructions.thebighalf.co.uk](http://final-instructions.thebighalf.co.uk)

**Orange Start Wave**

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# Welcome

The **Vitality Big Half** returns on **Sunday 10 March 2019** when you will join thousands of runners taking to the streets of Tower Hamlets, Southwark, Lewisham and Greenwich.

The event is bringing together people of all ages, abilities and backgrounds who are all **#MovedByLondon** to share in the amazing experience of running through the streets of the capital, side by side.

**The Vitality Big Half** will see up to 15,000 runners set off from 09:00 by Tower Bridge on the 13.1-mile course which finishes at the iconic Cutty Sark in Greenwich.

Bands and entertainers will be performing along the route and the day will conclude with live music, food and activities for all the family at **The Vitality Big Festival** near the Finish Area in Greenwich Park until 16:00.

The day also includes **The Little Half**, a 2.4-mile timed run, **The Vitality Big Mile**,

a free, fun, family-friendly mass participation event around Greenwich Park, and **The New Balance Big Relay**, a race for teams of four, where each participant runs a leg of the 13.1-mile course.

Everyone is welcome to join in the fun along the route and at **The Vitality Big Festival** for free, so why not encourage your family and friends to come along to celebrate your achievement?

Whether you are a regular runner, or taking part in your first half marathon, we wish you the very best of luck in achieving your goals.

Best wishes,  
**The Vitality Big Half Team**



# Before Race Day

Before leaving home, please make sure you have the following items with you:

- **Running number and safety pins**
- **IPICO Sports Tag and wire twist ties fixed to your shoe**
- **Kitbag and baggage label with your running number printed on it**
- **Access to these instructions**

If you do not receive your running number or IPICO Sports Tag in the post by Friday 1 March, please email your full name, date of birth and postal address to [helpdesk@londonmarathonevents.co.uk](mailto:helpdesk@londonmarathonevents.co.uk)

Replacement items will be arranged for you, these will be sent in the post if time permits or you can collect them on Race Day at the Information Point in your Start Area. There's no need to let us know about any other missing items until the day. Click [here](#) for more info.

## Deciding not to run

If you decide not to run for any reason, you must return your IPICO Sports Tag. Please use the freepost envelope enclosed with your event pack. All tags that are not returned within 21 days of the event are subject to a £10 lost-tag charge.

### IPICO Sports Tag timing device

You must fix your tag to your running shoe to receive your official finish time. Please follow the instructions and you can watch a video demonstration by clicking [here](#).



#### Step 1

Loosen the laces of one of your running shoes.



#### Step 2

Thread the wire twist ties under the laces.



#### Step 3

Thread the IPICO Sports Tag onto the wire twist ties.



#### Step 4

Secure the IPICO Sports Tag by twisting the ties firmly together.

# Before Race Day

## Running number



You should have received your running number in your Race Pack. Your number is orange, which means you need to go to the Orange Start Area. See how to get to the Orange Start Area by checking the map on the next page.

This letter indicates which Start Wave you are in. Check the timetable below for your wave loading and start time.

This number indicates the baggage vehicle where you should drop your kitbag. Vehicles 1 to 5 are Orange and vehicles 6 to 10 are Green.

**Important:** this is an example running number. Your unique running number, start wave letter and baggage vehicle number may be different to the one shown here.

Pin your number to the front of your T-shirt or running vest using the safety pins provided in your pack.

Entries are non-transferable. You **MUST** not use someone else's number, nor let someone else use yours. This is for safety reasons in case there is a medical emergency. For more information click [here](#).

Start Area	Start Wave	Running Number Range	Arrival from	Baggage Vehicle Closes	Wave Loading Closes	Wave Start Time
Orange	A	1002 to 4070	07:15	08:20	08:40	09:00
	B	4071 to 7170	07:15	08:20	08:40	09:05
Green	C	11921 to 16790	07:15	08:25	08:45	09:10
Orange	D	7171 to 9840	07:15	08:20	08:40	09:20
	E	9841 to 11920	07:15	08:20	08:40	09:25
Green	F	16791 to 20070	07:15	08:25	08:45	09:30
	G	20071 to 22080	07:15	08:25	08:45	09:35





# On Race Day

## Getting there

We recommend travelling to The Vitality Big Half on foot, by cycling or by using public transport. We strongly discourage driving to the event due to the extensive road closures which will be operating along the route from 04:00.

If you are travelling by public transport, please visit [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey) or [nationalrail.co.uk](https://nationalrail.co.uk)

## Getting to the Orange Assembly Area

Your running number is **ORANGE**, so you need to go to the Orange Assembly Area on Tower Bridge Road and Tooley Street, which is south of the River Thames.

The nearest station is London Bridge station. Upon arrival, please take the Tooley Street exit. Marshals will be at the exit of the station and on the routes to the Assembly Area to guide you.



# On Race Day

## Baggage drop

- Stick your self-adhesive running number label to your official event kitbag where indicated.
- Place any items you do not intend to run with in your kitbag.
- Draw and tie the drawstring cord to avoid items falling out during transit.
- Hand in your kitbag at your designated baggage vehicle. Your vehicle number is displayed at the bottom right of your running number bib.
- Only official event kitbags are allowed.
- No oversize bags or suitcases will be accepted, and no other bags or belongings should be attached to your kitbag.

Click [here](#) for more info.

## Facilities

Toilets facilities and Buxton Natural Mineral Water are available in your assembly area. Our team at the Information Points will be able to help with any queries.

## The Start

The race will be started in seven waves. The waves are lettered A to G and your letter is on your running number. Please follow the schedule in the table on page 4 and make sure you meet each deadline.

Once in the Assembly Area, our marshals will direct you to the Start Zones according to your running number. Line up in the Start Zone that matches your colour and letter and wait for your wave to start.



## #DrinkDrainDrop

We aim to recycle every plastic bottle used at The Vitality Big Half but we need your help. Plastic bottles can only be recycled if they are empty, so please remember to **#DrinkDrainDrop**.

**Drink** Buxton Natural Mineral Water, **drain** any leftover liquid before you **drop** your bottle safely at the side of the road where it will be collected for recycling. Do not drop bottles in the road, as this can cause dangerous trip hazards for runners behind you.

## Bottle bins at Mile 6

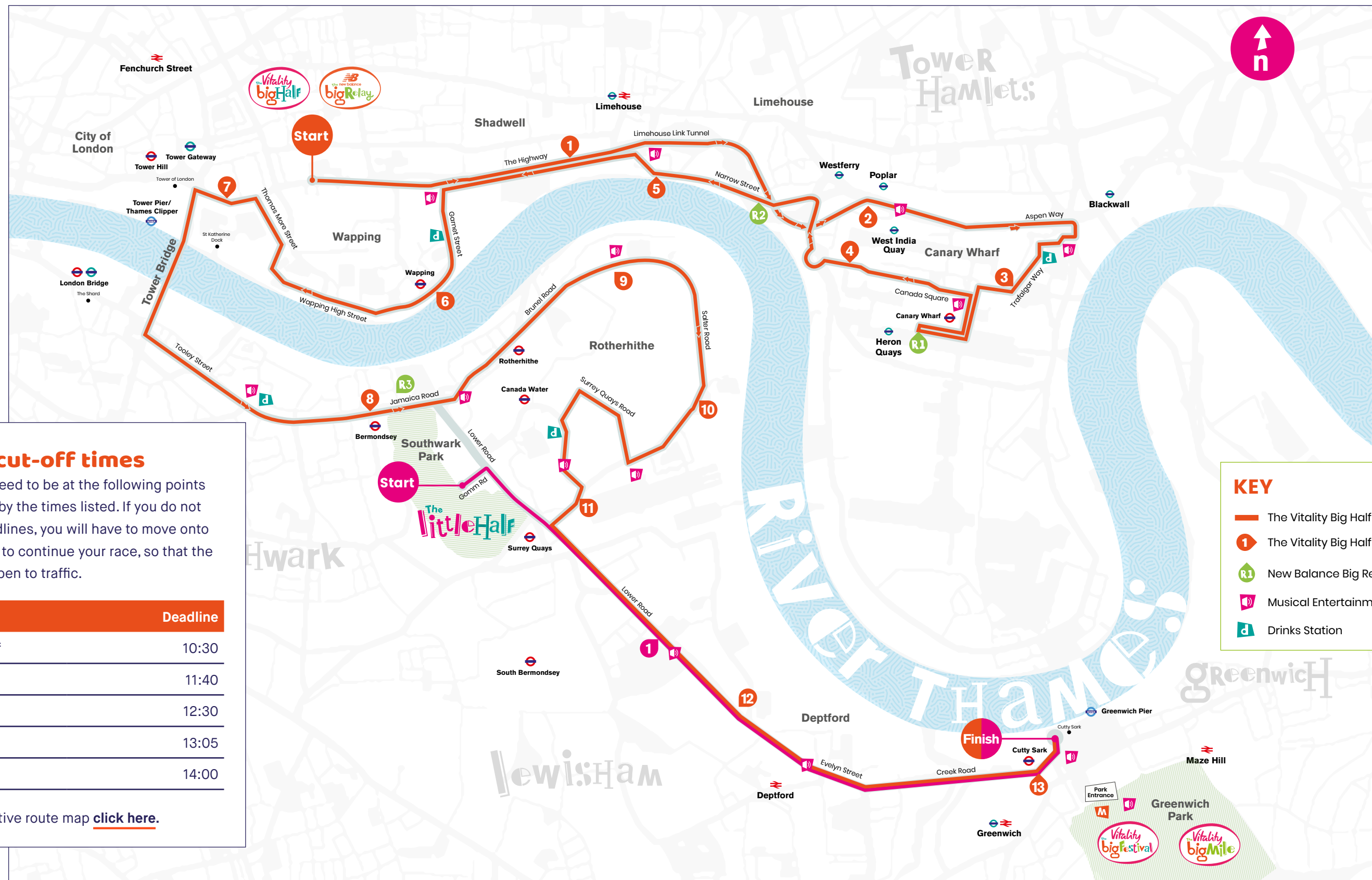
Working with our partners Buxton Natural Mineral Water, we are trialling giant bottle bins at Drink Station 2, near Mile 6 of the course. If possible, please use the bins provided for your empty bottle of water.

## Lucozade Sport

Lucozade Sport will be available at Drink Station 3, near Mile 8 to hydrate you to the Finish Line. This year, Lucozade Sport will be served in new eco-friendly Oohos - seaweed-based edible packages - and compostable cups. On Race Day, please only consume drinks that you've used during your training runs.

For more information about the course, Drink Stations, and how you can help us to recycle, click [here](#).

# THE COURSE



## Course cut-off times

Participants need to be at the following points of the course by the times listed. If you do not meet the deadlines, you will have to move onto the pavement to continue your race, so that the roads can reopen to traffic.

Cut-off point	Deadline
Canary Wharf	10:30
Tower Bridge	11:40
Surrey Quays	12:30
Deptford	13:05
Finish Line	14:00

For an interactive route map [click here](#).

## KEY

- The Vitality Big Half Route
- The Vitality Big Half Mile Markers
- New Balance Big Relay Changeover
- Musical Entertainment
- Drinks Station



# The Finish



## The Finish Line

The climax of your 13.1-mile challenge comes at the Finish Line in front of the iconic Cutty Sark in Greenwich.

## The Finish Area

Once over the line and into the Finish Area, you will probably be feeling tired but please keep moving to create space for runners arriving after you. If you are feeling unwell, please tell our medical staff immediately.

It may take you up to 15 minutes to walk through the Finish Area. Please listen to the instructions of the marshals.

You will collect your medal and your recovery bag, which contains your sized finisher T-shirt and a foil blanket to help you keep warm. Volunteers will help remove your IPICO Sports Tag from your running shoe. To watch a video animation of what to expect in the Finish Area, click [here](#).

## Baggage collection

Next, you will be directed into the grounds of the National Maritime Museum where you will be able to collect your kitbag from the same baggage drop vehicle that you handed it to at the Start. Please remember you will need to show your running number to collect your bag.

Once you have collected your kitbag, you can make use of the changing facilities in the museum grounds before entering The Vitality Big Festival in Greenwich Park.

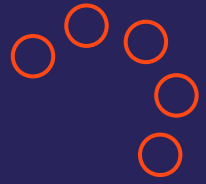
## Meeting friends and family

Please ask your family and friends to meet you at the Meet and Greet signs in Greenwich Park and not to congregate at the Finish Area exit. See map on page 11.

## Results

Results will be available on our official website – [thebighalf.co.uk](http://thebighalf.co.uk) – as soon as possible after the race has finished.

# The Vitality Big Festival



The Vitality Big Festival is the free post-race party for you, your family and friends to enjoy near the Finish Area in Greenwich Park.

## Music

- The Vitality Big Stage curated by BBC Introducing will feature a selection of the hottest up-and-coming acts and local community performers, who will be showing off their amazing talents. There will be music for every taste.

## Food

- Our Kitchen Theatre will be hosting cooking masterclasses from [Good Food in Greenwich](#) in partnership with [The Felix Project](#).
- A healthy and affordable Food Court in the main tent will offer a variety of cuisines from across the globe to enjoy by The Vitality Big Stage.

## Sport and Exercise

Activities on offer will include:

- A series of running challenges on the Vitality Tumbleator
- Athletics and trampolining sessions from Greenwich Leisure
- The New Balance Hub and lightfoot challenge
- An electronic bouldering 'Digiwall'
- Pedal powered Vitality smoothie bikes

## Health and Wellbeing

Activities on offer will include:

- A free massage for those that have participated in The Vitality Big Half 2019
- Meditation classes with a qualified professional coach
- Spoken Word performances from the Octavia Poetry Collective
- Advice on healthy and physically active lifestyles from Vitality
- Upcycling, craft making and basic gardening advice with Smallworld Urbanism
- Chatterbooks reading corner presented by The Reading Agency

## Also, don't miss:

- The opportunity to break a world record at the Guinness World Records Champions' Arena
- Children's Garden Maze
- Helter Skelter with stunning views of The Vitality Big Festival
- Kids face-painting and glitter tattoos
- Charity Village

## Meeting family and friends

The Meet and Greet Area at The Vitality Big Festival features every letter of the alphabet, so that you can get together with your family and friends at a prearranged letter of your choice.

Choose whichever letter you like but do not just say: 'I'll see you at the Finish' because it's a big area (180 acres) and there will be thousands of people.

# The Vitality Big Festival Map



## KEY

- |   |                 |                 |                    |
|---|-----------------|-----------------|--------------------|
| The Vitality Big Half runner route from the Finish Area | First Aid Point | Food Stalls     | Meet & Greet area  |
| The Vitality Big Mile route                             | Information     | Male Changing   | Runner-access only |
|   | Toilets         | Female Changing |                    |

For an interactive map of The Vitality Big Festival, [click here](#)



# After Race Day

Tips for travelling home and your post-race recovery

## Heading home

You will be feeling tired after The Vitality Big Half, so make sure you plan your journey home in advance. The nearest stations are Greenwich station, Cutty Sark DLR station and Maze Hill railway station. Local buses will also be operating to Greenwich town centre. To plan your journey, visit [tfl.gov.uk/plan-a-journey](https://tfl.gov.uk/plan-a-journey)

## Highlights

For photos, videos and reports from The Vitality Big Half, make sure you follow @OfficialBigHalf on [Facebook](#), [Twitter](#) and [Instagram](#)

## Results

Results will be available on our official website – [thebighalf.co.uk](https://thebighalf.co.uk) – as soon as possible after the race has finished.

## Official photos

Official photographs from the day will be available to purchase from [sportograf.com/en/shop](https://sportograf.com/en/shop)

## New challenge

After you've run The Vitality Big Half, you might want to consider having another goal to aim for. If so, the Vitality London 10,000 on bank holiday Monday 27 May 2019 could be just the race for you. You can book a place now.

**Enter now!**

## Recovery

After you've completed The Vitality Big Half, you'll need to take things easy. Make sure you follow these five top tips to aid your recovery.

### - ELEVATE YOUR LEGS

Immediately after the race elevate your legs if you can. If possible, find a tree and lie under it with your legs raised against the trunk for 10 minutes. This will help reduce the build-up of fluid in your legs.

### - HYDRATION & NUTRITION

Drink little and often to avoid the risk of over hydrating. If you can, eat within two hours of finishing The Vitality Big Half, this will help to replace the muscle glycogen more quickly and speed your recovery.

### - ICE & COLD WATER

Ice and cold water can be used to help relieve any pain you might be feeling. Sit in a bath or pool of cold water to ease pain in your legs, or wrap ice in a wet towel to target a particular area. Don't put ice directly onto your skin without a towel because this could cause an ice burn.

### - RELAXATION & SLEEP

Make sure you plan time for rest and relaxation after the race. Also try to get some daytime naps in during your recovery period.

### - MASSAGE

Many runners get a sports massage after running a half marathon. If you don't regularly get massages and you're not used to them, just get a very light massage or 'recovery rub'.



# Medical Advice

Professor Sanjay Sharma, Medical Director of the Virgin Money London Marathon, provides important advice about running The Vitality Big Half. Please read this advice carefully – we want you to enjoy your big day as safely and comfortably as possible.

Before you take part in The Vitality Big Half, discuss any potential medical problems with your general practitioner (GP). The advice that follows here supplements anything they may say. Make sure you see your GP if you have any problems or concerns.

We are happy for people with serious medical conditions to run the half marathon, but only with their GP or specialist's agreement. If you have a medical problem that may lead to you having a blackout, such as fits or diabetes, put a cross on the front of your running number and write the details, especially your medication, on the reverse of the number using a permanent marker pen.

If you have a family history of heart disease or sudden death, or you have symptoms of heart disease – such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations – see your GP.

## Training

Muscular aches and pains often occur after an increase in training, so aim to increase your training gradually so that you do not suffer prolonged exhaustion. You should also intersperse days of heavy mileage with one or two days of lighter training, so that your body can replace its fuel (muscle glycogen).

## Adequate rest

Rest days are also important. If you have flu, a feverish

cold or a tummy bug, do not train until you have fully recovered. Once you feel well again, start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury.

## Variety pack

To reduce injury risk, train on soft surfaces when you can, especially on easy training days. Vary your routes; do not always use the same shoes and run on differing cambers, hills, etc. Always face oncoming traffic.

## Hydration

You should always aim to replace fluids lost in sweat otherwise your body will become dehydrated and less efficient. Remember that alcoholic drinks are dehydrating: a pint of beer produces more than a pint of urine, while spirits have an even worse effect. Take on board plenty of non-alcoholic drinks, especially before the race and in hot weather. Drink enough to keep your urine a pale straw colour.

Drink plenty of liquids after training, especially long runs, and drink during races, especially in the first half of a half marathon. Practise drinking during longer training runs. Drink plenty of fluids and reduce alcohol intake in the two days before the race. But do NOT drink excessively just before the race.

## Nutrition

Eat what suits you. Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a good varied diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply. Training helps you to sustain a high level of muscle glycogen if you eat a lot of carbohydrate. If you can, eat within two hours of your long runs and the end of the half marathon.



# Medical Advice

## Carbo loading

Do not change your normal diet drastically in the last week before the half marathon, but decrease your intake of protein (meat) and increase your intake of carbohydrate (pasta, bread, potatoes, cereals, rice and sweet things), especially for the last three days when you should also be markedly reducing your training.

Unless you reduce your protein intake you will not eat enough carbohydrate. (Not all runners are helped by first depleting carbohydrate with a long run and low carbo diet and then loading – this can make your muscles very heavy.)

## Clothing

Wear appropriate clothes for the weather. On a cold, wet day you may become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easy to carry. On Race Day, wear running shoes that you know will not give you blisters.

## On the day

Do not run The Vitality Big Half if you feel unwell or have just been unwell, even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not wish to miss the event.

If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family, your sponsoring charity and the race support staff to risk serious illness and become a medical emergency. You are also unlikely to do yourself justice. There will be many other races.

## Drinking safely

Drinking too little can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking much too much can also be very dangerous and lead

to hyponatraemia, fits and even death over longer distances, but sensible fluid intake is necessary even for a half marathon. Start the race well hydrated and drink when you can, especially in the first half of the race when you may not feel very thirsty.

This will help you to feel better later in the race and may prevent cramp. Cramp is most common in runners who have not trained sufficiently or are dehydrated.

Do NOT gulp large volumes of electrolyte-free fluids (like water) before, during or after the race. It is possible to become ill from drinking too much, too quickly. There are frequent water stations but you do NOT need to drink at each one, just swallow a mouthful of water occasionally. If you like Lucozade Sport, drink that as well. Do NOT drink excessively after you finish The Vitality Big Half. You can only rehydrate gradually, so aim to have some salty food as well and you will not get hyponatraemia.

## The Finish Area

Once you cross the Finish Line, do not stand around getting cold. Keep walking, especially if you feel dizzy, and have a drink to replace lost fluids. Go to the baggage area as soon as you can, collect your belongings and change into warm, dry clothes. Keep on drinking slowly and have something to eat. Some runners feel faint more than half an hour after finishing the race, often because they have taken insufficient fluid and/or not eaten anything. Again, do not drink excessively after the race.

## Finally...

Train sensibly. Follow this simple advice and you are unlikely to need medical aid. If you do, there are first aid points throughout the course and at the Finish Line. There will also be a medical director and full medical team in attendance on Race Day.



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