



SUNDAY 22 AUGUST

EVENT DAY

GUIDE

In the following pages you will find all the information you need to have an enjoyable day at the New Balance Big Relay.

Please read these instructions very carefully and save them, so that you can access them easily in the build-up to Event Day.

BEFORE EVENT DAY

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

- Bib number and safety pins
- IPICO Sports Timing Tag fixed to your shoe with the wire twist ties provided
- Kitbag and baggage sticky label with your bib number printed on it
- Your New Balance Big Relay T-shirt
- An Oyster card, bank card or cash for your onward travel after the event
- A copy of these instructions or access to them

If you do not receive your Event Pack before Event Day, please go to the Information Point in your Start Area or your Relay Changeover Point where our team will provide you with replacement items.

COVID-19

We encourage all participants and spectators to take a lateral flow test on Saturday 21 August, the day before the event. Lateral flow tests are available from most pharmacies and are free to order [here](#).

If you test positive for Covid-19, have been in contact with someone who has the virus, or feel unwell in any way, please do not attend the New Balance Big Relay.

We will provide a full refund of your entry fee if you're unable to attend due to testing positive for Covid-19 or if you're told to self-isolate by the NHS Test and Trace app.

IPICO SPORTS TIMING TAG

You must fix your tag to your running shoe to receive your official time.
Please follow the instructions below:



STEP 1

Loosen the laces of one of your running shoes.



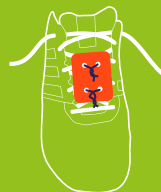
STEP 2

Thread the wire twist ties under the laces.



STEP 3

Thread the IPICO Sports Timing Tag onto the wire twist ties.



STEP 4

Secure the tag by twisting the ties together firmly.

BEFORE EVENT DAY



EXAMPLE BIB NUMBER

You should have received your unique bib number in your Event Pack. It is important that you understand the rest of the information displayed on the bib – see below.

Runner One will start in Start Wave F.

This indicates which leg of the relay you are running and therefore whether you are Runner One, Two, Three or Four.

This number indicates the baggage collection point Runner Four should collect their kitbag from at the Finish. Please check your bib for your collection point. (See pages five to seven for additional runner baggage info.)

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.

RUNNING ORDER

It is vital that everyone in your team understands which leg of the New Balance Big Relay they are running before the day – this is clearly stated on your bib number.

The Vitality Big Half starts near Tower Bridge but only Runner One, who has Leg 1 printed on their bib, should go to the North Start Area at the times stated on page four. Runners Two, Three and Four need to go to their designated Changeover Point – see pages five to eight for more Changeover Points.

///WHAT3WORDS

We're working with the location app [///what3words](#) to help you find important locations on the day.

Download the app to find out more and, in the following pages, look out for the what3words addresses for the North Start Area and the New Balance Big Relay Changeover Points.

ON EVENT DAY

INFORMATION FOR RUNNER ONE ONLY

Runner One needs to go to the North Start Area on Tower Hill, which is north of the River Thames.

what3words location: [///flops.issue.strict](#)

The nearest stations are Tower Hill Underground and Tower Gateway Docklands Light Railway (DLR). Marshals will be present to help guide you. Please arrive between 08:50 and 09:10. Your Start Wave is F and your important times are in the table below.

Before Event Day, you may want to consider giving Runner Two some warm clothes and an Oyster card or cash in your kitbag, so they can give you these items when you finish your run at Changeover Point One.

Please note: it is your teammate's responsibility to hand you your kitbag at your Changeover Point.

BAGGAGE DROP

We also recommend that Runner Four gives you their warm clothes in their kitbag before Event Day. You will be able to leave their kitbag at a baggage vehicle in the North Start Area. Our volunteers will only accept the official event kitbag provided.

YOUR LEG

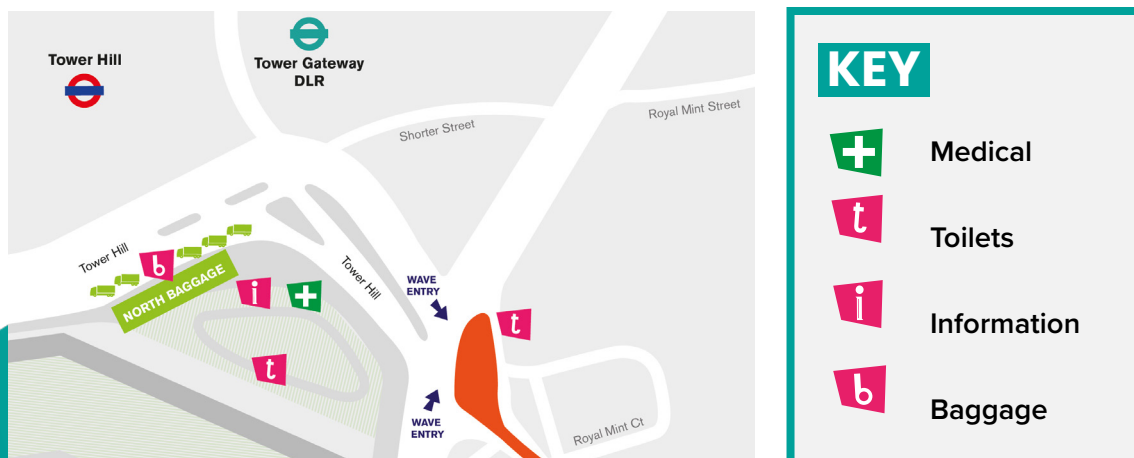
The distance of your leg is approximately 3.5 miles and you will hand over to Runner Two at Changeover Point One on the corner of Bank Street and Heron Quays Road, Canary Wharf.

After your run, you can walk to the nearest station, Heron Quays. From here you can get the DLR to Greenwich and meet your teammates.

RUNNER ONE'S IMPORTANT TIMES

Start Area	Start Wave	Arrival time and kitbag drop time	Access start chute from	Wave start time
North	F	08:50-09:10	09:10	09:40-09:50

NORTH START AREA MAP





ON EVENT DAY

INFORMATION FOR RUNNER TWO ONLY

Runner Two needs to go to Changeover Point One on Bank Street and Heron Quays Road, Canary Wharf.

what3words location: [///behave.tigers.cities](#)

The nearest stations are Heron Quays and Canary Wharf, which are served by the Docklands Light Railway (DLR).

The distance of your leg is approximately 1.2 miles and you will hand over to Runner Three at Changeover Point Two at Narrow Street, next to Ropemakers Fields in Limehouse.

Before Event Day, you may want to consider giving Runner Three some warm clothes and an Oyster card or cash in your kitbag, so they can give you these items when you finish your run at Changeover Point Two.

After your run, you can walk to one of the nearest stations – Limehouse or Westferry. From here you can get the DLR to Greenwich to meet your teammates.

INFORMATION FOR RUNNER THREE ONLY

Runner Three should go to Changeover Point Two at Narrow Street, next to Ropemakers Fields in Limehouse.

what3words location: [///save.animal.lions](#)

The nearest stations are Limehouse and Westferry. Both are serviced by the DLR and Limehouse is also on the train line between Fenchurch Street and Southend.

The distance of your leg is approximately four miles and you will hand over to Runner Four at Changeover Point Three on the corner of Rupack Street and Brunel Road.

Before Event Day, you may want to consider giving Runner Four some warm clothes and an Oyster card or cash in your kitbag, so they can give you these items when you finish your run at Changeover Point Three.

After your run, you can walk to Canada Water station and take the Jubilee Line to Canary Wharf. From here, you should cross the road to Heron Quays and get on the DLR to Greenwich station to meet your teammates.

ON EVENT DAY

INFORMATION FOR RUNNER FOUR ONLY

Runner Four should go to Changeover Point Three on the corner of Rupack Street and Brunel Road.

what3words location: [///golf.images.hotels](https://www.what3words.com////golf.images.hotels)

The nearest station is Rotherhithe, which is on the London Overground. Canada Water station on the Jubilee line is also nearby.

The distance of your leg is approximately 4.4 miles and you will run to the Finish Line at Cutty Sark in Greenwich. Before Event Day, you may want to consider giving Runner One some warm clothes and an Oyster card or cash in your kitbag.

If Runner One gives your kitbag to a member of the baggage drop team in the North Start Area, it will be waiting for you at the Finish Area in Greenwich.

To retrieve your kitbag, just find the same kitbag collection point as the number displayed on your bib.

Please see the map on pages 10 and 11 for the locations of all the Changeover Points.



CHANGEOVER PROCESS

The aim of the New Balance Big Relay is to get your team from the Start Line to the Finish Line and this will involve four runners and three changeovers.

As you approach the Changeover Point, you will see signs on the course indicating that you need to move to the left or right – ready to head into the changeover area.

The Changeover Point will be barriered off and clearly signposted. You must continue running until you cross the timing mat. Your teammate will be waiting on the other side of the timing mat so that they can begin their leg of the New Balance Big Relay.

AFTER YOUR LEG

Ponchos will be provided for runners at each Changeover Point to help keep you dry in case it is raining. But it is your responsibility to make sure you have warm clothes and an Oyster card, bank card or cash for onward travel after your leg.

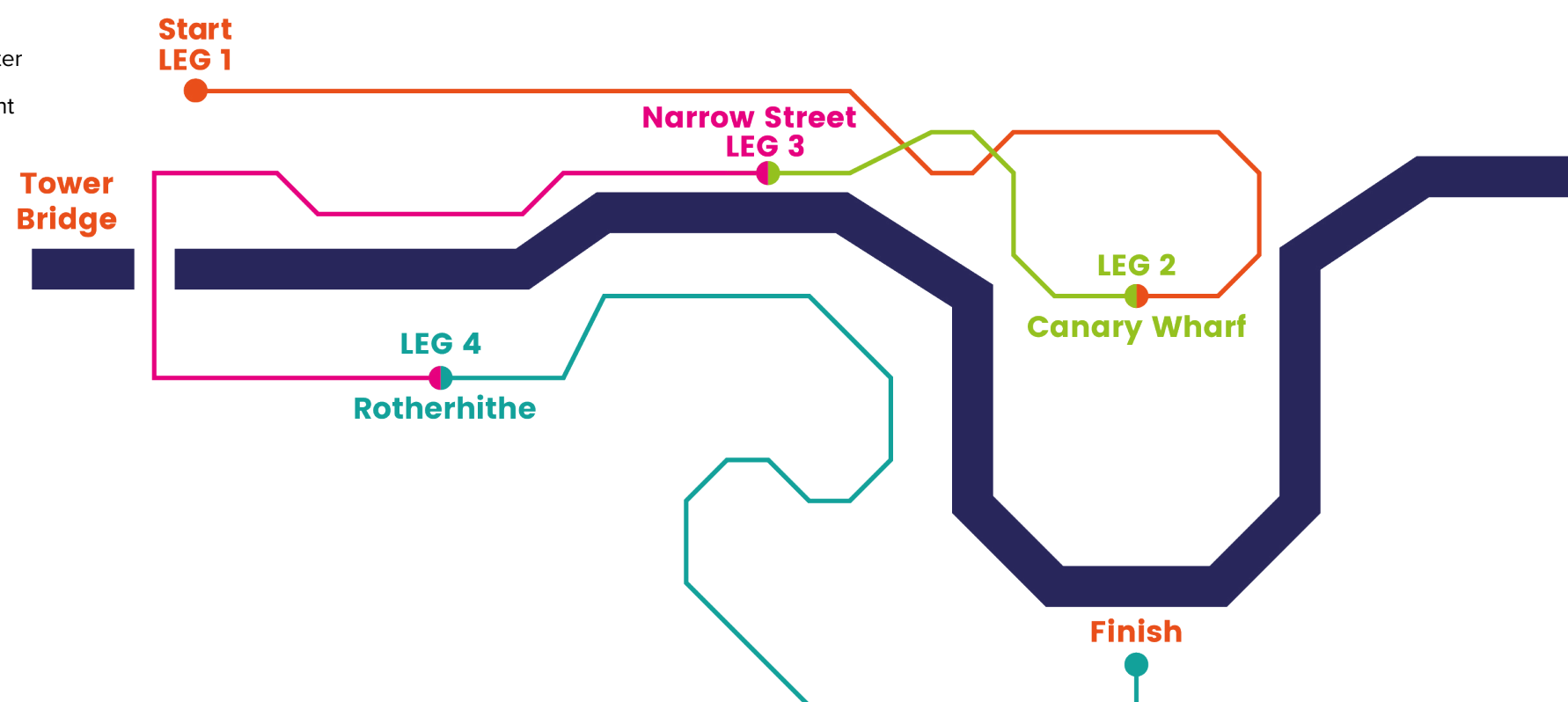
Please read the information on the previous pages about how to coordinate this with your teammates. We also recommend creating a

team group chat and sharing your live location to help coordinate relay changeovers.

CHANGEOVER POINT FACILITIES

The following facilities are available at each Changeover Point:

- Toilets
- Medical Point
- BUXTON Natural Mineral Water
- Finisher medal collection point



START

Runner One will start in Start Wave F near Tower Bridge. All other relay runners must start their runs at their designated Changeover Points at the locations listed above and below.

If you have any questions, please email the team at helpdesk@londonmarathonevents.co.uk

North Start Area
Tower Bridge



Nearest tube:
Tower Hill

LEG 1
3.5 MILES



Tower Bridge to
Canary Wharf

Changeover One:
Canary Wharf



Nearest tube:
Canary Wharf

LEG 2
1.2 MILES



Canary Wharf to
Narrow Street

Changeover Two:
Narrow Street



Nearest DLR:
Westferry

LEG 3
4 MILES



Narrow Street to
Bermondsey

Changeover Three:
Rotherhithe



Nearest station:
Rotherhithe

LEG 4
4.4 MILES



Rotherhithe to
Cutty Sark

Cutty Sark



Nearest DLR:
Greenwich

FINISH

ON EVENT DAY

FACILITIES

Toilets are available in your Start Area or relay Changeover Point. Our team at the Information Points will be able to help with any queries.

#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, and drop your bottle in a recycling zone.

RECYCLING ZONES

Large recycling sacks are available at the side of the road at various points within the 100m following each Drinks Station. Please make sure you drain and drop your empty bottles in these sacks.

LUCOZADE SPORT

Lucozade Sport will be available at Drinks Station 3, near Mile 8, to hydrate Runner Three. Lucozade Sport will be served in compostable cups.

Please only consume drinks that you've tried during your training runs.



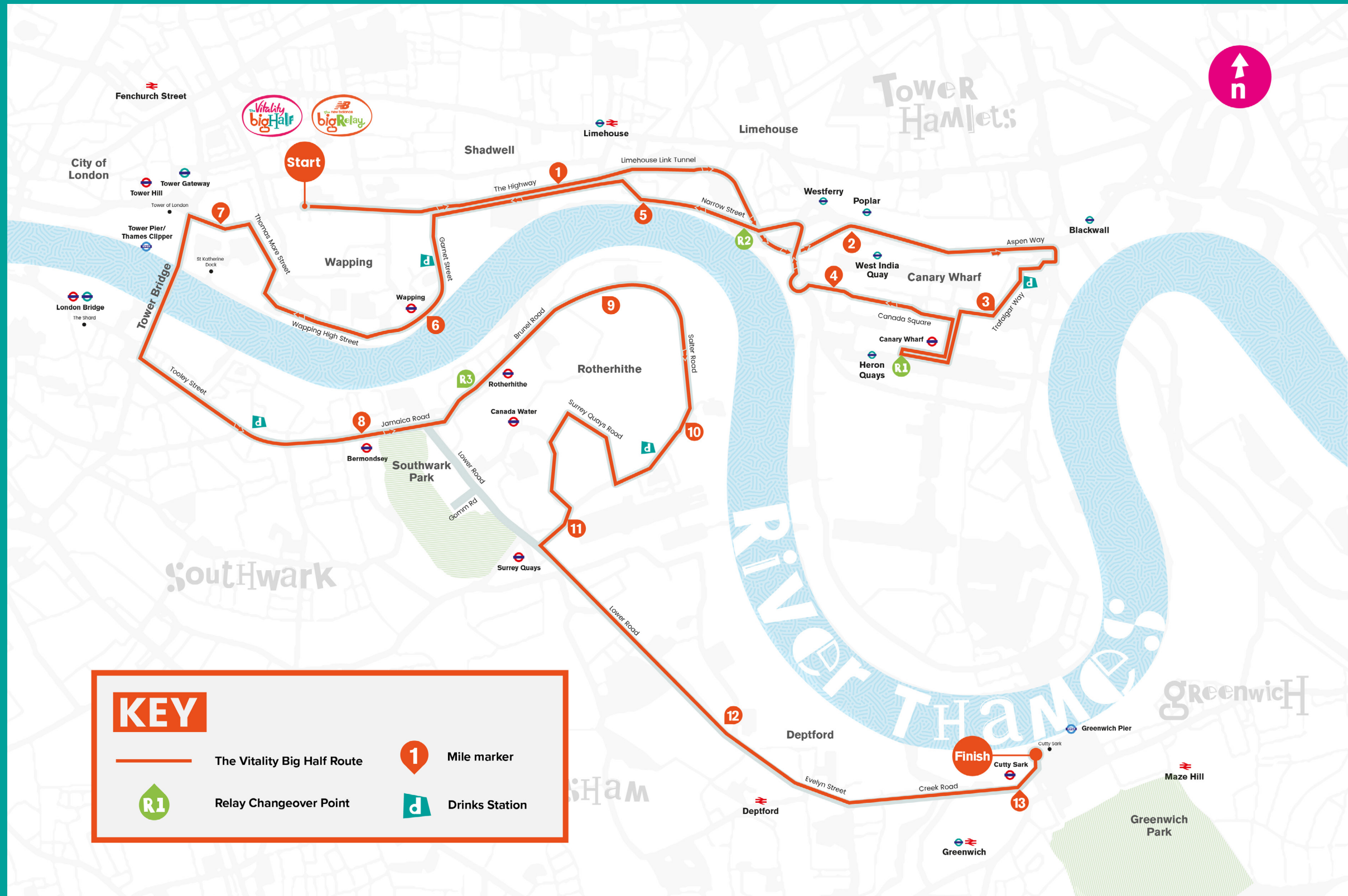
DROPPING OUT

If you cannot complete your leg, you must contact the next runner to let them know.

In this situation, the next leg runner will be allowed to leave without the previous runner crossing the timing mat, but it is your responsibility to tell your teammate you have dropped out.



THE COURSE



THE FINISH

THE FINISH LINE

The climax of your team's 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, Runner Four 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 from the marshals. At the Finish Area, Runner Four will collect their medal, a bottle of BUXTON Natural Mineral Water and a foil blanket.

Runners One, Two and Three will collect their medals and recovery items at their Changeover Points.

TIMING TAG

There is no need to return your IPICO Sports Timing Tag. You are welcome to keep this as a souvenir of your day or dispose of it responsibly.

RESULTS

Results will be available on our official website – thebighalf.co.uk – as soon as possible after the event has finished.



PLAN YOUR JOURNEY HOME

Please make sure you plan your journey home in advance. The nearest stations to the Finish Area are Greenwich, Cutty Sark DLR and Maze Hill rail station.

Please note that Cutty Sark DLR station will be very busy so if you can leave the area by another station or hub, please do.

Local buses will also be operating in Greenwich town centre. To plan your journey, visit tfl.gov.uk/plan-a-journey



CHECK YOUR RESULTS AND PHOTOS

Your result will be available on our official website – thebighalf.co.uk – within 24 hours and your official photographs will be available to purchase within 48 hours from sportograf.com

Share your photos and Event Day experiences on Facebook, Instagram and Twitter with @OfficialBigHalf and #WeRunAsOne

**AND FINALLY,
THANK YOU!**

Thank you for taking part in the New Balance Big Relay. It's going to be great to run together safely outdoors again and we look forward to welcoming you on Sunday 22 August. For more information, visit thebighalf.co.uk



LOOKING FOR YOUR NEXT CHALLENGE?

**A LIMITED NUMBER OF PLACES ARE STILL AVAILABLE
IN SOME OF OUR OTHER EVENTS**

THANKS TO OUR PARTNERS & SPONSORS

Vitality


new balance

Lucozade
SPORT

NATURAL  MINERAL WATER
BUXTON

MONEY
GIVING

SPORTOGRAF.COM




THE
ROYAL
PARKS