## **Runner Info**

## **Final Instructions Magazine Mailing**

The 2015 Virgin Money London Marathon Final Instructions magazines will be mailed out to all runners (apart from overseas runners who will be emailed a PDF of the Final Instructions) from Tuesday 24 March. This magazine contains all the information you need to have a trouble-free Race Day on Sunday 26 April. Please read the Final Instructions carefully well ahead of Race Day. The Final Instructions – for both UK runners and overseas runners – are also available below to download.

2015 Final Instructions for UK runners

2015 Final Instructions for overseas runners

All UK runners should receive their 2015 Virgin Money London Marathon Final Instructions magazines by Wednesday 8 April. If you have not received the magazine by this date, please contact our helpdesk on 020 7902 0200 or email <a href="helpdesk@london-marathon.co.uk">helpdesk@london-marathon.co.uk</a>.

All overseas runners will receive a PDF of the Final Instructions on Wednesday 25 March.

Runners travelling by coach should print off the pass below and ask their driver to display it on the coach's dashboard on Race Day.

Downloadable Coach Pass

## **Important travel information**

Please note that there will be no trains this year from London Bridge or Cannon Street to Blackheath (for the Blue Start). Runners who need to get to Blackheath should travel from Charing Cross, Waterloo East or Victoria.

## What happens next?

Ahead of Race Day, ALL 2015 Virgin Money London Marathon RUNNERS must register at the Virgin Money London Marathon Expo to collect their runner number, timing tag and kitbag. Your Final Instructions magazine will explain this in full but see below for more details. You can <u>find out more about the Expo here</u> (including opening hours, who's exhibiting and how to get to the venue: ExCeL in east London).

## **Registering for the Virgin Money London Marathon**

### Part 1 - The registration form

You will receive your registration form in the post at the end of March with your 2015 Virgin Money London Marathon Final Instructions mgazine (overseas runners will be sent their registration forms by email).

You must bring your registration form with you to the 2015 Virgin Money London Marathon Expo along with your identification (see details in Part 2) in order to collect your runner number, timing tag and kitbag (see below for more info).

### Part 2 - The 2015 Virgin Money London Marathon Expo

The 2015 Virgin Money London Marathon Expo will be held from Wednesday 22 April to Saturday 25 April at ExCeL in east London. All runners will need to attend on one of these days to register. If you live in London please try to attend on Wednesday or Thursday because the event becomes very busy on Friday and Saturday with runners who've come from further afield.

Simply take your registration form along to the Expo and exchange it for your runner number, timing tag and kitbag (see below for more info). The Registration Clerk will ask you to sign the declaration on your registration form in front of them and show some identification (for example, your passport or driving license). They will also give you some final instructions for Race Day – please read them carefully.

### What to do if you can't attend the Expo

Although we encourage everyone to register for the Virgin Money London Marathon in person we know this isn't always possible. Here's what to do if you can't attend the event:

- Nominate someone to attend the Expo and collect your runner number for you.
- Your nominee will need a letter written and signed by you, giving permission for them to collect your number. They'll also need to bring a copy of your identification.
- Sign the declaration on your registration form. When your nominee gives the form to the Registration Clerk, they'll check your details.
- Your nominee will also need to bring some identification (for example, their passport or driving license).

### **Overseas runners**

There are special desks at the Expo for overseas runners to register – these will be clearly marked.

# **Ballot Entry**

#### The 2015 online ballot is now closed

The online ballot for the 2015 Virgin Money London Marathon is now closed. Results were announced in October. Find out more about our Terms & Conditions of entry.

If you find out that you did not secure a place in the ballot – or you weren't able to enter the ballot before it closed – you may still be able to run in the 2015 Virgin Money London Marathon by securing a charity entry place.

If you're interested in running the Virgin Money London Marathon for charity, please click the link below (Charity Entry) to find out more about running and fundraising. Hundreds of charities have thousands of guaranteed places at the 2015 race and they're waiting to hear from you.

Alternatively, if you'd like to enter the 2015 race through one of the other categories below please follow the relevant link.

## **Charity Entry**

If there's a charity close to your heart and you'd like to run the 2015 Virgin Money London Marathon for it, you might be able to secure a charity entry into the race.

### **Overseas Entry**

If you live outside the UK and want to apply for a place in the 2015 Virgin Money London Marathon, contact one of our approved Tour Operators for an application.

## **Good for Age Entry**

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2015 Virgin Money London Marathon.

## **British Athletics Club Entry**

Athletics clubs associated with British Athletics can <u>apply for club entries into the 2015 Virgin Money London Marathon</u>.

## **Championship Entry**

If you're a member of an athletics club associated with British Athletics, and you've recently achieved a championship-qualifying performance for a marathon, find out more about championship entry places in the 2015 Virgin Money London Marathon.

### **Wheelchair Entry**

The Virgin Money London Wheelchair Marathon is open to elite disabled athletes. Find out more about the race and how to <u>apply for a Virgin Money London Wheelchair Marathon</u> place.

### **Deferred Entry (due to injury or illness)**

If you have secured a place in the 2015 Virgin Money London Marathon but think you may be unable to take part on the day because you are ill or injured, find out about <u>deferred entry</u> and what to do to run in 2016.