

LONDON LANDMARKS HALF MARATHON 2022

Sunday, 3 April



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

LONDON LANDMARKS HALF MARATHON 2022

Your runner's guide

You're running the London Landmarks Half Marathon for us. Thank you. This guide will give you all you need to know about the day. Share this with your friends and family so that they can find our cheer point and we can all make a racket for you together. If you have any questions, give us a shout. Otherwise we'll see you as you race past.

Why it's important

"Type one diabetes has been living with me for four years now and running has become an essential part of my toolkit for managing my diabetes. To take part and represent Diabetes UK is an honour. It is a great way for me to raise awareness that a diagnosis of type 1 diabetes as an adult doesn't have to hold me back in life."

Brian, keen runner and supporter of Diabetes UK.

Getting ready

Race packs will be delivered to all participants including international runners around two weeks before the event. Please ensure you read the enclosed race day booklet included in the pack before attending. If you lose your race pack or it didn't arrive you can collect your pack at a central London collection point the day before race day, more information will be available at a later date. You can contact the race organisers on support@llhm.co.uk

London Landmarks will be delivering a Covid-19 safe event and will providing you with details of any extra measures in the guide they send to you.

Leave yourself plenty of time to get there – it can get busy – so you can drop off your bags and nip to the loo at the start area. Plan your journey using tfl.gov.uk

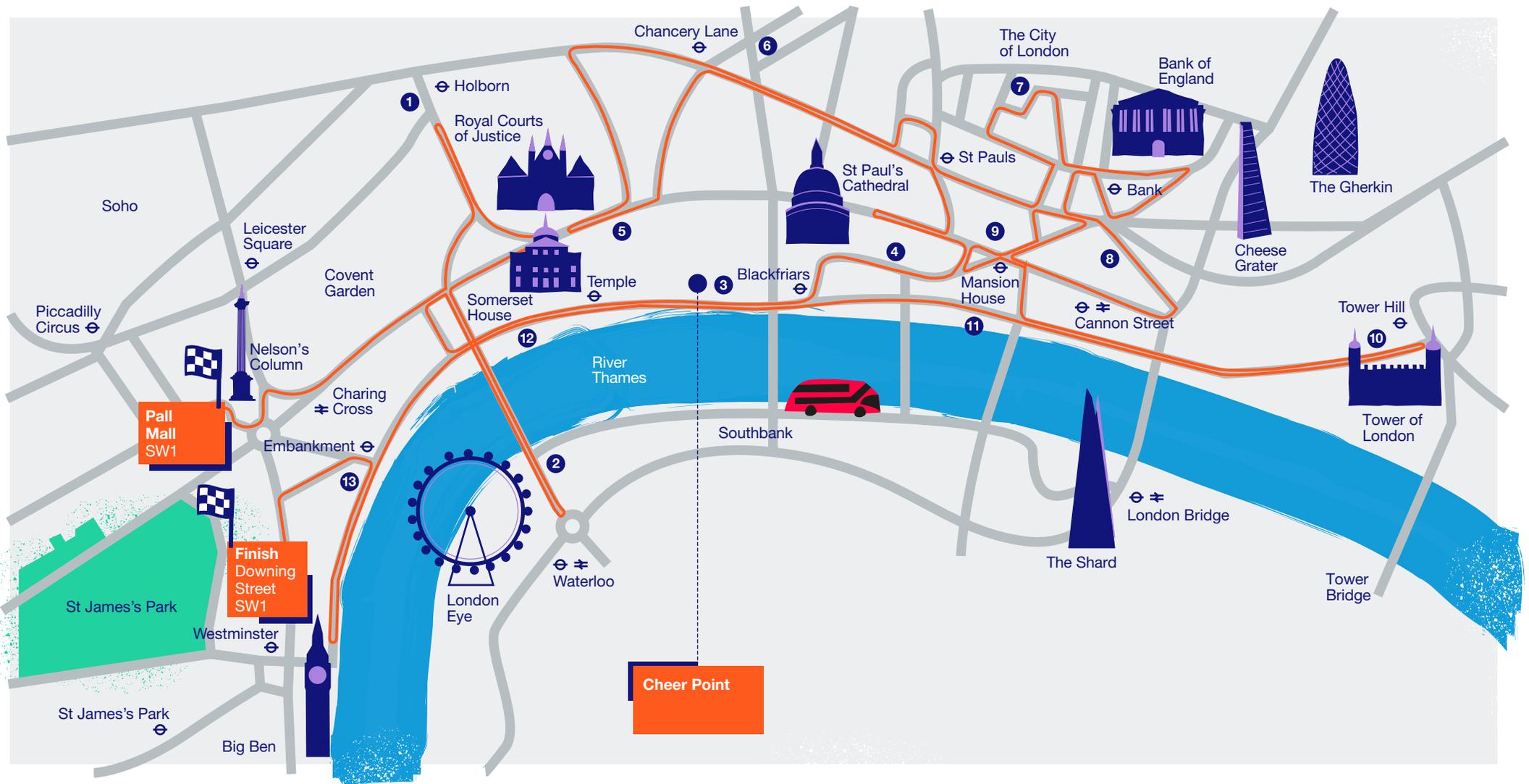
Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to run 13.1 miles so it's the best day to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@DiabetesUK** in your posts.



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. © Diabetes UK 2020.



Feel the noise

Never underestimate the power of hearing your name yelled to perk you up if you're flagging or drive you on even faster if you're feeling great. Look out for our big blue cheer point along the route and encourage your friends and family to join us.

Our cheer point

Location is Embankment, Middle Temple miles 2.7 and 11.7. On What3Words please enter swing.dwell.spark to find the exact location. Nearest tube is Temple which is approximately 5 minutes away.

Got a question

Email us:
events.fundraising@diabetes.org.uk