

LONDON LANDMARKS HALF MARATHON 2024

Sunday, 7 April



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

LONDON LANDMARKS HALF MARATHON 2024

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 sent in the post 2 weeks before race day for UK participants and earlier for international runners. This will contain your race number that you will need to attach to your t-shirt on race day. Around 3 weeks before race day, you will receive our Race Day Guide via email, with all the essential information you need about the day. It is also around this time (late March), you will receive an email with your starting wave, wave time and arrival guide – this will help you plan where to go on race morning.

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

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.



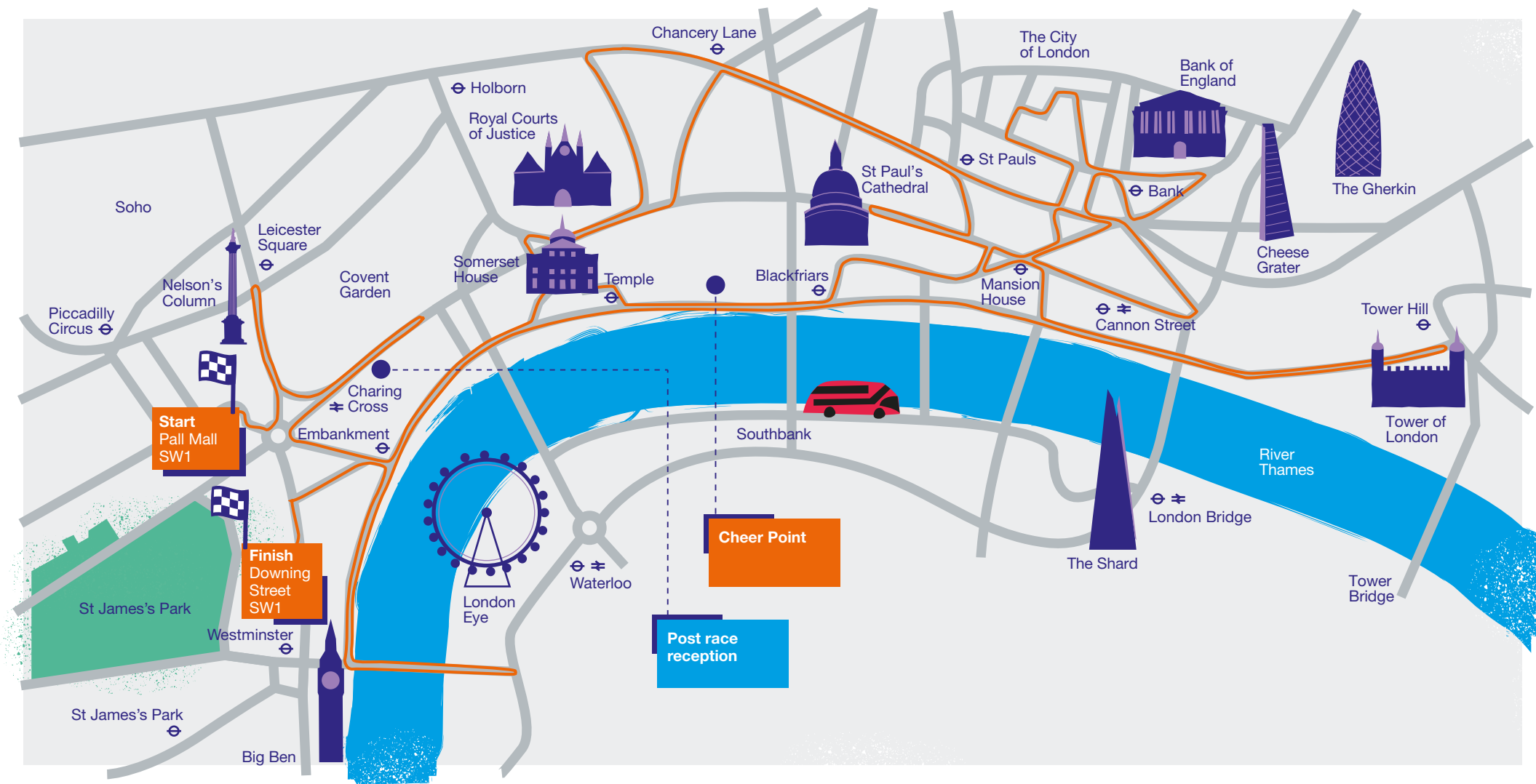
Got a question

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

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



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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.

Celebrate with us

Celebrate your amazing achievement with #TeamDUK at our post race reception after you run. We'll have sports massage, light refreshments and a camera ready to grab your moment of glory, complete with medal.

Use this venue as a meeting point for friends and family, they're welcome to come along. The venue is perfectly located at a short distance from the finish line, next door to Charing Cross Station.

The Clermont Hotel Charing Cross, London WC2N 5HX.