

Royal Parks Half Marathon Event Guide - Plain Text

Sunday 12 October - Hyde Park

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Before you arrive

Remember to:

- Complete the emergency contact details on the back of your race number (please don't run if you feel unwell, and don't give your race number to anyone else).
- Attach your bib to the front of your shirt using the safety pins provided.
- Pack a refillable water bottle or hydration vest/belt if you have one. We have plenty of water re-fill points in the event village and on the race route.
- Arrive dressed to run (no changing facilities available).
- Check your individual timings and plan your journey to Hyde Park.
- Your timings can be found in your Event Guide Information email. The race will start in waves from 09:00.
- Attach your baggage tag to your bag (you will receive a baggage tag in your race pack). You can drop a bag at the baggage marquee, alternatively, leave your kit with your supporters.
- Pack an extra layer of clothing for after your run.
- Make sure your supporters have downloaded the Royal Parks Half App so they can track you along the route.

Our race app

Our race app will be available in early October. Look out for an announcement in your inbox or on our socials. Once it's live, search for 'Royal Parks Half' on your app store to get set up in time for race day and get your supporters to do the same. (If you have our 2024 app, be sure to update it as it won't automatically update.)

For spectators:

- Track your favourite runners
- Navigate seamlessly around the course
- Find accessibility information
- Plan your day out at the event village
- Donate to your favourite runners' charities

For runners:

- Find your way to the event village and assembly area
- Get your official race time and see your standings compared to other runners
- Find accessibility information
- Discover offers from our sponsors and partners
- Take a finish time selfie and share it on social media

How to get there

Plan your journey to the start using public transport.

There is a planned closure to the Piccadilly Line on race weekend so please plan your journey ahead as Hyde Park Corner and Knightsbridge stations will be closed.

Do not travel by car. There is strictly no parking and road closures from 06:00.

By Tube

From **Green Park tube (Jubilee & Victoria Lines – with step free access from the Victoria Line)** follow Piccadilly west towards Hyde Park Corner. Enter the park through Apsley Gate and turn left down South Carriage Drive to the event village. (15 min walk).

Follow our video guide here

(<https://www.youtube.com/shorts/YrGh9gGag2s>)

From South Kensington tube (District & Circle Line) walk north on Exhibition Road. When you reach Hyde Park, follow signs for the event village and our marshals' instructions.

Follow our video guide here (<https://www.youtube.com/shorts/zf-fPduvLk>)

From Victoria tube (Victoria & District & Circle Lines) and mainline station – with step free access – exit onto Victoria Street and follow Grosvenor Gardens and Grosvenor Place to Hyde Park Corner. Enter the park through Apsley Gate and turn left down South Carriage Drive to the event village (25 min walk).

Follow our video guide here (<https://www.youtube.com/shorts/AVIdt-U-VM8>)

From Marble Arch tube (Central Line) – cross the road to the pedestrian gates at Speakers' Corner and walk south towards the Serpentine Bar & Kitchen. Take the path to the left of the café over the bridge and head south to Rotten Row. Turn right onto Rotten Row and walk towards the event village (25 min walk). **Follow our video guide here** (<https://www.youtube.com/shorts/B59t90H70Jw>)

From Lancaster Gate tube (Central Line) – enter the park through Victoria Gate and walk south down West Carriage Drive. Cross over the Serpentine and continue south. Turn left onto Rotten Row and walk towards the event village (25min walk). **Follow our video guide here** (<https://www.youtube.com/shorts/dapTa59AFa8>).

From Bond Street tube (Victoria & Jubilee Lines – with step free access) follow Oxford Street west towards Marble Arch and follow directions from Marble Arch tube above (35min walk)

By Bus

North London: 6, 7, 16, 52, 274, 390

South London: 2, 36, 137

West London: 9, 14, 19, 22, 52, 74, 148, 414

East London: 30, 38, 274

Buses will drop you off on one of three roads: Knightsbridge, Bayswater Rd or Park Lane. Please note some roads may be closed from 06:00 for the event.

Key timings

07:30 - Event village opens

07:30 - Baggage marquee opens

08:20 - Wave loading open – look at the screen to load into the correct funnel

09:00 - Half Marathon starts

10:00-14:00 - Runners finish

10:30 - Activities start in the event village – Fun for all the family

16.00 - Event village close

Sustainability at the Royal Parks Half

In 2025 participants again had the option to forgo a finisher T-shirt. This year, those that opted out of the finisher t-shirt will contribute to the planting of snowdrops and native bulbs along the half marathon route.

If you need a reminder, your race bib shows whether you opted to receive a T-shirt or to contribute to planting snowdrops.

Our participants also had the option to forgo a finisher medal. Whether you opted to receive a medal or not is referenced on your bib.

Jog On are returning to our event village this year to collect unwanted running shoes and distribute them to 15 locations around the world to people with no shoes. Please bring your shoes and donate.

To donate your shoes, please note:

- Pairs of shoes only.
- Shoes must be tied together by their laces.
- Wet, muddy shoes will not be accepted.

The Royal Parks Half other sustainable initiatives include:

- Plastic bottle-free course
- T-shirts made of 100% recycled polyester
- FSC Certified wooden medals

- Digital only race comms
- All water stations stocked with compostable cups and there will be water refill points for those carrying their own water bottles or hydration vests

Your race bib explained

All runners will receive their individual race day timetable by email as part of their runner instructions. Please keep this email safe and adhere to your arrival time and race timetable.

In your email, you will find your recommended arrival time along with wave loading times and your race start time.

If you live in the UK, your event pack will be posted out to you. If your event pack has not arrived by Tuesday 7 October at 17.00, please complete the replacement pack form **on our website**.

(<https://forms.monday.com/forms/cdb09bcc0dbb359b353eca42716d6791?r=use1>)

Runners who live outside the UK will not have their packs posted, so will need to collect them.

If you need to collect your pack or any missing items, you can collect them from:

- 12:00 to 19:00 on Friday 10 October from Marathon House, 190 Great Dover Street, London, SE1 4YB.
- 08:30 to 14:00 on Saturday 11 October from the information tent in our event village.

On Saturday 11 October the information tent will be in The Royal Parks charity tent located in the event village (please see our event village map for details).

what3words location (<https://what3words.com/areas.walks.dart>)

Your wave number is found on the bottom left of your bib. In the assembly area, screens will tell you to load into funnel A, B or C depending on your wave number.

After loading into your funnel, you will be walked forward to the start line by marshals.

You can run in a later wave if you need to, but we ask that runners do not promote themselves to earlier waves.

Wave times are listed here (<https://www.royalparkshalf.com/race-bib>)

Sweaty Betty's partners Frame will lead warm-ups.

Your timing chip is attached to your race number! Your official race time will be recorded from when you cross the start line.

Please ensure that you have completed the emergency contact information on the reverse of your race bib.

Please remember your race number is not transferable.

Your race bib will also show whether you opted in or out of receiving a finisher T-Shirt and or medal.

We will post your official race time by Monday 13 October at <https://www.royalparkshalf.com> and you will also receive a confirmation email.

We encourage you to write your name on your race bib so supporters on the route can cheer you on!

Pacing

A team of experienced pacers will be present at the event. They are identified by a large flag carried on their back, displaying their predicted finishing time.

We will have pacers

from 1h30 through to 3hr30.

Keep an eye out for the pacer in your start wave.

The course time limit is 4 hours.

Due to our strict central London road reopening times, if you are behind this schedule, we may need to move you onto the pavement for safety reasons. Our team will support you to the finish line.

Race day tips

Plan your journey with plenty of spare time and remember, the Piccadilly Line is out of service on race weekend so Hyde Park Corner and Knightsbridge stations will be closed.

Your recommended arrival time is stated on your runner timetable.

If you want to run with friends, you can move backwards to a later start wave, but not forwards.

It takes time for over 16,000 people to cross the start line, so don't worry if your start time is later than when the klaxon sounds at 09:00! The staggered start times means a better race experience for you out on the course.

Be self-sufficient with your hydration if possible, bring a refillable water bottle or hydration belt/backpack. We have plenty of refill points in the event village and four on the race route.

There are four water stations along the route, using cups. Cups will be laid out on long tables. Run a bit further so you can grab and go, rather than using the first table.

Please drop your cups to the side of the course using the bins provided. They can become a slip hazard!

Cups are compostable and will be collected and composted after the event.

If you plan on wearing an old top to keep you warm prior to starting; one that you plan to throw away, please discard in the 'Clothing Drop Zone', located just ahead of the start line.

We will collect all discarded clothing for reuse and recycling.

Stay hydrated but don't take on too much water. Prepare for race day in your normal way, with a familiar routine. Eat and drink things you have used in training!

Most of the race route in the Royal Parks is barrier-free, but remember the Parks are open to the public. There may be locations where public are crossing.

Smile for our official race photographers Marathon Photos Live, who will be at various locations around the route.

Have a great run!

Wellness

We encourage all runners to be self-sufficient with their hydration, recognising that everyone has different needs. This year we will have four water stations on the route featuring both re-fill points and compostable cups, ensuring all runners have access to water during the race.

The water stations will be located at approx. 3.5, 6.5, 9.5 and 11 miles.

We advise you to stick to your normal hydration strategy, used in training, particularly if you plan to use gels or carbohydrate drinks.

TOP TIP: Nothing new on race day!

Injury or illness

Please carefully consider whether or not you should run if you have recently been injured or unwell, seek advice from your doctor if in doubt. Exerting yourself over 13.1 miles can be dangerous if you're not fit and well.

Nut Allergies

Our event sponsor Pip & Nut will be onsite at our event. Please note that their bars are not suitable for peanut, oat or tree nut allergy sufferers. For those with nut allergies, we'll have clear signage to keep you safe and informed and we will operate a finish exit route that doesn't pass their giveaway.

Please see our event village map for where Pip & Nut will be based.

Your safety and enjoyment are our top priorities.

Safety and Security

The safety and security of our participants and spectators is of paramount importance to us. We will deliver a safe, secure and enjoyable event and you can help us by following the instructions of our team of friendly stewards at all times.

We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure, including random bag checks.

If you see something suspicious, please report it to a steward, a police officer or call 999.

Respecting the Parks

Our parks are home to various plants, animals, and other wildlife. Please respect these and keep an eye on park signs that will guide you on how to protect our wildlife.

Please ask your supporters not to bring:

- balloons

- confetti cannons
- glass

As these items can disrupt and damage the protected natural habitats in the parks.

Please ask your supporters to:

- bring reusable water bottles as we have plenty of refill points in our event village
- bring recycled or upcycled cardboard signs to support you and other runners
- use bins provided to dispose of litter on the route and the designated waste stations in our event village

Accessibility

We've introduced more ways to make the Royal Parks Half an accessible event.

For details please visit our website to download our accessibility guide. (<https://www.royalparkshalf.com/accessibility-guide>)

This year's event will feature:

- Accessible viewing areas
- Accessible toilets
- BSL Interpreters
- A multi-faith prayer tent
- A community activation space
- A low volume supporting area on our route
- A sensory calm zone

If you have any access needs, please contact us via the contact form on our website (https://lmevent.powerappsportals.com/RoyalPark_Contact_Us/) ahead of event day.

This year features a brand-new finish line experience between Royal Albert Hall and Albert Memorial.

Enjoy delicious food & drink, meet our partners and try some have-a-go activities, all in our bustling event village in beautiful Hyde Park.

Community Running Groups

This year we're working with community running groups from London and the Southeast to help drive participation from underrepresented groups.

Visit their website or find them on social media to find out more:

The groups are:

- Asian Girls Run www.asiangirlsrun.com
- Be More You www.bemoreyoucommunity.co.uk
- Black Girls Do Run UK www.blackgirlsdo.run.co.uk
- Black Trail Runners www.blacktrailrunners.run
- Deaf Run Club <https://www.instagram.com/deafrunclub/>
- Keep it Moving TV <https://www.instagram.com/keep.it.movin.k.i.m.tv/>
- Muslim Sports Network <https://muslimsports.network>
- Ramla Ali Sisters Club https://www.instagram.com/ramlaali_sistersclub/
- Runderbolts <https://www.instagram.com/runderbolts/?hl=en>
- Track & Core <https://www.instagram.com/trackandcore/>
- Westside Runnas <https://www.instagram.com/westsiderunnasuk/?hl=en>

Golden Oak Charities

There are charities of all sizes taking part in this year's race. As well as supporting London's eight Royal Parks, runners have raised over £72m for over 1,200 charities since 2008. Thank you to all our amazing runners!

Our Golden Oak charities, which have the largest teams taking part this year are: Macmillan Cancer Support, Great Ormond Street Hospital Charity, Mind and British Heart Foundation.

Race for the Kids | Saturday 11 October

If you're in London on Saturday and looking for some family fun, join our friends at the RBC Race for the Kids, which raises money for Great Ormond Street Hospital Charity.

Walk, jog, wheel or scoot 2km or 5km with your family to help seriously ill children.

Head to the football pitches in Hyde Park on South Carriage Drive to enter on the day or sign up in advance at <https://www.gosh.org/>

RBC Race for the Kids starts at 10:00

Thank you to every participant, supporter, sponsor and partner who makes The Royal Parks Half possible.

See you at the start line!