

2016 Virgin Money London Marathon Cheerers' Guide

Date:
Sunday 24th April 2016

The London Marathon is one of the UK's **biggest** sporting events, and you will be amongst thousands of fellow cheerers lining the marathon route!

Barnardo's cheerers are very important on the big day because you make **all** the difference – by creating a great atmosphere and **making lots of noise**, you will keep our fantastic runners going - runners who have trained for *months* for this day, and raised a whopping £250,000 for our work across the UK.



This year we have **2** cheering stations along the route, all kitted out with balloons, banners, cheer sticks and t-shirts, for you to cheer and support #TeamBarnardos as they pass

**Believe in
children**
 Barnardo's

Travel Arrangements:

Visit the Transport for London website at www.tfl.gov.uk to plan your journey, view tube maps and check any planned station closures- remember it's a Sunday and it will be very busy as thousands descend upon the Capital for this exciting event.

You will not be able to drive in central London on the day of the marathon as many roads will be closed. Please visit www.viginmonylondonmarathon.com/roadclosures to find out which roads will be affected.

More information about travelling in London on the day can be found on the [Virgin Money London Marathon website](http://www.viginmonylondonmarathon.com)

What to wear and bring on the day

- Green Barnardo's T-shirt provided at the cheering stations (*please return before leaving - thanks*)
- Waterproof coat or jacket and layers (*we can't control the weather but the race must go on!*)
- Camera to capture the atmosphere
- Small bag or backpack to keep your valuables safe as Barnardo's cannot be responsible for your possessions
- Comfortable shoes – as you will be on your feet most of the day.
- Any extra snacks and drinks for a sugar hit if needed

Your Cheer Station

Location:

Mile 17 - Mudchute

In front of Mudchute DLR station on East Ferry Road.

How to get there:

Docklands Light Railway to MudChute DLR station. Look out for the two green & white balloon clusters directly in front of the station on East Ferry Road.

Times: 10.30am to 2:00pm

Contact Details

Before Marathon day:

Contact: Rachel Jackson
LMTeam@barnardos.org.uk
0208 498 7091

On the day:

Team Leader: Katie Moore
07880 324524

We hope you enjoy the day!

Many Thanks
From the
Barnardo's Events Team
barnardos.org.uk/challengeevents

Map to Cheer Station 1

East Ferry Road, in front of Mudchute DLR Station

A. Mudchute DLR Station

