

NSPCC



London Landmarks

Half Marathon 2023



The start line's in sight

Training, planning, blisters – half marathons aren't easy. But you're doing great. You've made it this far, and we know you can go the distance. And if you need motivation, remember that every mile you run will help change children's lives.

To help, we've put together some training tips and all the information you need to know for the big day. We'll see you at the starting line.

Your race day checklist

- Running shoes – but not a brand new pair
- Race number – this is in your race pack from the event organiser
- Clean socks
- Your NSPCC running vest with your name on the front, so we can cheer you on
- Something to keep you warm and dry before the race – choose something you don't mind leaving at the start line, or a bin bag to keep rain off
- Plenty of plasters
- Vaseline/chafing gel
- Drinks or snacks for the finish line or during the race, if you've trained with them
- Safety pins
- Race map and instructions

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Getting race ready

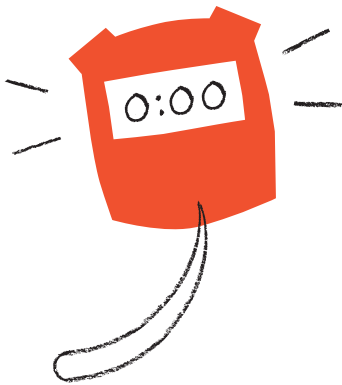
The final countdown to the big day

2 weeks to go

Stay in control

Keep your routine up but don't tire yourself out with any tough workouts. Iron on the letters to your NSPCC vest. If this goes wrong, don't worry – we have time at this point to send you some new ones.

You should have now received your race pack but, if not, get in touch with the race organiser directly – you'll be able to find contact details on their website.



6 days to go

Short and slow, or rest

Focus and stay calm the week before the race to stay illness and injury free. You should be rested, relaxed and ready to go the distance.

3 days to go

Do a short, easy run and try not to get stressed

It's normal to feel pre-race nerves, so stay focused and well-prepared. Download our kit checklist to pack – better to overpack than want something you've left at home.

5 days to go

Short interval

Limit training to four three-minute runs at race pace and get some early nights. This is important in race week – you've got to protect your immune system.

4 days to go

Do a very short, easy run, or rest

Plan out your day, including how you're getting to the start and when you'll need to arrive. Check out the route map from the event organiser on their [website](#).

Make sure your supporters have all the details so they know where to cheer you on and meet you at the end.

1 day to go

Relax

Have carbohydrates for lunch, and eat your evening meal early – but don't overdo it. Make sure your kit is ready and pin your number to your vest. Good luck!

* Top tip

We know your friends and family might want to find their own spot to cheer you on from. To help with this, order a cheer pack from the shop and make a plan that lets you see your loved ones on the course!

You can order an NSPCC cheer pack from our [online shop](#)

The pack contains a banner, whistles, clap banners – everything needed to make lots of noise!

Keeping everyone safe

The race organiser and partners have been working hard to keep runners and spectators safe on the day. The start times, set-up at the starting area, bag drop and other parts of race day may be different to what you're used to so please read the race day guidance carefully. Everything you need to know can be found in your race pack or on the [race organiser's website](#).



It's race day

The big day is here. Race day morning can be hectic, so we've put together some final tips to help.

- Familiarise yourself with key timings, transport instructions and safety measures for the event – you can find this information in your race pack or on the [race organiser's website](#).
- Have your breakfast two to three hours before the race, but don't go crazy on carbohydrates or fluids.
- Don't worry if you don't move when the gun goes. Your chip only starts recording your time when you cross the start line.
- Focus on running your mile splits as relaxed and comfortably as possible.
- If you hit a low, stay positive and keep moving forwards.

* Race day tip

You have been allocated an arrival time and a start time. You are allowed to drop baggage off as you go through the arrival zone.

Need-to-know

Start area:

The Start Line will be on Pall Mall and the Finish Line will be on Whitehall.

Key timings:

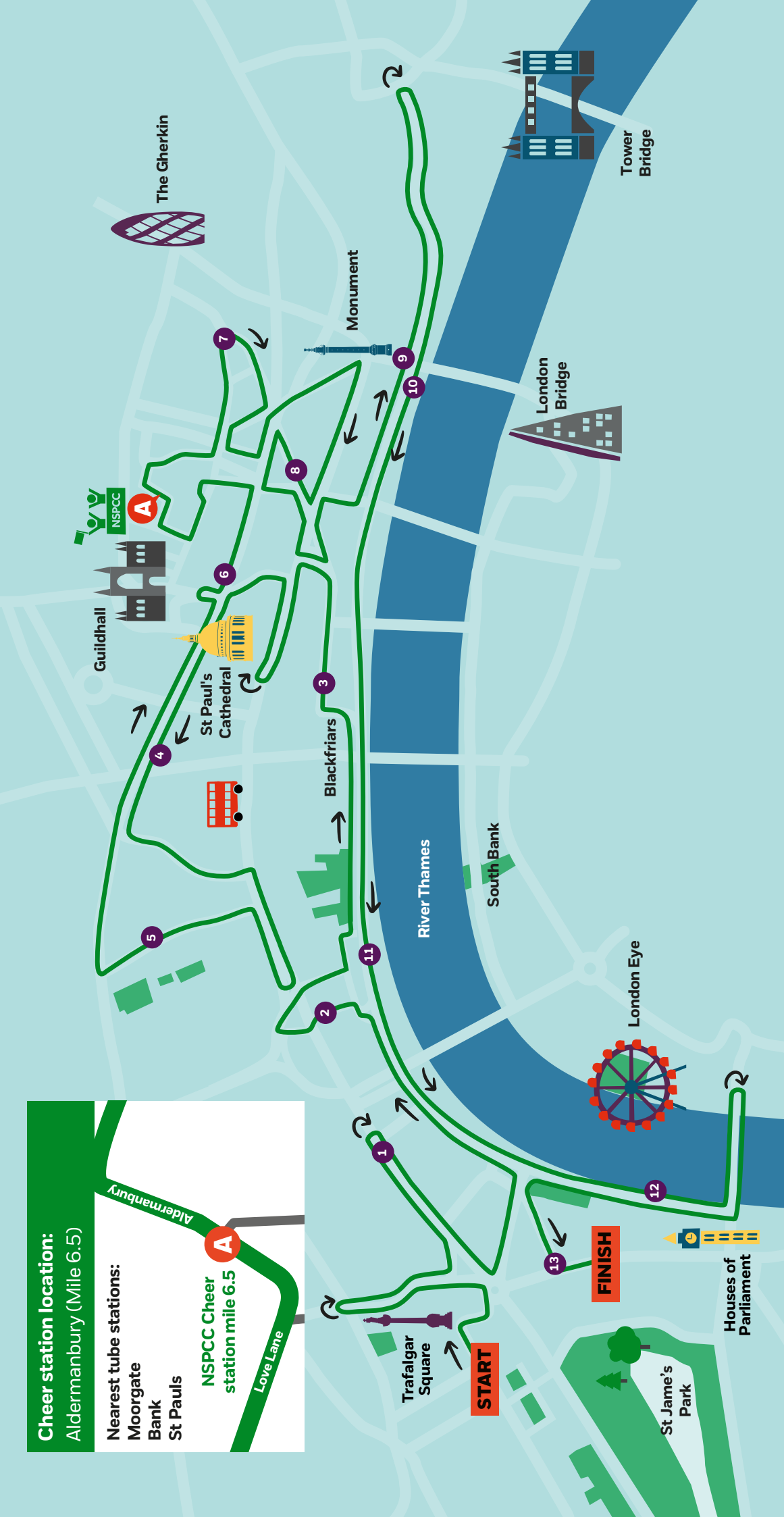
The race has a staggered start to ensure all runners cross the start line as safely as possible.

Starting waves will be between 9.15am and 10.50am on race morning. We recommend arriving at least 1 hour before your start time.

Your race pack from the event organiser will include your specified arrival time and starting time, as well as your race number and timing chip.

Where we'll be cheering you on

This year, the NSPCC will have a themed cheer station along the route, with our dedicated cheer team providing a wall of noise to spur you on mile after mile. Look out for us on **Aldermanbury at mile 6.5!** Our youth choir will be providing a backdrop of 80s pop music, and there will be plenty of sparkles, energy and neon colours provided by our fantastic hula hoopers! This is also a great place for your friends and family to cheer you on from too. We'll be taking photos and video from the cheer point, so make sure you smile! We may use these photos for marketing future events online and in print for a period of 5 years. If you do not wish your photograph to be taken or used, please email running@nspcc.org.uk so that we can make the necessary arrangements.



Racing towards your fundraising finish line

Every pound you raise will make a massive difference in our fight for every childhood. So here are some top tips to boost your fundraising.

Make sure your online giving page is up to date

If you've already reached your fundraising target, why not increase and encourage your friends and family to give a little more? Find tips on making your page standout on the [#TeamNSPCC hub](#)

Shout about it

Use social media, Whatsapp and work email to keep sharing your fundraising page, because some people will only donate on the fourth time they're asked! Time it right – after payday is a good time to send a reminder.

Get social media savvy

Facebook, Instagram, Twitter, TikTok, whatever your platform of choice, social media is a great way to spread the word and ask for donations. And, we've got some top tips and handy tools to really help your fundraising posts sing. [Take a look.](#)

Make a playlist

Let your friends and family know that they can add a song to your race day playlist in return for a £2 donation.

Host a post-race celebration BBQ

Invite friends to a BBQ in your garden and ask for a donation for the food, drinks and fun. It's a great chance to show off your medal.

Any questions?

Visit the [race organiser's website](#), the [#TeamNSPCC hub](#) or email running@nspcc.org.uk

**GOOD
LUCK!**