



GO TEAM!

Cheering at the London
Landmarks Half Marathon

Sunday 25 March 2018

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

London Landmarks Half Marathon 2018 Parkinson's UK supporter guide

Thank you for supporting our team in this year's London Landmarks Half Marathon. It means a lot to us – and our runners!

The runners have put so much into training and fundraising and they're spurred on by your support. So we want to make it nice and easy for you to cheer them on.

This booklet tells you how to find our cheering points. We've also included suggested arrival times, for when runners will begin to pass each point.

Most cheerers make a day of it, and then meet up with their runner at our post-race reception. We'd love to see you there.

Our team is on target to raise **£50,000** for people with Parkinson's.

Without their support – and yours – we couldn't keep doing what we do.

We can answer your questions on **020 7932 1342** or at events@parkinsons.org.uk

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Where to be

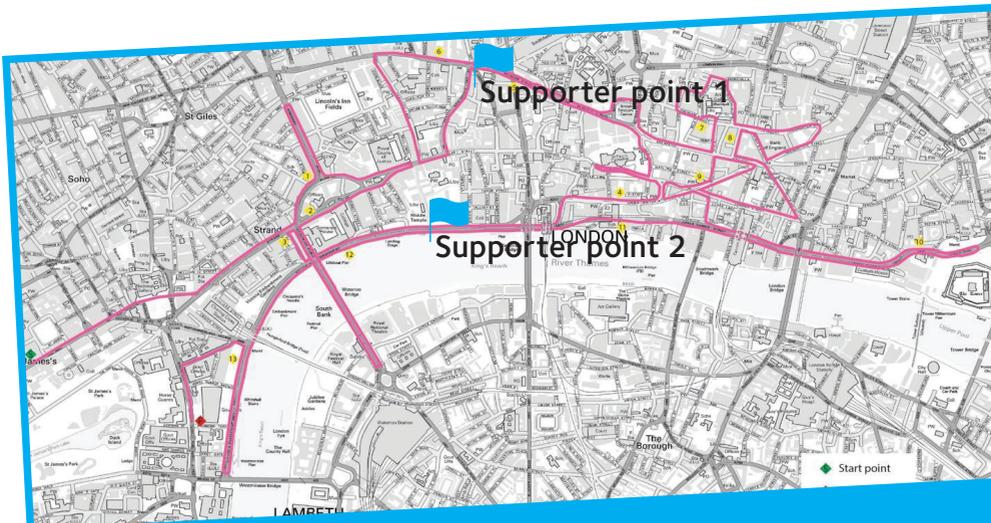
Our supporter points are at miles 5.2 and 11.5. Just look out for our blue and white banners.

It's best to use public transport because there is little or no parking near the official start and finish lines or our supporter points.

If anyone in your party has mobility issues, supporter point 2 is the best option as it's close to a station that has full disabled access.

What to bring

- Remember your waterproof coat and an umbrella, just in case!
- Pack your sunglasses and sun cream – we don't want you to burn.
- Take drinks and snacks – there may not be shops close by, and you'll want to stay energised.
- Wear comfortable shoes, as you may be standing up for a long period of time.
- Don't forget your camera – it's a day to remember!



CHEER!



STEVE

PARKINSON'S^{UK}
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JOIN

Virgin money
26643

adidas

GET READY!



Join the Parkinson's UK street party!

As you may know, this event is not your average half marathon.

From cultural landmarks and heritage to the city's quirky and hidden secrets, runners will get to explore the capital on a route like no other!

As part of this, we're holding our very own street party!

We have an open top London bus for you to cheer from – think games, bunting and music to spur our runners along!





Supporter point 1

Mile 5.2

New Fetter Lane

Staff rep

Katy Payne
07964 036 906

9.30am

Suggested time for supporters to arrive

12pm

Close

Cheer on our runners through the first stages of this fantastic race from the top of a London bus. They'll be feeling fresh at this stage but your cheers need to carry them all the way to the next supporter point!

**ON YOUR MARKS,
GET SET, GO!**

Travelling to New Fetter Lane

By tube

You can take the Central line to Chancery Lane station.

When you come out of the station, walk down Holborn, towards the Prince Albert Equestrian statue.

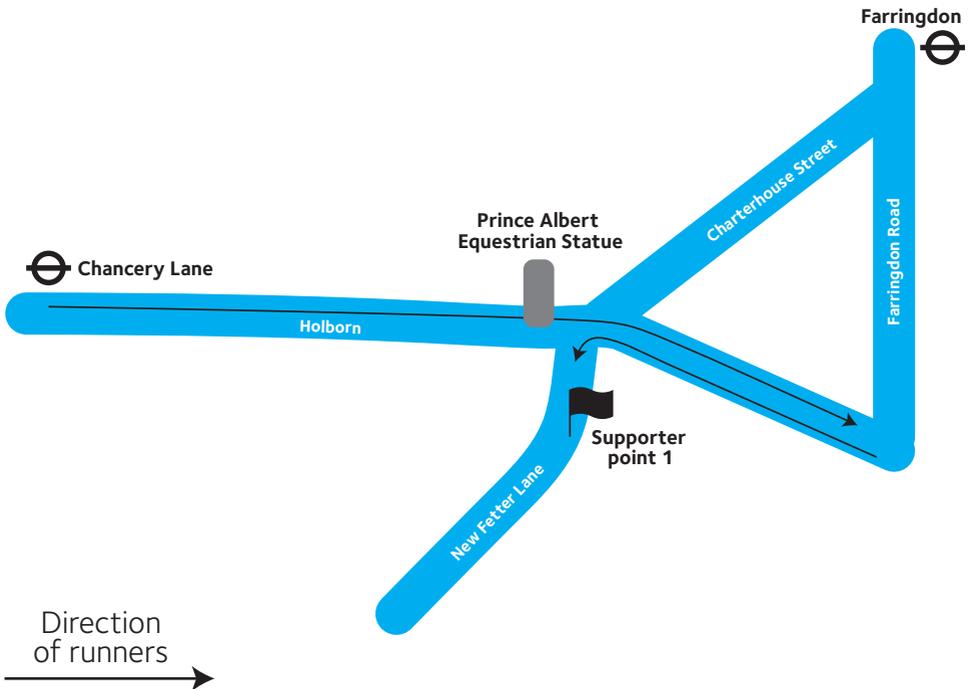
When you reach the statue, turn right onto New Fetter Lane and you'll be able to see our cheering bus!

By tube or train

You can take the Circle, Metropolitan or Hammersmith and City lines to Farringdon station.

Thameslink trains also come into this station. Exit the station onto Cowcross Street, then turn left onto Farringdon Road. Follow this along until you reach Charterhouse Street, then turn right.

When you get to the Prince Albert Equestrian statue, cross over the road onto New Fetter Lane.





Supporter point 2

Mile 11.5
Temple

Staff rep	Julia Selby 07921 081 514
10.30am	Suggested time for supporters to arrive
2.30pm	Close

By this stage our runners will really need your support! Come along and give them a massive boost for that final couple of miles to the finish line.

And you can still make it back in time to congratulate them at the post-race reception after the run!

ALMOST THERE

Travelling to Temple station

By tube

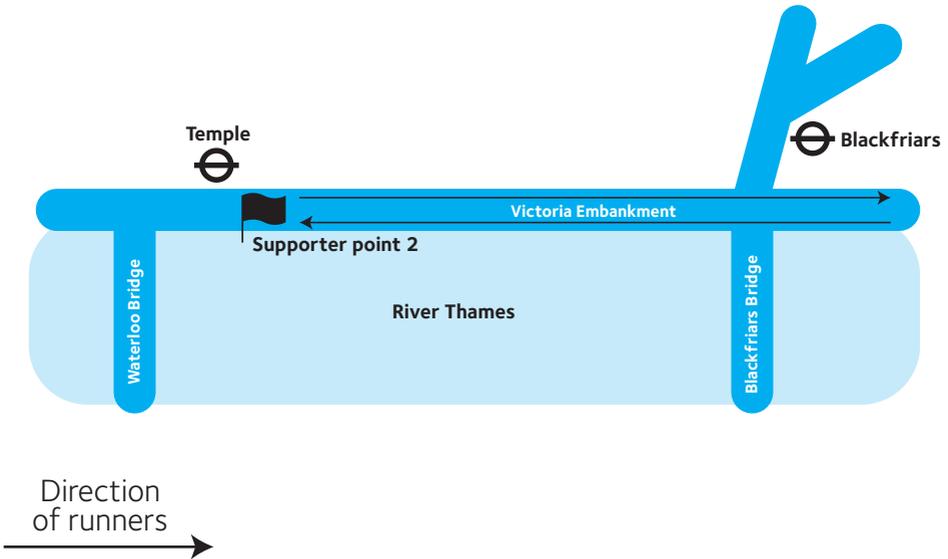
You can take the Circle or District line to Temple station.

Exit the station onto Victoria Embankment. Cross over to the river side of the road and you should see our supporter point.

By train

Alternatively, you can get Southeastern and Thameslink trains into Blackfriars station.

Exit the station and cross the road towards Victoria Embankment. Walk along the river side of the road until you get to our supporter point.





Post-race reception

The Barley Mow,
104 Horseferry Road,
SW1P 2EE

Staff rep	Tracy D'souza 07947 705 261
	Maria Waugh 07964 847 330
10am	Staff arrive
11.30am	Suggested time for supporters to arrive
5.30pm	Reception close

Come and join us at the Barley Mow pub to celebrate the achievements of our runners! We'll be ready to welcome you to the pub's function room upstairs.

Runners can join our indoor street party and have medal photographs taken here, as well as enjoying some food and a free massage.

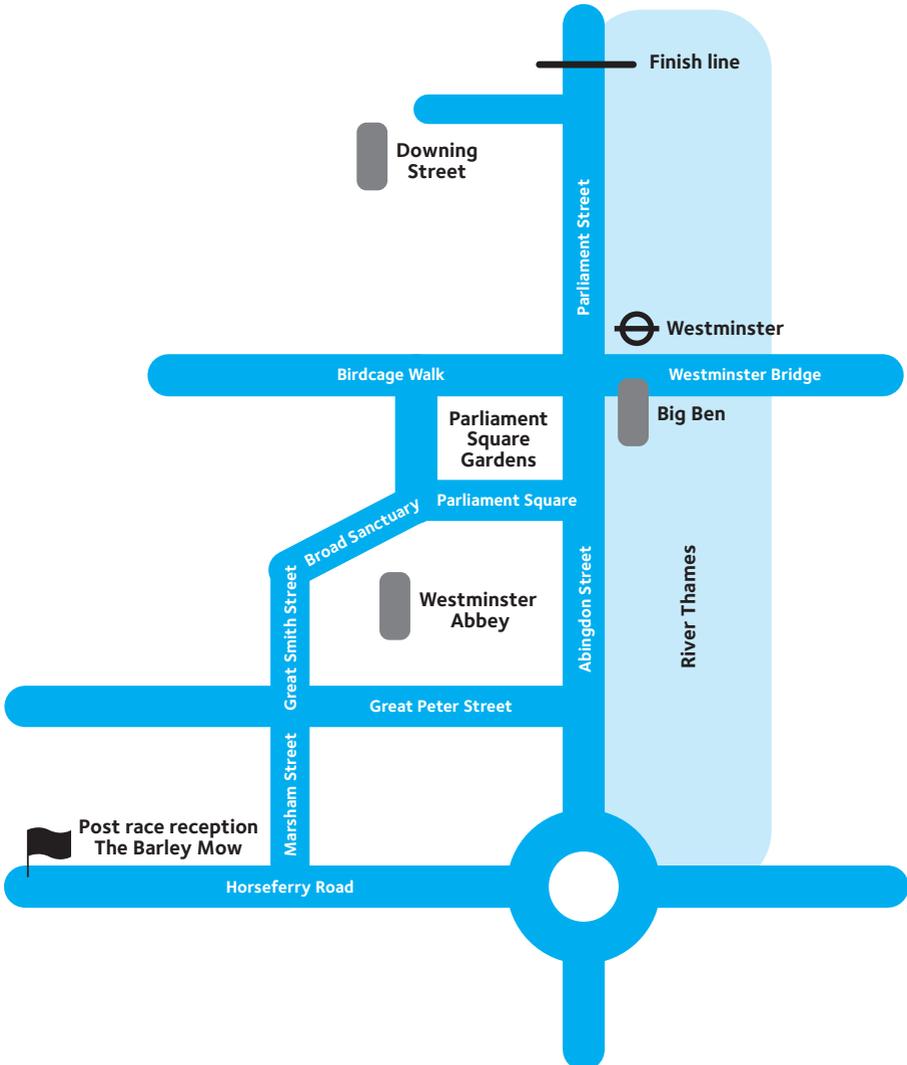
YOU DID IT!

Travelling to The Barley Mow

The pub is approximately 15 minutes' walk from the finish line.

Walk towards Westminster station and round Parliament Square onto Broad Sanctuary and follow the road

until you get to Great Smith Street, where you turn left. Continue along the road and then turn right onto Horseferry Road.



Every hour, two people in the UK are told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day
when no one fears Parkinson's.**

To find out more about our events

020 7932 1369

events@parkinsons.org.uk

parkinsons.org.uk/fundraise

For general information and support

Free confidential helpline **0808 800 0303**

hello@parkinsons.org.uk

parkinsons.org.uk