

LONDON MARATHON 2025

Sunday, 27 April



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.
DANIEL

tcs TATA CONSULTANCY
lcs 27 #World
WAVE 5
LOBBY 20
370
MEDAL

new balance

LONDON MARATHON 2025



Your runner's guide

You're running the TCS London Marathon for us. Thank you. This guide will tell you all you need to know about the day. Share this with your friends and family so that they can find our cheer points and we can all make a racket for you together. If you've any questions, give us a shout. Otherwise we'll see you as you race past and at the end.

Why it's important

"My mum has type 2 diabetes and it throws up daily obstacles but she's cracked on with it and, with support and guidance, made some big lifestyle changes and drastically improved her health. Then I was also diagnosed as pre-diabetic and, having seen the challenges, I was determined to avoid diabetes for as long as possible. The Diabetes UK website was a huge support for me and I am no longer pre-diabetic and my blood sugars are under control. The ongoing research into all types of diabetes is essential for helping to reduce the daily obstacles for people like my mum who are living with diabetes, increasing knowledge, raising awareness and hopefully one day finding a cure."

Jo, London Marathon 2024

Getting ready

The Running Show is where you will collect your race number, timing chip and find out which area you will be starting in. The 2025 TCS London Marathon Running Show will take place from **Wednesday, 23 to Saturday, 26 April 2025 at ExCeL London.** You must attend and collect your number in order to run on the day.

If you've got one of our running tops, don't forget to wear it. Iron your name on the front so we can see you coming and the crowd can chant your name as you pass our cheer points. If you need more iron-on letters, just let us know. Please stick your race number below your logo so everyone knows who you're running for.

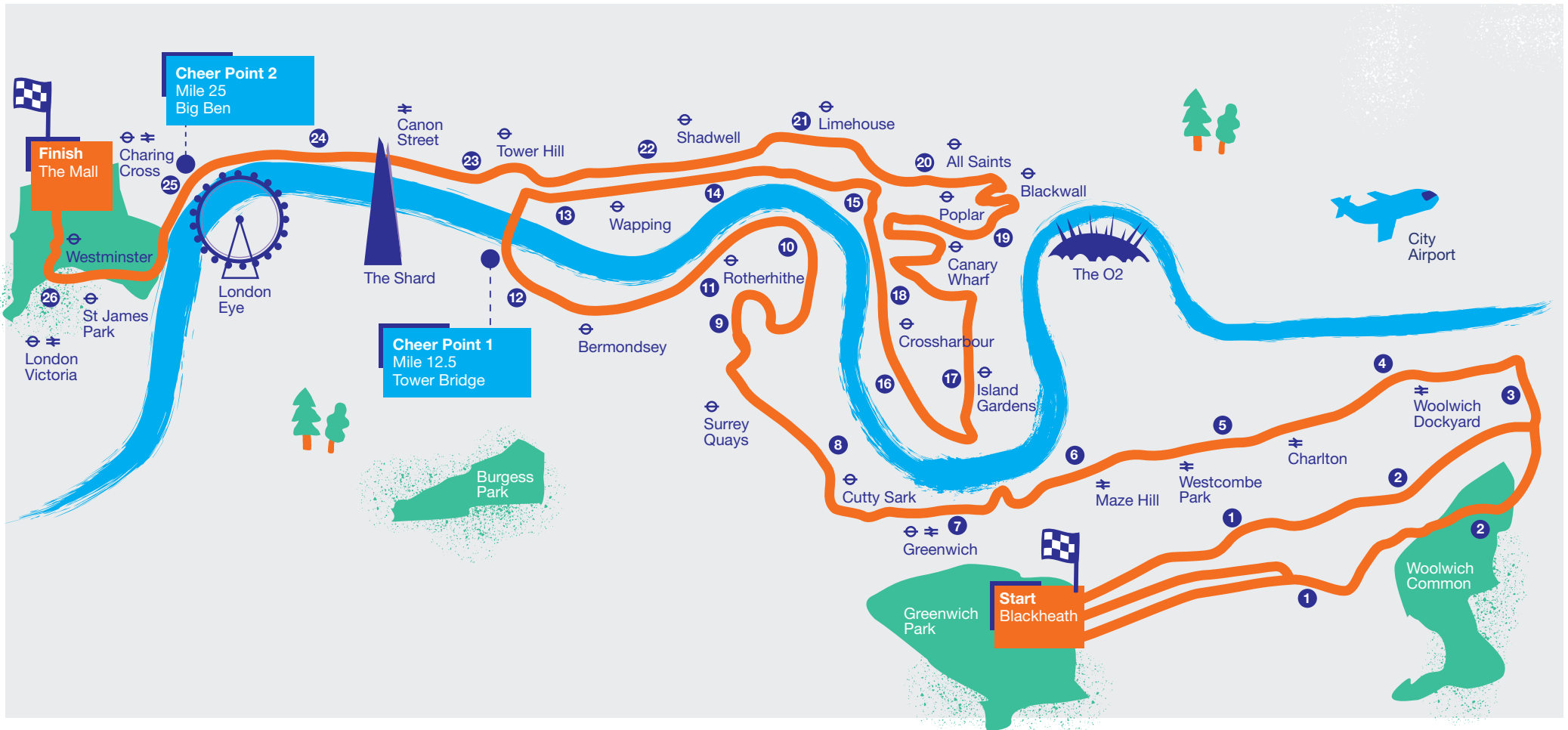
Social media

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 26.2 miles so it's the best day to get those donations flooding in.

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



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. © Diabetes UK 2025.



Feel the noise

Never underestimate the power of hearing your name yelled to perk you up, or drive you on even faster. Look out for our big blue cheer points along the route and encourage your friends and family to join us.

Cheer point 1

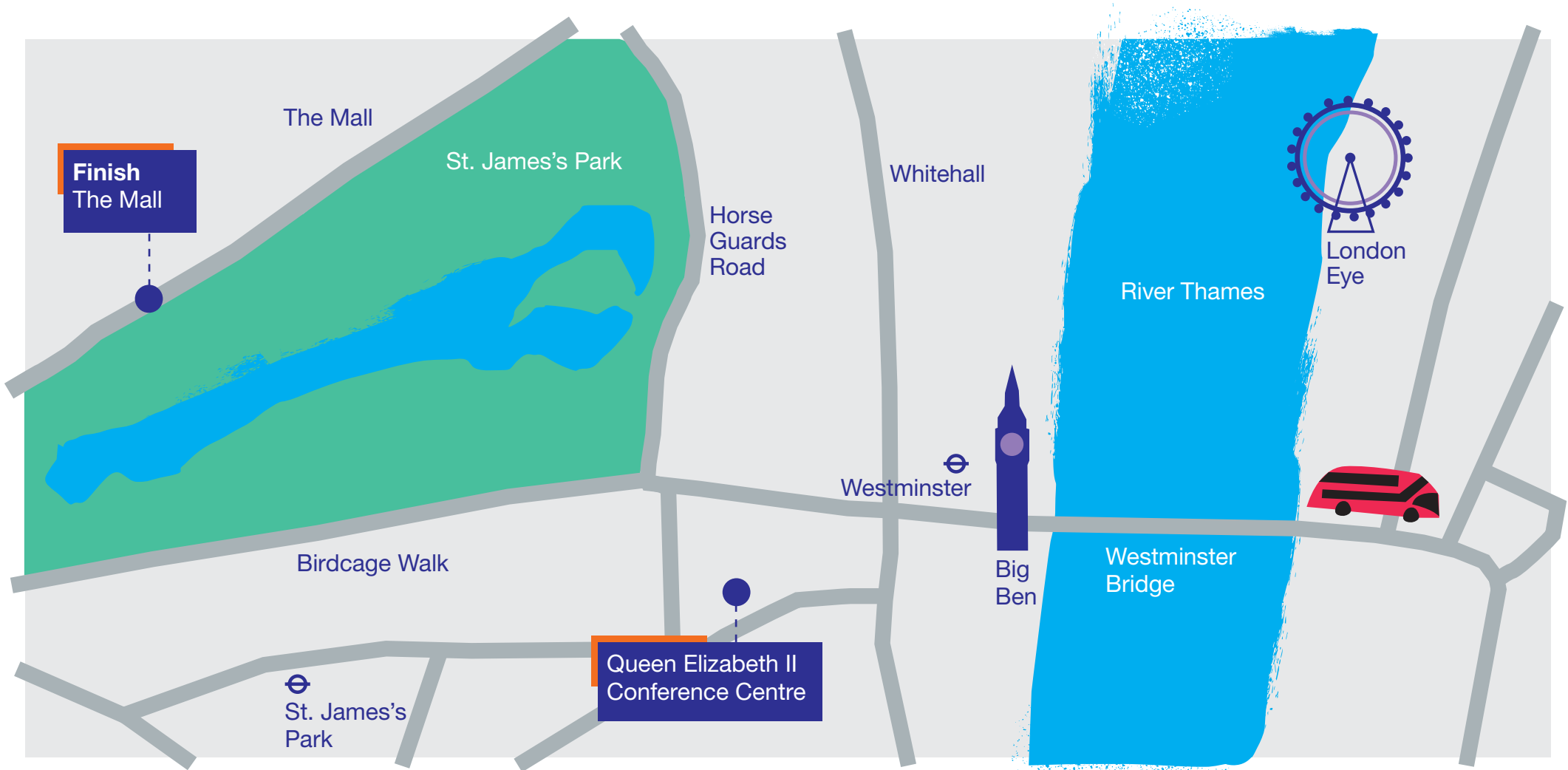
Mile 12.5 – Tower Bridge
 As you approach Tower Bridge, you will see us on the right hand side of the road outside The Tower Bridge Arms pub. We'll give you a loud cheer as you come past, so give us a smile and a wave. (Nearest tube is London Bridge). The What3Words location is: wiping.upon.bossy.

Cheer point 2

Mile 25 – Big Ben
 Look out for us as you run past Big Ben, we will be on the left hand side of the road. We'll be directly in from the iconic landmark, so you won't miss us. (Nearest tube is Westminster). The What3Words location is: vines.tile.spun.

Got a question

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



Celebrate with us

Celebrate your amazing achievement with us at the #TeamDUK cool down party. We'll have refreshments including food, a very well-deserved sports massage and lots of photo opportunities.

Where

Queen Elizabeth II Conference Centre, Broad Sanctuary, Westminster SW1P 3EE

Directions

From The Mall walk north along The Mall. Turn right onto Horse Guards Road. At Birdcage walk turn left. Turn right onto Storey's Gate then left into Queen Elizabeth II centre.

When

12pm to 7.30pm
The finishing area at the marathon gets really busy and mobile reception is often patchy. So feel free to use our cool down party as a meeting point for friends and family, they're very welcome to come along.