

Your guide to cheering at the London Marathon

Stand out from the crowd



It's hard for runners to spot their supporters so make sure you stand out - take a unique banner or tie some balloons to your bag, for example.

If your runner has their name on their vest, everyone will be yelling it. So, to get their attention, shout their surname or nickname.



Check with your runner what pace they're hoping to run at, and their predicted finish time - this will help you plan where you need to be and when.

Spotting your runner

Got a smart phone? Download the official app to live track your runner and make it easier for you to spot them on the course. You'll need to know your runner's number to do this.



Pick one or two cheer locations and let your runner know where they are.

Where to cheer

Avoid the start and finish lines as they get very busy. Other places where it'll be difficult to see your runner include

Greenwich Town Centre, Cutty Sark and Tower Bridge.

Join Sarcoma UK at our official cheer stations - opposite Bermondsey Tube Station (between miles 12 and 13) and before mile 25 beside Cleopatra's Needle.



Only runners are allowed in the finish area. You'll be able to meet up with your runner in the 'Meet & Greet' area in Horse Guards Parade instead.

At the finish

Bear in mind it can take runners 30-40 minutes to get through the finish area after they've crossed the line.

Remember...

There will be road closures, so plan to use public transport.

Check travel before leaving - use the Transport for London website for live updates.

Consider walking between destinations - sometimes you're closer than you think!

Wear comfy clothes and shoes - you'll be on your feet most of the day. Be prepared for typical, changeable April weather - rain, sun, wind!

