



**Sunday 27 April 2025**

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# **Participant Event Guide**



# Welcome

We hope you're looking forward to being part of the **2025 TCS London Marathon MyWay** on **Sunday 27 April!**

You and thousands of others will be taking on a course of your choice, wherever you are in the world, on the same day that more than 50,000 people will be running through the streets of London.

To ensure you have a fantastic Marathon Day, we've put together some final tips to enhance your experience. Make sure you check them out now so you're fully prepared for your 26.2-mile challenge.

## **Your Event Pack**

You may have received your Event Pack in the post already.

It isn't possible to resend packs, but a downloadable bib will be available on our website, so you can print one off to wear if you need to.

## **Tracking your marathon**

While the TCS London Marathon App is the easiest way to track and log your 26.2 miles, you can also use an alternative device.

We'll email you closer to the event with instructions on how to upload your time with an alternative device, if necessary.

We can't wait for Sunday 27 April. Good luck!

## **The TCS London Marathon Team**

**Please note: the TCS London Marathon MyWay is a virtual event. Your entry does not provide access to the mass TCS London Marathon event taking place in London on the same day.**

# Top 10 tips for an amazing Marathon Day

## 1. Plot your route

Make sure your route is safe and at least 26.2 miles. Decide your pacing and fuelling strategies and any kit you'll carry with you, such as a **bottle belt** or a pouch for your mobile phone, in advance.

### Important

TCS London Marathon MyWay participants are prohibited from using any part of the mass TCS London Marathon route to complete their event. This is for operational, safety and security reasons. Thank you for your understanding.

## 2. Plan your kit

Check the weather forecast and have a kit option ready for every eventuality, wherever you are in the world.

## 3. Set your start time

You'll have 24 hours to complete the TCS London Marathon MyWay, starting at **00:00 BST** and ending at **23:59:59 BST** on **Sunday 27 April**.

If you need more time to complete your 26.2 miles due to a disability, please **get in touch** and we'll find a solution for you. If you're unable to take part on Sunday 27 April for religious reasons, please do your 26.2 miles on the next available day.

## 4. Download the TCS London Marathon App powered by TCS – and practise

We recommend using the App to track your 26.2 miles. It has been designed to enhance your experience of the TCS London Marathon MyWay.

As well as allowing you to track and log your run, the App will help bring your marathon to life, with an exclusive audio commentary featuring British athletics legends Steve Cram and Paula Radcliffe, and BBC Sport presenter Jeanette Kwakye, who will provide a memorable soundtrack to the day.

The **free App** will be available to download soon from the App Store, Google Play and equivalent online stores. We'll email everyone when it's available, so make sure you download it and do a 5K test run ahead of Marathon Day.

### Important

You'll need to download the new 2025 App, so if you have a previous version, please delete it now.

## 5. Invite your supporters

Ask your family and friends to support you along your 26.2-mile challenge. You may know people who can run, jog or walk some of your route with you. Others may like to cheer you on, provide refreshments, or hold your very own Finish Line.

## 6. Wear your bib number

If you'd like people to know that you're taking part in the 2025 TCS London Marathon MyWay, pin your bib to your vest, T-shirt or top. The cheers of encouragement will help you on your way!

## 7. Nominate an emergency contact

Ask a friend or family member to be your emergency contact during the event. Write their details on the back of your bib and let them know the route you're going to take and your rough pacing plan.

## 8. Check your phone

Make sure your phone and spare battery pack are fully charged and you're logged in to the App so you're ready to start your 26.2-mile challenge.

## 9. Start your run

When you're ready to begin, go to the **'My Marathon'** page in the App, hit the **'Get Started'** button and then **'Start My Marathon'** so the App can start tracking your progress.

## 10. Share your achievement

When using the App, don't forget to take a halfway selfie and, once you've finished your 26.2 miles, you'll unlock an exclusive finisher selfie frame and a virtual medal to help celebrate your achievement (along with the Finish Line provided!).

Share your selfies with us on social media **@LondonMarathon** using **#LondonMarathon** so we can celebrate with you!

# tcs<sup>20</sup> myway



## The Official TCS London Marathon App



Download on the  
**App Store**



GET IT ON  
**Google Play**



### Download the App

You will be able to download the TCS London Marathon App for free from the App Store, Google Play or equivalent online stores soon. We'll email you when it's available.

**Important:** you'll need to download the new 2025 App, so if you have a previous version, please delete it now.

### Log in to the App

To track your virtual marathon, please log in to the My Marathon section of the App, using your Booking ID, email address and date of birth.

We'll email these to you when we let you know the App is available.

### Set up your GPS tracking

Ensure your data is switched on and that you have given the App permission to use your location and Global Positioning System (GPS) in your phone settings.

### Enable live location tracking

There is a safety feature, which allows you to add up to three trusted supporters to follow your live location on Marathon Day. We recommend that you add their email address(es) to your **'My Marathon'** profile before Friday 25 April to allow sufficient time to set up and use this feature.

Make sure you only provide access to your live location to trusted people you are happy to allow to follow your actual location. Your live location relies on you having a GPS signal. Your position on the live location map will update every two minutes.

To access your live location, your supporters will also need to download the App before verifying themselves using a passcode. If you don't use this feature, your supporters will be able to follow your progress on the TCS London Marathon central London route map, which won't be quite as accurate as the live location tracking.

### Practise with the App in advance

We recommend using the 'Practice 5K' feature to ensure the App works on your phone and so you can get used to running, jogging or walking with it.

### Start your marathon

When you're ready to start your 26.2-mile challenge, go to the **'My Marathon'** page in the App and hit the **'Get Started'** button and then **'Start My Marathon'** so the App can begin tracking your progress.

### Listen to audio commentary

We've created some exclusive commentary to keep you company during your 26.2-mile challenge. You can turn the audio on and off easily using the button in the bottom right corner of the screen.

The audio will automatically interrupt any music or any other audio you're listening to, such as spoken directions, making sure you don't miss out on a second of the 2025 TCS London Marathon MyWay experience.

### Pause your marathon

If you want to take a break, simply press **'Pause'**. Make sure you don't close the App, and simply press **'Resume'** when you're ready to continue.

You can pause as many times as you like within the 24-hour period on Sunday 27 April (BST). Your elapsed time will continue and this will be the time displayed in the results.

### If you lose your GPS signal

The App needs a GPS signal to track your marathon. Unfortunately, GPS signals can sometimes be intermittent, especially if you're in a remote location.

If you lose your GPS signal, keep moving and log your run on an alternative device, such as a smart watch or running app.

If you don't successfully complete 26.2 miles (according to the App), a link will appear in the App that will take you directly to a page where you can log your alternative device result.

### Dropping out

We hope you'll be able to complete your 26.2-mile challenge, but life doesn't always go according to plan. If you do need to drop out, you can press **'End my Marathon'** at any point.

**Please note: once you do this, your marathon cannot be restarted.**

### Uploading your result

The App will know when you've completed the distance and will automatically log your finish time. Your official time will be your total elapsed time, so that's your total time, including any breaks and stops you've made.

If you're using the App, your finish time will be automatically uploaded to the results on [tcslondonmarathon.com](https://www.tcslondonmarathon.com) within 24 hours.

If you're using a different device, you will need to upload your finish manually. Please **log in to your booking page**, follow the instructions and upload your result manually.

Once your result has been uploaded, you'll be able to download your finisher's certificate and we'll post your New Balance Technical T-shirt and souvenir medal to you within two weeks if you live in the UK. Please allow up to six weeks if you live outside the UK.

If you have any queries, please check out the [FAQs](#) on our website.

### It's never too late to fundraise!

How about using your 2025 TCS London Marathon MyWay place to raise vital funds for charity and give yourself an added incentive to take on the 26.2 miles?

**Pancreatic Cancer UK** is proud to be our official Charity of the Year. You can support it, or another **charity of your choice**, by setting up a fundraising page on our [official platform](#) now.

# THANK YOU TO OUR PARTNERS




# Thank you!

Finally, we'd like to say  
a **big thank-you** to you!

We can't wait to see  
your virtual event on  
Sunday 27 April!

**Follow us**