



THE  
ROYAL  
PARKS

#RoyalParksHalf



# Half

Presented by



Royal Bank  
of Canada

Royal Parks Half 2024 Event Guide

Sunday 13 October 2024 | Hyde Park



# Welcome

The Royal Parks is the charity behind this incredible event, learn more about its work and see the official welcome from our CEO, Andrew Scattergood here.

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## Committed to Supporting our Communities

RBC is an ideas-led, purpose-driven company that is committed to helping clients thrive and communities prosper and in 2023 gave C\$172+ million globally through donations and community investments.

We are proud to return as Presenting Partner of the Royal Parks Half and Title Sponsor of the Royal Bank of Canada Corporate 13.1 for the eighth consecutive year.

To celebrate the positive impact the world's most stunning half marathon has on thousands of runners and charities each year, we're thrilled to also sponsor the Inspire series, shining a spotlight on five inspirational charity runners, as well as the RBC Champion Award, recognising the highest individual fundraiser and rewarding them for their outstanding efforts.

Good luck to everyone taking part this year!

**Royal Bank of Canada**  
Proud Presenting Partner  
of the Royal Parks Half

Helping clients thrive and  
communities prosper, find  
out more at [rbc.com/europe](https://rbc.com/europe)

**Half**

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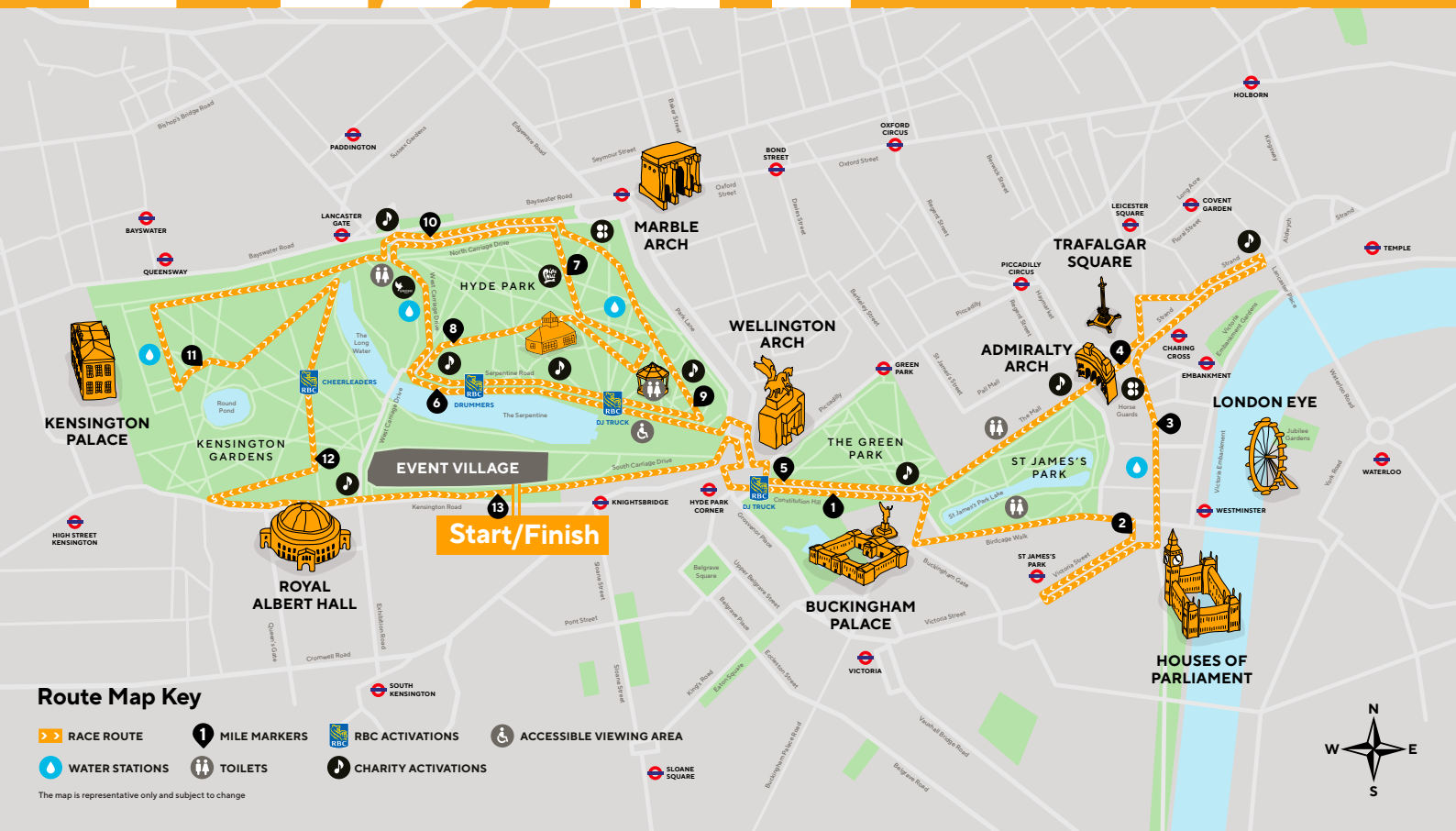
# Half



Presented by



Royal Bank of Canada



Keep your eyes peeled on the course for cheers, stunning scenery and a whole lot of musical motivation!





THE  
ROYAL  
PARKS

WE'LL  
CARE  
FOR THE  
BACKDROP

By running this race,  
you support our charity  
in protecting wildlife,  
preserving history and  
helping people learn  
about the natural world.  
Thank you.

CREATING SPACES FOR LIFE  
[royalparksofengland.org.uk/creatingspacesforlife](https://royalparksofengland.org.uk/creatingspacesforlife)

Registered Charity No: 1172042

YOU  
SET THE  
PACE





# Before you arrive

## Remember to:

- Complete the emergency contact details on the back of your race number (please don't run if you feel unwell, and don't give your race number to anyone else).
- Attach your bib to the front of your shirt using the safety pins provided.
- Pack a refillable water bottle or hydration belt if you have one. We have plenty of water re-fill points in the event village and on the race route.
- Arrive dressed to run (no changing facilities available).
- Check your individual timings and plan your journey to Hyde Park. Your timings can be found in your Event Guide Information email. The race will start in waves from 09:00.
- Attach your baggage tag to your bag (you will receive a baggage tag in your race pack). You can drop a bag at the baggage marquee, alternatively, leave your kit with your supporters. Bags should be no larger than a rucksack.
- Pack a change of clothing and any recovery items for after your run.
- Make sure your supporters have downloaded the Royal Parks Half App so they can follow you along the route.

## Our race app

Our race app will be available on iPhone and Android in early October. Please keep an eye on our social channels, where we will announce when it's live. Search for 'Royal Parks Half' on your app store to get set up in time for race day and get your supporters to do the same. (If you have our old app, be sure to delete it as it won't automatically update.)

### For spectators:

- Track your favourite runners
- Navigate seamlessly around the course
- Plan your day out at the event village
- Donate to your favourite runners' charities

### For runners:

- Find your way to the event village and assembly area
- Get your official race time and see your standings compared to other runners
- Take a Royal Parks Half branded selfie and share it on social media





## How to get there

**Plan your journey to the start using public transport.**

**Do not travel by car.** There is strictly no parking and road closures from 06:00.

For more information, to plan your journey and check any engineering works please check the TFL website: [www.tfl.gov.uk](http://www.tfl.gov.uk)

### By Tube

From Hyde Park Corner tube (Piccadilly Line) – enter the park through Apsley Gate and turn left down South Carriage Drive to the event village (15min walk). Follow our video guide [here](#).

From Knightsbridge tube (Piccadilly Line) – enter the park through Edinborough Gate, cross over South Carriage Drive and you will be able to see the event village to your left (12min walk). Follow our video guide [here](#).

The closest tube station with step-free access is Victoria (Victoria and District and Circle lines). Follow directions from Victoria to Knightsbridge station (0.9 miles) and follow the directions above to find our event village.

From Marble Arch tube (Central Line) – cross the road to the pedestrian gates at Speakers' Corner and walk south towards the Serpentine Bar & Kitchen. Take the path to the left of the café over the bridge and head south to Rotten Row.

Turn right onto Rotten Row and walk towards the event village (25min walk). Follow our video guide [here](#).

From Lancaster Gate tube (Central Line) – enter the park through Victoria Gate and walk south down West Carriage Drive. Cross over the Serpentine and continue south. Turn left onto Rotten Row and walk towards the event village (25min walk). Follow our video guide [here](#).

### By Bus

**North London:** 6, 7, 16, 52, 274, 390

**South London:** 2, 36, 137

**West London:** 9, 14, 19, 22, 52, 74, 148, 414

**East London:** 30, 38, 274

Buses will drop you off on one of three roads: Knightsbridge, Bayswater Rd or Park Lane. Please note some roads may be closed from 06:00 for the event.

# Key timings

**07:30**

Event village opens

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**07:30**

Baggage marquee opens

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**08:20**

Wave loading opens

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**09:00**

Half Marathon starts

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**10:00-14:00**

Runners finish (same place as the start)

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**10:30**

Activities start in the event village – Fun for all the family

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**16.00**

Event village closes





# STUFFED



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# Sustainability at the Royal Parks Half



Plastic bottle-free course.



T-shirts made of 100% recycled polyester.



FSC Certified wooden medals.



Digital only race comms.

In 2024 participants again had the chance to opt out of a finisher T-shirt and help a green initiative. This year, those that opted out will contribute to The Royal Parks planting snowdrops and wildflowers along the half marathon route.

21% of participants chose to (Snow) Drop the finisher top.

If you need a reminder, your race bib shows whether you opted to receive a T-shirt or not.

JogOn is returning to our event village this year to collect unwanted running shoes. Shoes with life left in them are distributed to 11 hubs in the UK and around the world who then pass them on to community groups, schools, disaster relief agencies and people who really need them.

## To donate your shoes, please note:

- Pairs of shoes only.
- Shoes must be tied together by their laces.
- Wet, muddy shoes will not be accepted.



JogOn partnership – donate your old running shoes.



All power on-site is provided by hydrotreated vegetable oil (HVO) fuel and batteries.



All water stations will be stocked with compostable cups and there will be refill points for those runners carrying their own water in bottles or hydration vests.



Tap water refill in the event village.



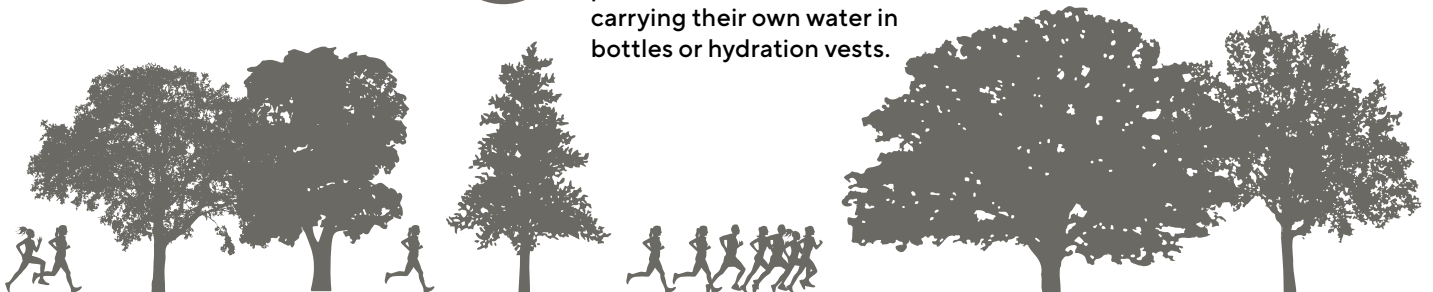
Volunteer-run recycling stations.



Plenty of plant-based food options in the event village.



Clothing collection at the start line by Salvation Army (to collect and reuse any layers that you don't want to run in).



# SWEATY BETTY



*Your* Race  
**Your** Race  
*Your* Pace  
**Your** Pace  
*Your* Race  
**Your** Race  
*Your* Pace  
**Your** Pace  
*Your* Race  
**Your** Race  
*Your* Pace  
**Your** Pace

ROYAL PARKS HALF  
MARATHON 2024



## LIFE'S TOO GOOD FOR BAD ENERGY

Stock up now on [tenzingnaturalenergy.com](https://tenzingnaturalenergy.com) with 30% off across our store with code **RUNNINGFUEL**. Offer valid until 31/10/2024.



# Your race bib explained



**All runners will receive their individual race day timetable by email as part of their runner instructions. Please keep this email safe and adhere to your arrival time and race timetable.**

In your email, you will find your recommended arrival time along with wave loading times and your race start time.

For UK runners your race bib will be posted out to you in advance of the race. If your Event Pack has not arrived by Saturday 12 October, this won't be a problem. We will not send any replacement packs by post and there's no need to contact us in advance. If you need to collect your pack or any missing items, please come to see us at the event village information tent on Saturday 12 October from 08:30 to 14:00 or on Sunday 13 October from 07:30 to 09:00.

On Saturday, the information tent will be in The Royal Parks charity tent located to the north of the event village.

On Sunday, the information tent will be located to the east of the baggage marquee.

## International runners

International runners will need to visit the event village information tent from 08:30 to 14:00 on Saturday 12 October or from 07:30 to 09:00 on Sunday 13 October.

See the event village map for **details**.

Your wave number is found on the bottom left of your bib.

In the assembly area, screens will tell you to load into funnel A, B or C depending on your wave number.

After loading into your funnel, you will be walked forward to the start line by marshals.

Sweaty Betty's partners Frame will lead warm-ups for each wave once you've entered your start funnel.

You can run in a later wave if you need to, but we ask that runners do not promote themselves to earlier waves.

Wave times are listed on our website [here](#).

Your timing chip is attached to your race number! Your official race time will be recorded from when you cross the start line.

Please ensure that you have completed the emergency contact information on the reverse of your race bib.

Please remember your race number is not transferable.

Your race bib will also show whether you opted in or out of receiving a finisher T-Shirt and/or medal. If you opted in to receive a T-Shirt your bib will show your chosen fit and size.

We will post your official race time by Monday 14 October at [royalparkshalf.com](http://royalparkshalf.com) and you will also receive a confirmation email.

We encourage you to write your name on your race bib so supporters on the route can cheer you on!

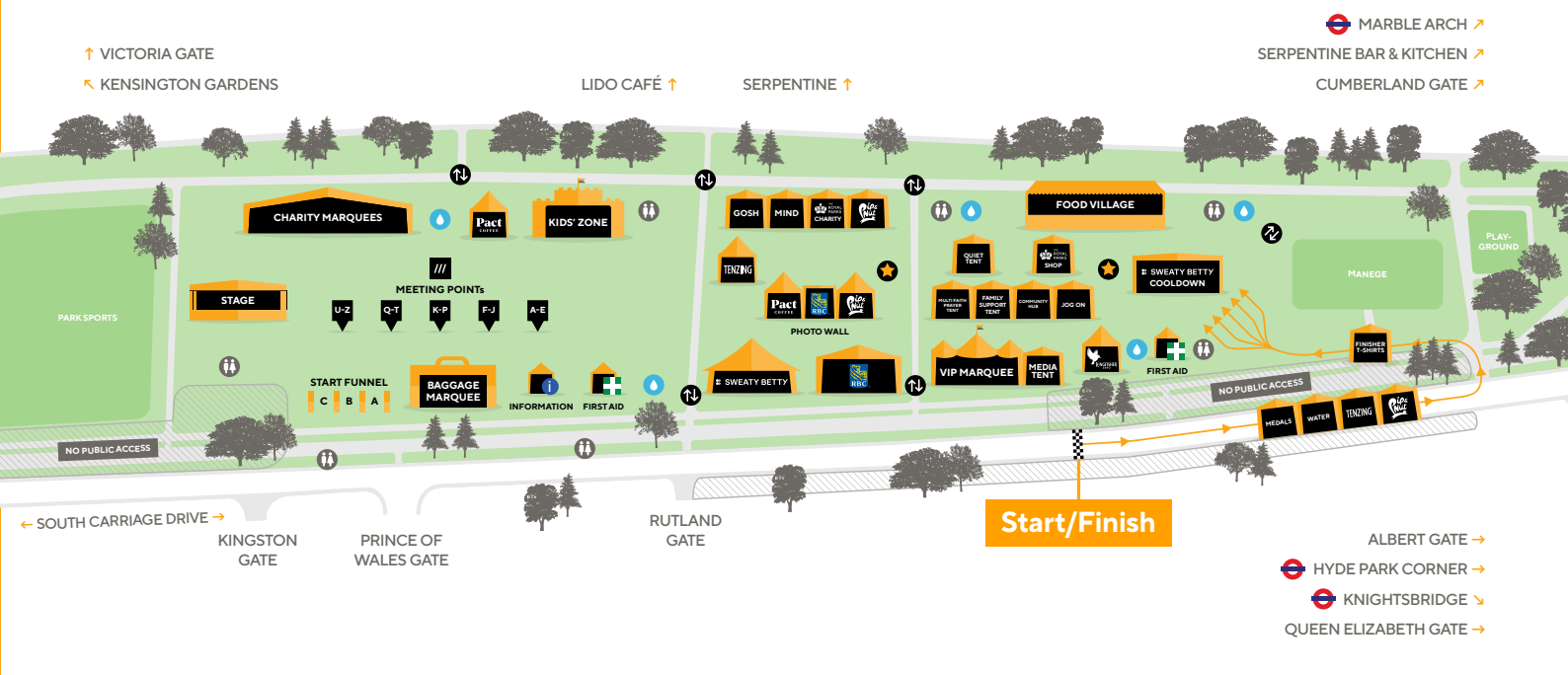
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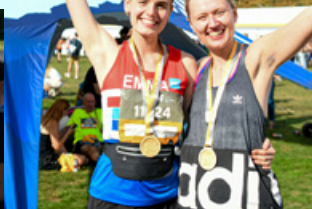
Royal Bank of Canada



Enjoy delicious food and drink, meet our partners and try some have-a-go activities, all in our bustling event village in beautiful Hyde Park.

## EVENT VILLAGE KEY

- ENTRANCE / EXIT
- TOILETS
- WATER
- ACTIVATIONS AREA
- /// GUARD.TAPE.COACH





### Pacing

A team of experienced pacers will be present at the event. They are identified by a large flag carried on their back, displaying their predicted finish time. We will have pacers from 1hr30 through to 3hr30.

Keep an eye out for the pacer in your start wave.

The course time limit is 4 hours.

## Race day tips

- Plan your journey with plenty of spare time. Your recommended arrival time is stated on your runner timetable.
- If you want to run with friends, you can move backwards to a later start wave, but not forward.
- It takes time for 16,000 people to cross the start line, so don't worry if your start time is later than when the klaxon sounds at 09:00! The staggered start times mean a better race experience for you out on the course.
- Be self-sufficient with your hydration if possible, bring a refillable water bottle or hydration belt/backpack. We have plenty of refill points in the event village and four on the race route located at the end of each water station.
- There are four water stations along the route, using cups. Cups will be laid out on long tables, run a bit further so you can grab and go, rather than using the first table.
- Please drop your cups to the side of the course using the bags provided. They can become a slip hazard! Cups are biodegradable and will be collected and composted after the event.
- If you plan on wearing an old top to keep you warm prior to starting; one that you plan to throw away, please discard in the 'Clothing Drop Zone', located just ahead of the start line. We will collect all discarded clothing for reuse and recycling.
- Stay hydrated but don't take on too much water. Prepare for race day in your normal way, with a familiar routine. Eat and drink things you have used in training!
- Most of the race route in the Royal Parks is barrier-free, but remember the Parks are open to the public. There may be locations where public are crossing.
- Smile for our official race photographers Marathon Photos Live, who will be at various locations around the route.

Have a great run!

# Make your miles count with JustGiving

With the Royal Parks Half Marathon just around the corner, here's our top tips to help you raise money for a good cause.



**1 Set a fundraising target.** Whether it's £100 or £1,000, every penny you raise will make a difference.



**3 Share your page on social media.** The more the merrier, and more money for your cause too.



**2 Personalise your JustGiving page.** Add photos, videos and write a story. It's the best way to encourage people to donate.



**4 Connect your fitness app.** Add Fitbit or Strava to keep track of your training and your donors up to date.



Raise money for a cause you care about.

Head to [www.justgiving.com](http://www.justgiving.com) to get started.



Enjoy the finest USDA prime cuts and steakhouse classics with an array of tempting sides, all served inside or al fresco in our JW Garden.

Good luck to all the runners from everyone at Grosvenor House.



JW Marriott Grosvenor House London  
86-90 Park Lane  
London, W1K 7TN

### Wellness

We encourage all runners to be self-sufficient with their hydration, recognising that everyone has different needs. This year we will have four water stations on the route featuring both re-fill points and biodegradable cups, ensuring all runners have access to water during the race. The water stations will be located at approx. 3, 6, 9 and 11 miles.

We advise you to stick to your normal hydration strategy, used in training, particularly if you plan to use gels or carbohydrate drinks. TOP TIP: Nothing new on race day!

### Injury or illness

Please carefully consider whether or not you should run if you have recently been injured or unwell, seek advice from your doctor if in doubt. Exerting yourself over 13.1 miles can be dangerous if you're not fit and well.

### Nut allergy warning

Our sponsor Pip & Nut are providing samples of their new Stuffed Oat Bars on race day which are made using peanuts. There will be clear signage to warn anyone with nut allergies to where they are being distributed.

### Safety and Security

The safety and security of our participants and spectators is of paramount importance to us. We will deliver a safe, secure and enjoyable event and you can help us by following the instructions of our team of friendly stewards at all times. We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure, including random bag checks.

If you see something suspicious, please report it to a steward, a police officer or ring 999.

### Safeguarding

Emergency contact wristbands for children are available from the information tent or via our roaming teams. In the event of a lost child, these help to repatriate the child and parent/guardian quickly using the emergency contact number written on the band.

### Family Support Tent

We welcome people of all ages! As well as fun activities for all the family, there will be a Family Support Tent with facilities for people with young children and babies in our event village.

If you need to feed, change or entertain your child in the play pen, just pop in to see our team.

### Prayer and Quiet Tents

There will also be a multi-faith prayer space for people of all religions, and a quiet reflection space. Please use these spaces if you need to take a moment for yourself.

### Accessible viewing area for spectators with disabilities

There is a accessible viewing area on the south side of Serpentine Road opposite the bandstand. What 3 Words location: ///bottom.tricks.bunch

We welcome wheelchair users to our event village, please note as the ground is grass some areas may be difficult to access in wet weather.

### Respecting the Parks

Our parks are home to various plants, animals, and other wildlife. Please respect these and keep an eye on park signs that will guide you on how to protect our wildlife.

Please use bins provided to dispose of litter.

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The code RPHMCOFFEE is only valid when you start a Pact subscription and is not valid on store orders. You can skip, pause or cancel your plan at any time. Offer ends 30/11/2024

# Pact COFFEE







THE  
ROYAL  
PARKS

# WHAT'S ON IN THE ROYAL PARKS

Whether you're interested in major events, guided nature walks, live music or family-friendly activities, we have something for everyone.

EXPLORE OUR LATEST EVENTS  
[royalparks.org.uk/whats-on](https://royalparks.org.uk/whats-on)

Registered Charity No: 1172042



# Golden Oak Charities



GREAT ORMOND STREET  
HOSPITAL CHARITY

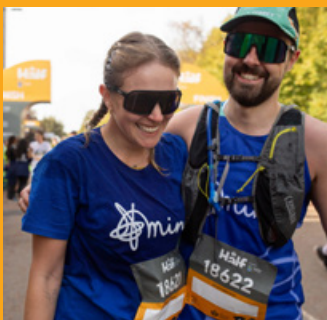


There are charities of all sizes taking part in this year's race. As well as supporting London's eight Royal Parks, runners have raised nearly £65m for over 1,200 charities since 2008.

Thank you to all our amazing runners!



Our Golden Oak charities, which have the largest teams taking part this year are: **Great Ormond Street Hospital Charity** and **Mind**.



## Race for the Kids | Saturday 12 October

If you're in London on Saturday and looking for some family fun, join our friends at the RBC Race for the Kids, which raises money for Great Ormond Street Hospital Charity. Walk, jog, wheel or scoot 2km or 5km with your family to help seriously ill children.

Head to the football pitches in Hyde Park on South Carriage Drive to enter on the day or sign up in advance at [www.gosh.org/race](http://www.gosh.org/race). RBC Race for the Kids starts at 10:00.

