

# SUNDAY 2 JULY CHECKLIST



#GREATNEWHAMLONDONRUN

- RUN NUMBER**  
Make sure you have filled in the back of your number with your details.
- SAFETY PINS**  
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event.
- SPARE WARM/WATERPROOF CLOTHING**
- A SPARE BOTTLE OF WATER TO SIP AT THE START**  
There will also be bottled water available at the start in case you need more.
- TRAVEL PLANS FOR THE DAY**  
Allow plenty of time to get to the start...it will be busy!
- PACK YOUR BAG THE NIGHT BEFORE**  
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags.
- MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**  
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family.
- READ THROUGH YOUR DOWNLOADABLE EVENT GUIDE**  
Your magazine and event guide contains maps, travel advice, baggage information and more.
- DOWNLOAD THE FREE GREAT RUN APP TO TRACK YOUR RUN**  
Download the map from iTunes or the Google Play store.
- DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY!**
- JOIN THE ONLINE CONVERSATION**  
and share your event day photos on social and tag them with [#GreatNewhamLondonRun](#)

**FINALLY...RELAX, ENJOY AND ABSORB THE ATMOSPHERE OF THE DAY**

**GOOD LUCK!**  
**WE'LL SEE YOU ON**  
**THE FINISH LINE**