

Green Park is the recommended accessible station. See the London 2012 website for more information.

If you've already reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/paralympics/bluebadge

Accessible travel

There is no spectator parking at or near the venue, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Been to The Mall before? The area will be operating differently during the Games, with road closures across central London – follow staff directions on the day.

London will be very busy so leave plenty of time to get to the venue and be prepared for crowds. Plan and book your journey at london2012.com/paralympics/travel and check it before you set off as things may change. You'll also find plenty of walking and cycling routes on the website.

Entrance is via Trafalgar Square. You'll receive an email with detailed travel information and walking routes.

For areas 5 and 6:

Green Park – 10-minute walk

For areas 2 and 4 – north:

St James's Park – 10-minute walk

For areas 1 and 3 – south:

Westminster – 15-minute walk

Victoria – 20-minute walk

The Mall. The recommended stations are:

Getting to The Mall

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1–9 on the day of your event, including to and from The Mall.

Plan your travel

Welcome

This guide includes handy tips to help you get to your event and make the most of your Paralympic experience. So have a good read – and don't forget to bring it on the day!

Top tips

1 Check the London 2012 website for the latest information before you travel

2 Remember your tickets! Everyone needs a ticket for entry

3 Arrive early to avoid the queues – gates will open 90 minutes before competition starts

4 It will be very busy so leave plenty of time to travel and use the right station for the area shown on your ticket

5 Remember that there is no entry to The Mall from Trafalgar Square – unless you have a ticket for areas 5 or 6, when this is the only access point

6 You'll need to go through airport-style security at The Mall so make sure you've read the list of items that aren't allowed inside the venue at london2012.com/paralympics/security

7 You can bring one small backpack or a handbag. If you can manage without, even better – it will help speed up security checks

8 There's food and drink inside the venue, as well as running commentary throughout the races

9 You can pay by Visa (debit, credit or prepaid) or cash (£) only

10 This is an outdoor venue with no shelter or shade so check the weather forecast and come prepared – whether that means bringing a sun hat or rain jacket

Arriving at the venue

We strongly recommend you arrive early to avoid queues. Gates will open 90 minutes before competition starts, and the build-up will begin the moment gates open.

The venue is split into two parts, north and south. You won't be able to cross the route on the day so it's very important you get off at the right station for your spectator area.

If you have a ticket for areas 1–4, you cannot access The Mall from Trafalgar Square. If you have a ticket for areas 5 or 6, access is via Trafalgar Square only.

When you get to the venue, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, you may have to wait a while.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the venue. Go to london2012.com/paralympics/security for the full list, which includes water and other liquids.

Your ticket gives you entry to one spectator area. You cannot move between areas.

Games Mobility

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/paralympics/accessibility



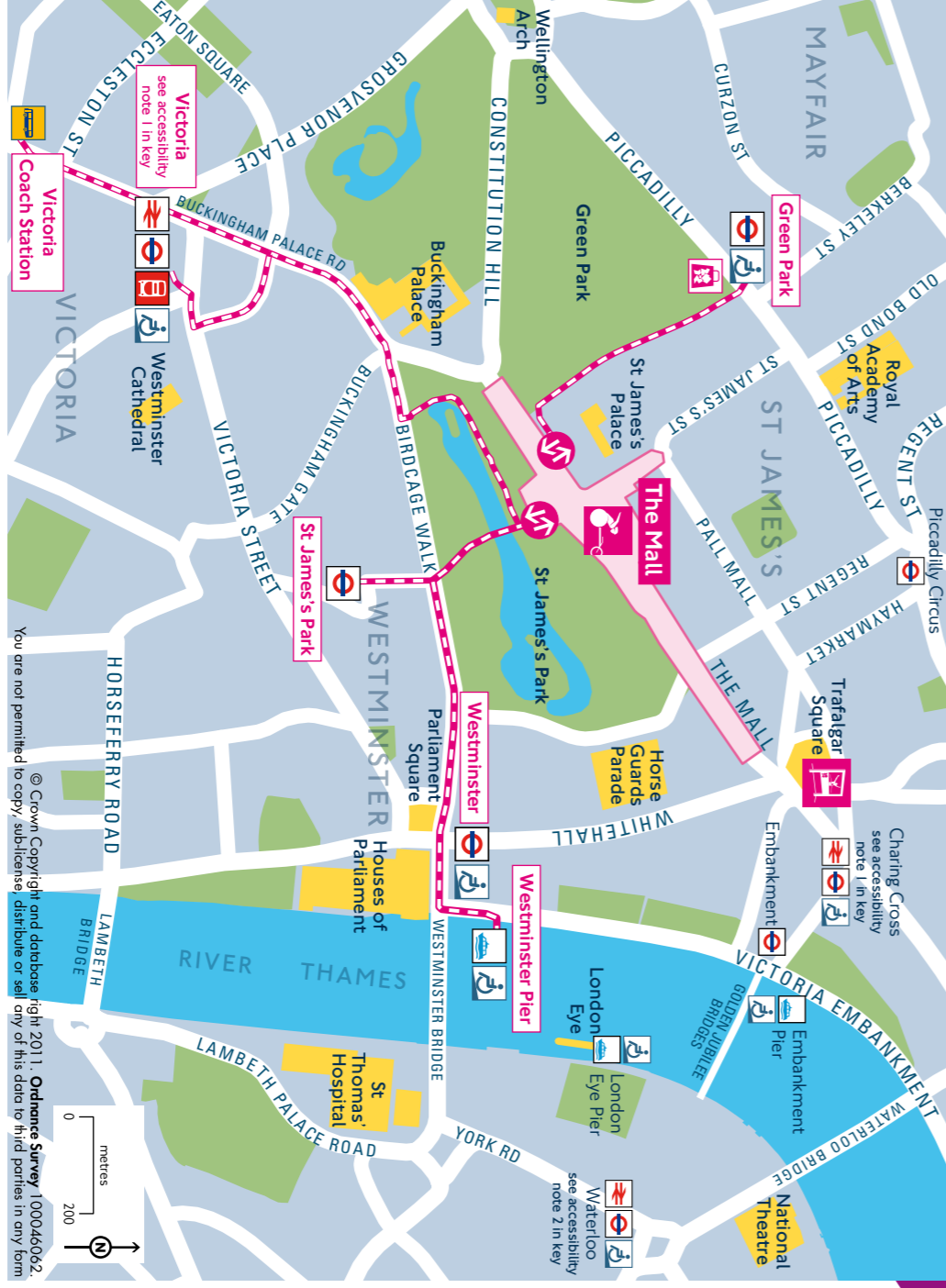
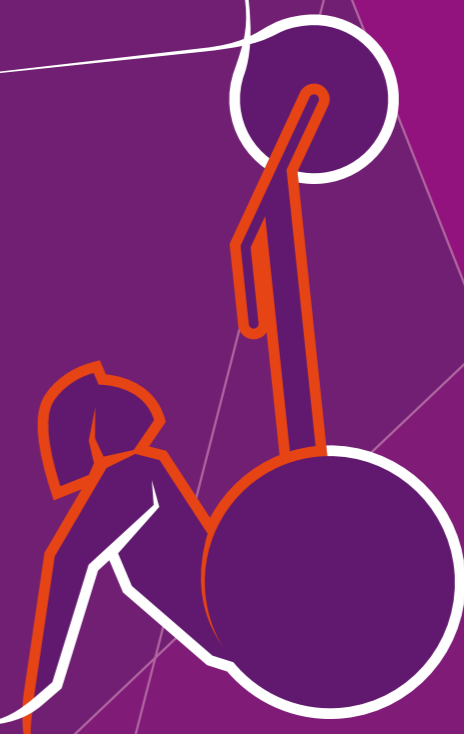
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Marathon

The Mall



London 2012 Paralympic Games
Official spectator guide



Marathon

The big endurance event of the Athletics competition that pushes athletes to their limits.

Events

- Marathon – T12
- Marathon – T46
- Marathon – T54
- Men's event Women's event

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11
Date	Thu 30 Aug	Fri 31 Aug	Sat 1 Sep	Sun 2 Sep	Mon 3 Sep	Tue 4 Sep	Wed 5 Sep	Thu 6 Sep	Fri 7 Sep	Sat 8 Sep	Sun 9 Sep
Morning/afternoon											08:00-14:15

The Victory Ceremonies will take place after events

Classification key

To ensure competition is fair, athletes are grouped into classes according to how much their impairment impacts on their performance in the Marathon.

Code	Classification
T12	Athletes with a visual impairment
T46	Single-arm impaired athletes
T54	Athletes compete in a racing wheelchair and have a spinal injury in the lower spine or equivalent – athletes may have some power in their legs

The history

The Marathon made its debut at the 1984 Paralympic Games in Stoke Mandeville, when seven races were held for men and four for women – all of them wheelchair athletes. Since the 1996 Games in Atlanta, the event has featured the same classifications as the track events in Athletics.

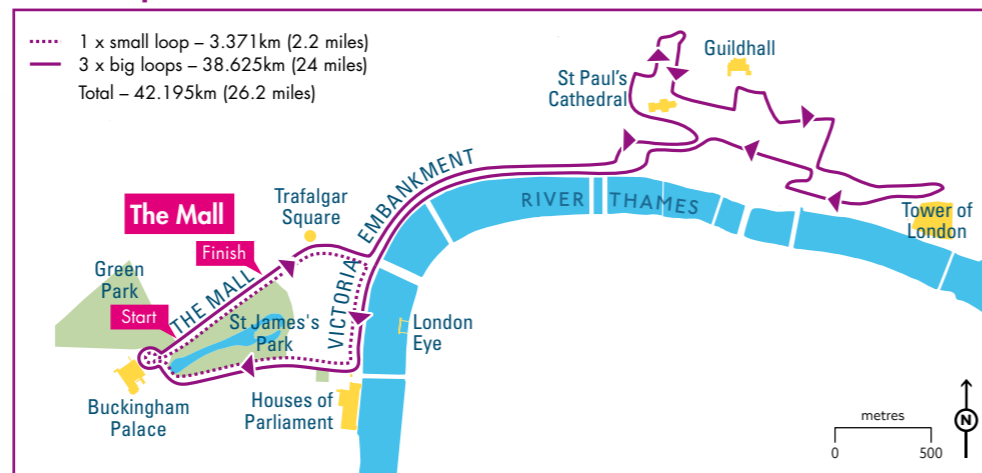
Athletes with a visual impairment first competed in the Marathon at Seoul 1988, where 24 competitors took part. Athletes with an amputation made their debut in the event at Atlanta 1996.

Find out more about the Marathon – pick up an official London 2012 daily or souvenir programme at the event.

Did you know?

Germany's Heinrich Köberle is the most successful Paralympic Marathon competitor ever – he won an incredible four consecutive golds between 1984 and 1996.

Route map



The Mall



Key

- Venue entrance and exit
- Toilets
- Accessible toilets
- Baby changing facilities
- Information and lost and found
- Ticket box office and ticket resolution office
- Games Mobility
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Drinks
- Spectator medical

Don't forget!

We don't want you to miss any of the action at The Mall so arrive early and use the correct station for your spectator area. Please plan ahead.

Scan me now or go to london2012.com/paralympics/mobileapps/ to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the venue

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted, except in designated areas.

VISA In recognition of Visa's longstanding support of the Paralympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Paralympic, London 2012 Festival and other events taking place across the UK at london2012.com/paralympics/joinin

Get the perfect souvenir or gift – including exclusive merchandise – only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop



Delivering a memorable Paralympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/PSG/07. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics



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