



Marathon and Race Walk

The Mall



London 2012 Olympic Games Official spectator guide



Plan your travel

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. The recommended stations are:

For areas 1 and 3 – south:

Victoria – 20-minute walk

Westminster – 15-minute walk

St James's Park – 10-minute walk

Green Park – 10-minute walk

For areas 5 and 6 (Marathon only):

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

Your ticket will show you which spectator area you're in. Please make sure you use the right station as you will not be able to cross the route inside the venue.

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/travel and check it before you set off as things may change.

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

Accessible travel

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

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



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 two hours before competition starts
- 4 The transport system and venue 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 **there's no entry to The Mall from Trafalgar Square – unless you have a Marathon ticket for areas 5 or 6**, when this is the only access point
- 6 You'll need to go through airport-style security so make sure you've **read the list of items that aren't allowed inside the venue** at london2012.com/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 two hours 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, there is no access to The Mall via Trafalgar Square. However, if you have a Marathon 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.

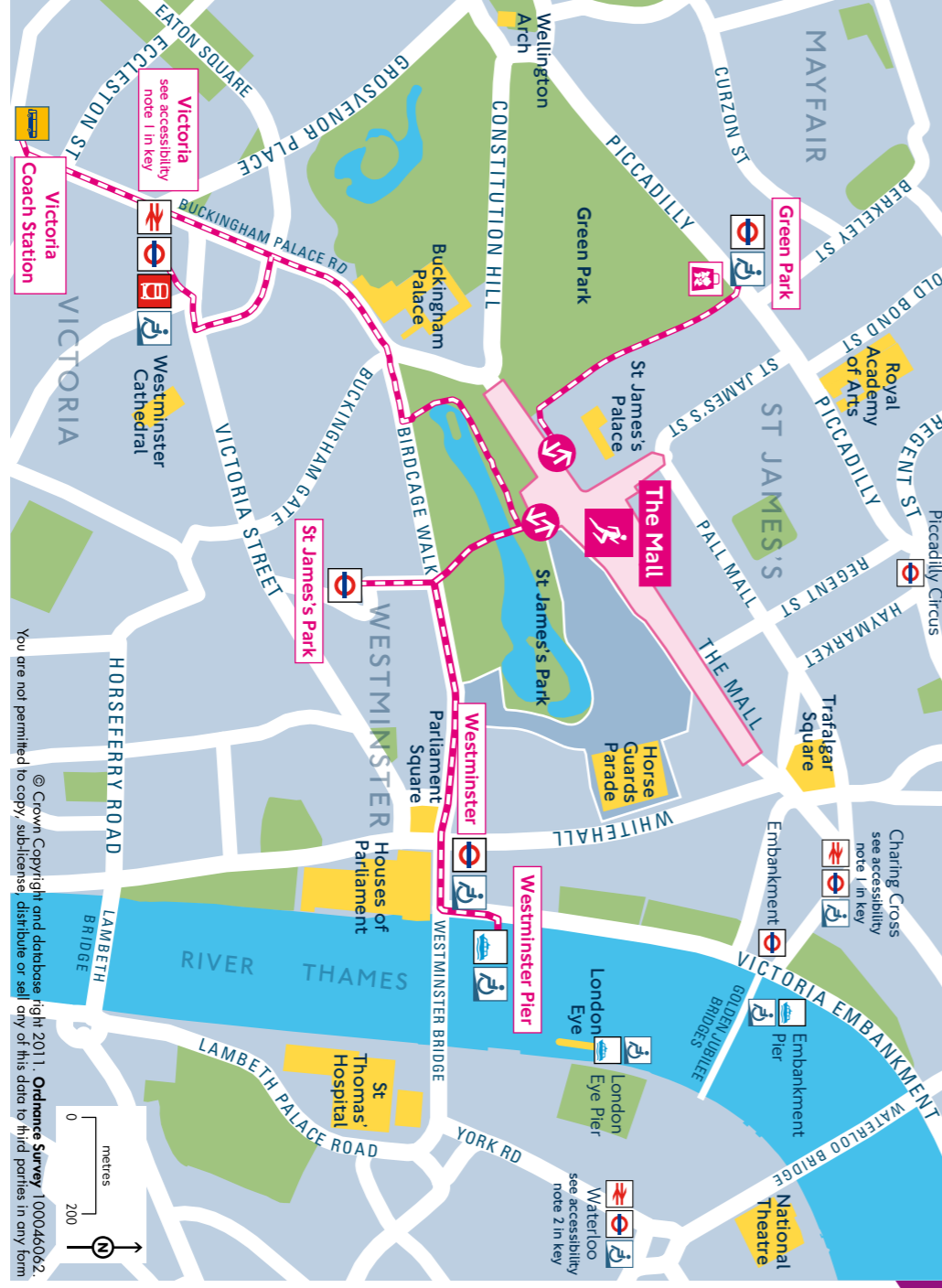
One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (max. 25 litres).

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/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/accessibility



Key

- Green Park: Recommended station for spectators
- Event area during the Olympic Games
- Venue entrance and exit
- Spectator access route
- Coach station
- National Rail
- London Underground
- River services
- Bus station
- Station/pier with step-free access and staff assistance
- London 2012 Shop
- National Rail platform with step-free access
- London Underground platform with step-free access
- River services

- 1 National Rail platforms are step-free. Underground platforms are not step-free.
 - 2 National Rail platforms and Jubilee line platforms are step-free. Other Underground platforms are not step-free.
- Your Games Travelcard entitles you to one-third off river services (recommended pier: Westminister Pier).
- Cycle parking will be provided at various locations outside the venue.

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Marathon and Race Walk

Events

20km Race Walk	4 August
Marathon	5 August
50km Race Walk	11 August (am)
20km Race Walk	11 August (pm)
Marathon	12 August

Men's event Women's event

Marathon

The first modern Olympic Games in 1896 included a Marathon, designed specifically to pay homage to Ancient Greece.

At the London 1908 Games, the race's distance was increased from around 25 miles to 26.2 miles (42.195 kilometres) so that it could start beneath the royal nursery at Windsor Castle and finish by the Royal Box in the new White City Stadium. This distance became standard and is still used today.

Race Walk

The Race Walk featured at an Olympic Games for the first time in 1904, when an 880-yard walk was part of the first ever Olympic Decathlon. The current men's Olympic distances of 20km and 50km made their debuts in 1956 and 1932 respectively, and were joined by a 20km women's race in 1992.

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

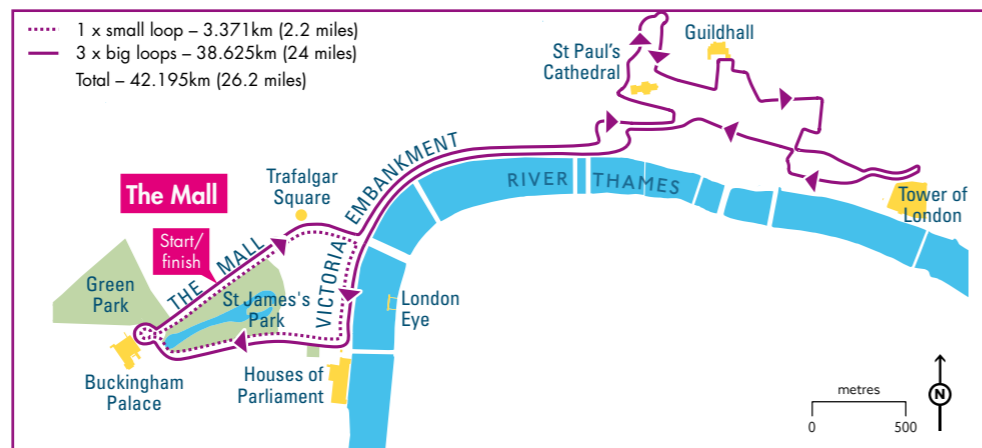


Session timetable

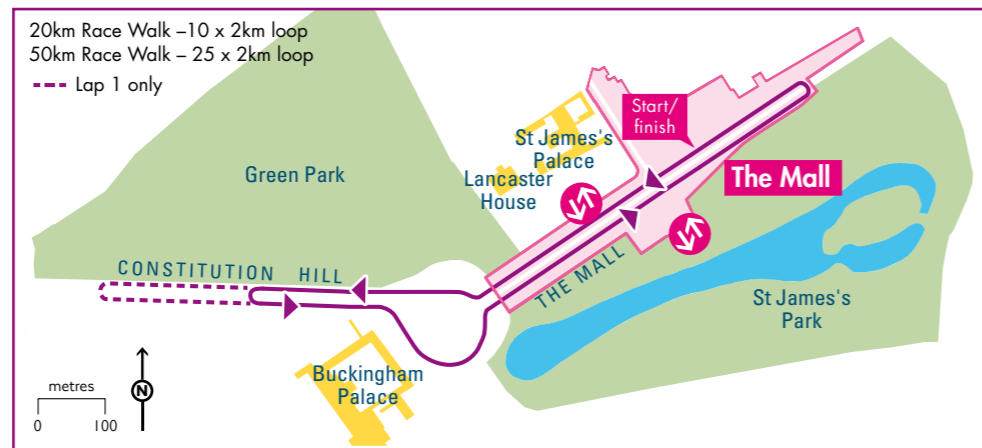
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Date	Sat 28 Jul	Sun 29 Jul	Mon 30 Jul	Tue 31 Jul	Wed 1 Aug	Thu 2 Aug	Fri 3 Aug	Sat 4 Aug	Sun 5 Aug	Mon 6 Aug	Tue 7 Aug	Wed 8 Aug	Thu 9 Aug	Fri 10 Aug	Sat 11 Aug	Sun 12 Aug
Morning									11:00-14:00						09:00-13:20	11:00-13:40
Afternoon								17:00-18:30							17:00-18:45	

Gold medals will be decided and awarded in every session

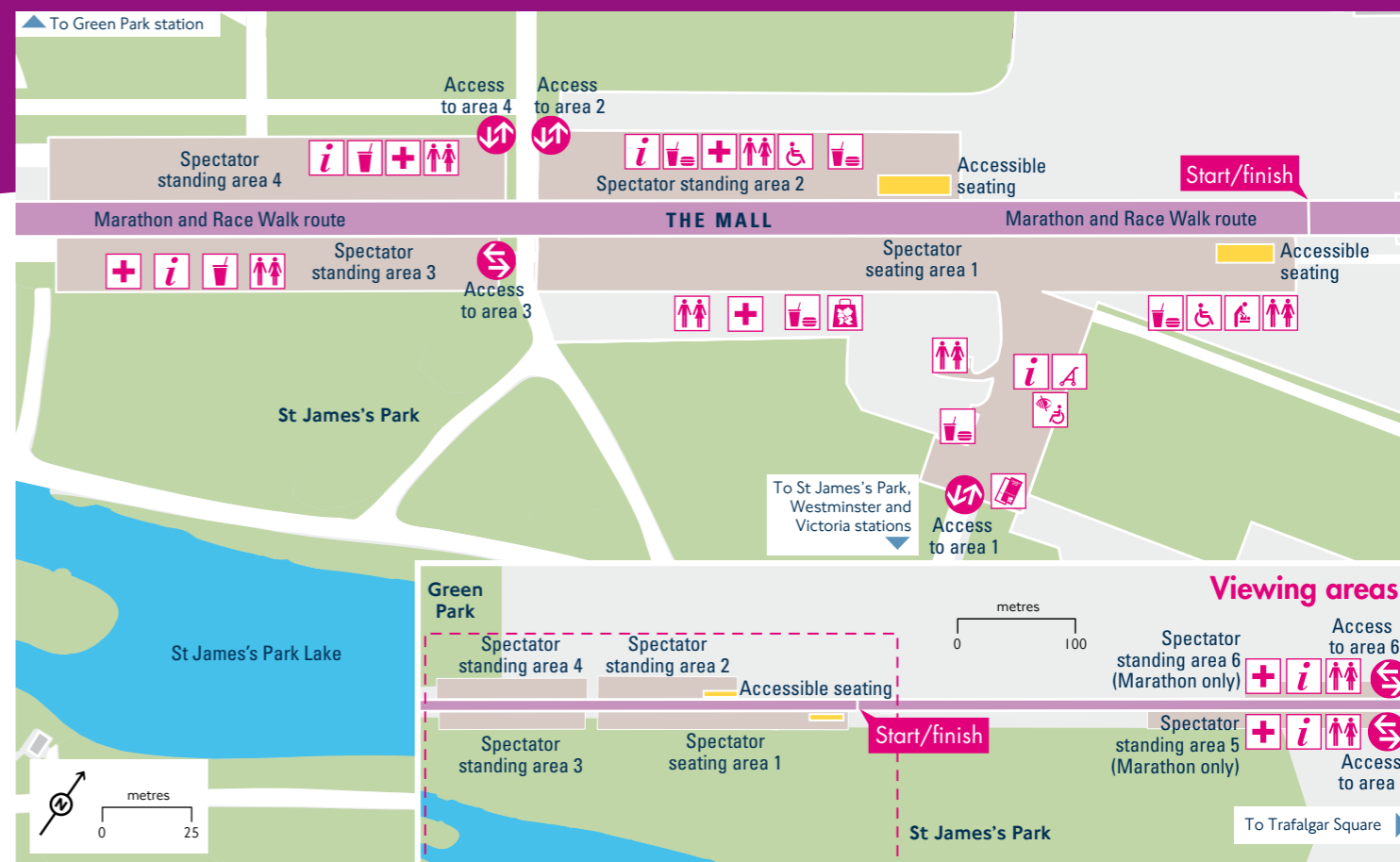
Marathon route map



Race Walk 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

Scan me now or go to london2012.com/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 Olympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

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.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Olympic, London 2012 Festival and other events taking place across the UK at london2012.com/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 Olympic Games to inspire a generation with the support of our Partners



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