



2017 Virgin Money London Marathon CoNAC Cheering Crew

0550 Arrival: 2 Bendish Way, Norwich, NR5 9NW

0600 Depart for Epping

0735 Arrival: London Underground Epping CM16 4HW.

Expected journey time Norwich to Epping = 1 hr 35mins

Take the Central line from Epping towards West Ruislip to Stratford, change to the DLR from Stratford towards Canary Wharf to Canary Wharf and then DLR from Canary Wharf towards Lewisham to Cutty Sark (for Maritime Greenwich).

Expected total journey time Epping to Cutty Sark = 57 minutes.

NB: travel in the middle carriages of the DLR from Canary Wharf as no exit is permitted from the first and last carriages at Cutty Sark

0845 Arrival: McDonalds, Greenwich, SE10 9SW (toilets upstairs) it's immediately on your left as you exit the steps up from the Cutty Sark DLR station

0915 Turn left out of McDonalds and walk 250m to **CoNAC Viewing Point #1** at the bow of the Cutty Sark, outside Nando's SE10 9HT. Race distance here = 6.7 miles

- 0918 Wheelchair men
- 0920 Wheelchair women
- 0936 IPC World Cup (ambulatory)
- 0950 Elite women
- 1030 Elite men
- 1051 3hr 30min pace
- 1107 4hr 30min pace

CoNAC runners: please run on the right hand side of the course around the Cutty Sark to maximise your visibility to the Cheering Crew

1110 approx Walk 800m from Cutty Sark through the Greenwich Foot Tunnel to **CoNAC Viewing Point #2** on the LHS of the course in East Ferry Road, E14 5BD, about 100m

beyond the Lord Nelson public house on the RHS. Race distance here = 16.7 miles

- 0950 Wheelchair men
- 0958 Wheelchair women
- 1031 IPC World Cup (ambulatory)
- 1042 Elite women
- 1118 Elite men
- 1212 3hr 30min pace
- 1249 4hr 30min pace

CoNAC runners: please run on the left hand side of the course here to maximise your visibility to the Cheering Crew

1250 approx Walk 400m north to the Mudchute DLR station. Take the DLR towards Bank to Bank. Walk south to pick up the route. Race distance here = 23.5 miles.

- 1015 Wheelchair men
- 1029 Wheelchair women
- 1110 IPC World Cup (ambulatory)
- 1120 Elite women
- 1152 Elite men
- 1308 3hr 30min pace
- 1401 4hr 30min pace

1330 approx Walk to the Finish - follow the course to the 25 mile mark and then turn right along Northumberland Avenue to Trafalgar Square and through Admiralty Arch to the Finish on The Mall.

1400 onwards Walk to the Red Lion, 2 Duke of York Street, Mayfair SW1Y 6JP for post-race drinks. This is a new venue for 2017; in previous years we have gathered at the Golden Lion.

Directions: From the Finish on The Mall, take the wide steps up from the north side of The Mall into Waterloo Place. Cross over Pall Mall and after a further 100m turn left along Charles II Street to enter St James's Square. Duke of York Street leads off the north side of this square

Please see the map on the following page.

Expected journey time on foot from The Mall to the Red Lion = 10 minutes

Later ... Return to Epping via London Underground

From Piccadilly Circus take the Bakerloo line towards either Harrow & Wealdstone or Queens Park to Oxford Circus. Then take the Central line north towards Epping to Epping.

Expected total journey time Piccadilly Circus to Epping = 52 minutes

Walking route from The Mall to the Red Lion (new venue for 2017)

