

THE 2024 TCS LONDON MARATHON OXFAM'S RACE DAY GUIDE

On 21 April you're going to be part of one of the biggest events of the year. This guide will help you get the most out of the next month so you reach the start line happy, healthy and confident.

We've also included everything you need to know about where Oxfam will be on Race Day: before the race, along the route and at our post-race reception. It's going to be an amazing weekend and we can't wait to see you there.



OXFAM

YOUR MOMENT IS ALMOST HERE.

THE 2024 TCS LONDON MARATHON.

We want you all to have an unforgettable London Marathon experience, so we've put together this guide to help you plan the next month of training and fundraising, and to let you know where you'll be able to find Oxfam during the race and at our wonderful post-race reception.

You're a fantastic team and all the hard work you're putting into your training and fundraising is changing the lives of some of the world's poorest people – so on their behalf, thank you.

We can't wait to cheer you on!

Andreea, Naomi and Amy
Oxfam Events Team



FINAL MONTH CHECKLIST

Spending some time making a plan for the next month will ensure you get to the start line, happy healthy and confident. Here are some things to think about:

- REGISTER AT THE EXPO.** This isn't going to be the first thing you do on this list, but it's so important – it had to go at the top. If you don't register at the Expo, you won't be able to run!
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- MAKE A PLAN FOR RACE WEEK.** Think about which day you will attend the Expo, where you're staying, what you'll eat the night before, how you will travel to the start line and how you'll get home.
- GET YOUR NAME ON YOUR OXFAM VEST OR T-SHIRT.** People calling your name will help spur you on! We'll give Oxfam runners an extra loud cheer and a high five as they pass the cheer points– so make sure you wear your Oxfam top!
- RAISE LOTS OF MONEY!** With the London Marathon now in sight, it's time to update your online fundraising page, send out the link and make sure everyone knows you're running.
- TAPER.** When it's time to taper, do it. Extra miles won't make a difference at this point – it's more important to make sure your body is ready to run on Sunday 3 October.
- RUN IN YOUR RACE DAY KIT.** You don't want any nasty surprises on race day, so this is really important.
- PRACTICE WITH GELS AND DRINKS.** Lucozade will be providing gels on the route, so if you're going to use them on race day, make sure you get used to them beforehand.
- INFORM FAMILY AND FRIENDS.** There's nothing more motivating than knowing you'll see your friends and family in a couple of miles – so plan where they'll be cheering you on. We would love to see them at the Oxfam Cheering Points!
- CELEBRATE.** When you've crossed the finish line, come to Oxfam's post-race reception and celebrate with the rest of the Oxfam team.

TRAINING

4 WEEKS TO GO

COMPLETE YOUR FINAL LONG RUN.

Treat it as a dress rehearsal so there are no surprises on race day:

- **Practice your marathon pace.** Start your final run at a pace that feels easy. If it doesn't, you're going too fast.
- **Hydrate.** Take the drinks and gels that you'll be using on race day with you.
- **Practice your race day routine.** Try getting up at the same time and eating your meals as you would before race day.
- **Wear your race day kit.** You shouldn't be trying anything new on race day.
- **Recover.** This is absolutely essential – hydrate when you finish, eat a healthy snack and then a high-carb meal with some protein within 90 minutes.
- **Be wise.** Don't worry you haven't done enough and try to make up for lost time by overdoing it. All those miles are in the bank and by being sensible now, you will get to the start line happy and healthy.

3 WEEKS TO GO

- Run smarter, not faster. You've already built up your fitness and you're not going to lose it in the final few weeks. Trust in the miles you've already run, and focus on reaching the start line in a healthy condition.
- Drop the length of your weekly long run.
- Keep up the frequency of your running. If you've been running three times a week then carry on doing this. Just don't run too far or too hard.
- Start to set off for your morning runs at the same start time as the marathon. This will help your body clock adjust and make it easier come race day.



TRAINING TIPS

- Remember that you've trained your body for months and although tapering is hard, it will have a positive effect. Any extra running won't help now.
- Practice digging deep and finding that motivation ready for race day!
- Read up on carb loading and make sure you give your body enough energy!

2 WEEKS TO GO

- Reflect on all the training you've done and remind yourself of how worthwhile it's been.
- Practice your pace. Go and run two or three miles in the week at your target marathon pace. It's important to get used to how this feels.
- If you catch a cold or a bug, it's not the end of the world. If you need rest at this stage, it won't have much of an effect on your training. Don't panic – just rest, recover and get healthy again to arrive at the start line strong.

1 WEEK TO GO

- Throughout the week you should keep your running to a minimum. Keep distance and pace easy, with perhaps one interval session early on that requires running at your marathon pace.
- This week is about getting ready for the big day and making sure your body is as fresh as possible, not cramming in too many last minute miles.

FUNDRAISING

WELL DONE!

You've worked really hard on your fundraising and the money that you raise is going to change the lives of some of the world's poorest people. Thank you.

Remember, if you have one of Oxfam's Gold Bond places, you need to raise £2000. Here are some tips to help you make sure the money keeps rolling in.

TOP UP TIPS



UPDATE YOUR ONLINE GIVING PAGE. Hopefully you've kept your page up to date all the way through but now's the time to make sure it's as good as it can be! You'll probably have the most visits to your page over the next few weeks so make it descriptive and personal.



TELL PEOPLE HOW HARD YOU'RE WORKING. This is the time to tell people how hard it's getting now that your miles are really racking up. People won't believe how long a training run is and would never dream of doing that distance.



DO A SWEEPSTAKE. A chance not to be missed: get people guessing your finishing time or the number of times you're on TV. An easy way to raise top funds and a one-time-only opportunity.



HAVE A CAKE SALE. We've said it many times before but these really do raise money quickly. All you need is some willing friends who'll bake and some hungry mouths to buy your cakes.

WHERE DOES YOUR MONEY GO?

Displaced people in Rafah in South Gaza to use the newly installed desalination units Oxfam and local partners provided. These units provide clean drinking water for free with no risk of contamination.

Oxfam is addressing Gaza's severe water shortage, currently at 7-17% of pre-crisis levels. Collaborating with CMWU, PEF, and Bayader, we're installing six solar-powered desalination units at key sites, providing clean drinking water to 10,000 people. Our goal is to deliver a minimum of 3 liters per day to a population of 25,600 using advanced desalination technology. Oxfam remains dedicated to immediate and lasting solutions for safe water access in Gaza.



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RACE WEEK

FIRST THINGS FIRST: The Running Show 17 - 20 APRIL 2024

Remember, you won't be able to run if you don't register at The Running Show on one of the four days before the London Marathon.

Once registered, you'll be given your runner number, timing tag and kit bag – and then you're ready to run! More information can be found by searching for The Running Show on www.tcslondonmarathon.com

The Running Show is not just about registration though. The Running Show is a great place to browse and buy running accessories and souvenirs from more than 100 exhibitors from the health and fitness industry.

ADDRESS: ExCeL London, Royal Victoria Dock 1 Western Gateway, London E16 1XL

OPENING HOURS:

Wednesday 17 April: 10:00 to 20:00

Thursday 18 April: 10:00 to 20:00

Friday 19 April: 10:00 to 20:00

Saturday 20 April: 08:30 to 17:30

We also want to take the opportunity to celebrate how far everyone has come and what a fantastic team we have. So come along to the Oxfam stand (C101), say hello to the Running Team and pick up loads of cheering materials for your friends and family.

WHAT WILL YOU NEED ON RACE DAY?

You'll be getting up pretty early on the day of the London Marathon, so make sure you've got everything you need packed and ready to go the night before. Here are our suggestions of what you'll need:

- **YOUR RUNNING KIT.** Most importantly, your Oxfam running top, so we can spot you and cheer you on as you run.
- **YOUR RUNNER NUMBER.** Whatever you do, don't forget this. Without it, you won't be able to run.
- **YOUR KIT BAG.** Make sure it's labelled and full of everything you'll need before and after the race. The baggage drop-off system works really well, so don't worry about being reunited with it at the end.
- **YOUR TIMING CHIP.** Make sure you attach it to your trainers as instructed. You don't want it falling off mid-race!
- **A WATERPROOF PONCHO.** You'll want it to keep warm and dry at the start line.
- **VASELINE.** Keep the chafing in check.
- **TISSUES.** Handy to be prepared if the portaloos run out of loo roll.
- **SUNCREAM AND A HAT.** It's April, so be prepared for a sunny day.
- **FOOD.** Take what you've got used to in training before, during and after a run.
- **A CHANGE OF CLOTHES.** Warm, dry clothes for after the race.

ONCE YOU'RE PACKED, TRY TO GET A GOOD NIGHT'S SLEEP!



THE POST-RACE RECEPTION

LOCATION: THE MALL, ST. JAMES'S, LONDON SW1Y 5AH

TIME: 12 midday until 6pm

ALL FRIENDS AND FAMILY ARE INVITED!

Oxfam's Post Race Reception is just after the finish area and is the perfect way to celebrate, rest and recover after you complete the race. It's the ideal place to be reunited with your friends and family and we'll make sure everyone is well looked after.

WHAT YOU CAN LOOK FORWARD TO AT THE POST RACE RECEPTION:

- A hero's welcome!
- A team of volunteers there to look after you.
- Free food and drink for every runner (available until 5pm).
- Free sports massage (available until 5pm).
- Entertainment for friends and family.





GOOD LUCK!

The London Marathon is one of the best experiences in the world, and you're ready to take it on. You've put in the hours, the miles and the hard work so be confident and enjoy it. Crossing the finish line knowing how proud your family and friends will be – and how the money you've raised is giving people a better, brighter future – will be an unbeatable feeling.

TEL: 0300 200 1244 **EMAIL:** events@oxfam.org.uk

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