

# THE 2023 TCS LONDON MARATHON

## OXFAM'S RACE DAY GUIDE

On 23 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 the finish line. It's going to be an amazing weekend and we can't wait to see you there.



**OXFAM**

WE  
WON'T  
LIVE  
WITH  
POVERTY



# YOUR MOMENT IS ALMOST HERE. THE 2023 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 and after the race.

We can't thank you enough for all the hard work you're putting into your training and fundraising. Every pound you raise will help change lives around the world. 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 RUNNING SHOW.** 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 Running Show, you won't be able to run! [www.tcslondonmarathon.com/the-event/the-running-show](http://www.tcslondonmarathon.com/the-event/the-running-show)

☐ **MAKE A PLAN FOR RACE WEEK.** Think about which day you will attend the Running Show, 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 23 April.

☐ **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.** Meet us under the letter 'O' on Horse Guard's Parade to celebrate your incredible achievement with some post-race recovery treats!

# 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 that 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

## THANK YOU!

Thank you for choosing to support Oxfam by running the London Marathon. When you signed up to run for us, you also agreed to raise £2000 to help support our poverty-fighting work around the world. Thank you.

Your final fundraising deadline is 30 June, but the next few weeks are an important time to maximize your fundraising. Here are a few tips to get some more donations coming 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?

With your help, Oxfam and partners are supporting over 8 million people around the globe each year, in the fight against poverty and injustice.

Every pound you raise could provide life-saving supplies to families hit by the world's conflicts and natural disasters. It could help communities get clean water running, earn a fair wage, learn to farm in changing climates, and so much more.

All this work is only possible because of people like you. Together, we are building a radically better world. Thank you.



Pascaline, Oxfam Public Health Officer, demonstrating Oxfam's innovative hand washing stations, developed to help stop the spread of disease.

# RACE WEEK

## FIRST THINGS FIRST: THE RUNNING SHOW, WEDNESDAY 19 TO SATURDAY 22 APRIL 2023

**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 at [www.tcslondonmarathon.com/the-event/the-running-show](http://www.tcslondonmarathon.com/the-event/the-running-show)

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. Oxfam will also be there. Come and say hello at stand C38.

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

**OPENING HOURS:**  
**Wednesday** 19 April: 10:00 to 20:00  
**Thursday** 20 April: 10:00 to 20:00  
**Friday** 21 April: 10:00 to 20:00  
**Saturday** 22 April: 08:30 to 17:30

## 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!**





# 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](mailto:events@oxfam.org.uk)

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[oxfam.org.uk/challenge-events](https://oxfam.org.uk/challenge-events)



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