



BM10K

2024 BM10K
Sunday 7 April

Event Guide

WELCOME

We can't wait to see you at the 2024 BM10K on Sunday 7 April – we hope you're as excited as we are!

Please read this guide very carefully – it contains all the information you need for an amazing day.

We know there's a lot to take in, so we've broken it down into six essential things to know about the BM10K...

- 1. Looking after your health**
- 2. Your Event Pack**
- 3. How to get to the Start**
- 4. When you arrive at the Start**
- 5. After crossing the Start Line**
- 6. After crossing the Finish Line**



DOWNLOAD THE BRIGHTON MARATHON WEEKEND APP

The 2024 Brighton Marathon Weekend App will soon be available to download for free from the App Store and Google Play.

The App is your essential Event Day companion and includes everything you need to have the best possible experience, including the **10K route map**, **event information** and **live tracking**, so family and friends can follow your progress as you run. Make sure they know to download the App!

People following you will receive notifications on your progress, see your 5K split time, and will be able to see your predicted finish time.

You also have the option to increase the accuracy of your position along the route, by setting up GPS tracking in the App and running with your phone. This makes it easy for people who are tracking you to see exactly where you are on the route and find you after you finish to congratulate you!

Log in to the My Event section of the App, using your Booking Reference number and your last name, to get personalised Event Day information and instructions on how to start the GPS tracking, if you want to use it.

Before Event Day, you'll receive an email to let you know the App is available to download and to remind you of your login details.



1.

LOOK AFTER YOUR HEALTH

There are enormous health benefits to participating in and training for the BM10K. However, it's also a physical challenge that requires a **sensible and safe approach**.

You must be fit and well to run 10K. Please do not take any chances with your health because severe exertion during or soon after any kind of injury or illness is dangerous.

2.

YOUR EVENT PACK

UK RESIDENTS

Your Event Pack, containing your bib number, kitbag and your baggage label, should arrive in the post by Tuesday 2 April. You need your pack to take part in the BM10K.

If you haven't received your pack by Tuesday 2 April, please email your full name, postal address and date of birth to replacementpacks@londonmarathonevents.co.uk

If you do not receive a replacement pack before Event Day, you will need to collect it on Saturday 6 April – full details below.

INTERNATIONAL PARTICIPANTS AND UNDELIVERED UK PACKS

If you live outside of the UK, or are a UK resident whose Event Pack has not arrived, you'll need to collect it from the Information Point at Preston Park between **10:00** and **18:00** on Saturday 6 April.

If you are unable to attend Preston Park on Saturday, you can arrange for someone else to collect your pack. Please ensure they have a copy of your ID or your confirmation email.

Important: Event Packs are not available to collect on Event Day.

UNDERSTAND YOUR BIB NUMBER



1. Your unique bib number
2. Your wave colour
3. Your baggage drop-off and collection point
4. Whether you opted in or out of receiving a medal
5. Your T-shirt size and style (if you requested a T-shirt)

3.

HOW TO GET TO THE START

The Start Line for the BM10K is located at Hove Lawns, Kingsway, Brighton and Hove, Hove, BN3 2PE.

Due to the large number of people coming to take part or watch the BM10K and Brighton Marathon, trains to and from Brighton will be busier than usual all weekend, so allow yourself plenty of time.

At very busy times, there may be a queuing system at Brighton Station (about a 30-minute walk to the Start Area). To help speed up your journey buy your tickets in advance at southernrailway.com or thameslinkrailway.com

If possible, we recommend using Hove Station, which is the closest station to the Start Area (about a 20-minute walk).

Plan your journeys at nationalrail.co.uk and stay up to date with the latest travel information via X (formerly Twitter), including regular updates from Southern and Thameslink.

WALKING

If you live, or are staying, in the city centre, we recommend walking to the Start. The city will be full of other participants doing the same, so there is always an exciting atmosphere. It's also a good pre-event warm-up for your legs!

If you are being dropped off near the Start, please note many of the roads around Hove Lawns will be closed from **06:00**. We recommend being dropped off outside the **road closures** and walking in. Please allow time for this in accordance with your allocated wave arrival time.

CYCLING

We are trialling secure bike parking for this year's event and have spaces available near the Start on Hove Lawns. When you are close to Hove Lawns you may be required to dismount and walk the remaining distance.

BY BUS, COACH OR TAXI

Bus services run across the city and also connect with many local towns and villages. **Brighton & Hove Buses** has the most up-to-date travel information and full timetables.

Taxis will be able to collect and drop you close to the Start on Event Day. Please allow extra time for your journey and check the **road closures map**.

4.

WHEN YOU ARRIVE AT THE START

The BM10K starts at Hove Lawns with three different wave start times. You must arrive at your allocated arrival time, which corresponds to your bib number and wave colour, and is based on your predicted finish time. Please see the table below.

WAVE	ARRIVAL TIME	START TIME
Red Wave	07:30	08:45
Blue Wave	07:30	08:47
Yellow Wave	07:45	08:53
Green Wave	07:45	08:53

Please note, you're not able to move to an earlier wave but you can move to a later one. There's no need to let us know, just join the later wave on the day.

DID YOU KNOW?

We want to make the BM10K as accessible and inclusive as possible, that's why we have the following facilities at Hove Lawns to help make your day comfortable:

- a prayer tent and reflection space
- a family support area
- sanitary products are available at the Hove Lawns Information Point and along the route (after 3.5K, 5K and 8K)

KITBAG DROP

You'll be able to use the kitbag drop to keep your belongings safe before collecting from the same place once you cross the Finish Line at Hove Lawns. The kitbag is made from sugarcane and is recyclable with other plastic bags.

Please ensure you attach the baggage label, which is included in your Event Pack, to your bag. Your drop-off point is determined by the 'Baggage' letter on your bib number. Look for the drop-off point that matches the colour and letter on your bib number.

We advise keeping items such as mobile phones, bank cards or keys on you or with one of your supporters.

TOILETS

Toilets, including accessible toilets, will be available within the Participant Only Area and the Start. There are also toilets, including accessible toilets, on the course. Please refer to the [**course map**](#) to find these toilets.

FOOD AND DRINK

There will be food and drink available to buy once you are finished. Please avoid consuming too much ahead of your 10K as it may result in an uncomfortable experience.

5.

AFTER CROSSING THE START LINE

Once you cross the Start Line your timing chip, which is attached to the back of your bib number, will start. You'll first go east along the seafront and past the city's iconic landmarks, including the Pavilion, before heading west towards Hove, and finally finishing back at Hove Lawns.

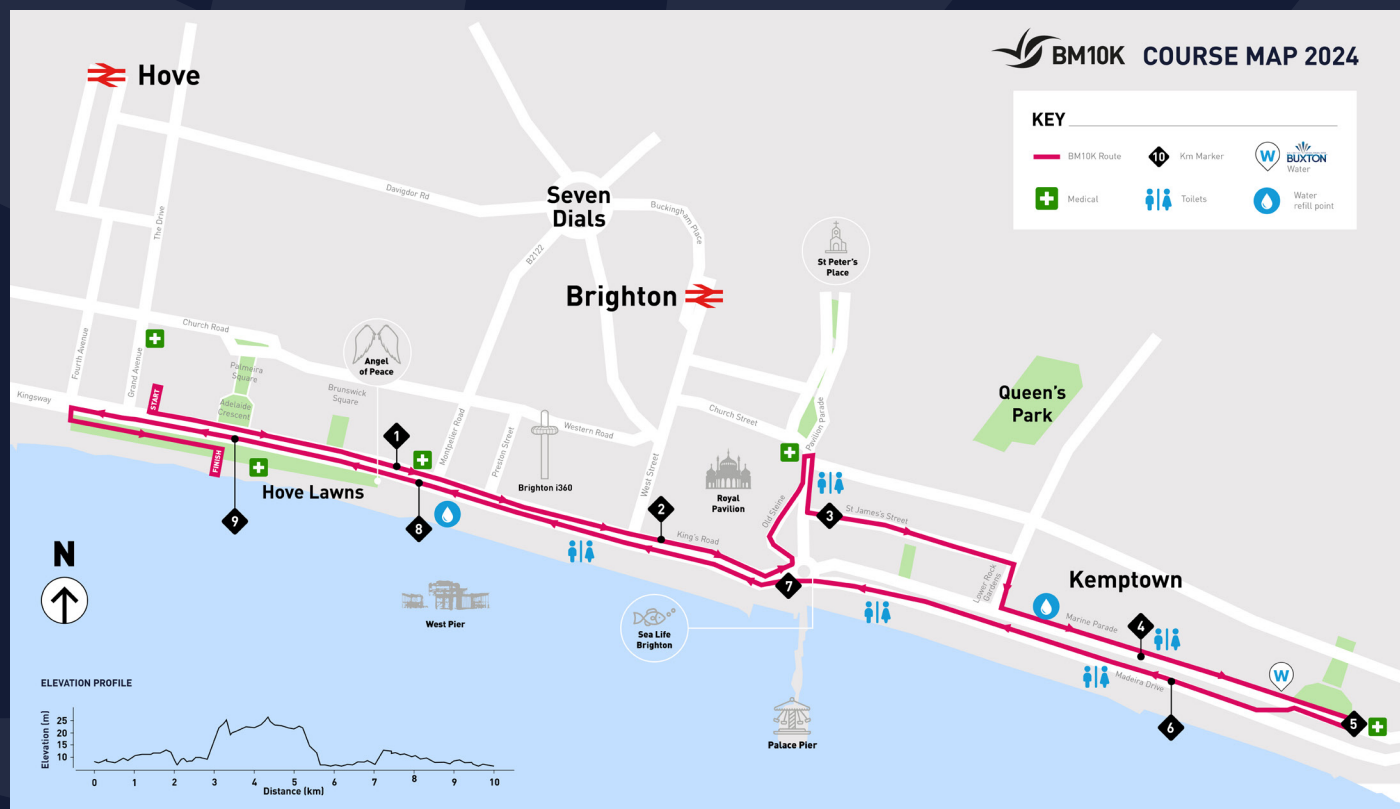
DRINKS STATION

There is a Drinks Station at the 5K mark, providing bottles of Buxton Natural Mineral Water. There will also be a tap water refill station at 3.5K and 8K, for those using a bottle belt, hydration vest or hand-held bottle.

DROPPING OUT

If you have to drop out, please find the nearest First Aid Station or Event Marshal and let them know your bib number. Please don't leave the course without informing the Event Team.

You will still be able to collect your belongings from the kitbag drop – please find the Information Point in the Beach Village where the team will be able to reunite you with your belongings.



6.

AFTER CROSSING THE FINISH LINE

Crossing the Finish Line of the BM10K will be an amazing experience – enjoy the moment!

The Finish Line is at Hove Lawns. Please keep moving to allow space for other participants crossing the line after you.

You will be able to collect your finisher items:

- **2024 BM10K medal (unless you opted out)**
- **Finisher T-shirt (unless you opted out)**
- **500ml bottle of Buxton Natural Mineral Water**

There are food stalls in the Beach Village if you want to purchase food after completing your 10K. You can also pack food items in your kitbag. Tap water will also be available from a refill point in the Beach Village.

KITBAG COLLECTION

Once you've collected your finisher items, you will reach the kitbag collection area. Your collection point is determined by the 'Baggage' letter on your bib number. Look for the collection point that matches the colour and letter on your bib number.

You'll then enter the Beach Village, ready to celebrate! You can head to the Meet and Greet flags in the Beach Village to meet your family and friends.

There will be signs lettered A to Z to make it easier for you to find your supporters. Arrange to meet supporters at a specific letter, rather than just saying: "See you at the Finish."

It will take you about 10 minutes to get to this area after crossing the Finish Line, so please factor this in when arranging to meet.

RESULTS

Your official result will appear on the Brighton Marathon Weekend website as soon as possible on Event Day. If your result is incorrect or isn't showing, please fill in the online timing query form on the results webpage.

GOOD LUCK!

The most important thing is to have a great day so thanks for reading, and we can't wait to see you at the BM10K!

THANKS TO OUR SPONSORS AND PARTNERS



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