



# London Marathon Itinerary 2024

**Saturday 20<sup>th</sup> April 2024**

**Pick-up timetable** (will be confirmed closer to the day)

Pick Up Time	Pick Up Point
06:05	Pont Abraham Services (M4 J49)
06:20	Swansea West Services (M4 J47)
06:40	McDonalds – Britton Ferry (A48)
06:45	Bagel Brook Beefeater – Port Talbot (A48)
07:05	Sarn Services – Bridgend (M4 J36)
07:30	Talbot Green Bus Station
08:00	Llandaff Rugby Club - Cardiff
08:20	Holiday Inn – The Coldra (M4 J24)

**The coach is non-smoking.**

At least one of our representatives will join the coach at Llandaff Rugby Club and will look after you as you make your way to London.

There will be a stop at Leigh Delamere Services for breakfast.

The coach will then go straight to Expo @ The Excel Centre; the plan is to stay there for 1½ - 2 hours to give you some time to pick up your numbers, look around and grab something to eat, from our experience the Expo has been getting smaller with less to see, so we feel that the time would be better used getting you to the hotel.

The coach should then arrive at the hotel around 15:30 – depending on traffic.

We are staying at The St Giles Hotel London, just off Tottenham Court Road (tel.: 020 7300 300). The rooms are ensuite, there are plenty of restaurants within walking distance, but we recommend that you book ahead. The hotel has done a Pasta Buffet on Saturday evening the last 2 years, so this could be another option.

**Sunday 21<sup>st</sup> April 2024**

Breakfast will be available from **05:00** onwards – for our last 2 visits they have done a Pasta Breakfast between 05:00-06:00

**07:30** – the coach will leave for Blackheath Common; this is the drop off for **ALL** starts.

**WE ARE UNABLE TO WAIT FOR LATE COMERS.**

**Supporters** – there will be a group meeting in the foyer at **10:00** to make their way to the '600m to go' point. This should give you plenty of time to pick your spot and see the Elite Runners approaching the finish. There may also be opportunities to meet up with others who will be moving around the course supporting or others who base themselves at other locations on the course.



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**The 27<sup>th</sup> mile meeting point** – The Old Shades pub on Whitehall (SW1A 2BX). This is where you will find most of our runners and supporters after the event, you can catch up and share your stories – good or bad.

Due to the range of finish times, runners will make their own way back to the hotel. It is within walking distance of the finish. The tubes are also free for runners up until **17:00**.

## Monday 22<sup>nd</sup> April 2024

After breakfast, you can leave your bags with the hotel concierge.

Please make sure you have checked out on time – 11:00, and that any extras have been settled.

**The coach will leave from outside the hotel at 15:00 prompt.**

We hope that you have an enjoyable and successful weekend. We do not foresee any problems but if any should occur, please don't hesitate to contact one of us (mobile numbers below).

Thanks for joining CRE Running Tours on our London Marathon Trip.

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