



FAQs

TOWER OF LONDON RUN 2018

Event Details



When is the event?

Wednesday 2 May 2018



Where is the event?

The Moat, Tower of London, London, EC3N 4AB



How do I keep up to date with event information?

We will keep our website up to date as much as possible but we recommend following the Facebook event page to keep up to date with information prior to the event.



Are there any age restrictions?

All ages can take part in the Tower of London Run, however if you are under 18 years old you need to take part with a parent or guardian who is 18 years old or over.



What is the route like? Will the route be suitable for me?

The course is a 1km loop of the moat and is mainly grass. You decide how many loops you would like to do on the day of the event, up to a maximum of 10 laps (10k). We would recommend having a good level of fitness and training for this event beforehand.



Can I take part in a wheelchair?

Yes you can take part in a wheelchair, however please contact our events team ahead of the event so that we can arrange your access into the moat.



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I can't make the event – can I get a refund, transfer or defer my entry?

As per our terms and conditions, we are unable to refund your registration. You may have the option to defer your place or transfer your place.

You can transfer your event place to someone else, as long as this is done by Friday 20 April 2018, to do this you must contact our events team and ask your replacement to fill out a registration form so that we have the details of everyone running. They will not need to pay for this place, as they are taking yours.

If you are unable to take part in 2018 and would like to defer your entry to 2019, please contact our Events Team who will organise this for you.

The Events Team are available Monday to Friday from 9am until 5pm on 0300 330 3322 or at events@bhf.org.uk

Event Day



What time does the event start?

You can start your run any time between 4.30pm and 7.00pm. We will be setting you off in waves so you will receive a briefing before you run. The course will officially close at 8.00pm.



Will there be parking?

There is no parking at the Tower of London. The nearest coach and car park is situated on Lower Thames Street, a two minute walk to the main entrance. The car park has a lift and stairs. Pedestrian walkways are clearly marked, and show the direction of exit to the Tower of London and pay machines.



Is there public transport available?

Tower Hill is the nearest station. Follow signage to the Tower of London at the exit, and please use the site via the East Gate.

Docklands Light Railway - Tower Gateway Station is located next to Tower Hill station.

The buses that run to Tower of London are 15, 42, 78, 100, RV1

The nearest river access by river boat is Tower Pier. Riverboats for Tower Pier depart from Charing Cross, Westminster and Greenwich.



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Will Tower of London be open?

Yes the Tower will be open to the public on event day, if you wish to visit the tower you can purchase your ticket here: <https://www.hrp.org.uk/tower-of-london/>



Do I need to register in the morning?

If you are already signed up before the day, and received your welcome pack/runner number you will not need to sign in. If you haven't received your welcome pack or runner number then please come and see us at the Information Point.

If there are still places available we'll be open to registration on the day, please follow our Facebook page and webpage www.bhf.org.uk/tower for more details.

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What if I forget my runner number/don't receive my pack in time?

First step – don't panic. You'll still be able to take part!

If you forget your number or you haven't received your pack in time, please head to the Information Point. A member of the Events Team will simply check you off the list and provide you with a new runner number.



Will I get a t-shirt?

Yes, everyone taking part will get a BHF technical t-shirt as part of their entry. You can collect this before the event starts, and wear it during the run. Sizes are available on a first come, first serve basis.



Can I bring my bag?

Yes! You just need to attach your baggage sticker found within your participant pack to your bag and bring it to the baggage drop off area.

Please don't leave any valuables in your bag as we can't be held responsible for their safe keeping.



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Can I bring my dog?

You aren't able to run with dogs at the event. Spectators are welcome to bring dogs but they must be on a lead at all times.



What is available in the event village?

The following will be available in the event village:

- **Catering**
- **Sports Massage**
- **Medal Engraving**
- **Baggage Drop Off**
- **Information Point**
- **T-shirt Collection**
- **Toilets**



How can I pay on the day?

Any payments on the day will be cash only.

The Course



Is the event chip timed?

The Tower of London Run is not chip timed. Take the time to run around the moat of the Tower of London and appreciate your surroundings.



Can I wear earphones?

Yes, but we recommend wearing one so that you can listen to the advice of the marshals along the course.



Do I need to be able to navigate around the course?

The course will be fully signed and marshalled.



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Are there water stations and feed stations on the route?

There is a water station half way around the course.



What time does the event finish?

The course and event site closes at 8.00pm.



Will I get anything when I finish?

When you cross the finish line you will receive a well-earned medal, ready to show off your achievements! You will also get free water along the route and when you finish.

For a small donation you can have your medal engraved and a post-run massage.



Will there be a prize giving for the run?

As this is a charity event we don't offer prizes for runners.

Fundraising and Sponsorship

DONATE



Do I have to fundraise?

Your registration fee only covers the cost to put this event on, but any fundraising you can do will go directly into funding lifesaving heart research.

We're asking you aim to raise £10 for every km that you run. We understand this is a big commitment but we will support you and help with any fundraising advice you want or need. Please contact events@bhf.org.uk for any questions about this and a member of the team will happily assist.



Can I fundraise for another charity?

We ask you only fundraise for the BHF at this event. Our aim is to put a stop to the devastation caused by heart disease, through our life saving research and we rely on your fundraising to ensure this vital work can continue. Your entry fee only covers the cost of organising the event, it's the money you raise that powers our life saving research.



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Fundraising and Sponsorship



Do I need to raise all of this before the event?

No – you can continue to fundraise after the event, share your event stories with your sponsors and show off your medal to get a few extra pounds.



How can I pay my sponsorship in?

There are several ways to send in your fundraising:

Online Sponsorship

If you have set up a Just Giving or Virgin Money account then you will not have to do anything, all online donations will come through to us so sit back and relax!

Off-Line Sponsorship

You can send in any sponsorship to our Customer Service Centre (2096 Coventry Road, Sheldon, Birmingham B26 3YU) or if you can make a payment over the phone by calling **0300 330 3322**.

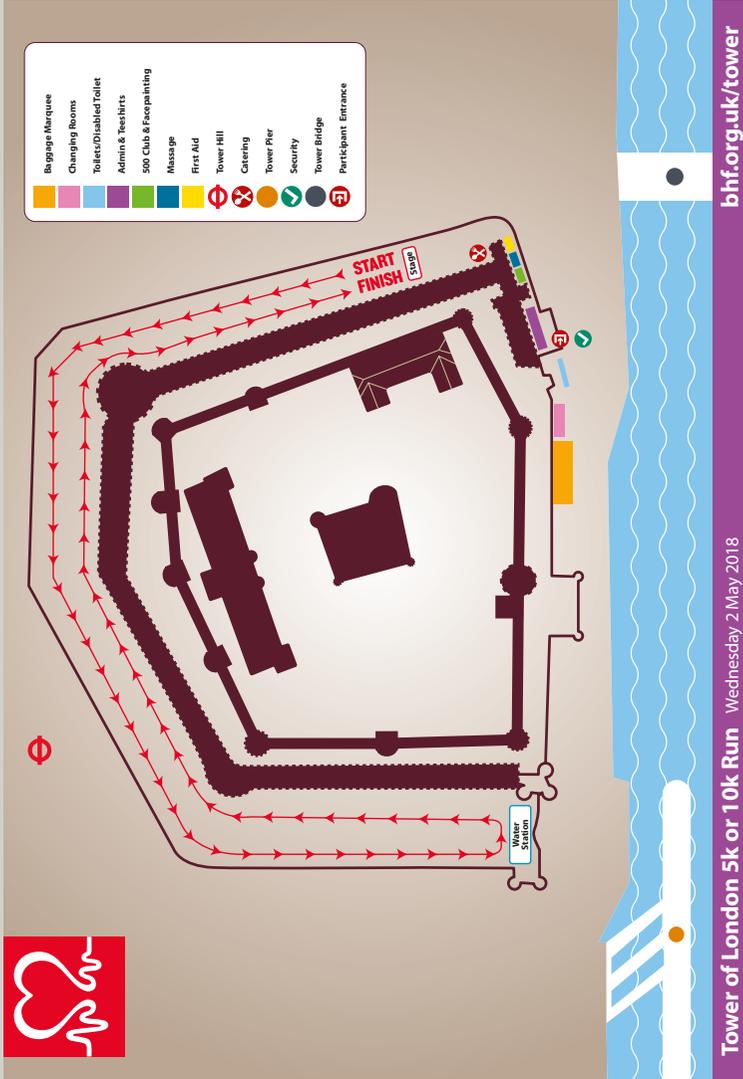
We can't wait to see you on the start line!



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Map



bhf.org.uk/tower

Tower of London 5k or 10k Run Wednesday 2 May 2018

**40 YEARS OF THE
TOWER OF LONDON RUN
40 YEARS OF
THANK YOU**