

CANCER  
RESEARCH  
UK

LONDON  
WINTER  
RUN

# PARTICIPANT GUIDE 2026



15 FEBRUARY

# WELCOME

We can't wait to see you on the Cancer Research UK London Winter Run start line! This event is so much more than a 10k, and we're thrilled you've chosen to be part of it. Inside this guide, you'll find all the essential information to help you prepare, plan, and make the most of your experience.

**HERE'S A  
SUMMARY OF  
WHERE YOU CAN  
FIND ALL THE  
DETAILS YOU NEED**

## EMAILS



## SOCIAL MEDIA



## THIS GUIDE



## ONLINE INFO HUB



## NEWS PAGE



# YOUR PACK EXPLAINED

You will need your Event Pack to take part. It contains your unique bib and your bag drop bag. Event packs should arrive by Friday 13th February for those that live in the UK.

## IMPORTANT

Please complete these safety details

## YOUR START WAVE

This form must be completed before participating in the event. If unable to take part then please do not give this number to anyone else.

Full name and date of birth	
Emergency contact: Full name and telephone number	
Health conditions (e.g. Heart Disease, Asthma, Diabetes)	
Current Medication	
Allergic to any medications?	
Details of anyone with you on event day: Full name & telephone number	

Please do not fold or remove the above timing tag and keep your number displayed at all times.

## TIMING CHIP

Do not bend!



## 100% RECYCLABLE BAG

The ONLY bag accepted at our bag drop.



## PACK COLLECTION

If you need a replacement pack or live outside of the UK, please visit our Pack Collection. Radisson Blu Hotel, London Leicester Square 31-36 Leicester Square, London, WC2H 7LH . Private Room 5 Open between 10am - 6pm Saturday, 14th Feb.

FULL  
DETAILS  
HERE

# A WORD FROM CANCER RESEARCH UK

We're proud to have been the official charity partner of the London Winter Run since 2015. Over the last 11 years, this incredible community of fundraisers has raised over £7 million - helping to fund life-saving research that's changing lives every day.

Cancer Research UK is the world's leading cancer charity, dedicated to saving and improving lives through

research, influence and information.

In the last 50 years, the charity's pioneering work has helped double cancer survival in the UK - and today, it's continuing to save lives, here and around the world.

This year, we're aiming to raise £1 million together through the London Winter Run and every pound makes a difference.

Together, we're helping to make Cancer Research UK's vision a reality - a world where everybody lives longer, better lives, free from the fear of cancer.

**£100**

5 people donating £100 could fund a clinical research bursary for one week. This allows doctors and nurses to get involved in research projects in the lab and use their expertise to find new ways to beat cancer.

**£30**

2 people donating £30 each could buy a microscope lens, meaning Cancer Research UK scientists can focus on the small details that could help beat cancer.

**£250**

6 people raising £250 each could help fund trials like LuDO-N, where Dr Mark Gaze and his team in London are developing new ways to deliver radiotherapy directly to cancer cells and personalise treatment for children and young people with neuroblastoma, for one month.

**£75**

5 people giving £75 each could buy a hotplate for scientists to warm solutions on, turning up the heat on groundbreaking research.

**£15**

Two people donating £15 could help fund one of our cancer nurses for an hour. This expert team are on hand to offer confidential guidance to people affected by cancer.

## START FUNDRAISING TODAY

# ON THE DAY

START WAVE NUMBER	START WAVE BIB COLOUR	TIME CALLED INTO START CHANNEL	ESTIMATED START TIME
1	PURPLE	08:50	09:30
2	ORANGE	09:00	09:38
3	WHITE	09:16	09:46
4	PINK	09:24	09:54
5	LIGHT BLUE	09:32	10:02
6	GREY	09:40	10:10
7	YELLOW	09:48	10:18
8	GREEN	09:56	10:26
9	RED	10:04	10:34
10	DARK BLUE	10:12	10:42
11	BRONZE	10:20	10:50

## YOUR START

We use a staggered start system. Your bib colour indicates your start wave, which is based on your estimated finish time. Your start wave will also be emailed to you no later than two weeks before event day.

## LOCATION

The Welcome Area is in Trafalgar Square, which you must enter from the south side (by Nelson's Column).



## BE PREARED

Allow plenty of time for potential queues at toilets and bag drop before your wave is called into the start channel.



## TRAVEL TIPS

Arriving after 9.45am and using Charing Cross, Embankment, Leicester Square? Then please build in extra time into your journey as you will need to wait to cross over the route to get into the welcome area - or alternatively use a different arrival station.



[CLICK HERE FOR MORE INFO](#)

## BAG DROP INFO

### LEAVE ADDITIONAL TIME:

Please plan for at least 20 extra minutes if you are using the Bag Drop

**LOCATION:** Waterloo Place - accessible only via The Mall (step-free access for those that need it via Pall Mall)

**ON ARRIVAL:** Join the shortest queue available (you can join any queue)

[CLICK HERE FOR MORE INFO](#)

## TOILETS

There will be a limited number of toilets on site in different locations around the Welcome Area, please allow extra time for queuing.

Please only use the provided toilets or public facilities, be respectful of property and others around you.

# WHAT TO BRING

## EVENT BIB + SAFETY PINS

Don't forget some safety pins to attach it to you!



## WATER

There will be no water stations on the route, so please bring your own for the challenge. Stay hydrated by drinking plenty the day before and on the morning of the event. Our Official Water Supplier, South Downs Water, will have recyclable still mineral water cans at the finish line.



## OFFICIAL BAG

Remember: This is the ONLY bag that will be accepted. Please only use the bag drop if you really need to, we recommend leaving your items with supporters where possible to avoid any queues.



## APPROPRIATE CLOTHING

### + A JUMPER TO DONATE

Check the forecast, dress appropriately, and keep warm! So you can stay warm before you start, we'll also have a place to donate a jumper close to the start line.



# VOLUNTEERS

We have a fantastic team of volunteers signed up and looking forward to seeing you on event day – please do say hello to those that you see! We would love to add more numbers to the team so if you know of anyone, or any group, that might like to volunteer at the event please do ask them to check out how to get involved.

[CLICK HERE FOR MORE INFO](#)



# YOUR 10K ROUTE



## ROUTE SAFETY

### LISTEN TO MARSHALS

Follow their instructions at all times.

### KEEP LEFT IF NEED TO WALK

Let others pass you safely on the right.

### BRING YOUR OWN WATER

There is no water station on route, please bring your own if required. Water will be provided at the finish line.



### IF YOU ARE UNWELL PLEASE DON'T TAKE PART

FOR FULL INFO ON ROUTE SAFETY AND ACTIVATIONS, CHECK OUT THE WEBSITE [HERE](#).

# AFTER YOU FINISH

## STEP 3 HEAD TO THE APRES PARTY

Head back to Trafalgar Square and keep the winter fun going! With live music from Oasiz and a great atmosphere, it's the perfect way to celebrate conquering the cold.

## EXPLORE THE THAMES BY BOAT!

Make the most of your Cancer Research UK London Winter Run weekend and enjoy the best views in town by road and then by boat! Uber Boat by Thames

Clippers stops at 24 piers along the Thames between Barking Riverside Pier in the East and Putney Pier in the West.

All runners have been emailed an exclusive 25% discount code to use on the hop on hop off service!

## STEP 2 PICK UP YOUR BAG FROM THE BAG DROP IF USING

## EVENT PHOTOS

Cherish your Cancer Research UK London Winter run memories forever with your digital event photos from Sportograf. Sign up [HERE](#) to be notified as soon as your Official Photos are available.

## STEP 1 CROSS THE FINISH LINE

Pick up your epic winter medal and finish line goodies including your can of South Downs Water.



We're proud to partner with South Downs Water, our Official Natural Mineral Water Supplier. Naturally filtered and as pure as nature intended, it's rich in essential minerals to help replenish runners after the finish line.

Served in infinitely recyclable cans, South Downs Water champions sustainability from source to sip - keeping you refreshed while reducing environmental impact.

Learn more about South Downs Water [here](#).

# REWARDS

All participants in the 2026 Cancer Research UK London Winter Run can unlock these exclusive rewards by raising vital funds for Cancer Research UK. Visit your **page** and login for further information.



ITEM	FUNDRAISING AMOUNT
<b>LONG SLEEVE TEE</b>	<b>£100</b>
<b>BEANIE</b>	<b>£175</b>
<b>SWEATSHIRT</b>	<b>£350</b>
<b>HOODIE</b>	<b>£500</b>



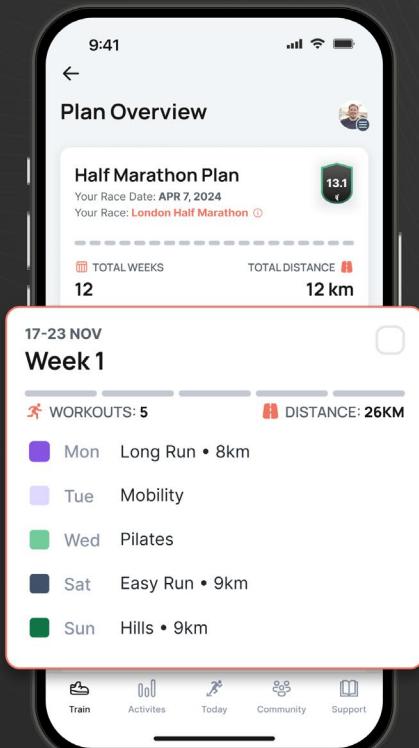
## Your personalised running coach

With tailored training plans to achieve your goals. From running a faster 5k to finishing your first marathon.



### Training Plans

Personalised training plans with a variety of exciting workouts



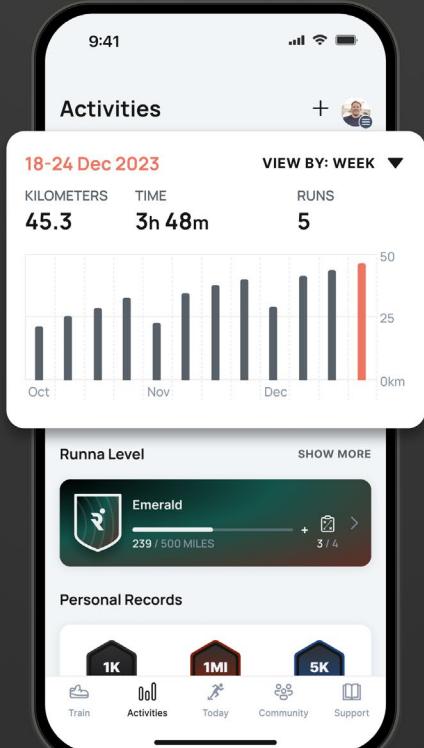
### Record Activities

Record your workout or free run on your phone, watch or treadmill



### Track Performance

See how you're progressing against your training plan



COMPATIBLE WITH  
**STRAVA**

**COROS**

**GARMIN**

**SUUNTO**

**fitbit**

Scan the QR code for your exclusive joining offer!



# VITAMIN WELL

# ENJOY A DRINK AT THE END OF YOUR RACE



@vitaminwell\_uk

Instagram | TikTok | [vitaminwell.com](http://vitaminwell.com)

# Your post run recharge

It's better by boat



Book now  
[thamesclippers.com/booking](http://thamesclippers.com/booking)

Uber Boat  
by **thames clippers**