



# Brighton Marathon 2019



## Your runner's guide

You're running the Brighton Marathon for us. Thank you. This guide will give you all you need to know about the day. If you've got any friends or family coming, share this with them so they can find our cheer point and we can all make a racket for you, then we'll meet you at the end in the festival area. If you've any questions, give us a shout. Otherwise we'll see you as you race past.

## Why it's important

**"I ran for Diabetes UK as when my son Alex was just six years old he was diagnosed with Type 1 diabetes. It is important for us to support the charity as not only do we receive help and support with the here and now but more importantly so much money is needed for the vital research that Diabetes UK do to help future generations like my son and working with new technology to make life easier for them and their families."**

Rachel, marathon finisher 2018.

## Getting ready

Please make sure you factor in collecting your race pack from the event village on **Friday 12 and Saturday 13 April**. You will need your confirmation email and photo ID. Please visit [www.brightonmarathonweekend.co.uk](http://www.brightonmarathonweekend.co.uk) for more details.

If you've got one of our running tops, don't forget to wear it. Iron your name on the front so we can see you coming and the crowd can chant your name as you pass our cheer point. If you need more iron-on letters, just let us know. Please stick your race number below your logo so everyone knows who you're running for.

## Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to run 26.2 miles so it's the best day to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@ us** in your posts

 **/diabetesuk**

 **@diabetesUK**

 **@diabetesUK**

# Course map



## Feel the noise

Never underestimate the power of hearing your name yelled to perk you up if you're flagging, or drive you on even faster if you're feeling great. Look out for our two big blue cheer points along the route and encourage your friends and family to join us.

## Celebrate with us

Celebrate your amazing achievement with #TeamDUK at the main charity marquee, we'll be on Orange Road, marquee 37 just after the finish line. We'll have sports massage, light refreshments and a chance for a chat. Please feel free to use our marquee as a meeting point for friends and family, they're very welcome to come along.



Got a question? Email us:  
[events.fundraising@diabetes.org.uk](mailto:events.fundraising@diabetes.org.uk)



**Marine Parade – Kempdown.**  
 This will be one cheer point at mile 6 but you'll also see us again at mile 12.



**West Pier.**  
 This will be one cheer point at mile 13 but you'll also see us again at mile 25.