

ROYAL PARKS HALF MARATHON 2024

Sunday, 13 October



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

ROYAL PARKS HALF MARATHON 2024



Your runner's guide

You're running the Royal Parks Half Marathon for us. Thank you. This guide will give you everything you need to know about the day. Share this with your friends and family so that they can find our cheer point and we can all make a racket for you together. If you've got any questions, give us a shout. Otherwise, we'll see you on race day.

Why it's important

"I joined the Diabetes UK team to run in the Royal Parks Half because I love running and was diagnosed with Type 1 diabetes in January. Running for Diabetes UK will not only be good to raise awareness and funds, but it will show my friends and family (and strangers) that anyone can cover 13 miles if they are determined enough – even people who struggle with chronic conditions. I am running for Diabetes UK to inspire fellow diabetics – because change must come from us."
Olivia, Royal Parks Half 2022 participant

Getting ready

You should receive your race pack, including your race number, directly from the race organiser in the post a few weeks before race day. Please ensure you read the enclosed race day booklet included in the pack before attending.

If you haven't received your pack by the week of the event, please do contact the race organisers at info@royalparkshalf.org to arrange one to be sent out to you.

If you've got one of 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 points. 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.

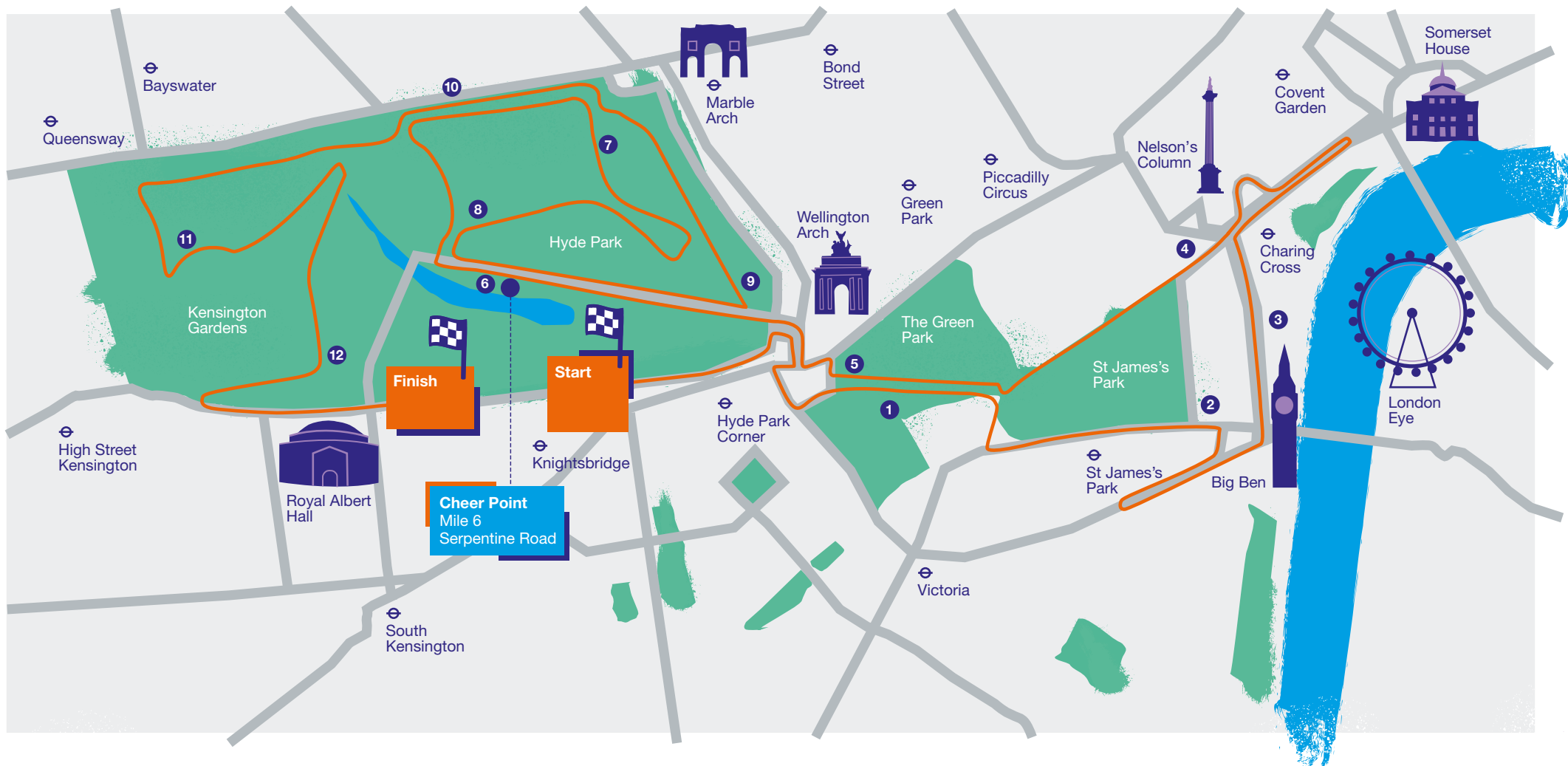
Social media

If you're on X, 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 13.1 miles and race day is a great time to get those donations flooding in.

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



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Feel the noise

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

Our cheer point Mile 6, Serpentine Road

Find us on Serpentine Road, near the Hyde Park Triangle Car Park. This is the Diabetes UK cheer point where family and friends can see you run past.

Knightsbridge, Hyde Park Corner and Lancaster Gate Underground stations are all under a 15-minute walk away and we'll also get to cheer you on again as you run past on your way to Mile 9!

Got a question

Email us:
events.fundraising@diabetes.org.uk