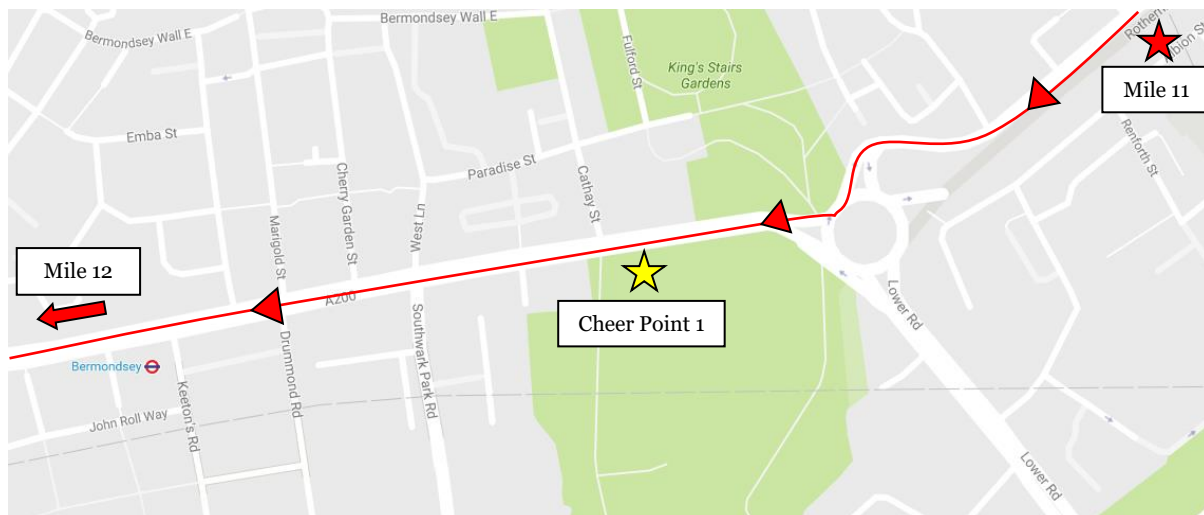


CHEER POINT DIRECTIONS FOR RUNNERS

Mile 11.5

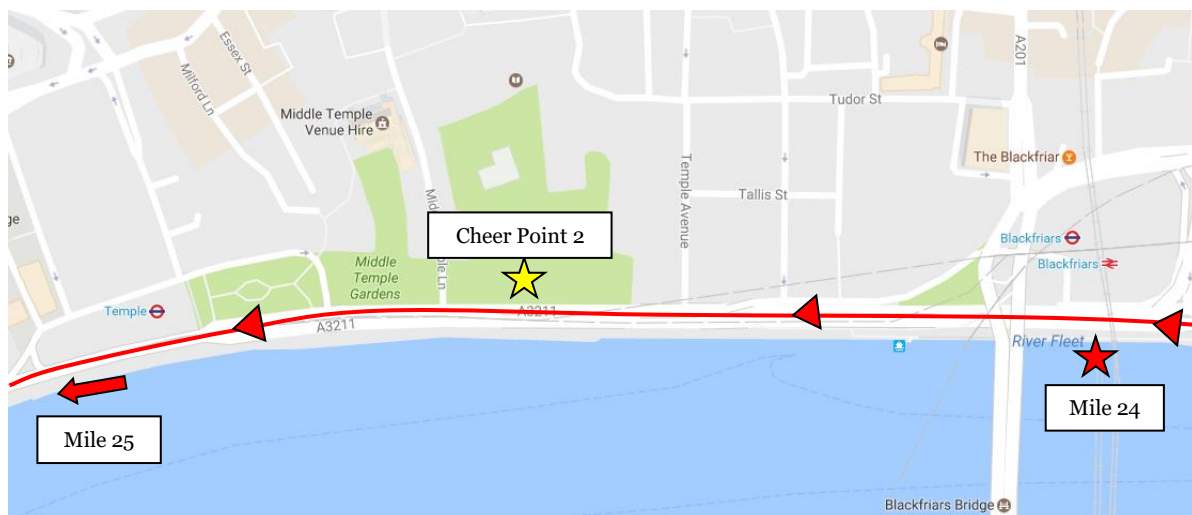
This cheer point is along Jamaica Road in Bermondsey, as you pass through Southwark Park.



After passing the Mile 11 marker, look for that patch of green on your left after you pass the roundabout. Listen for the cheers and look out for the bright green Outward Bound banners too.

Mile 24

This cheer point is on the Victoria Embankment, just after you pass Blackfriars Bridge.



Once you pass the Mile 24 mark, you will see Blackfriars Bridge on your left. Once you're through the tunnel and back on the Embankment, look out on the right hand side for the cheer point – it will come up quick! Again, listen for the cheers and look out for the green Outward Bound banners.