



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# MACMILLAN CHEERPOINTS - 21 APRIL 2013

## What to do

Team Macmillan aim to have *the* largest and noisiest cheer points on race day! And thanks to you and your support we can do this.

So whether it's clapping, whistling or shouting 'C'mon Macmillan' or runners names, make as much noise as possible for *each and every one* of our 850 Macmillan runners. They've given their all to train and fundraise for this event, now let's pay them back by making their race day the most inspiring ever!

If you need a Macmillan t-shirt, please find a member of Macmillan's staff on race day who will have spare ones available. Make sure you grab some Macmillan banger sticks to make plenty of noise! Plus cheer on all the other runners as they might be inspired to run for us next time! *Cheer-point location map is on the reverse.*

## What to bring

Your Macmillan t-shirt! Please wear this **over** your clothes so the runners can spot you easily. Dress according to the weather – waterproofs for the wet and hats & sunscreen for the sun. And wear comfy shoes and wrap up warm if needed. Bring snacks, lunch & drinks to keep you going as we want to be there till our last runner comes through!

And feel free to dress up in green – a wig, crazy green hat or whatever green items you can find to make you stand out! Have loads of fun! ☺

## Macmillan celebrity runners – look out for them and give them a huge cheer too...



Katherine Jenkins  
Singer



Sian Williams  
TV Presenter & Journalist



Matt Johnson  
Welsh TV Presenter



Iwan Thomas  
400m British Champion

## Twitter and Facebook



Let's get 'trending' on race day. Simply tweet photos of our runners, good luck messages and updates on how our runners are doing all using **#TeamMacmillan** and **#VLM**

You can follow the Challenge Events team @TeamMacmillan and Macmillan Cancer Support @Macmillancancer too.



Feel free to post any good luck messages or updates on our Macmillan runners tackling this 26.2 mile run on our Facebook page - Running@Macmillan.



Team Macmillan's London Marathon JustTextGiving: **Text TMAC80 £3 to 70070**

## Photos and footage

Please take plenty of photos/footage of our fab runners in action and the cheer-points in full swing too. Some of the best photos we've seen are of runners with the cheer-points going crazy in the background.

We'd love to see your photos and share them with our Macmillan runners, so please send them to [londonmarathon@macmillan.org.uk](mailto:londonmarathon@macmillan.org.uk) or upload them to our Facebook page. This will also be a huge help with future Team Macmillan promotions. Many thanks ☺

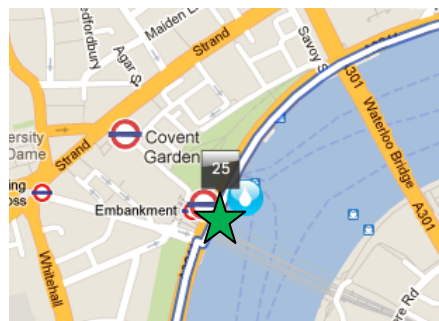
## Macmillan fancy dress runners who also deserve a huge cheer...

- Macmillan Elvis!
- Mark Williamson is running the marathon with the Olympic torch
- Macmillan Man (Gary Dixon)



**Embankment – Mile 25**  
**11am – 4.30pm**

On both sides of Victoria Embankment near Cleopatra's Needle. Accessible from Embankment station until midday. After this access is easier from Waterloo Bridge. Macmillan staff - **Ian, Kim, Hannah, Anna & Kath.**



**Monument, Lower Thames St, EC3R**  
**Mile 23 11am – 4 pm**

**WE ARE MACMILLAN. CANCER SUPPORT** + **Boots**  
Macmillan + Boots cheer-point. Directly south from Monument station on both sides of Lower Thames St. Mac staff- **Craig, Kate & Steve.**

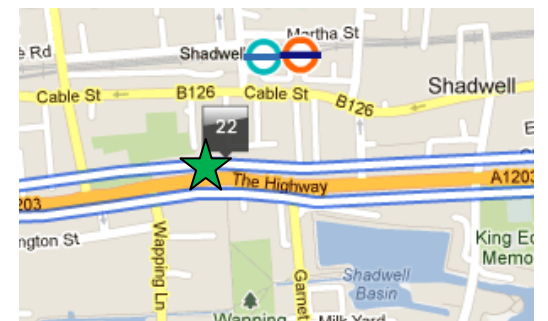


**Apex City of London Hotel - (16 Byward Street, EC3R 5BA) Mile 22.5 11am – 4pm**

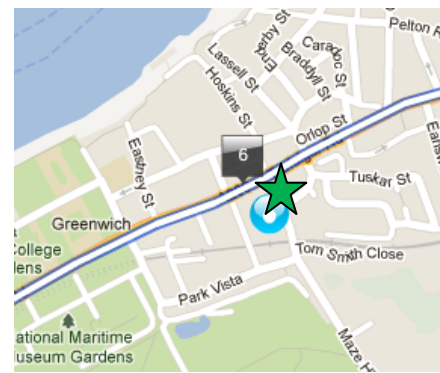
Directly west of Tower Hill. Cheer-point on both sides of Lower Thames St. Apex Hotel providing Macmillan supporters with refreshments. Macmillan staff - **Lauren, Liz, Miranda & Rachael.**

**Shadwell, outside the Old Rose Pub – (128 The Highway, E1W 2BX)**  
**Miles 13 & 21.5 10am – 3.30pm**

On both sides of The Highway. Great area to catch runners twice. Nearest stations are Shadwell (0.3 miles) & Wapping (0.5 miles). It will be difficult to cross the road after 10.30am but there is an underpass further down. Macmillan staff - **Hayley & Katie.**



**Macmillan Recovery Centre (Foreign and Commonwealth Office, King Charles St, SW1A 2AH) 12pm – 4.45pm**  
300m down from the Repatriation Area at Horse Guards Parade. A great place to meet up and runners receive refreshments and a massage. Entry is restricted to those who have RSVP'd and on the attendance /security list. Macmillan staff – **Alice & Sarah**



**Greenwich (Trafalgar Rd, SE10 9UX) Mile 6 9am – 11.30am**  
Nearest train is Maze Hill or Cutty Sark. At 11am you can walk through the Greenwich foot tunnel to the Isle of Dogs cheer-point to see runners at 15.5 & 18 mile marks. Macmillan staff - **Gemma & Margaret.**



**Isle of Dogs (15 Westferry Rd, E14 8JH) Mile 15.5 & 18 10.30am – 3pm**  
Directly west of Heron Quays DLR plus you can access from Canary Wharf station. Great area to catch runners twice. Macmillan staff - **Joe, Emma & Sarah.**

**Fine Lines Pub (10 Cabot Square, E14 4DH) Mile 19 10.30am – 3pm**  
Macmillan + Barclays cheer-point. Next to Canary Wharf tube station. Fine Lines Pub is our new official cheer-point pub. Macmillan staff - **Rob, Carla & Claire.**