

TEAM MACMILLAN
RUN TO THE BEAT - EVENT WEEKEND
28 OCTOBER 2012



Thank you once again for Supporting Macmillan in the 2012 Run to the Beat. In order to show our gratitude we want to ensure you have as memorable a day as possible, so please read this booklet for information on where you will find Team Macmillan over the event weekend, including:

- Team Macmillan Cheer Points on the course
- Find Team Macmillan at the start and finish line

Team Macmillan Cheer Points:

This is where you'll find us when you are running on the day – make sure you look out for the banners and green t-shirts so we can give you a big cheer! If you have any friends or family coming along on the day please send them to one of our cheer points so we can stock them up with a Macmillan t-shirt and some banger sticks to ensure the biggest cheer possible for all of our Team Macmillan runners.

CHEER POINT ONE: WOOLWICH HIGH STREET 4 MILES

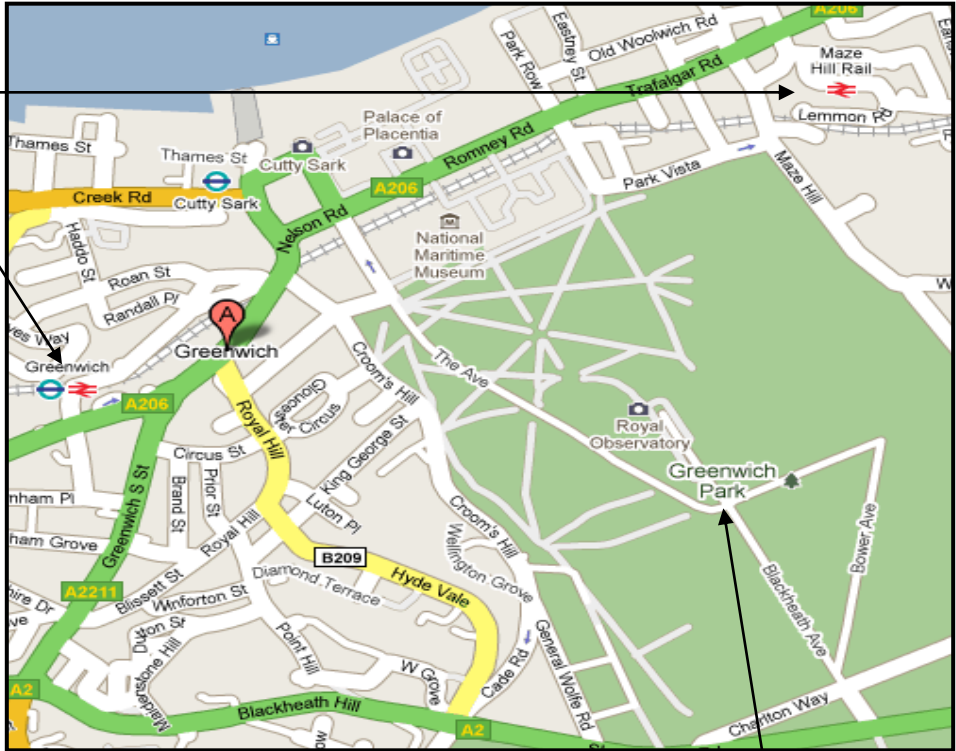
Cheer point one at the 4 mile mark. If you are making your way to this cheer point it will be situated on the high street just down from the roundabout. Look out for the Macmillan Sail!



The nearest station to this cheer point is Woolwich Arsenal. From Central London take the overland from Waterloo East or London Bridge to Woolwich Arsenal.

CHEER POINT TWO: GREENWICH PARK 10 MILES

Nearest stations are Greenwich rail and DLR and Maze Hill rail station. From Central London take the overland train to Greenwich/Maze Hill. Or take the jubilee line from Waterloo and change at Canary Wharf for the DLR towards Lewisham.



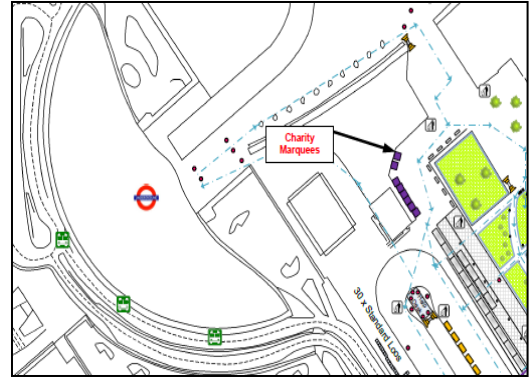
Mile 10 cheer point in Greenwich Park – follow signs for the Royal Observatory. The cheer point will be on the roundabout where The Avenue, Blackheath Avenue and Great Cross Avenue meet (see pic below)



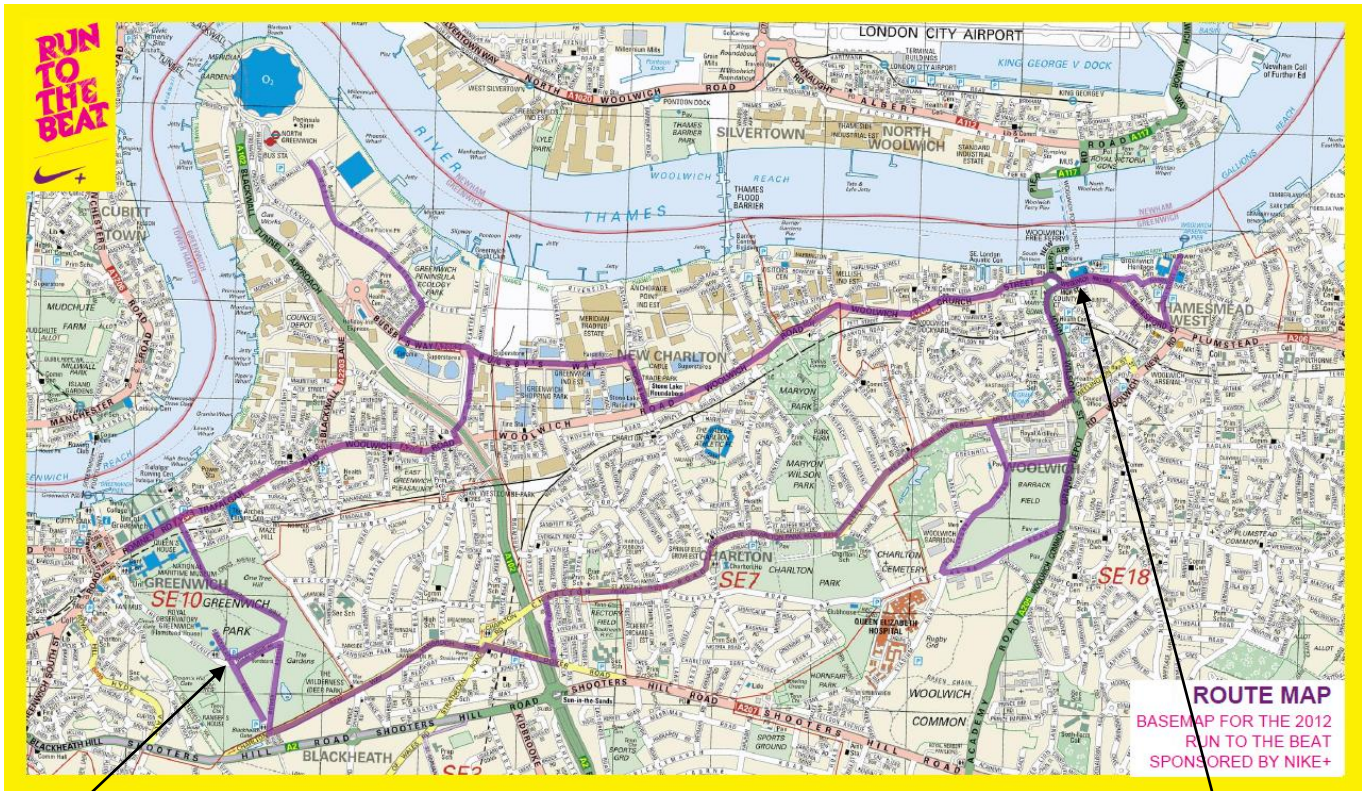
The Macmillan cheer point will be set up at this gate on the roundabout detailed on the map.

START AND FINISH LINE:

Come and say hello! Team Macmillan will be at the start and finish in the Macmillan charity marquee (see map in your official magazine). The charity marquees are located next to the help desk a short walk from the station and will be well signposted on the day. Keep an eye out for the green Macmillan flag! We would love to see you and say thank you in person. We will have refreshments available and it's also a great meeting place as the finish can become very busy.



Official Run to the Beat Course Map:



Cheer point 2. This is the 10 mile point, we'll give you a boost towards the finish line!

Cheer point 1. The course double backs onto itself so we'll see you at miles 3 & 4