

Directions to Teenage Cancer Trust cheer points

1. Greenwich (Creek Road) – mile 7

From Greenwich station

Head down the stairs and round to left - Tarves Way exit

Go left along Tarves Way

Right onto Norman Road

At traffic lights cross the road and you'll see the Teenage Cancer Trust cheer point

Waitrose/Costa will be behind you to the right

From Cutty Sark station (please note this station is often closed on race day due to overcrowding)

Turn right

Exit on to Creek Road

Turn right and walk past Wetherspoons pub, the cheer point will be roughly 200m down on the same side of the road.

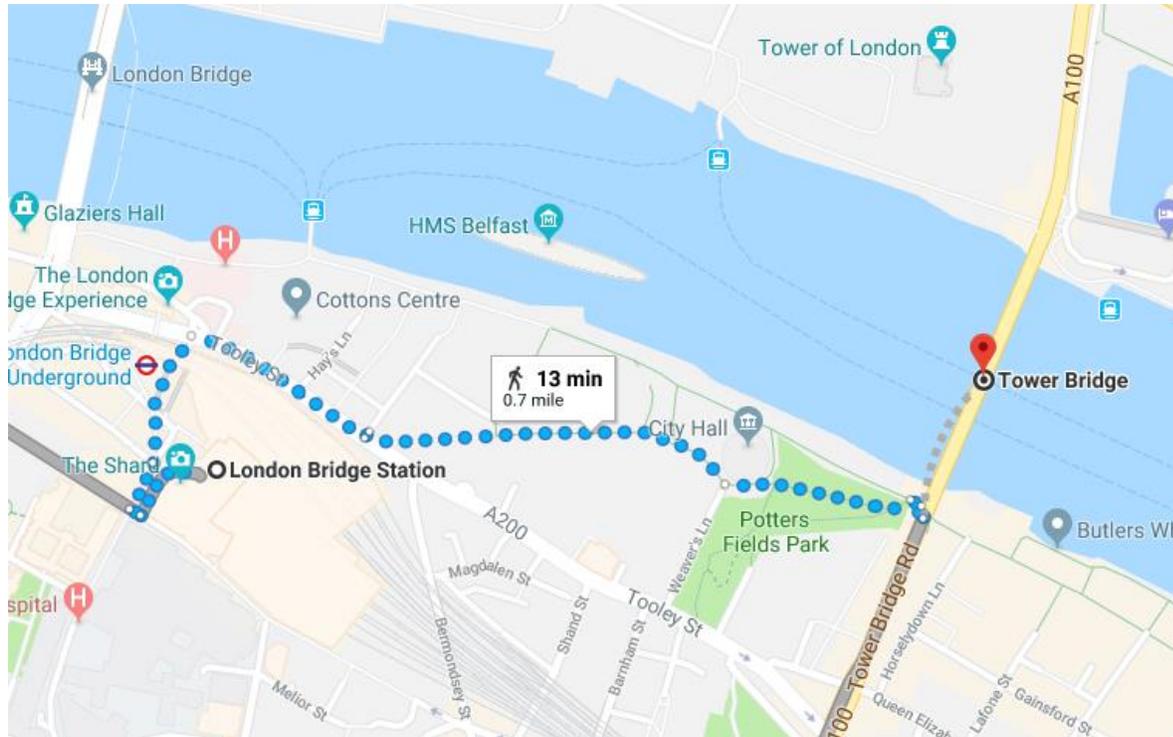
2. Tower Bridge (both sides) - 12 miles

Please be aware this location gets incredibly busy and it can be difficult to access the bridge. Other cheer points are much easier to get to and far less crowded!



Runners will be coming from south of the river to north.

If you're coming from **south of the river**, you'll probably want to arrive at London Bridge station and walk from there (map below)



From London Bridge station

Take the Tooley Street exit

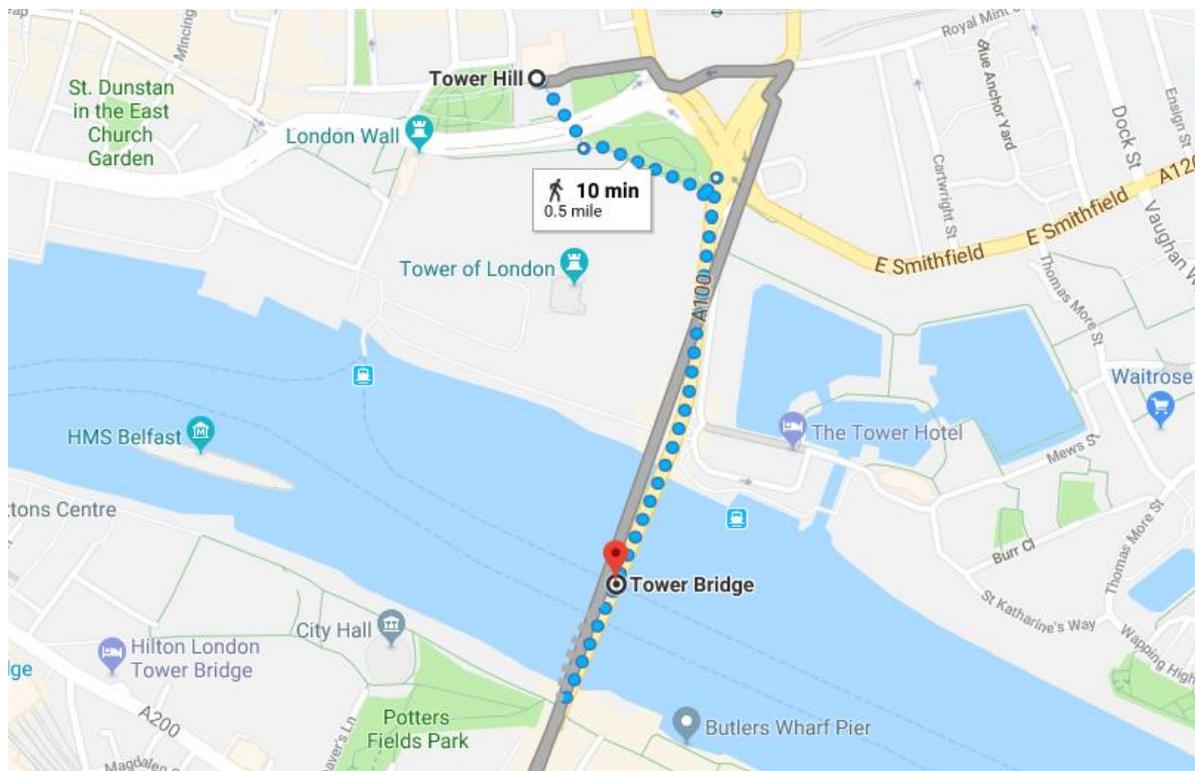
Turn right onto Tooley Street

At Leon bear left down a pedestrian walkway

Walk towards the river and turn right towards Tower Bridge

Access Tower Bridge Road via the steps (there may be diversions in place requiring you to access Tower Bridge Road from further to the right)

If you're coming from **north of the river** it might be easier to travel to Tower Hill station and walk from there (map below).



From Tower Hill

- Exit using the signs to Tower Bridge
- Cross under Tower Hill Road using pedestrian walkway
- Turn left and pass around the outside of the Tower of London
- Access Tower Bridge Approach via the steps
- Cross over Tower Bridge, the cheer points are on the south side of the bridge

Note: cheer points will be on both sides of the road so you will need to choose whether you are going to the west or east side when taking the steps up to Tower Bridge Road (from London Bridge) or Tower Bridge Approach (from Tower Hill).

3. Canary Wharf (North Colonnade) - 19 miles

From Canary Wharf station

When coming out of Canary Wharf station, try to come out the main entrance, up the big escalators which will bring you out onto Jubilee Plaza, directly facing the water way and a Boris Bike Station. Turn right, towards the plaza, and then right again so that you're walking past the station, with the station garden on your right. Keep going until you reach Upper Bank Street. If you come out the secondary exit, you will be on Upper Bank Street, simply turn left and walk up Upper Bank Street until you reach the North Colonnade, and the race route. Walk right along the route until you get to our cheer point. Please note that it will be extremely busy at Canary Wharf so our cheering squad may be a little further along than depicted on the map.

4. Shadwell (the Highway/South Circular) - 22 miles

From Shadwell DLR station

Head down the steps and turn right then immediately left onto Watney St

Turn right onto Cable St

Then left onto Dellow St (including pedestrianised bit!)

Turn right onto the Highway

The cheer point will be near the first set of traffic lights.

From Shadwell Overground

Turn left at top of escalator and take Cable St exit

Cross road and head down Dellow St (including pedestrianised bit!)

Turn right onto the Highway

The cheer point will be near the first set of traffic lights.

5. Parliament Square - 25.5 miles

From Westminster station.

Leave the station via Exit 3 (Houses of Parliament) and follow the route in the direction of the runners (heading away from Westminster Bridge) the runners should be on your right-hand side, if not, use the underpass to cross to the other side.

Head straight over Parliament Square, following the route.

On the corner of Parliament Square and Great George Street is the Royal Institute of Chartered Surveyors (RICS), our cheer point will be outside that building.