

# Petals



The Baby Loss Counselling Charity

## Team Petals

# Royal Parks Half Marathon

## 11th October 2026



# Half



# 11 October 2026 - THE ROUTE

Welcome to the Petals Royal Parks Half Marathon team! Thank you so much for taking on such a huge challenge to raise funds for Petals. We are here to support you so please don't hesitate to get in touch with our events team - [events@petalscharity.org](mailto:events@petalscharity.org).


This stunning central London half marathon route takes in some of the capital's world-famous landmarks, on closed roads and within four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park and Kensington Gardens.


This is the refreshed 2025 route, and may be subject to change.





# EVENT VILLAGE & TRAVEL INFORMATION

 **Location** - Hyde Park, London.

 **Getting There** - we recommend that you plan your journey in advance and if required, book overnight accommodation as early as possible. The event village is a short walk from Hyde Park and Knightsbridge tube stations. Please note that rail services may not arrive into London early enough for the first

 **Parking** - parking is not provided for participants and there may be road closures in place. It is recommended that you use public transport if possible.

 **Start line** - All Royal Parks runners will be allocated a start wave and time. This information will be emailed to you a few weeks before race day. The first wave usually starts at 9am and it is recommended that you arrive an hour before your start time due to the large queues for bag drop and the toilets.

 **Cheer Squad** - A team from Petals will be there on the day and we would love your friends, family and supporters to join us. Details of the cheer point location tbc.



## PETALS TEAM

**Petals Strava Group** - the Team Petals Strava Group is your space to ask questions support and encourage each other.

**Running tops** - Petals runners will receive a running top (t-shirt or vest). This is usually sent once your fundraising page is up and running.

**WhatsApp Group** - Petals will create runner's and supporter's WhatsApp Groups a month before race day. These groups are a great space to share logistics before race day and photos afterwards.

**Training** - Royal Parks have partnered with Coopah, offering a free two week trial of their app. They have also provided free downloadable training plans to follow, without the need to purchase the app. The RP training hub has lots of useful information. Click on the links below:

[Royal Parks Training Hub](#)

[Beginner Training Plan](#)

[Intermediate Training Plan](#)

[Advanced Training Plan](#)

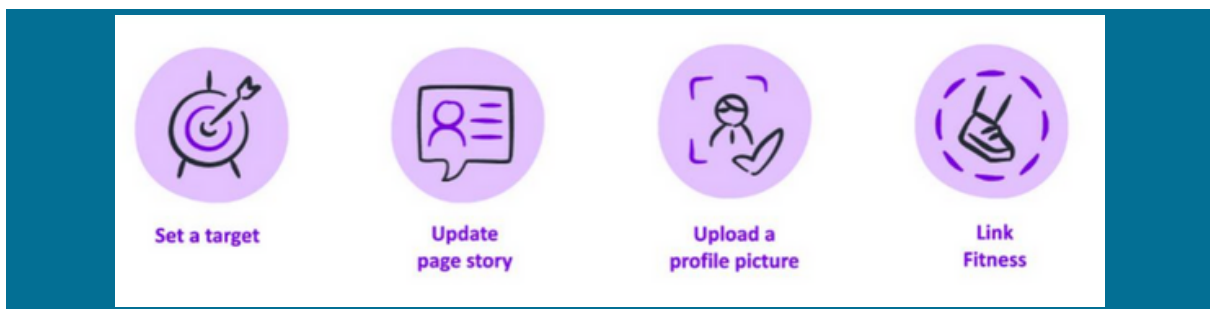
# Fundraising

Your fundraising will make a real difference. Every pound you raise will help us to be there for bereaved parents when they need us the most.



Create your Just Giving page and kick-start your fundraising for Petals. [Click on this link and select 'Start Fundraising'](#).

You can personalise your page with your photos and tell your supporters why you are fundraising for Petals.



We ask that you open your fundraising page as soon as possible or at least three months before race day. We know that life gets busy, but from past experience, we've found that not getting started as race day gets closer can be a sign that someone may not be planning to fundraise after all.

We also have a deadline to make any changes to our team, which is typically two months ahead of race day. As this is a fundraising event with limited spots, we want to make sure everyone taking part is fully committed and ready to raise funds.

We can create bespoke posters for you with a QR code linked to your fundraising page. Please don't hesitate to get in touch with our events team if you need support with your fundraising. We are here to help - [events@petalscharity.org](mailto:events@petalscharity.org).

For those who have raced before and those new to running we have put together 5 top tips to help you make the most of your challenge.

### Prevent Injuries

You got this far the last thing you want to do is have to drop out of your challenge due to injury. Make sure you are fully warmed up before each run and stretch! Cool down, just as important as warming up make sure you stretch out all those muscles at the end of every training session. Don't overdo it – follow your training plan. Small gains are the way forward and if you have a pain that won't go away, see your GP.

### Eating Well

To make sure you have enough energy to complete each session you will need to make sure you are eating enough of the right type of food. You need to follow a balanced diet that meets your needs. On race day make sure you have plenty of snacks which are tried and tested before race day!

### The Right Kit

To help make your challenge as comfortable as possible it's a good idea to have the right kit. There's lots of advice online and in specialist running shops to help you choose the right footwear and clothing for you. Again, make sure everything you wear on race day you have worn before.

### Keep Hydrated

It's important that you stay hydrated before and after training days. It's also good to plan how much water you will need on race day along with any isotonic drinks you may need.

### Rest Days

These are just as important as training days. Giving your body time to repair and recover. At least one day of rest a week is recommended.

Thank you  
for  
supporting

Petals 

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