



Run for Good 2024



7.00pm | 26 June | Runner Guide

Run for Good 2024

Welcome to the 2024 MUFG Run for Good.

We are really delighted that you are taking part and we're looking forward to seeing you there on 26 June 2024.

With so many running events now happening in the last year, we are so pleased to be able to put this event on again. It is going to be a great event and we're looking forward to seeing you all.

Please read these instructions carefully and save them in a place somewhere you can easily access them on the day of the event.

The route is largely traffic-free during which you will enjoy views of the City's iconic landmarks and pass through the hidden paths of the North Embankment.

So do invite others to join you on the night and we look forward to a fantastic evening.

Best wishes,
The Run for Good Team



Your Race Pack

Before the event, you will need to collect your runner race pack in which you will find your running number and your MUFG t-shirt.

If you already have a t-shirt, you will still need to collect your running number as this will record your running time.

Runner t-shirts and runner numbers will be available at the locations and times listed below:

MUFG EMPLOYEES

At the Ropemaker Street offices.

Wednesday 19 June from 12.00pm - 3.00pm

Wednesday 26 June from 12.00pm - 3.00pm

At the Founders Arms, London

Wednesday 26 June from 6pm

ALL OTHER PARTICIPANTS

At the Founders Arms, London

Wednesday 26 June from 6pm



Race Day

Bag Drop

Please travel light and come run-ready.

This event only has a limited bag drop space at The Founders Arms, which is the start line of the run.

All items left at the bag drop are left at the owner's risk and MUFG, The Founders Arms, or TFA will not be held responsible for any loss, damage, or theft.

Bag drop location - Open at 6.00pm

The Founders Arms

52 Hopton Street

London

SE1 9JH

Runner assembly point

The runner assembly point is the Founders Arms, (address above) which is next to the Tate Modern. Full facilities available at this location.



Runner Assembly Point



The Runner assembly point is at the Founders Arms located on Bankside, by the Tate Modern. There will be a runner registration team located at Blackfriars Bridge side of the Founders Arms. Runners can register from 6.00pm. Registration closes at 7.00pm.

Runners should collect their runner t-shirts and runner number from here if they haven't already. There are shops, cafes, bars and free toilets available in the area.

The Course

Your run will start on the south side of the River Thames enjoying iconic views of the City of London & the Tate Modern. The route then takes you past the Globe Theatre over Southwark Bridge and through the City of London. You will then return, via the north embankment and run towards St Paul's, then over Millennium Bridge to the finish line next to the Tate Modern completing a truly iconic route!



Preparation & Training

Now that we are only a few weeks away and our training will be on track, please remember some simple things for the days of the run.

A warm up will take place at 6.45pm at the runner assembly point, Bankside, by the Tate Modern.

Stretching

Do this before and after your run for at least 5 mins.

If you want to view a 5-minute routine you can use before and after your run there are plenty online.

We will have an expert present on the day assisting with a warm up for all runners.

Fluids & Nutrition

Eat an hour or so before your run. Can be an energy or cereal bar, fruit or some pasta, but do avoid anything too heavy

Have some water with you so you can keep hydrated. There will be a self-serve water station at the finish line, please do help yourself.

Rest

Rest days are when fitness work beds in, so it's important.

Particularly important after you have exercised on consecutive days or doing new activity.

On rest days, between intense activities, stretching or Yoga will really help recovery.

Support for you!

We want to make your running experience at Run for Good as fun and safe as possible.

Throughout the event, there will be lots happening, so to make sure you get the support you need there is some information below to help you if you need it.

First Aid

There will be first aid support for you through out the event.

From first aiders at the runner assembly point, a medic team at the start and finish line and medic at the rear of the running field you will never be far from medical support should you need it.

Security

Your safety is our highest priority. Please remain vigilant at all times and do not leave any items unattended as they maybe removed and destroyed.

If you see anything that doesn't look right please alert a marshall or the security team.

Late Starters

Please ensure you do arrive at the runner assembly point by 6.30pm at the latest.

If you do arrive late, thats fine, we can still get you to run the event, but you maybe behind the main group. of runners

If you are running late do contact us on 0333 4441189

FAQs

Does Run for Good have a bag drop?

This event does not have a bag drop at the Ropemaker office. Please travel light and come run-ready. There is a limited bag drop at the Founders Arms, where the event is taking place. All items stored at the bag drop may be searched and are left at the owner's own risk. TFA, The Founders Arms & MUFG will not be held responsible for any damage, loss, or theft.

How will I know where to run?

Marshals and event staff will guide you during the event and you will see clear signage around the pre-meet area and course. Please follow all signage and instructions from the marshals before, during and after the race.

Medals will be available for all runners to take at the end of the event. Runners must only take one medal. We may have to stagger the start of the race based on capacity. If so you will be advised of the start time. Please allow plenty of time to drop your bag and register.

Where are the runner assembly point and start line?

The runner assembly point is located at the Founders Arms on the South Embankment of the River Thames in front of the Tate Modern. We ask runners to arrive by 6.30pm.

Where is the start-finish line?

The start-finish line is located in front of the Tate Modern next to the Founders Arms. The run starts at 7.00pm. At 6.55pm the event team will walk all the runners to the start line.

Does Run for Good London have toilet facilities?

Yes, in the Founders Arms, which are free to use.

Whom do I ask if I have any questions?

There will be marshals all around the course as well as signage and arrows to show you the way and all facilities.

Will there be an after run-event?

There will be informal drinks provided by MUFG after the run for all the participants to celebrate completing the run. Please join us at The Founders Arms bar after the run to celebrate completing Run for Good.

FAQs

How will I find out my time?

Every runner will be given a running number that will have a data chip attached to it. When you cross the start and finish line, your timing will be activated and stopped. Results will be available after the race via the Fitprints for Good website as soon as possible. Please do not swap numbers and if you damage the chip on your number your time may not be recorded. There will also be a timing clock at the finish line.

Will there be water available for runners?

There will be a self-serve water station at the finish line with water available for all runners. Feel free to bring your own water bottle. Spitting and nasal clearance during the race are not permitted.

What happens after I finish?

Please do not stop within the finish barriers. please continue past the finish line, collect a medal and water and leave the event finish area.

Can I take pictures?

Yes, you can, but please don't take pictures whilst running. We will have a photographer taking a few snaps of the race, mainly at the start and the finish, which will be available to download after the race so be sure to check it out and see if you can spot yourself. If you wish not to be photographed, you must advise the event team before the event.

Where will my donation go?

What's more, you'll help us raise vital funds for our Young Minds, Brighter Futures Programme (City of London Academy Highgate Hill).

At our school partner, City of London Academy Highgate Hill (COLA HH), 58% of students are from underprivileged backgrounds and are falling behind academically and socially as a result – a trend MUFG is committed to help in reversing.

MUFG has recently launched a new programme in collaboration with the school in an effort to bridge the access to opportunities gap among their students. With a variety of activities ranging from in-office workshops to school events, MUFG volunteers can play a key role in helping students by equipping them with life-long skills and invaluable insights. Your contribution to this fundraiser will directly support this programme and shape a brighter future for the students at COLA HH.