



# HACKNEY MOVES RACE DAY GUIDE 19 MAY 2024



**WIZZ AIR  
HACKNEY  
HALF**  
LONDON 2024



# SEE YOU AT WIZZ AIR HACKNEY HALF!



**FLY WITH  
WIZZ AIR** WE FLY TO 80+  
DESTINATIONS  
FROM LONDON!



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## Welcome to Hackney Moves 2024!

We can't wait to welcome you to East London for another sold-out Wizz Air Hackney Half!

You'll be one of more than 20,000 runners taking part in the largest half-marathon in London, celebrating the true spirit of Hackney as you pass through the Capital's most vibrant borough, experiencing its incredible support and atmosphere throughout.

This fun and vibrant half-marathon is the headline event of the Hackney Moves festival, an annual two-day festival based in Hackney Marshes offering a jam-packed schedule of free entertainment for the whole community to enjoy.

From fitness classes, DJs and live music to an array of delicious street food and refreshing drinks, the weekend is full of excitement and activities for you, your friends and your family to get involved in on 18-19 May.

You're bound to have questions ahead of your big weekend, and we're here to help make sure you're all prepped so that you can relax and be ready for event day.

Please take the time to read this guide carefully - we've pulled together everything you need to know for the Wizz Air Hackney Half.

On behalf of the Hackney Moves team and all our partners, we wish you the best of luck and hope you have an amazing weekend!

Let's move Hackney...

### HACKNEY MOVES TEAM

Website: [HackneyMoves.com](https://HackneyMoves.com)

Email: [hello@hackneymoves.com](mailto:hello@hackneymoves.com)

 [@HackneyMoves](https://www.facebook.com/HackneyMoves)

 [@HackneyMoves](https://www.instagram.com/HackneyMoves)

 [@HackneyMoves](https://twitter.com/HackneyMoves)

 [@HackneyMoves](https://www.tiktok.com/@HackneyMoves)

Follow us on social and post your pics across the weekend using #WizzAirHackneyHalf



# RACE DAY TIMETABLE

There will be thousands heading to Hackney Marshes and the start line on Sunday morning, so please plan your journey well in advance and allow plenty of time to get to the start line.

There will also be a whole host of activities in the Village to enjoy, so why not plan to spend the whole day with us and soak up the festival vibes!

## WHEN -

Wizz Air Hackney Half  
Start Time: From 09:00

## WHERE -

Festival Village: Hackney Marshes, Homerton Road, Hackney, E9 5PF

## HALF MARATHON RACE DAY SCHEDULE

SUNDAY 19 MAY 2024

07:00	Festival Village & Bag Drop opens
08:10 - 09:20	Warm-up and mobility sessions across site
09:00	<b>WIZZ AIR HACKNEY HALF RACE STARTS</b>
10:05	First half marathon finisher
10:45	Prize-giving at finish line
13:30	Last half marathon finisher and race cut-off*
16:00	Festival Village closed

\* Roads along the route will be reopened as runners complete each section and when safe and feasible to do so. Any runners rocking the "party pace" and predicted to finish after the cut-off time of 3 ½ hours will be asked to move onto the pavement

	Arrive to Hackney Marshes	Move into your start pen	Estimated start time
Start Pen A - B	07:00 - 07:45	08:20 - 08:40	09:00 - 09:20
Start Pen C - D	07:45 - 08:10	08:40 - 09:00	09:20 - 09:40
Start Pen E - F	08:10 - 08:30	09:00 - 09:20	09:40 - 10:00
Start Pen G - H	08:30 - 08:50	09:20 - 09:40	10:00 - 10:20

# GETTING TO THE START

**WITH THOUSANDS OF RUNNERS TAKING PART IN THE WIZZ AIR HACKNEY HALF THIS YEAR, WE ASK THAT YOU PLEASE ARRIVE AT HACKNEY MARSHES AT LEAST ONE HOUR BEFORE YOUR ESTIMATED START TIME. PLEASE SEE THE ARRIVAL TIMES SHOWN ON PAGE 4. THIS WILL ALLOW YOU PLENTY OF TIME TO DROP YOUR BAG OFF, MEET YOUR FRIENDS, LIMBER UP AND GET SETTLED. DON'T BREAK A SWEAT BEFORE THE RACE HAS EVEN STARTED - PLEASE ALLOW PLENTY OF TIME TO GET TO THE START!**

The start line for the half marathon is in the heart of the Festival Village on Hackney Marshes. Remember, in order to keep roads clear for the main event, there will be a number of road closures and diversions in place from 06:30.

Please factor these into your travel plans (and those of any of your supporters, family and friends) and note that travel details are subject to change. Please also check with <https://tfl.gov.uk/plan-a-journey/> to keep informed of any updates to public transport and any engineering works.

## ROAD CLOSURES

All roads around the half marathon route will be closed at 06:30. Roads will be reopened as runners complete each section of the route and when it is safe and feasible to do so. To stay updated on any changes, and further traffic and access information, visit [@HackneyMoves](#) or [visit this link](#)

## BY TUBE

**Stratford Station:** Central & Jubilee line services, Elizabeth Line; TfL Rail, DLR, London Overground and National Rail services (25-minute walk to the Festival Village through

Queen Elizabeth Olympic Park). When arriving in the station please follow the black and white signs that direct you to the Queen Elizabeth Olympic Park throughout the station.

**Leyton Station:** Central Line (20-minute walk to the Festival Village).

## BY LONDON OVERGROUND

There are no planned Overground closures on 19 May, but please still check your travel plans ahead of time.

London Overground will be running 4 additional services per hour from 07:00 - 09:00 in each direction between Camden Road & Stratford. From 09:00 onwards, the usual Sunday timetable will be in operation.

**Clapton Station:** 30-minute walk to the Festival Village.

**Hackney Wick Station:** 20-minute walk to the Festival Village. We recommend beating the crowds at Homerton Station and using this station instead.

**Homerton Station:** 25-minute walk to the Festival Village. If you are planning to arrive via Homerton Station we recommend arriving before 08.30. The station and route to the village will be very busy.

There will be signs and marshals wearing high visibility vests to guide you from the stations to the Festival Village on Hackney Marshes.

## BY BUS

Due to road closures a number of local bus services will be running on diversions on event morning from 6:30. Please check with <https://tfl.gov.uk/bus/status/> for further details.

## CYCLING

If you are planning to cycle, there will be numerous bike parking facilities within the Festival Village.

To secure your bike to the rack, you need to lift the bike up and position the front part of the saddle over the metal bar.

Please note that bikes will be left at the owner's risk. To secure your bike to the racking, please bring an appropriate cable or chain lock.

## E-BIKES

E-bikes are a brilliant and sustainable way to travel to the event. This year we are working with Lime Bike to install a geo-fence around the race route and the event village to prevent abandoned bikes being left in the route and causing delays to the half marathon. There will be THREE clearly signed e-bike parking locations at Mabley Green, to the East of Hackney Marshes for those approaching from Stratford and to the North of the event village for those arriving from Clapton direction.

## PARKING

Westfield Stratford City (E20 1EJ): 4,500 spaces available, (25-minute walk to the Festival Village). See below for pricing or visit the website: <https://uk.westfield.com/stratfordcity/access>

Opening times vary for Car Parks (A,B,C) please check the website. For prices see below and check the website:

1 – 2 hours	£6.50
2 – 6 hours	£9.50
6 – 10 hours	£12.00
10 – 12 hours	£12.00
12 – 13 hours	£12.00
13 – 15 hours	£15.00
15 – 24 hours	£20.00



# RUNNER INFORMATION

**RACE NUMBER:** You will either have received your race number in the post or if you've chosen to collect from our Festival Village in advance, then you'll need to pick up your race number from the help desk on Hackney Marshes on Friday 17th May (16:00 – 19:00), or Saturday 18th May (09:00 – 17:00). You must bring a physical PHOTO ID with you, as well as your QR code, to be able to pick up your event pack. Please note: race number collection will not be available on Sunday 19th May. We recommend coming on Friday afternoon or Saturday morning when it is likely to be quieter! If you cannot collect your own race number, you can ask a friend/family member, so long as the person picking up the pack can show your PHOTO ID (must be a physical copy), as well as your pack collection QR code. Please note there will be strict procedures in place: the person picking up the pack will also be asked to sign a declaration confirming that they have permission to collect this race number on behalf of the runner, and are not intending to run in the race number themselves. Any runner that participates with a race number that is not assigned to them in our system, is committing a serious breach of our Terms & Conditions. This poses a significant health & safety risk to not only the person running in the incorrect race number, but to all of our runners on the day.

**RACE RESULTS:** Results will be published on our website shortly after the race. If you provided your mobile number when you registered, you will also receive a text message with your official race time shortly after you have finished the race.

**START PENS:** Your race number shows the letter of the start pen that you have been assigned, based on your predicted finish time. Please follow the signs to your relevant pen and make sure you enter the correct one. Volunteers will be positioned at each start pen entrance to help with any queries. Please note that if you would like to run with a friend who has been allocated a different start pen, you may move backwards to an alternative pen, but not forwards closer to the start.

**PACERS:** The dream team of pacers are back again and as well as helping you hit your target times they'll also be supporting you to get to that finish line. Look out for the pacers joining you in the start pens wearing their bright blue HOKA pacer flags

with their respective pace times. Expect to see at least two pacers for each time from 1h 30 to run/walk pace. The pacer team are made up of regular and new pacers, and are keen to support and encourage you to your Wizz Air Hackney Half goal whether that's a PB or to complete in style.

**RACE DAY ENTERTAINMENT:** We have a fantastic line-up of live entertainment positioned at every mile, to energise runners and keep spirits high for all. See our full music line-up on page 32 and 34. We strongly suggest running without headphones to hear any necessary emergency announcements and to soak up the sounds along the route.

**AID STATIONS:** 1,2,4 & 6 will provide water in cups, Aid Station 3 will provide energy product in cups and Aid Station 5 will provide water in 330ml bottles. Volunteers will be helping you at the six aid stations on the half marathon route.

Station Number	Distance (miles)	Water	Toilets	Medical
1	3.5	Water cups	WC	
2	5.7	Water cups	WC	+
3	7.2	Energy drink in cups	WC	+
4	7.9	Water cups	WC	
5	9.3	Water bottles	WC	+
6	11.5	Water cups	WC	

Please only take one cup at a time, our volunteers will be happy to refill it for you if you require more water. Please try to dispose of your cups into the large bins that will be placed to the side of the road just after each aid station. Cups that don't make it into the bins are much harder to recycle so we're hoping you can all help us be as green as possible. If you are not planning to take water, then please try to keep to the opposite side of the road to allow 6-7 other runners through. The water stations are long so there's no need to rush to the first table!

**COURSE MARSHALS:** Marshals wearing hi-vis vests will be positioned at regular intervals along the route and are there to help you if needed.

**FIRST AID:** There are two medical centres located within the Festival Village. One is placed after the finish line for runners and the other is placed within the Village for athletes, spectators and members of the public. Professional medical staff will be available around the Festival Village, as well as on the course. In the event of an emergency on course, runners will be asked to move to the left side of the road to allow access for an emergency vehicle - please follow instructions given by the Course Marshals.

**RACE CUT-OFF:** The Wizz Air Hackney Half has a race cut-off time of 3.5 hours for all participants, which means a minimum pace of 16/min miles. Due to limitations on our road closure timings, any runners going more slowly (aka party pace) who are predicted to finish after 14:00, may be asked to move to the pavement so the road reopening times are not impacted.

**FESTIVAL VILLAGE INFORMATION:** Volunteers in the village should be able to help on the day - they'll be in the red high-vis vests with 'Here To Help' printed on them. Ask them all your burning questions and give them an extra thanks for their help.

**HELP DESK:** If you have your race number ready with you on race day, then you're ready to rock and roll! However, if you have any queries with your race pack, visit our help desk in the Festival Village.

**QUIET AREA:** This year we will be offering a quiet area within the event village, located next to our changing facilities. This will be available for anybody to use, if they need to pray or breast feed or just take five minutes away from the buzz! We ask all runners to be respectful of one another when using this area.

**SANITARY PRODUCTS:** No need to stress on race day if your period makes an unwelcome appearance! Our help desk and aid stations on route are fully stocked, just ask a member of our team and they will be happy to help!

**CHANGING FACILITIES:** Both male and female changing facilities are located within the Festival Village, close to the bag drop tents.

**MEETING POINTS:** It's often busy and crowded at the end of the rewards area, so please arrange to meet your friends and family post-race at a designated area or use one of our numbered meeting point flags 1-10.

**PHOTOGRAPHY:** Our friendly photographers at Marathon Photos will be taking your snaps on course, as well as the finish line. Look out for the "smile for the camera" signs and be sure to give the photographers a wave or thumbs up if you're feeling the love. We will send you an email with a link to your photos to purchase in the days after the race. Every time you pass a MarathonPhotos.Live photographer, you could have photos online within seconds! Photos will be LIVE from the start of the race.

**PRIZE GIVING:** As always, our ambition is to create our events so that they are fully inclusive and appeal to participants of all experience and abilities. We are investing our resources into our overall event experience for our participants and engagement with the local community, from hosting engaging route entertainment and festival village activities, to improving the event's sustainability and carbon footprint. This is all whilst continuing to deliver seamless race operations as part of a safe and enjoyable day for all taking part.

Whilst we're all about celebrating every single participant in the Wizz Air Hackney Half, we still want to acknowledge the speedy performance of our race winners and will therefore be offering prizes for 1st, 2nd and 3rd places in female, male and racing wheelchair categories. In 2024 we are excited to be awarding prizes in the non-binary category for the first time, our first placed non binary runner will be contacted in the week following the event regarding their prize. Prizes will include vouchers and products, courtesy of our official event partners.

# RACE NUMBER BREAKDOWN

**RACE NUMBER:** Below is an example of your race number, prefixed with a letter which corresponds to the start pen you have been allocated based on your predicted finish time. This indicates which arrival window you should aim to arrive in on race day (see page 4).

Your race number is individual to you and cannot be resold or transferred. Please fill in the emergency details on the reverse of your number. You can use safety pins to secure your number to the front of your shirt so please be sure to bring some with you. If you are unable to source your own safety pins, you can pop by the helpdesk to pick some up.

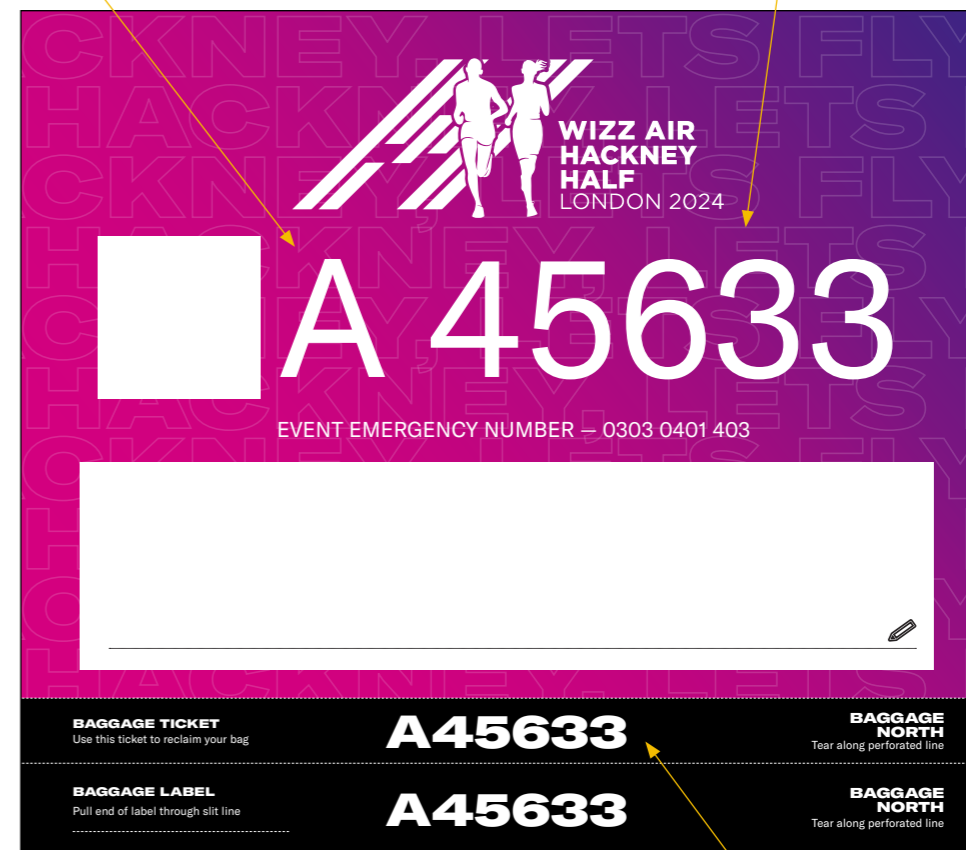
**BAG & CLAIM TICKET:** At the bottom of your race number are two tearoff tags. The bottom tag attaches to your bag and is your baggage label. The top tag is your reclaim tag - keep this attached to your race number throughout the run and have it ready to hand to the baggage staff to collect your bag quickly after the race.

**ZONE NUMBER:** This number is only used by our baggage staff to retrieve your bag after the race.

**NAME BOX:** Make sure you write your name on the front of your bib, so spectators can cheer you on!

START PEN

RACE NUMBER



**TIMING CHIP:** Your timing chip, which accurately measures your time, is attached to your race number. Please do not remove, bend, fold or cover the chip, as we will be unable to track your time.

**CLAIM TICKET** - the runner can use to collect their bag, or can pass to a friend or family member, who can collect the bag.

# A RUNNING TOUR OF HACKNEY

**THIS IS A FAST, FLAT HALF MARATHON ROUTE THAT SHOWS OFF HACKNEY AND ITS MANY GREEN SPACES, INCLUDING HACKNEY DOWNS, MARE STREET, BROADWAY MARKET, WELL STREET COMMON & HACKNEY WICK.**

**MILES 1-5:** The race starts at the southern end of the Hackney Marshes and heads west along Homerton High Street. The route loops around Hackney Downs leading towards Hackney Central.

**MILES 5-8:** The course passes in front of the famous Hackney Empire, trails west along Graham Road, and moves south on Queensbridge Rd into Haggerston. Runners are going to reach the beautiful Stonebridge Gardens before heading east past Haggerston Park.

**MILES 8-9:** Now more than halfway, the route crosses the Regents Canal taking in some seriously iconic areas of Hackney including Broadway Market & London Fields, before turning onto Victoria Park Road.

**MILES 10-11:** Running alongside Victoria Park and through the beautiful Laurieston Village, runners rejoin Victoria Park Road and pass Well Street Common before turning south onto Cadogan Terrace.

**MILES 12-13:** Passing under the A12, runners enter the vibrant Hackney Wick, passing its iconic graffiti, and trendy bars and cafes. Finally, sprint back to the roar of the crowds on Hackney Marshes via Lee Conservancy Road to the Wizz Air Hackney Half 2024 finish line!



IF YOU SEE SOMETHING  
THAT'S NOT RIGHT  
**DON'T LET  
THE CROWD HOLD  
YOU BACK**

**TELL SECURITY**

#BeSafeBeSound

**ACT** | ACTION  
COUNTERS  
TERRORISM

**100% RUN POWER  
0% RUBBISH**



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STOCK UP AND GET READY TO CRUSH THOSE RUNNING GOALS!  
DISCOUNT CODE VALID UNTIL 31ST OF MAY 2024



**DELIVER US  
FROM THIRST**



Visit our pub garden in  
the events village for  
*refreshing post-race pints*

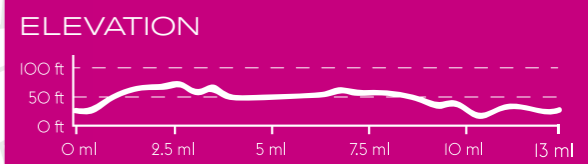
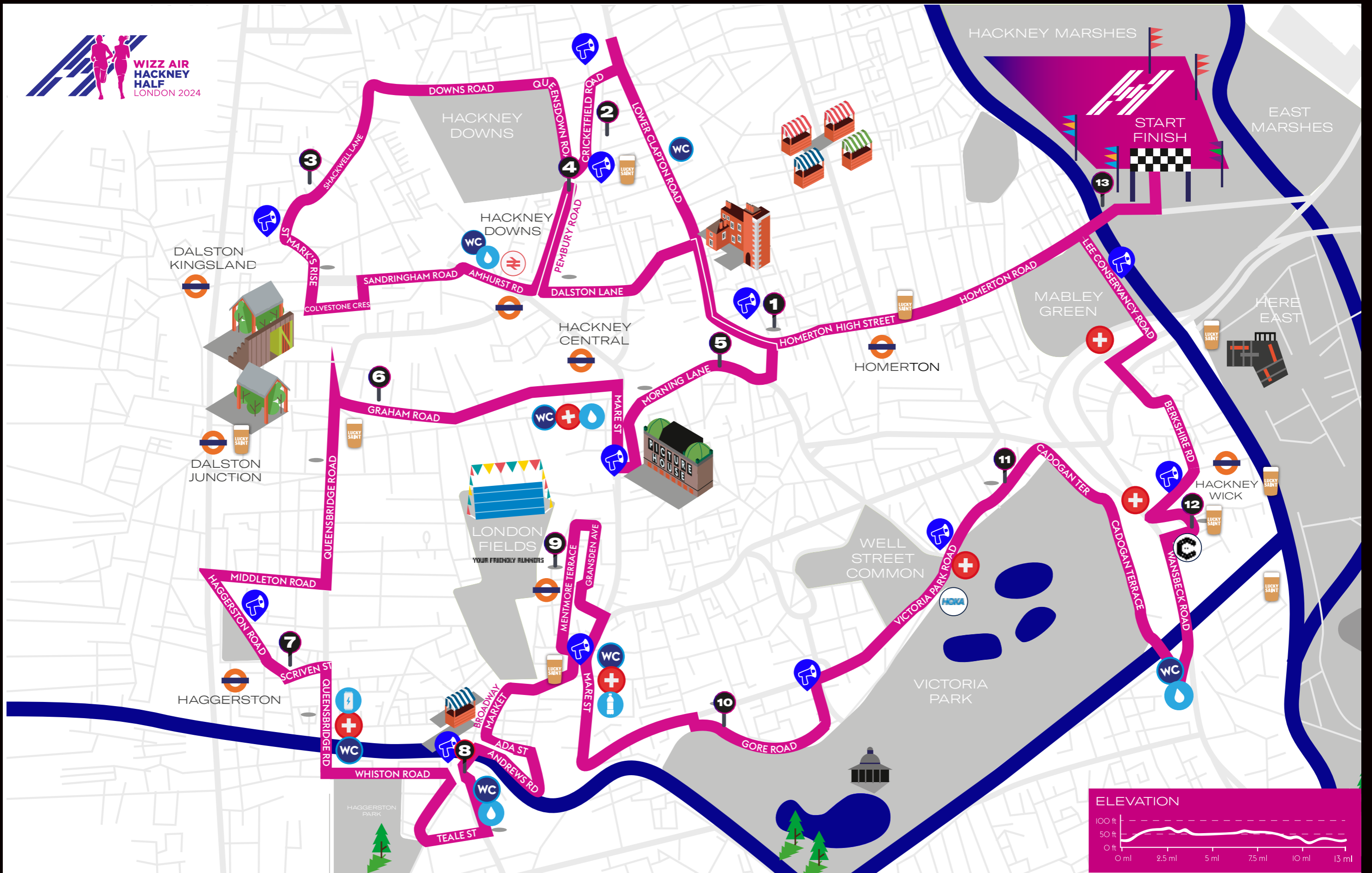


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ALCOHOL FREE  
*Superior Unfiltered Lager*





**EVENT PARTNERS**



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-  MILE MARKER
-  OVERGROUND STATION
-  UNDERGROUND STATION
-  LUCKY SAINT ON TAP
-  ENTERTAINMENT POINT
-  WATER
-  TOILETS
-  NATIONAL RAIL STATION
-  HOKA FLY ZONE
-  CRATE FAN ZONE

# WIN A PAIR OF HOKA SHOES

Scan the QR code to play  
Spin the wheel and get the chance  
to win a pair of HOKA shoes.

## How does it work?

1. Scan the QR code to access the wheel
2. Spin the wheel and check if you have won
3. Visit us at one of the HOKA stands on either event day to collect your gift

Conditions of participation accessible via QR code

**HOKA**  
FLY HUMAN FLY



# BIG MOVES



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Extreme cushion meets carbon

**HOKA**

# Runna

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## REWARDING YOUR EXTRA MILE

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From all of us  
at Mind in the  
City, Hackney  
and Waltham  
Forest

Thank you and **good luck**  
to our runners!



# BEAT YOUR GOAL

to help us feed London



at Hackney Half

Felix

GO TEAM  
PARKINSON'S!



Join Team Parkinson's with  
your own place:



@hackneynightshelter  
 @hackneyWNS

# HACKNEY NIGHT SHELTER



365 days a year  
26 beds  
Routes out of homelessness



# REACHOUT

CHARACTER | CONFIDENCE | CHANGE

We'd like to say a huge  
thank you to all our amazing  
ReachOut Runners!

If you want to find out how you could  
support young people in your  
community through **life-changing**  
**mentoring** head to [reachoutuk.org](http://reachoutuk.org)



@REACHOUTUK



# HALF MARATHON PACERS

Finish Time	Pacer
1h30	Matthew Henshall
1h30	Mattia Gobbo
1h35	Sven Reisinger
1h35	Samuel Anderson
1h40	Frankie Gassin
1h40	Sam Jones
1h40	Akram Shalabi
1h45	Luke Ossai
1h45	Andrew Finnerty
1h45	Janine Makaronidis
1h45	Sara Ridmy
1h50	Isabel Taylor
1h50	Jess Hannah
1h55	Mack Grenfell
1h55	Emma Steen
1h55	Feyisola Latunji
2h00	Bea Durston
2h00	Rattee Hensirisakul
2h00	Fusi Motsamai
2h00	Isabel Aughterson
2h00	Sophie Judd
2h00	Mara Hafezi
2h00	Adam Lamb

Finish Time	Pacer
2h05	Greg Harding
2h05	Miry Mayer
2h10	Bhavin Rama
2h10	Janine Durrant
2h15	Hannah Mears-Young
2h15	Yuhan Peng
2h20	Imtiaz Hasham
2h20	Paul Manson
2h25	Shakil Miah
2h30	Sulie Anstis
2h30	Shanyce Morris
2h40	Ariff Sidik
2h40	Sakina Sidik
2h40	Harmander Singh
2h40	Ann-Marie Fahmy
2h40	Nazrin Khanon
2h40	Steve Peacock

The fantastic team of pacers will support you to PB's as well as being friendly company to support you around 13.1 miles all the way to the finish.

They are a mix of new and experienced pacers, volunteering their time to help so do give them a big thanks when you see them.

They all hope to get you round in the allocated times but if for any reason they need to drop off their pace to slow they will let you know but you can still expect encouragement and support.

# RUN HARD SHOP FAST



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New customers only. Min. spend £15. Max. reward: £20. Geographical restrictions apply. Exclusions apply. Full T&Cs at [zoom.ocado.com/content/voucher-terms](https://zoom.ocado.com/content/voucher-terms)

# HACKNEY MOVES OVERVIEW

Join us in the Festival Village for an unforgettable weekend of FREE sport, culture and celebration.

Experience the diverse and inclusive range of fitness, wellbeing and entertainment on offer for all the family. Located on the Hackney Marshes, Hackney Moves promises festival vibes with live music, street food, sports activities and more, so gather your people, and head down for a fantastic day out.



**SPORT AND MOVEMENT:** The **Main Stage** will host fitness sessions and entertainment from East London's finest group exercise gurus, bands and DJ's. From Fight Klub to Disco Yoga and Beatboxers to Dabbers Drag Family Bingo, we have a line-up to keep you engaged all weekend.



Grab your finest fitness attire and rock up to the **House of Fitness** where you can take part in anything from 90's Party Barre to mother and baby postnatal strength and Carnival Vibes Dance to post race flex and stretch.



The House of Wellness has been given a re-vamp and will be owned by The Ministry - renamed the **House of Ministry** this year. This tent is programmed with a wide range of wellness and self-care sessions such as pilates and sound baths to Q&A's and breathwork, all set to the chilled-out sounds from our resident Ministry of Sound DJ.

**FUEL & REFRESH:** The Festival Village has a whole host of local food and drink traders for you to enjoy. Vendors will be serving everything from pizza and mouth-watering burgers to green juices and vegan delights. There's something for every taste including all your gluten/dairy/lactose/vegan preferences. There will also be a full bar with your favourite tipples.



**TRADERS:** Open all weekend, the Market on the Marshes will be a wonderful place to shop for treats and post-race gifts. Traders showcasing their artisanal foods, drinks and fitness merchandise. There's something for everyone, so come explore!

**OFFICIAL PARTNERS:** Visit our wonderful partners to find out more about who they are! Wizz Air will have a very exciting spin the wheel where there are some awesome prizes up for grabs. HOKA will be showcasing their 2024 Official Merchandise range, relax at the Runna stand and snap a pic at their photo wall, or visit the Lucky Saint pub garden for a cold pint! You can also visit Tenzing for an energy boost, or head over to Ocado Zoom for discounts and maybe some free products! If you're feeling thirsty, head to the Drip Airstream to keep hydrated.



**CHILDREN & FAMILY:** The family fun zone is located in the south of the village and will include grassroots sports and activities for all. The Hackney Playbus offers activities for families with children under 5, try out some circus skills at workshops run by National Circus, get Hula Hooping with HulaFit and have your face painted by NYGlorious Face Arts.



Also, within this zone BADU will run a multi-sport activation consisting of come and try sessions for archery, NFL Flag, dodgeball and more. Hackney Rugby FC will run skills sessions and games for all across the weekend and East London Hockey will be onsite to teach new skills and inspire the next generation of London Hockey players. Better will run classes on trampettes and participants can compete in a fun rowing challenge.



The HOKA Sprint track will be back this year and activated by qualified sports coaches from BADU who will host a wide variety of races from sprints to egg and spoon races for all the family.



Alternatively, if that all sounds too energetic, simply sit back, relax and soak up the incredible atmosphere at Hackney Moves.

[hackneymoves.com](https://hackneymoves.com)

# Leukaemia<sup>UK</sup>

Registered Charity Number 1154856

Research has the power to stop  
leukaemia devastating lives.

*You are*

**AMAZING!**

Thank you to team Leukaemia UK  
for running the Hackney Half  
2024, and raising vital funds for  
leukaemia research.



[fundraising@leukaemiauk.org.uk](mailto:fundraising@leukaemiauk.org.uk)



<https://www.leukaemiauk.org.uk/>

## THE MINISTRY

Discover London's best workspace and members club, in Borough SE1. World-class amenities. Culture. Events. Bar. Deli. Gym. Wellness. This is the workspace for people who love what they do.

Scan the QR code to access a complimentary day pass, plus exclusive membership rates, so you can try things on for size and see if you want to make it official.

Plus, join us at the House of Ministry Tent where we'll be hosting 21 different events across the Hackney Moves weekend. Expect DJs, fitness classes, expert led talks, workshops and much more. See you there.



TheMinistry.com  
@TheMinistry.London



**GOOD LUCK TEAM!**  
FROM EVERYONE AT ST JOSEPH'S HOSPICE



**#TEAMSTJH**

Registered Charity No. 1113125 | @stjohospice

RUN FOR US  
WITH YOUR  
PLACE



# FESTIVAL VILLAGE MAP



- 1 MAIN STAGE
- 2 CHILL OUT AREA
- 3 STRETCH TENT: HOUSE OF FITNESS
- 4 LUCKY SAINT PUB GARDEN
- 5 RUNNA RECOVERY ZONE
- 6 HOKA HUB
- 7 STRETCH TENT: HOUSE OF MINISTRY
- 8 WIZZ AIR
- 9 HOKA RECOVERY
- 10 HOKA SPRINT TRACK
- 11 HOKA GIANT T-SHIRT
- 12 HACKNEY PLAYBUS
- 13 BADU MULTI-SPORT ACTIVATION
- 14 HACKNEY RUGBY FC
- 15 CHILL OUT AREA
- 16 CLUB SPORT - SPECIAL GUEST HOSPITALITY
- 17 BETTER SPORT

WIZZ AIR HACKNEY HALF, SCHOOLS' CHALLENGE & 5K START/FINISH

HACKNEY SCHOOLS' CHALLENGE PEN

MERCHANDISE

FOOD

BAR

BIKE RACKS

TOILETS

- CHANGING
- BAG DROP
- SEATING
- FESTIVAL ENTRANCE
- PEDESTRIAN ACCESS
- WHEELCHAIR VIEWING POINT
- QUIET AREA
- WATER
- RACE PACK COLLECTION/ HELPDESK
- FIRST AID
- WIZZ AIR HACKNEY HALF ROUTE

**HEADLINE CHARITY**



**CHARITIES:**

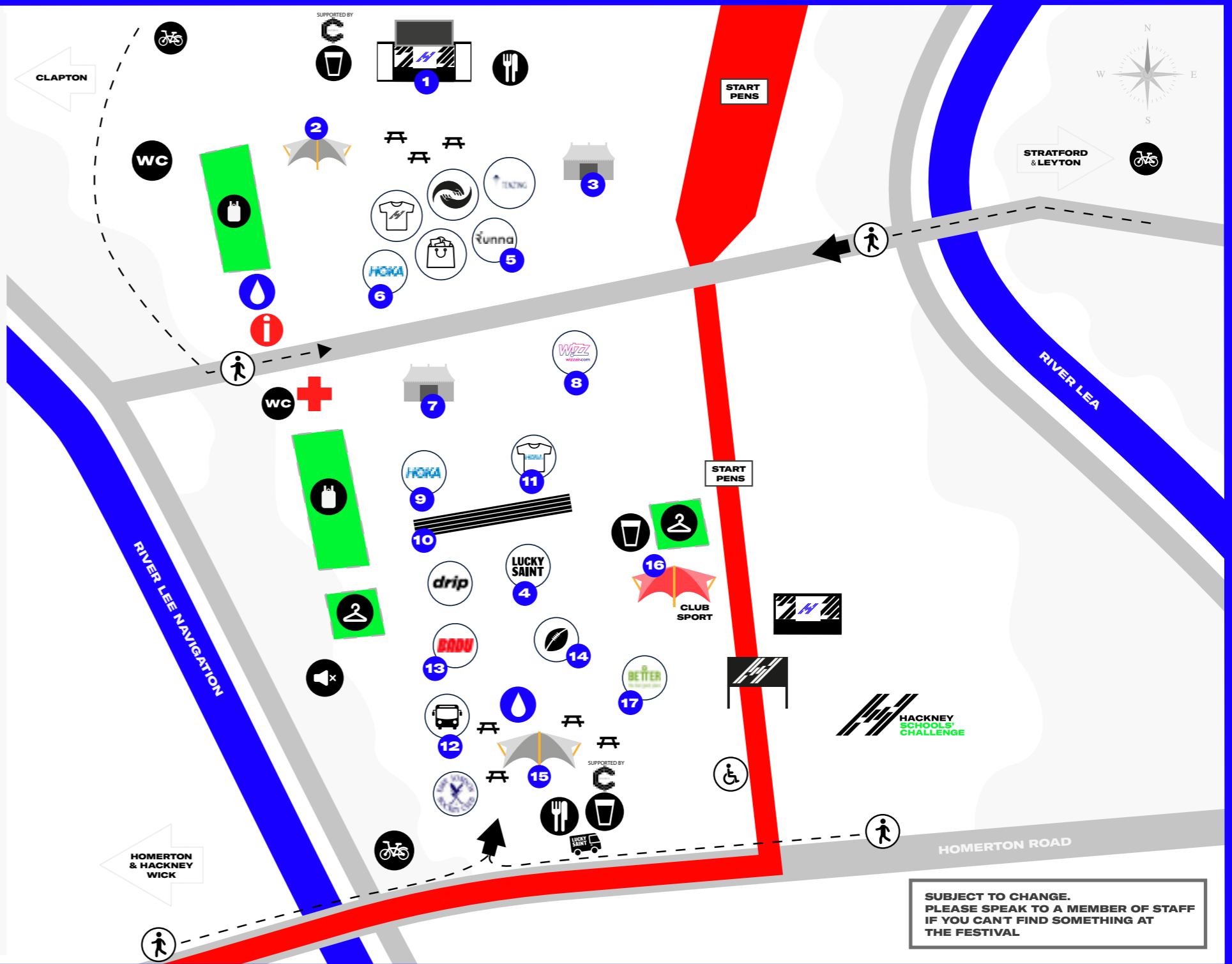
- ST JOSEPHS
- REACH OUT
- BARTS CHARITY
- THE FELIX PROJECT
- HACKNEY NIGHT SHELTER
- PARKINSONS UK
- ALZHEIMERS SOCIETY
- MACMILLAN CANCER SUPPORT SHELTER
- ST MUNGOS
- SINGLE HOMELESS PROJECT
- MIND CHWF
- LEUKAEMIA UK
- MOVEMBER
- ZAHRA TRUST

**TRADERS:**

- PURESPORT
- ELEAT
- RICHMOND ROAD SURGERY
- EXHALE
- ZOOM BY OCADO

**PARTNERS:**

- WIZZ AIR
- HOKA
- LUCKY SAINT
- TENZING
- RUNNA
- ZOOM BY OCADO
- CRATE
- DRIP



**SUBJECT TO CHANGE. PLEASE SPEAK TO A MEMBER OF STAFF IF YOU CAN'T FIND SOMETHING AT THE FESTIVAL**



# SATURDAY TIMETABLE

## Plan your day – Family Fitness Festival

09:00 – 18:00

**09:00 - Hackney Moves opens** - Kicking the weekend off will be uplifting music from The Ministry of Sound DJ's on the main stage and DJ Chrystilize on the start stage. On Saturday the focus is fun family fitness, so round up your crew and join us on the marshes.



FIGHT KLUB will open the main stage with their drum & bass welcome workout at 10:00 followed by an amazing line up of fitness and wellbeing sessions in the **House of Fitness and House of Ministry**, offering something for everyone.



**10:30 - 'Schools' Challenge** - Head to the start line to see the primary school children of Hackney run their final celebratory mile which finishes on the Wizz Air Hackney Half finish line, completing their own half marathon.



**12:00, 13:30 & 15:00 – Community 5K** - You can cheer on the 5K runners who have signed up for this free event at the start line or around the course.



MAIN STAGE	HOUSE OF FITNESS	HOUSE OF MINISTRY
<b>9:00 – 18:00</b> Ministry of Sound DJ's	<b>9:30 – 16:00</b> DJ N.A.D	<b>9:30 – 16:00</b> DJ Reuben & Tilt
<b>10:00 – 10:30</b> FIGHT KLUB Welcome Workout	<b>10:00 – 10:30</b> Dance Fitness with Karla Richards	<b>10:00 – 10:30</b> Mood Reset with MOODLDN: Visualisation & Intention Setting
<b>10:30</b> Schools Challenge (start line)	<b>10:45 – 11:15</b> Retrogrow '90s Party Barre' with Adam	<b>10:35 – 11:20</b> How to Thrive Through Menopause and Beyond - Q&A and Book Signing
<b>10:45 – 11:15</b> F.I.T Jam Dance Movement with Faye Edwards	<b>11:30 – 12:00</b> Mum & Baby Postnatal Strength with Strong Mums Club	<b>11:20 – 11:50</b> Stay Sassy: Empowerment Dance Class with Steph Elswood
<b>11:30 – 12:00</b> The Kardy Fitness Fun Party	<b>12:15 – 13:45</b> FIGHT KLUB Tent Takeover	<b>12:05 – 12:35</b> Self Defence with Fran Bratke
<b>12:00</b> Community 5K - Wave 1 (start line)	<b>14:00 – 14:25</b> Zumba with Mamacita	<b>12:40 – 13:10</b> PilatesCOREuk - Mat Pilates with Kim Karlsson
<b>12:15 – 12:45</b> Shuffle Dance with Charley McGee	<b>14:30 – 14:55</b> Mobility Mojo Yoga with Celest Pereira	<b>13:15 – 13:45</b> Shesensu with Tara Lee Oakley
<b>13:00 – 13:25</b> HulaFit with Carla Rose	<b>15:00 – 15:25</b> Below Di Belt Line Dance with Fitzroy Gaynes	<b>13:50 – 14:15</b> Sober Girl Society Q&A with Millie Gooch & The Fitness Network Podcast host, Olivia Stott
<b>13:30</b> Community 5K - Wave 2 (start line)	<b>15:30 – 16:00</b> Carnivalvibes with Zalah Arts	<b>14:20 – 14:50</b> Lunges in Leggings with Liz Coleman - Gentle Flow and Mindful Movement Practice
<b>13:30 – 13:55</b> Disco Yoga with Sarah Hunt	<b>16:00PM</b> Close - Go To Main Stage	<b>14:55 – 15:25</b> Styled By Sian: Find Your Seasonal Colour Palette to Boost Your Confidence
<b>14:00 – 14:25</b> *Full Body Strength with India Morse		<b>15:30 – 16:00</b> The Wellness Warrior: Kryas & Power Flow
<b>14:30 – 15:00</b> AzontoBox with Edem		<b>16:00</b> Close - Go To Main Stage
<b>15:00</b> Community 5K - Wave 3 (start line)		
<b>15:15 – 15:45</b> Hot Steppers UK with Ify Obanye		
<b>16:00 – 17:00</b> FIGHT KLUB Experience		
<b>17:00 – 17:15</b> Beatboxing from Kimmy Beatbox		
<b>17:15 – 17:45</b> Reggae Aerobics with Chrystle Perkins		
<b>17:45 – 18:00</b> Ministry of Sound DJ		
<b>18:00</b> Event Close		

## [Hackneymoves.com](https://hackneymoves.com)

Your participation in any fitness class is at your own risk. Neither Motiv Sports UK Limited or any member of its group accepts any liability in respect of any injury you may incur in connection with such participation. Children under 15 must be supervised by an adult over 18.

For more detailed information on the festival line up scan here.



# SUNDAY TIMETABLE

Plan your day - Pre Half Marathon preparation and post event recovery.

07:00 - 16:00

**07:00 - Hackney Moves opens** - On Sunday we will help you prepare for the half marathon, recover, relax and celebrate in style. With energizing music from the main stage from 07:00 and warmups across site from 08:00, you will be pumped and ready to go for the start of the race from 09:00.

**08:10 - NEW warm-ups across site** - New for this year, we have increased the warm ups from the main stage PLUS introduced a variety of stretch, mobility and breathwork sessions in the House of Fitness and the House of Ministry.



**From 09:00** - The Wizz Air Hackney Half marathon starts

**Post half marathon recovery, relaxation and celebration** - We have your post-race recovery sorted this year with a wide variety of cool down and relaxation sessions available on the main stage, in the House of Fitness and the House of Ministry.

From recovery yoga to sound baths and fascia ball foot recovery to breathwork and mindfulness, you can warm down in safe hands. All sessions are open to all so bring your family and friends to chill with you.



**Let's celebrate...** - Now the hard work is done you can kick back, relax and enjoy the amazing line up of live entertainment we have in store from the main stage.



## MAIN STAGE

**7:00 - 16:00**  
Ministry of Sound DJ's James Haskell, Maia Beth & Sarah Bo Parker

**8:10 - 8:20**  
Warm up with Runna

**8:25 - 8:35**  
Warm up with Runna

**8:40 - 8:50**  
Warm up with Runna

**8:55 - 9:05**  
Warm up - Running Drills with Nazrin, sheRUNS

**FROM 9:00**  
Wizz Air Hackney Half Marathon

**9:10 - 9:20**  
Warm up with Drip - Courtney Fearon

**10:15 - 10:45**  
Exhale and Flex with Sam Purnell, Waking Dreams

**11:00 - 11:30**  
Hackney Smooth Yoga with Celest Pereira

**11:45 - 12:15**  
Recovery Stretch with The Rogue Room

**12:30 - 13:00**  
Paigey Cakay Post Race Interview and Performance

**13:10 - 13:50**  
Live Music from the Stone Jets

**14:00 - 14:10**  
Beatboxing from BeatFox

**14:15 - 14:45**  
Live Music from Storry

**14:55 - 15:05**  
Drum Works

**15:05 - 15:45**  
Dabbers Family Drag Bingo with Drag King Host Richard Energy

**15:45 - 16:00**  
Ministry of Sound DJ Sarah Bo Parker

**16:00**  
Event Close

## HOUSE OF FITNESS

**7:45 - 14:30**  
DJ Carmen London

**8:10 - 8:20**  
Pre-race Stretch & Mobility with Nazrin, sheRUNS

**8:25 - 8:35**  
Pre-race Stretch & Mobility with Nazrin, sheRUNS

**8:40 - 8:50**  
Pre Race Warm-Up with Sam Purnell, Waking Dreams

**8:55 - 9:05**  
Pre Race Warm-Up with Sam Purnell, Waking Dreams

**10:15 - 10:45**  
BodyBlitz with FITTHIS

**11:00 - 11:25**  
Recovery Yoga with Fran, FITTHIS

**11:30 - 11:55**  
Revive and Recharge Yoga with Dr Nneka

**12:00 - 12:25**  
CircL Mobility with Master Trainer Sabrina Ferro, Woman UP

**12:30 - 13:00**  
Fascia Ball Yoga For Foot Recovery with Nita Lorenzano, Waking Dreams

**13:15 - 13:45**  
\*Post-race Stretch and Cool Down with India Morse

**14:00 - 14:30**  
Finish Line Flex & Stretch with Abi Skipper

**14:30**  
Close - Go To Main Stage

## HOUSE OF MINISTRY

**7:45 - 14:30**  
DJ Reuben & Maia Beth

**8:15 - 8:35**  
Pre-race Stretch & Nervous System Regulation with Courtney Fearon & Jess Parkinson

**8:40 - 9:00**  
Pre-race Stretch & Nervous System Regulation with Courtney Fearon & Jess Parkinson

**9:05 - 9:30**  
Breathwork to Calm The Nervous System & Reduce Anxiety with Jess Parkinson

**9:35 - 10:00**  
We Are Boogie Sound: Music, Mindfulness, Movement

**10:05 - 10:25**  
Swell: The Power of Sound with Brian D'souza & Dr Michelle Ulor

**10:30 - 10:55**  
Runners Recovery with Better

**11:00 - 11:25**  
Ministry Mobility with Karis Weller

**11:30 - 11:45**  
Swell: Soundscaping Immersive Experience

**11:50 - 12:20**  
Omni Wellness Pilates with Aimee Victoria Long

**12:30 - 13:00**  
Sound Bath: Reset, Focus and Relax with Sound Mirror

**13:05 - 13:40**  
Breathwork for Emotional Release with Josh Connolly

**13:45 - 14:10**  
Lingo

**14:10 - 14:30**  
Closing DJ Set with Maia Beth

**14:30**  
Close - Go To Main Stage

[Hackneymoves.com](https://www.hackneymoves.com)

Your participation in any fitness class is at your own risk. Neither Motiv Sports UK Limited or any member of its group accepts any liability in respect of any injury you may incur in connection with such participation. Children under 15 must be supervised by an adult over 18.

For more detailed information on the festival line up scan here.



Join us for Hike  
for Health 2024  
Sunday 29th September

Choose your distance –  
there's something  
for everyone.  
5km, 10km or 15km



Sign up now  
[bartscharity.org.uk/hikeforhealth](https://bartscharity.org.uk/hikeforhealth)



**THANK YOU  
MO LEGENDS!**

You've taken on Hackney Half Marathon, and helped  
change the face of Men's health. We think you're  
awesome!

Join us for more epic challenges and be a part of  
something incredible



**EVERY STEP COUNTS**  
GIFT A SMILE, WITH EVERY MILE



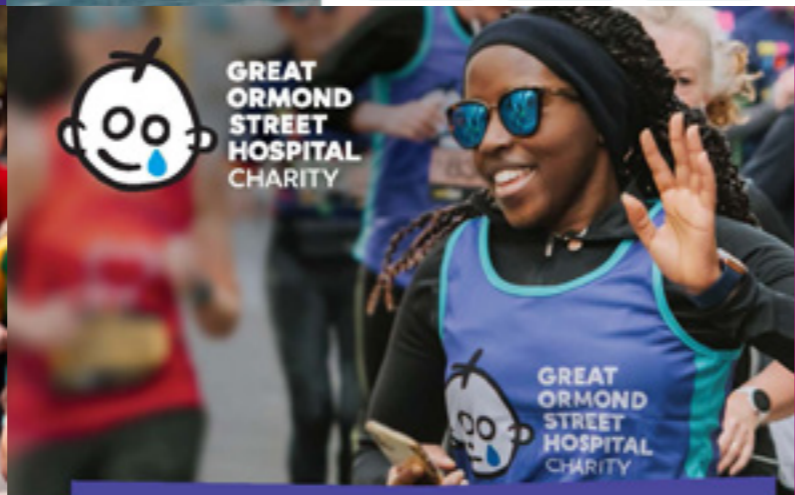
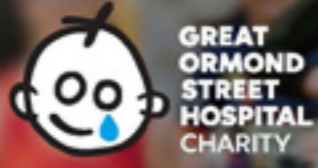
**AREAS OF  
OPERATION**

- IRAQ
- YEMEN
- LEBANON
- AFGHANISTAN
- PAKISTAN
- KENYA
- TANZANIA
- GAZA &  
SURROUNDING  
REGIONS



**PROJECTS & CAUSES**

- ORPHAN SUPPORT
- FOOD AID
- WATER AID
- MEDICAL AID
- EMERGENCY AID
- HOUSING & SHELTER



**GOOD LUCK  
YOU'VE GOT THIS!**

Every day, around 750 children and young  
people are seen at Great Ormond Street  
Hospital (GOSH) for life-changing  
treatment and care.

Join TeamGOSH for the  
Hackney Half Marathon and  
help us create a better future  
for seriously ill children today.

[gosh.org/hackney-half-marathon](https://gosh.org/hackney-half-marathon)

Registered charity no. 1160024.

Join  
TeamGOSH  
today!



**SPECTATOR & CREW  
INFORMATION**

**TO ALL THE DEDICATED FANS OUT THERE WHO HAVE LISTENED TO THE WEEKS OF TRAINING RUN HIGHS AND LOWS, ENDURED PASTA FOR TEA EVERY NIGHT FOR THE LAST WEEK, AND HAVE PUT BLOOD, SWEAT AND TEARS INTO THEIR BANNERS – WE LOVE YOU! TO US, YOU ARE NO SPECTATOR..YOU ARE A SPECTATHLETE! YOU ARE WHAT MAKES THE WIZZ AIR HACKNEY HALF SO SPECIAL TO THE RUNNERS. BUT RACE DAY ISN'T JUST FOR THE RUNNERS ANYMORE. WE'VE TAKEN THE HARD-WORK OUT OF BEING A FAN, SO ALL YOU HAVE TO CONCENTRATE ON IS BRINGING THE CHEER.**

The buzz on race day is electric. We're expecting supporters in their thousands to come out and cheer on the incredible runners who are taking on the Wizz Air Hackney Half 2024.

The Festival Village in the southern end of Hackney Marshes will be open from 07:00 and is the prime spot for seeing the race start and finish. Or why not follow the Fan Hub walking route – you'll be able to walk between each one faster than your runner, so you'll get to see them whizz past you more than once.

**TRACKING RUNNERS:**

Once the runners have crossed the start line, family, friends and fans will be able to track participants throughout the route on the official tracking website. The link will be available on event day at [www.hackneymoves.com](https://www.hackneymoves.com)

**HALF MARATHON RACE  
START 09:00:**

The half marathon will start at 09:00 in Hackney Marshes. The first runners are expected back just after 10:00, with majority of runners crossing the finish line between 11:00 and 12:00.

**INFORMATION POINTS**

We have a Help Desk in the middle of the Festival Village and look out for the marshals roaming around the village wearing red hi-vis vests. They can help you with any questions and provide directions.

**ROUTE ENTERTAINMENT**

Around the half marathon route, every mile will be lit up with entertainment. Show your love for the performers on route by clapping, stamping, jiving, whistling and more!

- Mile 1 - Tune Trucks
- Mile 2 - Hosen Brass Band
- Mile 2.2 & Mile 4 - Electric People
- Mile 3.1 - La Mix Trax
- Mile 5.5 - Hackney Empire Choir
- Mile 6.9 - Taiko Drumming School
- Mile 8 - Brass Bound
- Mile 9.5 - DJ G
- Mile 10.2 - Pantonic Orchestra
- Mile 10.7 - West End Choir
- Mile 11.5 - Single Homeless Project
- Mile 12.7 - Drumworks

**CHARITY AND RUN CREW  
CHEER POINTS**

A few awesome charities and run crews will be cheering runners on the half marathon route. Feel free to join, yell and wave with them.

**VOLUNTEERS**

We couldn't bring such an amazing weekend to you without the time and support provided by volunteers. Look out for them throughout the day, providing energy and cheer in their many different roles from welcoming, marshalling, energy and hydration giving, pacing and rewarding. Do give them a big thanks when you see them and if you want to get involved head to <https://www.hackneymoves.com/volunteer>

# SPECTATOR WALKING ROUTE

This alternative route map is tailored for spectathletes (fans and spectators) to highlight how you can get around the route to cheer on your runners at multiple locations. And what's more, you won't ever need to cross the route to see it all.

The full walking route is 3.87 miles long and we've highlighted the best viewing points along the route that have DJs playing and should allow you to see your runners three times.

If you're walking at a 4mph pace, you should be able to see a 1hr 15 runner at all three points.

Please note that in order to avoid crossing the route you must start on the south side of Homerton Road.

## FAN HUB 1 ADDRESS

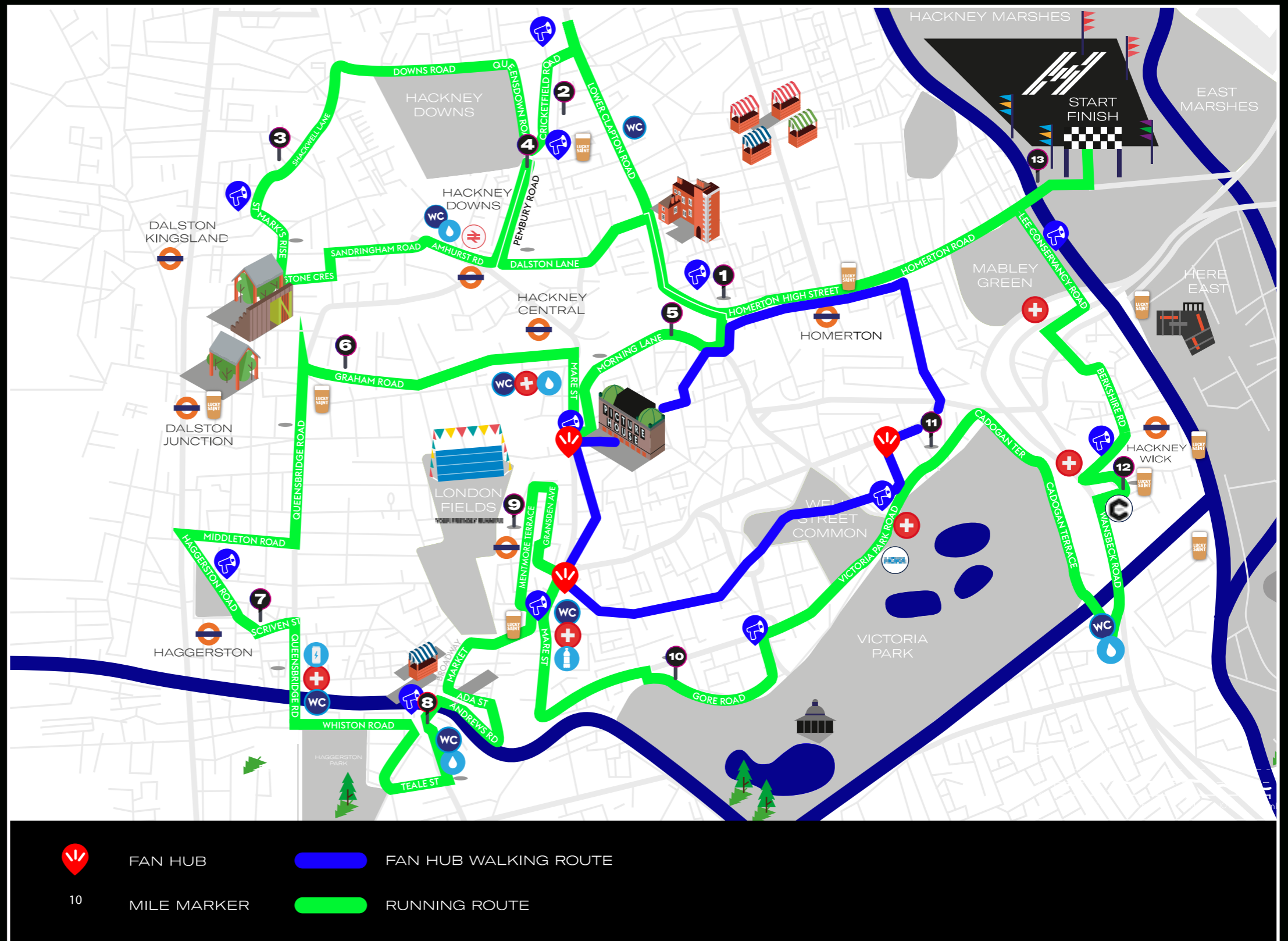
Outside Hackney Town Hall, Mare St, London E8 1EA  
[///knots.punt.blur](http://knots.punt.blur)

## FAN HUB 2 ADDRESS

117 Mare St, London E8 4RU  
[///bounty.normal.ankle](http://bounty.normal.ankle)

## FAN HUB 3 ADDRESS

Outside 255 Victoria Park Road, London, E9 5DY  
[///debit.frame.cowboy](http://debit.frame.cowboy)



### FESTIVAL VILLAGE TO FAN HUB 1:

Distance from Start Line to Hub 1: 1.55 miles  
 Time to walk at 4 mph: 24 minutes  
 First runner to pass by approx: 09:23

### FAN HUB 1 TO FAN HUB 2:

Distance from Hub 1 to Hub 2 = 0.5miles  
 Time to walk at 4pmh = 10 minutes  
 First runner to pass by approx 09:40

### FAN HUB 2 TO FAN HUB 3:

Distance from Hub 2 to Hub 3: 0.77 miles  
 Approximate time to walk at 4 mph: 12 minutes  
 First runner to pass by approx: 10:00

### FAN HUB 3 TO FESTIVAL VILLAGE:

Distance from Hub 3 to Festival Village: 0.62 miles  
 Approximate time to walk at 4 mph: 10 minutes

**Out of breath.  
Full of pride.**

**Go team  
Alzheimer's  
Society!**

Thank you to all of our amazing runners taking part in the **Hackney Half Marathon**.

Every step you take is one closer to leading dementia research breakthroughs. So get out there, find your stride, and feel full of pride for helping everyone living with dementia.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.



**Together, we can  
stop dementia  
devastating lives.**

**Search 'Alzheimer's Society  
Running' to choose your  
next challenge.**

 **Alzheimer's Society**

[alzheimers.org.uk/running](https://alzheimers.org.uk/running)

# FIGHT FOR HOME

[Click here to join Team Shelter](#)

Thank you to our amazing runners!



Registered with the FUNDRAISING REGULATOR

Run to end homelessness

Join our team  
[mungos.org/hackney](http://mungos.org/hackney)

stMungo's

## Join Team Macmillan for the Hackney Half

Without you we wouldn't be able to do whatever it takes to support people affected by cancer.

Use your own place to join now at [www.macmillan.org.uk/fundraise/charity-runs/hackney-half-marathon](http://www.macmillan.org.uk/fundraise/charity-runs/hackney-half-marathon)

Good luck Team Macmillan, we cannot wait to cheer you all on!

MACMILLAN  
CANCER SUPPORT



Charity No. 1149085



Everyone deserves a place to call home.

Run for  Single Homeless Project this Hackney Half.

This is Kevin and his support worker, James.

He took on the Hackney Half for us in 2023, but just a few years before, he was sleeping on London's streets.

After we supported him out of homelessness, he raised vital funds to help other Londoners find a place to call home. Now it's your turn.

Sign up to run for #TeamSHP today and help transform lives:

[www.shp.org.uk/hackneyhalf](http://www.shp.org.uk/hackneyhalf)



Thank you

You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at [cruk.org/team](http://cruk.org/team)



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024



Together we are beating cancer



# EXCLUSIVE PARTICIPANT TICKET RELEASE ON SUNDAY 19 MAY 2024

Further details coming soon.  
Sign up [here](#) or visit [HACKNEYMOVES.COM](https://HACKNEYMOVES.COM)  
to be the first to hear more!

# THANK YOU

**EVENT DAY IS ONLY POSSIBLE WITH THE HELP AND SUPPORT OF OUR VOLUNTEERS, PARTNERS, HACKNEY RESIDENTS, LOCAL BUSINESS AND ORGANISATIONS WHO PULL OUT ALL THE STOPS AND GO THE EXTRA MILE TO MAKE IT A DAY TO REMEMBER.**

Thank you to Hackney Council, for their continued commitment and dedication to this iconic event. Their support has helped shape the half-marathon and festival experience into a unique and unmissable fitness event for East London community. Thank you for inspiring schools, residents and businesses to get active and celebrate Hackney.

To all our incredible partners, who help support both on and off the course to provide participants with valuable and memorable moments. Thank you for making the Wizz Air Hackney Half one of the biggest half marathons in the UK!

Race day wouldn't be possible without our fantastic volunteers, whose support helps bring the event to life. From cheering on runners, keeping them fuelled and hydrated, to helping the day run like clockwork. We want to give a special thank you to all volunteers and volunteer groups.

And lastly, thank you to all the amazing bands, DJ's and entertainment featured on the route and within the Village. You help bring the vibes and atmosphere to make the weekend epic!

## AND THANKS TO YOU...

For being part of the Wizz Air Hackney Half 2024. We can't wait to see you at the start line!

Partners

