

On your marks, get set...

Make sure you're ready for the Virgin Money London Marathon this weekend.



Picture: Virgin Money London Marathon

Setting the pace: Hundreds of thousands of runners will take on the marathon course this Sunday

THIS year's race, which takes place on Sunday, is expected to be the biggest yet - with hundreds of thousands of spectators and runners taking to the streets.

TfL is urging runners, spectators and motorists to plan journeys in advance.

The route will take runners past some of London's most famous landmarks, so visitors are advised to plan their day carefully and avoid busy areas - in particular Greenwich town centre, Cutty Sark and Tower Bridge.

Some roads will be closed, with central London particularly affected, including changes to bus services. Many stations are also expected to be busier than usual.

TfL Travel Ambassadors in magenta uniforms will be out on the day at Tube and DLR stations along the 26.2-mile route, providing travel information and assistance to customers.

Motorists are advised to plan ahead [see traffic box] and if possible avoid driving near the affected areas, or travel at a different time. It is also advisable to allow longer than usual for journeys.

■ For detailed travel advice and to plan your journey visit tfl.gov.uk/plan-a-journey

Free race day travel for participants

ALL runners, race officials and on-duty St John Ambulance volunteers will be able to travel for free from early morning until 6.30pm on London Underground, London Buses, London Overground, DLR and Tram by showing their race number, official's course pass or tabard.

Get a good view

THE following stations are located close to marathon mile markers:

Mile 9

Canada Water (Jubilee line)

Mile 12

London Bridge (Jubilee and Northern lines)

Mile 13 and 22

Tower Hill (Circle and District lines)

Between Mile 14 and 15

Canary Wharf (Jubilee line)

Advice for DLR strike

STRIKE action is scheduled to take place on the Docklands Light Railway (DLR) from 4am on Friday until 3.59am on Tuesday.

The strike has been called over a dispute between the RMT union and KeolisAmey Docklands, which operates the DLR on behalf of TfL.

Should the strike go ahead, all other TfL services will run as normal but some may be busier than usual, especially from Canary Wharf, Canada Water, London Bridge, Canning Town, Bank and Stratford stations. The Central, District, Jubilee, and Hammersmith & City lines in east London may also be affected.

Extra buses will run along the DLR route, and Travel Ambassadors will be on hand to help.

Where possible, limited DLR services will be run to enable participants in the marathon to travel to ExCeL to register, and for runners and supporters to reach the race route.

Live update feeds are available on Twitter: @LondonDLR, @TravelAlerts, @TfLTrafficNews and @TfLBusAlerts. TfL's Travelbot can also provide travel advice via Facebook Messenger.

Checking your ReTweets?



Check your travel



See if your latest witticism has been ReTweeted by a celeb. Or just by your mum. Then check your journey on public transport and roads.

Search TfL Check your travel

Traffic information for the capital

For a full list of traffic information, go to tfl.gov.uk/trafficnews

Central London area Today, 3pm until 11pm

There will be various road closures in place this afternoon for the Commonwealth Heads of Government Meeting. Roads affected include Park Lane, Hyde Park Corner and Pall Mall.

Westminster area Saturday, 9.30am until 11.30am and Monday, noon until 7pm

On Saturday, Whitehall will be closed in both directions between Parliament Square and Horse Guards Avenue for a ceremonial event.

On Monday, a group will form at Leicester Square before marching to Parliament Square via Pall Mall East,

Trafalgar Square and Whitehall. There will be traffic holds in place.

Wembley Stadium Saturday, 2pm until 9pm, and Sunday, noon until 7pm

Kick-off for the FA Cup semi-final between Manchester United and Tottenham is at 5.15pm on Saturday, while the second semi-final between Chelsea and Southampton kicks off at 3pm on Sunday.

The area will be busy before and after both games, with roads affected including the A406, A1, A40, Harrow Road, Wembley High Road and roads around the stadium.

London Marathon Sunday, 6.30am until 7pm

There will be extensive road closures for the marathon, from Greenwich

Park to St James's Park. Central closures will include all approaches to Commercial Road, Upper Thames Street, Tower Hill and Victoria Embankment. Tower, Southwark and Westminster Bridges will all be closed, as will Rotherhithe and Limehouse Link Tunnels. East India Dock Tunnel will be closed westbound. Roads will be re-opened in phases.

Parliament Square Tuesday, 7am until 1pm

There will be lane closures on the south and west side of Parliament Square from 7am to prepare for the unveiling of a statue. From 9am, roads around the Square will be closed, including Whitehall, Bridge Street, Great George Street and parts of Millbank and Victoria Street.

For more articles and to keep up to date with TfL announcements, visit tfl.gov.uk/news

London travel advice: plan your journey now

tfl.gov.uk

24 hour travel information
0343 222 1234*

Sign up for email updates
tfl.gov.uk/emailupdates

tfl.gov.uk/socialmedia

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply. See tfl.gov.uk/terms for details.

Newspapers left on the Tube can jam doors and cause delays to your journey. Take your newspaper with you or put it in a recycling bin.

The views expressed are those of TfL only and are not those of Metro.