

London Marathon 2023 FAQs

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How do I apply for a St Gemma's London Marathon place?

You can apply for one of our places on our website: events.st-gemma.co.uk/events/London-Marathon

You can also apply over the phone – please call 0113 218 5197 and we will talk you through the application form.

When will I find out if my application was successful?

Applications for our places will close at 5pm on 7th November 2022. All applicants will be informed of their outcome by 23rd November 2022.

How far is the London Marathon?

The London Marathon is a standard marathon distance of 26.2 miles.

How hard is the London Marathon? How fit should I be?

Marathons are generally one of the toughest challenges a person can take on both physically and mentally. It is really important you find a good training programme that works for you and will help build your fitness and stamina gradually to prevent injury and ensure you are marathon-ready.

A training plan of 16-20 weeks (or 4-5 months) is generally recommended for beginners, however some people may find they need more or less than this. There are lots of free plans and advice online, including on the London Marathon website.

What kit do I need?

The most important piece of kit will be a good pair of running shoes. These will ensure you are comfortable when running and will also reduce the risk of injury. It is also advisable to make sure these are 'broken in' well in advance of running a marathon.

Other kit/equipment you may need includes:

- Comfortable running clothing
- Accessories such as a cap or gloves to keep you comfortable while running in different types of weather
- Items such as water, energy gels or jelly babies to keep your hydration and energy levels up

How much do I need to raise?

We ask that anyone taking up a St Gemma's charity place for the London Marathon raises a minimum of £1,750 for the Hospice. All sponsorship should be sent to the Hospice no later than 6 weeks after the marathon (by 5th June 2023).

What if I can't raise the minimum sponsorship?

This is a very common worry, however reassuringly the vast majority of our supporters reach their target and even exceed it!

We work with our supporters on a case-by-case basis and offer as much support as possible to ensure they can reach their fundraising targets.

We ask anyone taking on a challenge with a minimum sponsorship requirement to let us know as soon as possible if they have any concerns about reaching the target so we can offer advice and support.

What can I expect from St Gemma's Hospice?

We want to make sure you feel supported during your training and fundraising and on the big day! While we're not able to join you at the London Marathon, we can support you in the following ways:

- Providing a fundraising pack with resources and ideas to help you reach your target
- Providing a running T-shirt or vest so you can represent the Hospice while your training and on the day
- Offering the opportunity to have a 1-to-1 chat about your fundraising ideas

- Being a point of contact to address any queries you may have about the event or fundraising
- Offering the opportunity to connect with your fellow London Marathon runners through a Facebook group and in-person meet-up

Are there any restrictions on who can enter?

Any person taking part in the London Marathon must be aged 18 years or older when the event takes place on 23rd April 2023.

It is generally advised that you have a good level of health and fitness to take part in this event.