



asics | LDN X

PARTICIPANT

GUIDE

11.10.2026

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WELCOME

Thank you for joining us for the **2026** edition of **ASICS LDNX 10K!** Whether you are here to smash your personal best or taking on your very first 10k challenge, we cannot wait to cheer you across the finish line. This guide is packed with essential event day information. Please take a few minutes to read through it carefully so your event day runs as smoothly as possible.

Here's a summary of where you can get all the information you need:

THIS GUIDE



EMAILS



ONLINE INFO HUB



SOCIAL MEDIA

EVENT PACKS

YOUR EVENT PACK

You'll need your Event Pack to take part. It contains your unique race bib. If you live in the UK, your Event Pack should arrive by Friday 9 October.

PACK COLLECTION LOCATION AND TIMES

For replacement packs and international collection, our team will be located at the **ASICS Oxford Street store** the day prior to the event at the time below. Full details [HERE](#).
Sat 10 October 10:00 - 18:00

asics | LDN^X

24082

B.SMITH

WAVE COLOUR: BLUE

EXCHANGE FOR T-SHIRT AT FINISH LINE

YOUR NAME!

EXCHANGE FOR A T-SHIRT

Please note, this will only appear on your bib if you purchased a Standard or Full entry, or if you added a T-shirt upgrade to your entry.

YOUR START WAVE COLOUR

PERSONAL TIMING CHIP

YOUR BIB EXPLAINED

OFFICIAL NUMBER

IMPORTANT
Please complete these safety details

OneASICS™ today: Enjoy 90-day free returns, unique events, early sales access and free delivery. Keep moving with exclusive benefits.

This form must be completed before participating in the event. If unable to take part then please do not give this number to anyone else.

Full name and date of birth	
Emergency contact: Full name and telephone number	
Medical conditions (eg. Heart Disease, Asthma, Diabetes)	
Current Medication	
Allergic to any medications?	
Details of anyone with you on event day: Full name & telephone number	

Please do not fold or remove the above timing tag and keep your number displayed at all times.

LDNX 2026 POWERED BY ASICS

Founded on the belief that a Sound Mind lives in a Sound Body, ASICS is bringing that philosophy to life throughout event week in London.

As you prepare to take on LDNX on Sunday 11 October, make sure you join ASICS during the lead-up to event day. Whether you're joining a shake-out run, seeking expert product advice at the ASICS Oxford Street store, or simply soaking up the pre-event atmosphere, it's the perfect opportunity to get event-ready.

Sign up to OneASICS to unlock exclusive member rewards and experiences [HERE](#).

Find out more about ASICS at this year's LDNX [HERE](#).

JOIN ONEASICS™ TODAY



Unlock exclusive member benefits:

- 90-day free returns
- Early access to sales and events
- Free Delivery
- Birthday rewards

Your membership is just the beginning, let's keep moving forward, together.

Sign up today to experience exclusive perks on event day

JOIN ONEASICS

HOW TO GET THERE

Wembley is a public transport destination, using public transport is the only way to guarantee a timely and stress-free arrival.

PUBLIC TRANSPORT:

Wembley is served by three major stations, providing excellent connections across London and beyond.

Wembley Park Station: This is the primary recommended station. It is served by the London Underground Jubilee and Metropolitan lines, and is located in Travelcard Zone 4.

Wembley Stadium Station: This station is served by Chiltern Railways and offers the fastest route from central London, with a journey time of only 9 minutes from London Marylebone.

Wembley Central Station: This station offers the most service options, served by the London Underground Bakerloo line, London Overground, London Northwestern Railway, and Southern services. It is a slightly longer walk of around 15-20 minutes to the event area.

YOUR OWN VEHICLE:

Limited car parking is available at the Red Car Park only - please note that the Green and Pink car parks will not be open for parking on the day.

To help plan your journey refer to the [following](#).



WHAT TO BRING

EVENT PACK

Ensure your bib is attached to the front of your shirt with 4 safety pins (we do not supply these).



WATER

If you would like water before or during your challenge, please bring it with you, as there will be no water stations on the route. Our Official Water Supplier, South Downs Water will be waiting for you at the finish line with their recyclable and sustainable still natural mineral water cans.

ESSENTIAL CARDS

Payment for transport and any other purchases.



SUPPORTERS

There's plenty of fun to enjoy off the course, too! Your supporters can look after your belongings while you run, so there's no need to use the Bag Drop.



APPROPRIATE CLOTHING

Check the forecast before you come and adjust your clothing accordingly - being October, it could be raining or it could be warm and sunny! Ensure you have layers and a waterproof layer you can wear if needed, and if the sun is out we also suggest a cap, sunglasses and sun cream.

IF YOU ARE UNWELL, FOR THE GOOD OF YOURSELF AND OTHER PARTICIPANTS, PLEASE DON'T TAKE PART.

WHEN TO ARRIVE

To help provide a safe and enjoyable experience for everyone, participants will be released in staggered start waves. Your bib number is linked to your allocated start wave, which has been assigned based on the estimated finish time you provided when entering the event.

Please make a note of the time your wave is due to be called from the start access area into the start channel, and make sure you arrive in plenty of time to be ready.

Remember to allow extra time if you plan to use the toilets or bag drop before your start.

The start access area is located in Wembley's Green Car Park. To access it, make your way to Olympic Way (the wide pedestrian boulevard leading to the front of Wembley Stadium) and follow the event signage to the Start Access Area.

Details of your allocated start wave and start time will be emailed to you by **Thursday 1 October**.

START WAVE NUMBER	START WAVE COLOUR	TIME CALLED INTO START PROCESS	ESTIMATED START TIME
1	GREEN	08:25	09:00
2	PINK	08:31	09:06
3	BLUE	08:37	09:12
4	YELLOW	08:43	09:18
5	RED	08:49	09:24
6	PURPLE	08:55	09:30

BAG DROP

A bag drop facility will be available on event day. However, to avoid queues, we recommend leaving any belongings with family or friends wherever possible.

If you do need to use the bag drop, it is located in the Undercroft – the area beneath and behind the Olympic Steps at the front of Wembley Stadium. Simply follow the event signage or ask one of our friendly volunteers, who will be happy to direct you.

- We suggest you arrive at least 30 minutes before your wave's start access time.
- Only one small bag is permitted (e.g. a small rucksack or small sports bag). You can join any bag drop queue on arrival – queues are not linked to your bib number or name.
- Please ensure all your belongings are packed into your bag before reaching the front of the queue.

When you hand over your bag, you will be given a numbered wristband. Keep this on throughout the event, as you will need it to collect your

bag. Please note that the wristband number does not correspond to your bib number.

After completing your 10K, return to the same lettered bag drop queue. If you're unsure which queue you used, simply check the letter on your wristband. Show your wristband at the front of the queue and your bag will be returned to you.



ROUTE MAP

Make the most of event day by discovering what is waiting for you along the route. From cheerleaders and live music acts to partner cheer zones and plenty of surprises, there'll be entertainment at every stage as you take on Wembley's largest 10K.

**SEE ROUTE
ENTERTAINMENT**

- A ARUK CHEER ZONE**
- B THE STEEL PANTHERS**
- C TUNE TRUCK**
- D IBIZA PERCUSSION BAND**
- E PANTASY STEEL BAND**
- F CHEERLEADERS ZONE**
- G LAP OF HONOUR**
- H CHAMPIONS WAY**
- I ROCK CHIOR**
- J TUNE TRUCK**
- K HARIBO HANDOUT**
- L ASICS CELEBRATION ZONE**
- M OFFICIAL AFTERPARTY AT BOXPARK**



ROUTE SAFETY

VEHICLES

Emergency vehicles may need access to the route. Stay alert and follow instructions.

HYDRATION

There is no water station on the course, please bring your own water to carry on the route, if required. Water is provided at the finish.

SICKNESS

Feeling unwell? Tell a marshal. Medical vehicles, including motorbikes, may move around the course.

HEADPHONES

Allowed but discouraged. Wear in one ear only, use low volume or transparency mode so you can hear instructions.

WALKING

If walking, please keep left to allow others to pass on the right.

STAY AWARE

Watch out for hazards, street furniture, and uneven surfaces.



POST FINISH

**OFFICIAL
AFTER
PARTY**

BOXPARK

STEP FIVE

Keep the celebrations going at the official after party at BXPARK Wembley. Bring your supporters and enjoy live music, great food and an unbeatable post run atmosphere.

FIND OUT MORE

CELEBRATE WITH ASICS

You'll be welcomed back by the ASICS Celebration Zone. Snap your celebration photo and, if you're a OneASICS member, pick up an exclusive giveaway!

TOP TIP

If you're meeting friends and family don't forget to pick a specific meeting point before you start your 10K as the finish area will be busy.

FINISH LINE

STEP ONE

Cross the finish line and pick up your epic finisher medal.

STEP TWO

**SOUTH
DOWNS.**

Collect your South Downs Water.

STEP THREE

HARIBO

Refuel with Haribo

STEP FOUR

asics

Celebrate with Asics.

THANK YOU

On behalf of our partners and the entire team, thank you for being part of the second edition of ASICS LDNX. We are thrilled to have you with us and cannot wait to share an unforgettable event day experience.

We look forward to seeing you out on the course, cheering you across the finish line, and celebrating everything we have built together. Thank you for making this community what it is.



sound mind, sound body

ALZHEIMER'S
RESEARCH UK

FOR A
CURE

HARIBO

runna by STRAVA

JustGiving™

SPORTOGRAF.COM



SOUTH
•
DOWNS

Wembley
Park

A.S.O. UK

VOLUNTEERS

We have a fantastic team of volunteers signed up and looking forward to seeing you on event day – please do say hello to those that you see! We would love to add more

numbers to the team so if you know of anyone, or any group, that might like to volunteer at the event please do ask them to check out how to get involved and sign up [HERE](#).

Make moves. Earn rewards.

Our all-new **OneASICS™** membership gives you next-level access to rewards.



Free 90-day
gear trials



Members-only
offers



VIP experiences
and events



Scan here and sign up
to OneASICS™



More energy to move body and mind



Scan here for more info

SUPERBLAST 3



THANK YOU!

Research can make the heartbreak of dementia a thing of the past. And, thanks to people like you, life-changing breakthroughs and treatments are on the horizon.

Thank you to all of our amazing Alzheimer's Research UK runners who are taking part in LDNX. Together, we are fuelling the search **for a cure**.

To run for us at LDNX, or take part in any of our upcoming sporting events, visit: alzres.uk/events

**ALZHEIMER'S
RESEARCH UK** **FOR A
CURE**

Registered charity numbers - 1077089 & SC042474

Runna by STRAVA

Your personalised running coach

With tailored training plans to achieve your goals. From running a faster 5k to finishing your first marathon.



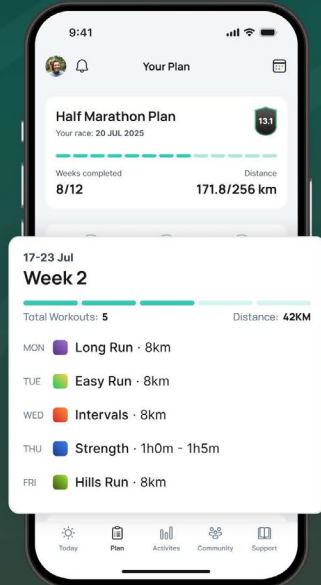
Plans for any Goal

Beginner to elite, we've got you covered for any goal

- Get Fit Plan**
8 weeks
- 5K Improvement Plan**
8 weeks • 5km
- 10K Plan**
10 weeks • 10km
- Half Marathon Plan**
12 weeks • Half Marathon
- Marathon Plan**
16 weeks • Marathon
- 50km Ultramarathon Plan**
16 weeks • 50km
- ...and 10+ more

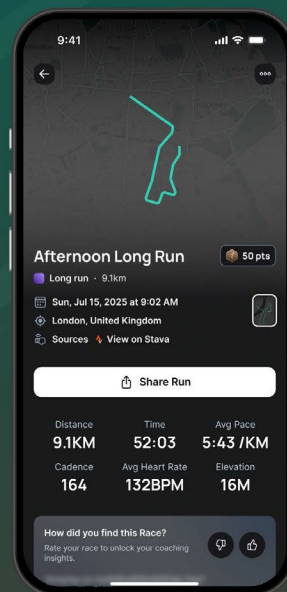
Training Plans

Personalized training plans with a variety of exciting workouts



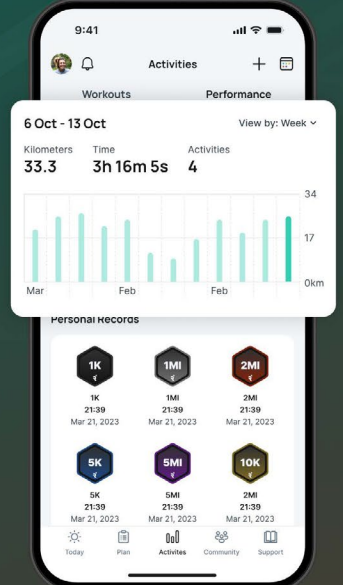
Record Activities

Record your workout or free run on your phone, watch or treadmill



Track Performance

See how you're progressing against your training plan & PB's



Scan the QR code for your exclusive joining offer!

