



Runners Requiring Assistance – Policy

Run South London is committed to accessibility and inclusion for all participants. We provide designated places for runners, wheelchair users and any other participants who require assistance, to support with mobility, medical conditions, or any other needs.

Support Runners

Participants who require additional support may apply for a free support runner place. Please contact support@runsouthlondon.com to request your supporter runner entry.

- Run South London will allocate support runner places on a first-come, first-served basis and they may be subject to event and distance capacity limits.

Eligibility & Verification

- Supported places are for runners, wheelchair users and other participants who require physical assistance on the route (e.g., wheelchair users, individuals who are neurodivergent, have a physical disability, sensory impairment or with medical conditions and require support).
- To qualify for a support runner place, we ask you to provide one of the following as verification:
 - DLA/PIP/Attendance Allowance letter
 - National Disabled Identification (DID) Card
 - Recognised Access Card (with +1 requirement)
 - Specialist medical consultant letter stating the need for support
 - Armed Forces Independent Disability Payment or War Disablement Pension
- There are separate eligibility requirements for Wheelchair Users, Visually Impaired participants and d/Deaf and hard of hearing participants which are outlined in the respective policies
- Our Customer Services team will contact you regarding the above verification.

Registration & Race Day Support

- Your support runner must be registered alongside you. They will be sent a reserved entry link.
- If you require a wheelchair Support Runner, you will need your own non-motorised wheelchair and support person.
- We ask that Support Runners wear a visible “Support Runner” bib during the race.

On the Course

- Please follow race guidelines to ensure the safety of all participants.
- If you require any assistance not previously mentioned, please contact us in advance of the event so we can support you as best we can.

How We Can Help

- We are committed to fostering an accessible and inclusive environment and will make adjustments wherever possible to support your needs.
- If you require any assistance, please reach out to support@runsouthlondon.com, and our team will be happy to help.