

London Marathon 2025

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My 2025 TCS London Marathon adventure started early December 2024, when I won the entry through the West Edinburgh Running Club ballot.

After two sleepless nights due to the excitement, responsibility to deliver started to build up. I am so glad I have managed to stay injury-free throughout the preparation time.

The final countdown started with the day trip to London to collect the runner's pack and explore massive London Marathon Running Show at the ExCeL where I have spent over 6 hours!

Saturday was quite emotional, especially when travelling through London and seeing landmarks already prepared for the big day! I have stayed about 30 minutes walk from the Greenwich Park – it was quite remarkable to see that massive area fenced off with rows of portable loos and just a handful of security guards on Saturday evening. The final build-up was also topped by the endless support messages from friends and family received throughout the day. Saturday night went pretty quickly, as it was difficult to fall asleep due to the excitement.

After all these months leading to the big day, the most important Sunday of the year has finally arrived! Greenwich Park looked completely different, flooded with runners and supporters. Weather was perfect with the sun, blue sky and gentle breeze helping runners to enjoy the moments before the start.

Crossing the start line of the 45th TCS London Marathon was quite emotional as well – with all the greetings messages running through my head – the time has come and from that moment the only way was through the finish line!

First 10k went through the suburbs and I was successfully following 4:15 pacer (it was my PB from 2024 Loch Ness marathon). Speed bumps were clearly marked by the marshals, helping runners to avoid tripping on them.

Once we entered the City, the running conditions became quite challenging: roads surrounded by the spectators and buildings created tunnel effect with significantly reduced air flow. Frequent water spraying stations helped to deal with the immense heat while running through the streets of London. Due to the challenging running conditions I had to switch to plan B - stay hydrated and preserve energy to be able to cross the finish line regardless the pace! It was the hottest race I have done so far, much hotter than the 2023 Edinburgh Marathon.

Evenly located water/gels/Lucozade stations helped to stay hydrated and energised throughout the race. It was so hot, that any liquids drunk during the race quickly evaporated through the skin so there was no need to visit the toilet.

Support from the audience was immense throughout the entire race! From professional DJ stands through local bands, loudspeakers to endless sea of personal posters (thank you Val for your excellent support on the streets of London) – they all gave runners much needed extra

energy to cope with the heat and fatigue. There was even a Scottish bagpipes orchestra reminding me of 2024 Loch Ness Marathon!

One of the most remarkable moments was running on the Tower Bridge! It was very emotional and breathtaking experience to be amongst only 57 thousands runners able to make it on that day! It gave massive energy boost – much needed for the second part of the marathon.

As the running conditions continued to be tough, the time has come to apply “Apollo 13” protocol – disable auxiliary subsystems to preserve energy for the vital systems necessary to run until the finish line. Every distance marker combined with the loud vocal support were vital signs, that the finish line was getting closer. After passing 40k marker it became obvious, that Big Ben was just around the corner and it was the time for the final push! It was vital to maintain safe path between walking runners to avoid collision while charging towards the finish line.

Unbelievable vocal support from the audience helped to glide through the final meters towards the finish line on The Mall. Seeing the finish line in front triggered the full spectrum of positive emotions releasing all the remaining energy to cross the finish line in style!

Collecting the beautiful and heavy medal straight after crossing the finish line was the most rewarding moment summarising successful completion of that remarkable running event! Baggage reclaim was located very close to the finish line so everyone could quickly re-unite with their luggage. Also meet&greet area was clearly marked to help runners re-unite with their family, friends and supporters. It was so nice to meet you Val and Dawn after the race! Walking anywhere with distinctive medal attracted endless congratulations from complete strangers and rewarded free travel and free food/drink from various outlets!

I would definitely recommend everyone to run London Marathon – perfectly organised remarkable event with unforgettable atmosphere!





