

I Impetus Relay



Event Guide

Saturday 12 September 2026

Clapham Common



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About Impetus

Impetus transforms the lives of young people from disadvantaged backgrounds by ensuring they get the right support to succeed in school, in work and in life.



We find, build and fund high potential non-profit organisations.



We partner with other funders to back interventions that work for young people from disadvantaged backgrounds.



We influence government and the wider sector to back effective support for our young people.

What your fundraising makes possible

Your fundraising helps Impetus provide long-term funding, expertise and strategic support to high-impact organisations such as Generation UK. Together, we help young people facing barriers to employment gain the skills, confidence and opportunities they need to secure meaningful careers and build brighter futures.

Working with Impetus has strengthened us in lots of ways. We have a clearer picture of theory of change, a view of impact that is baked into the organisation and talked about far more frequently, and more clarity on who we exist to serve.

Michael Houlihan, CEO, Generation UK



Fundraising target: £400 per competitor

Check out our fundraising pack for ideas >



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Event Schedule

Please be on site 20 minutes before the start of the race.

Start time	Event
08:00	Event Village Opens
08:30	Registration Opens
09:30	Warm Up
10:00	Race Starts
11:00	Lunch Pizza Van Opens
14:00	Final Lap of Race
14:45	Prize Giving
14:30	Kids' Run (4-8)
17:00	Event Closes



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Arriving On The Day – Registration

Runners must collect their registration packs at the event from the registration desk.

Only one team member needs to collect the pack for their team.

Your registration pack will contain:

Race number: To be attached to your front with safety pins (provided)

Timings chip: Built into your bib to record your time on every lap

Catering lunch voucher: To claim your free lunch

Team baton: One for each team or pair, to be carried around the course and passed between runners in the exchange zone. Individual entrants don't require a baton

T-shirt: Unless you opted to be a green competitor during registration

Can I make changes to my team?

Team captains can make changes to their team members any time before Sunday 6 September. To do this, please head to [Let's Do This](#) and log into your booking.

We can also accept last minute team changes on the day. To do this, please head to the registration desk and they will make the changes for you. No changes can be made after 9am.

Start and finish times

The race will begin at 10am, and the final lap must be started before 13:59:59. The course will close at 14:30.

Setting off

One member of a pair or team will be able to run on the course at a time, and competitors from all race entry types will start together.

Do we need to run in a specific order?

Teams can run in any order they wish; the only stipulation is that each team member must run at least one lap.

How does the exchange area work?

The exchange zone is a designated stretch of the course just after the finish line where one team member passes the baton on to another. This is a carefully managed zone only open to runners awaiting their teammates. Solo runners will run through the same zone but can keep going or take a break.

Results

The race results will be screened live throughout the event from a screen at the Event Village.

Provisional results are expected from 14.30 on the day. We make the awards based on the provisional results but we might need to amend these following the event. In this scenario the final results are expected by Thursday 17 September.

Results will be shown for each person and include split times for each lap. If there are any issues, please contact us via events@impetus.org.uk. If runners forget their chip or wear the wrong one, it is difficult to amend this so please bear this in mind.



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Rules & Regulations

To keep the event safe, fair, and running smoothly, please familiarise yourself with our event rules:

Participation

- › All participants must run or walk at least one lap (2.5km)
- › Teams and pairs must have only one participant on the course at any time

Exchange Zone

- › The exchange zone is a busy, high-energy space, if you're not the incoming or outgoing runner, please stay clear
- › We encourage everyone else to cheer from the sidelines and soak up the atmosphere

Timing & Race Format

- › A live leaderboard will be displayed in the event village so you can track your progress in real time
- › All participants will be double chip timed (on both baton and bib) to ensure accurate results even if a baton handover is missed

Final Lap Rules

- › To start your final lap, you must cross the start line by 13:59:59
- › Your team can run the final lap together to celebrate the finish line as one

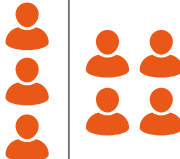
Course Closure

- › The course will officially close at 14:30
- › All participants must complete their laps before this time

Team Structure

- › Teams can be made up of competitors of any gender, with prizes for competitors in each category.
- › If you would like more detail on how categories apply to transgender and non binary participants, please read our [Transgender Participation Policy](#).

Pairs - Two Competitors 				
Competitor Number	Category	Female	Mixed	Male
	Men			
	Women			

Teams - Four Competitors 					
Competitor Number	Category	Female	Mixed		Open
	Men				
	Women				



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Relay Route

CLAPHAM COMMON



Note that Clapham Common is open to the public, please look out for others on the route, including cyclists. Beware of uneven surfaces.



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Travel

The Impetus Relay event village is on the south side of Clapham Common, and can be easily entered from:

› The Avenue › Windmill Drive

 what3words [///bliss.king.each](https://bliss.king.each)

By Public Transport



The nearest tube stop to the event village is Clapham South, a 7-minute walk to the event village.



Clapham High Street and Clapham Junction are both a 25-minute walk to the event village.



Lynette Avenue Bus Stop – Routes 55, 155 and 249. Approximately a 5-minute walk to the event village.

By Car

There is no onsite parking available at the Impetus Relay.

Nearby parking options include:

- › On-street bays on Windmill Drive (free for up to 3 hours)
- › Sainsbury's car park on Clapham Park Road (£1 per hour, 2-hour limit)
- › Private pre-bookable parking via apps such as:
 - › [JustPark](#)
 - › [YourParkingSpace](#)

Please note that local Controlled Parking Zones (CPZs) generally operate: Monday–Saturday, 08:30 – 18:00



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Health And Safety

Medical teams and ambulances will be in attendance.
If you see or are involved in an incident, please report it
to the nearest marshal who will alert the medical team.



Important: please write any medical details
on the back of your race number and
put a small red cross on the front of your
number to indicate a known medical issue.

Please be mindful of others' health. Whether you
have a medical condition or not, **If you feel unwell
please don't race or attend the event.**



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Facilities

Onsite you'll find:



Catering



Bag Drop



Toilets



Water Refill Station

Event Village

Bring your family and friends (four-legged ones welcome as long as they are kept on a lead) to enjoy the day and cheer you on.

In the Event Village there's a dedicated spectator area alongside the finish line, a kids marquee with arts and crafts and activities to keep the little ones occupied (please note this is not a creche; please do not leave children unattended). Enjoy food and drink from the Pizza Post, ice cream van and coffee van/bar – or bring your own picnic to enjoy.

Partnerships

Eleat

We're delighted to welcome **ELEAT** as our Lifestyle and Wellness Partner for the Impetus Relay. ELEAT creates high-protein, high-fibre breakfasts designed to fuel active lifestyles, with a range of products that combine nutrition, convenience and great taste.

Be sure to visit ELEAT's branded Land Rover in the Event Village, where the team will be handing out complimentary samples of their protein overnight oats.

ELEAT

Sports & Care Therapy

Sports & Care Therapy specialises in sports massage, recovery therapies and assisted stretching, helping athletes and active individuals perform at their best and recover effectively.



You'll find Carlos from Sports & Care Therapy in the Recovery Tent throughout the day, offering pre-race and post-race massages to help participants prepare for and recover from the Impetus Relay.



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ULTIMATE PERFORMANCE

Get strong. Run stronger.

Precision personal training built to help runners get stronger, run faster, and perform at their best.

Visit our team on race day for expert advice on strength training for performance – and claim your exclusive participant offer.

Discovery Offer 4-Session Personal Training Package & No Onboarding Fee

VISIT US IN THE EVENT VILLAGE ON SEP 12

UP

THE GLOBAL BENCHMARK
IN PERSONAL TRAINING
EST. 2008

I
Impetus

SAVE UP TO
£605

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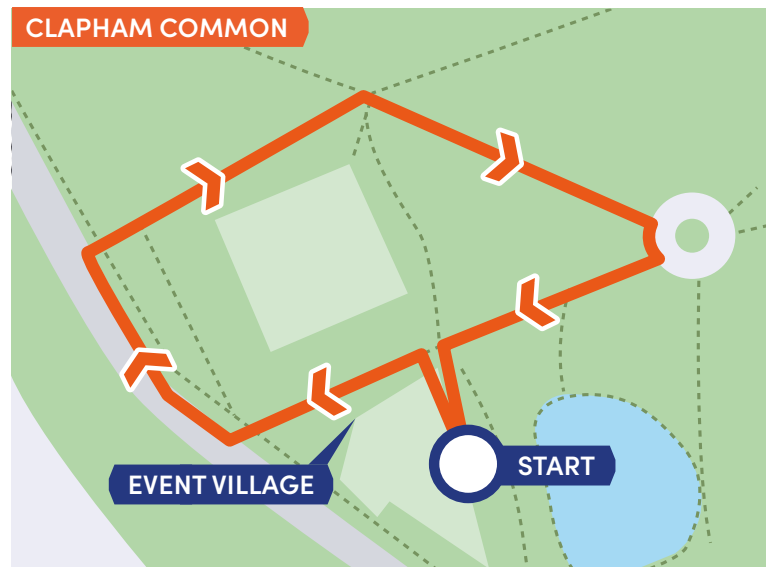
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Impetus Kids' Run

Aimed at children aged 4–8 years old, the Impetus Kids' Run gives younger participants the chance to get involved on the day with their own fun running challenge.

Participants will complete a 1km lap on a dedicated section of the course, cheered on by family, friends and supporters from the sidelines.



General Rules

- › Parents/guardians are responsible for supervising children before and after the race
- › Suitable trainers and comfortable clothing should be worn
- › Participants can run, jog or walk the course
- › Scooters, bikes and helmets are not permitted



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An Event For All

The Impetus Relay is designed to be an inclusive and welcoming event for participants of all ages, abilities, backgrounds and fitness levels.

Whether you're taking on the challenge solo, as part of a team, walking your laps, or pushing for the leaderboard, we want everyone to feel able to participate comfortably and confidently.

With flexible race formats, a supportive event environment and a strong community atmosphere, the Relay is about challenging yourself in a way that works for you. The event village and course are designed to be accessible and easy to navigate, with clear signage, welfare support and dedicated volunteers on hand throughout the day.

If you have any accessibility requirements or would like additional support ahead of the event, please get in touch with the team in advance and we will do our best to accommodate your needs.

✉ events@impetus.org.uk

Share your relay moments with us!

Follow us on Instagram and tag your relay moments with

 **#ImpetusRelay**

Show us your PBs, finish line celebrations, sweat, smiles and everything in between!



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Thank You And Good Luck

Thank you for supporting our work and helping young people in the UK succeed in school, in work and in life.

Good Luck!

Contact us:

 [Impetus.org.uk](https://impetus.org.uk)

 [@impetus.UK](https://www.instagram.com/impetus.UK)

 events@impetus.org.uk

 [Impetus - Backing the best](#)

