

PERSONALISE YOUR RUNNING TOP

We know that having your name on your top on race day makes such a big difference! It's such a great feeling to be cheered on by the crowds, so make sure you iron yours on ahead of the big day.

We've included your name letters in this pack. Follow the instructions below to get them ironed onto your top.

Front of top



Iron-on instructions

1. DO NOT USE STEAM. Using an ironing board is best, but any hard surface that can take heat will do.
2. The transfer comes to you on reversed backing paper. Place the transfer on to the garment as per the image above.
3. Place a heat resistant sheet (e.g. greaseproof paper) on top of the transfer then press the hot iron down onto the sheet for 5 seconds, then move the iron around in a circular motion to transfer the heat evenly and to avoid scorching for 15 – 20 seconds.
4. Remove the sheet and let the transfer cool completely. Do not lift while warm as the transfer would not have had enough time to take to the garment.
5. Lift one corner of the plastic backing gently to check the transfer has taken. If the letters are lifting with the backing, then repeat steps 3, 4 & 5.
6. Once you are happy, remove the rest of the backing slowly, then place the sheet back over the transfer and repeat step 3 to ensure that it is firmly on the garment.