



ANTWERP MARATHON

42,195 K · 21,097 K · 8 K



Port of
Antwerp
Bruges



100%
CITY COURSE

22
OCT.
2023

www.antwerpmarathon.com

Runner's guide

Dear Runner,

It is great to have you at the third edition of the Antwerp Marathon.

This runners' guide will provide you with all the important information about your run, allowing you to appear at the start of your (half) marathon or 8K without a care in the world.

Good luck and see you soon!

Team Antwerp Marathon



How to get there?

Discover everything you need to know about mobility, accessibility and parking [on the website](#).

By bicycle

Travelling from Antwerp? Then cycling is by far the easiest way of getting to the Eilandje. You can park your two-wheeler for free at the temporary bicycle parking on Limaplein (close to the start).

By public transport

The closest tram or bus stop is stop Antwerpen Noorderplaats served by tram 1 & 24. Plan your route using the [train](#), [tram or bus](#) time schedules.

By car

If you do decide to come by car please use the Kiss & Ride on Asiadok-Westkaai or park your car at one of the Park and Rides. You can find more information on [this webpage](#).

Locations:

Pick-up starter pack: Orteliuskaai, 2000 Antwerpen

Start: Droogdokkenweg, 2000 Antwerpen

Finish: MAS, Oostendekaai, 2000 Antwerpen

Sports bag storage: Orteliuskaai, 2000 Antwerpen

Pick-up starter pack – opening hours

Where? Orteliuskaai

Individual registration

- Saturday 21 Octobre from 10h until 17h
- Sunday 22 Octobre from 7h until 10h30

Avoid the crowds at the registration zone on Sunday by collecting your bib number on Saturday at the Orteliuskaai!

⇒ **Group/Corporate registrations with group collection?** It is not possible to collect your bib number individually from the organisation! Make suitable arrangements with your group leader about where and when you can collect your bib number.

⇒ If you want to collect someone else's bib number, you can only do so upon presentation of their confirmation email containing start number or e-ticket.



Change of distance or name?

Change of name

Did you take over the bib number from someone else?

1. Get the race number with the confirmation email from the person from whom you have taken over the starting number
2. Have your details changed at the stand 'change of name/distance' and receive a new race number.

Do not forget to bring your ID. For a change of name there is a € 5 administration cost.

Change of distance

Would you like to change your distance?

1. First take off you race number
2. Change your distance at the stand 'change of name/distance' and get a new race number.

Changing to a lower distance is free of charge. For a higher distance, the difference in price will be charged.

Programme

9h00 – start Antwerp 8K

⇒ Official closing time start = 9h10

9h30 – start Antwerp Half Marathon

⇒ Official closing time start = 9h40

10h30 – start Antwerp Marathon

⇒ Official closing time start = 10h40

16h00 – official closing time finish

17h00 – end of event

Locations

Orteliuskaai

- Pick-up starter pack and T-shirt
- Sports bag storage
- Changing rooms
- Recovery zone

Droogdokkenweg – start

MAS, Oostendekaai - finish

Bib numbers*



Marathon



Half Marathon



8K

Carefree start

1. Collect your bib number and (optional) T-shirt - *Orteliuskaai*
2. Take your sports bag to storage (optional) – *Orteliuskaai*
 - ⇒ It is preferable that your supporters look after your sports bag during the race, that way you avoid long queues by the bag drop. If you do want to drop off your bag, it is best to do so on Sunday between 8h and 8h30.
3. Pin on your bib number and walk to the start – *Droogdokkenweg*
 - 9h00: start Antwerp 8K
 - 9h30: start Antwerp Half Marathon
 - 10h30: start Antwerp Marathon
4. Join the start box that most closely matches your anticipated finish time
 - ⇒ Does not apply to the Antwerp 8K
5. Enjoy the race!

Avoid the crowds at the registration zone on Sunday by collecting your bib number on Saturday from 10h until 17h!



At the request of the law enforcement agencies, it's possible that participants' sports bags will be checked before dropping them off at the bag drop.

Please only use the bag drop if you have no other option. If you have family or friends accompanying you, please ask them to hold onto your sports bag.

We ask for your understanding for longer waiting times under the circumstances. If you wish to use the bag drop, please do so at the latest 1 hour before the start of your run.

Starting procedures

What arrangements are made for the 'start' of the Antwerp Marathon? You are free to start from the starting section that is closest to your anticipated finishing time. This way, all the participants can run at a pace that is most comfortable for them.

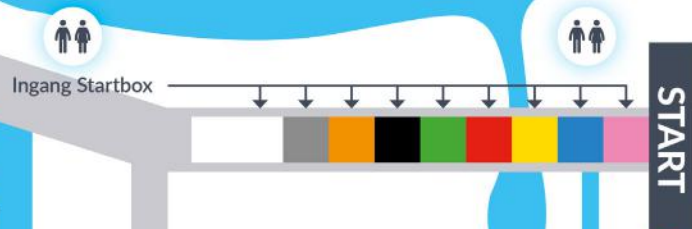
Startboxes for the marathon: 2h59 / 3h15 / 3h30 / 3h45 / 3h59 / 4h15 / 4h30 / 4h45 / 5h00

Startboxes for the half marathon: 1h30 / 1h40 / 1h50 / 2h00 / 2h10

To ensure running comfort on the course, we are working with an hourglass start for all distances. At the level of the starting line, we provide a narrower passage. If you are at the back of the starting grid, you will start slightly later than the actual starting shot. In the half marathon, the last runner starts about 20 minutes after the starting shot. Don't worry, the time only starts recording once you cross the starting line.

SHELDE

Marathon



Kattendijkdok

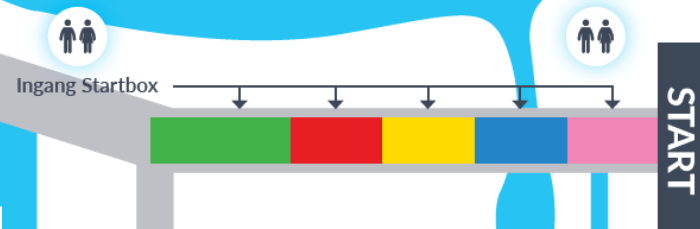
EILANDJE

- | | | |
|------|------|------|
| 5u00 | 3u59 | 2u59 |
| 4u45 | 3u45 | |
| 4u30 | 3u30 | |
| 4u15 | 3u15 | |

ANTWERP
MARATHON
22 OCT. 2023

SHELDE

Half Marathon



Kattendijkdok

EILANDJE

- | | |
|------|------|
| 2u10 | 1u30 |
| 2u00 | |
| 1u50 | |
| 1u40 | |

ANTWERP
MARATHON
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Sportoase pacer team

A number of very experienced, mainly Belgian ultra-runners led by Marnix Callewaert and Ivan Hostens, will fulfill the role of pacers for the Antwerp Marathon.

The pacers will easily be recognizable in their start boxes thanks to their coloured flags. A bracelet is provided for each participant: it shows the split times per kilometer you have to run to reach your desired finishing time. A useful reminder during the race, that you simply wear around your wrist! These straps are free to pick up on Saturday or Sunday at the registration zone.

MARATHON		HALF MARATHON	
2h59	pink flag	1h30	pink flag
3h15	blue flag	1h40	blue flag
3h30	yellow flag	1h50	yellow flag
3h45	red flag	2h00	red flag
3h59	green flag	2h10	green flag
4h15	black flag		
4h30	orange flag		
4h45	grey flag		
5h00	white flag		



ANTWERP MARATHON

22 OCT. 2023



Course Marathon

REFRESHMENT STATIONS

5 km	water, AA Drink Isolemon	31,2 km	water, AA Drink Isolemon, banaan, savoury biscuits
11,2 km	water, AA Drink Isolemon	36,4 km	water, AA Drink Isolemon, winegums, savoury biscuits
15,3 km	water, AA Drink Isolemon, banana	40,8 km	water, AA Drink Isolemon, banana
19,9 km	water, AA Drink Isolemon, banana	Finish	water, AA Drink Isolemon, Grany bar
25,9 km	water, AA Drink Isolemon, winegums, savoury biscuits		

There are toilets at every refreshment station.

[Check out the detailed course](#)
[Download GPX](#)



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race

Antwerp Marathon

Location

ANTWERP

Date of Race

22/10/2023

Date of Measurement

24/08/2023

Distance

42 195 m

Country

BELGIUM

Elevation Change

positive 0.02 m/km

Separation

2.03

% of race distance

Name(s) of the measurer(s)

Luc CEULEMANS

World Athletics – AIMS Grade

B

Country

BELGIUM

Certificate Number

BEL/2023/220/JFD2428 A

Expiry Date

31/12/2027

International Measurement Administrator

Jean François DELASALLE

Registered On

13/09/2023

Signed

This certificate certifies that the length of the above road race has been established by an accredited World Athletics – AIMS Grade A or B measurer employing the method of a bicycle calibrated with a "Jones Counter". It remains valid for 5 years subject to the course defined in the full measurement report submitted by the measurer being unchanged in any way. Any modifications to the course, however minimal, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not indicate any sanction of the race by World Athletics or membership of AIMS.

In cooperation with



The marathon course is officially measured by World Athletics. [You can find the certificate here.](#)

ANTWERP MARATHON

22 OCT. 2023

Half Marathon

21,097K



Course Half Marathon

REFRESHMENT STATIONS

5 km	water, AA Drink Isolemon
9,1 km	water, AA Drink Isolemon, banana, savoury biscuits
14,1 km	water, AA Drink Isolemon, winegums, savoury biscuits
18,7 km	water, AA Drink Isolemon, banana
Finish	water, AA Drink Isolemon, Grany bar

There are toilets at every refreshment station.

[Check out the detailed course](#)
[Download GPX](#)



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race

Antwerp Half Marathon

Distance

21 097.5 m

Location

ANTWERP

Country

BELGIUM

Date of Race

22/10/2023

Date of Measurement

24/08/2023

Elevation Change

positive 0.04 m/km

Separation

4.07

% of race distance

Name(s) of the measurer(s)

Luc CEULEMANS

World Athletics – AIMS Grade

B

Country

BELGIUM

Certificate Number

BEL/2023/219/JFD2427 A

Expiry Date

31/12/2027

International Measurement Administrator

Jean François DELASALLE

Registered On

13/09/2023

Signed

In cooperation with



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ANTWERP MARATHON

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8K

Schelde

CENTRUM

SEEFHOEK

PARK SPOOR NOORD

HAVENHUIS

1K

Mexicostraat

Houtdok

Kattendijkdok

START

2K

EILANDJE

MAS

FINISH

Godefriduskaai

3K

Brouwersvliet

Paardenmarkt

6K

Blindestraat

5K

Keizerstraat

Droogdokkenpark

Orteliuskaai

Rijnkaai

BRABO

Steenplein

Grote Markt

Isallelei

Course 8K

REFRESHMENT STATIONS

5,2 km water

Finish water, AA Drink Isolemon, Grany bar

There are toilets at every refreshment station.

[Check out the detailed course](#)

[Download GPX](#)

Your fan club will be able to follow your every move via the new “live results” page. This page will be visible on [the website](#) on Sunday morning. You will be able to find live split times there and your end result after the race.

Activations Port of Antwerp-Bruges



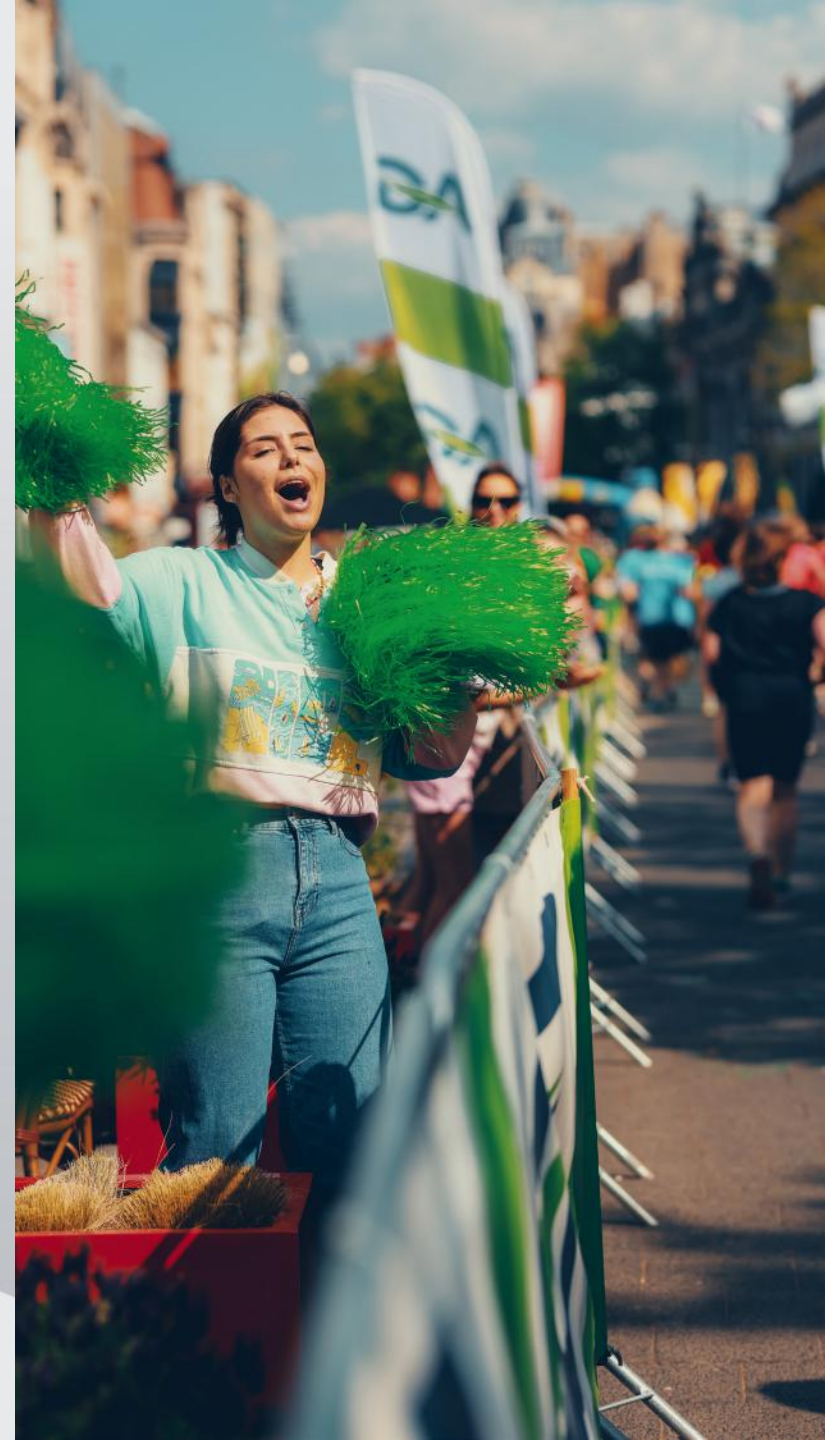
Obviously, you will set a brilliant time and you will want to boast about it. Visit the Port of Antwerp-Bruges photobooth in the Nassastraat after you finish. You will be able to **take a photo with your official finish time** there.



Would you prefer your supporters at a distance? Your friends, family or colleagues can also give you that extra boost virtually. They can upload a supporter photo with a message on the website (until Thursday 19 October). Port of Antwerp-Bruges will show that photo on a big screen on the Grote Markt (km marker 38,5 / 18 / 4,5) when you pass by there!

Supporter points

Of course, your fan club will attend en masse on 22 October. Let your supporters cheer you on in the **AG Cheering Lane** on the Meir. A unique set-up with DJ will make you run even faster at kilometre 37 / 16.5.



Runners' lab – Volta Natura



VoltaNatura will treat you to a **massage after the race**. Pamper yourself at their stand in the recovery area on Orteliuskaai. Because recovery is at least as important as preparation!



Win a pair of Nike trainers! Go for it at the **Runners' lab Strava segment** on Kattendijkdok-Oostkaai. Upload your race and become a member of the "Keep on Running" group on Strava. Runners' lab will announce the winners (two women and two men) on Tuesday 24 October.

Say cheese!

Your personal action shots from Sportograf

SPORTOGRAF.COM is the official photo service of the Antwerp Marathon. These photographers have built a good reputation over the past years with their fully digital service and affordable prices. They are real sports fanatics who like to take the best possible photos of each participant. Will you be able to spot them on the course and at the finish?

You can order these one day after your participation using [this link](#). You can find more info on how your photos will be handled [here](#).



Let's make it an unforgettable day together!

- Be considerate & have fun!
- Don't forget to have fun and enjoy the wonderful surroundings and the many animations along the course.
- Listen to your body. If at any time you do not feel well, stop for a while. If the sensation persists, stop completely
- Also brighten up the day of all volunteers by thanking them and showing them a smile.
- Make it into an unforgettable day for you and your fellow runners.



ANTWERP MARATHON



Thanks to our sponsors!

www.antwerpmarathon.com