



ANTWERP MARATHON

42,195K · 21,097K · 10K



RUNNERS GUIDE

100%
CITY COURSE

**20
OCT.
2024**

www.antwerpmarathon.com



Port of
Antwerp
Bruges

Dear Runner,

It is great to have you at the fourth 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 without a care in the world.

Good luck and see you on Sunday, October 20!

Team Antwerp Marathon





BEFORE THE RACE

How to get there?

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

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 at the Waagnatie and the Godefriduskaai.

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.

Event Shuttle

The Event shuttles are a new feature this year. The event shuttle can pick you up from 28 departure points. The drop off is at walking distance from the start area around 8am (marathon & 10 km) or 12.30pm (half marathon). The return is scheduled around 3.30pm (marathon & 10 km) or 5.30pm (half marathon). Book your shuttle ticket [here](#).

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](#).



Pick-up starter pack – opening times

Where? Waagnatie, Rijnkaai 150

Collection bib numbers:

- Friday 18 October between 12pm and 7pm
- Saturday 19 October between 10am and 5pm
- Sunday 20 October between 8am and 1.30pm

Avoid the crowds at the registration area on Sunday by collecting your bib number on Friday or Saturday!

- ⇒ Registered as part of a **group or business** with group collection? Individual collection of bib number will **NOT** be possible! 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.

Looking for your start number? Find it on [our website](#).

Would you like to change your distance or name?

Change of name

Did you take over the bib number from someone else?

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

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

Programme

9am – start Antwerp Marathon

9.15am – start Antwerp 10K

1.30pm – start Antwerp Half Marathon

5pm – Close finish and end event

Locations

Waagnatie (Rijnkaai 150)

- Pick-up bib numbers and T-shirt
- Bag drop
- Changing rooms
- Medal engraving
- Merchandise shop

Droogdokkenweg – start
MAS, Oostendekaai - finish

Carefree start

1. Collect your bib number and (optional) T-shirt - *Waagnatie*
2. Take your sports bag at the bag drop (optional) – *Waagnatie*
3. Pin on your bib number and walk to the start – *Droogdokkenweg*
 - 9am: Start Antwerp Marathon
 - 9.15am: Start Antwerp 10K
 - 1.30pm: Start Antwerp Half Marathon
4. Join the starting box that most closely matches your anticipated finish time
 - ⇒ Does not apply to the Antwerp 10K
5. Enjoy the race!

Avoid the crowds at the registration area on Sunday by **collecting your bib number on Friday between 12 noon and 7pm or Saturday between 10am and 5pm.**




**ANTWERP
MARATHON**
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-  START
-  FINISH
-  BIB NUMBER PICK UP
-  BAG DROP AREA
-  CHANGING ROOMS
-  MEDAL ENGRAVING
-  MERCHANDISE SHOP
-  SUPPORTERS' PHOTOS BY PORT OF ANTWERP-BRUGES
-  PHOTOBOOTH BY PORT OF ANTWERP-BRUGES (TAKE A PICTURE WITH YOUR FINISH TIME)
-  FIRST AID
-  TOILETS
-  COMPANY VILLAGE
-  BIKE PARKING
-  COURSE

Bib numbers*



Marathon



Half Marathon



10K

Exclusive Event T-shirt

If you ordered the event T-shirt when registering, you can pick it up using the envelope of your bib number from the registration area on Friday, Saturday or Sunday.

Marathon runners have the Craft T-shirt included in their starter pack.

T-shirts will also be on sale on site (€29.95) from the merchandise shop, while stocks last.



Merchandise shop

Be sure to take a look at our merchandise shop right by the registration area in Waagnatie. You will find the unique Antwerp Marathon clothing line in cooperation with **Craft**!

Opening times:

- Friday 18 October: 12 noon-7pm
- Saturday 19 October: 10am-5pm
- Sunday 20 October: from 8am



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THE RACE

Start procedure

How to get started?

There will be 20.000 participants at the start on Sunday 20 October.

That is why we ask you to pay special attention to the start procedure.

It is important to make your way to the correct startbox, the one that corresponds with your anticipated finish time (Marathon & Half Marathon). This improves the running comfort of you and all other participants. That way, everyone around you will run at a similar pace

Start procedure Marathon

As a marathonrunner, we would like you to start in the startbox of your anticipated finish time.

On the right, you can see when the different start boxes open and close.

If the startbox of your anticipated finish time is already closed, you should start in a later box.

We expect the last participant to cross the starting line just after 9.05am.



Start procedure 10K

As a 10K runner, you start at 9.15am on the dot.
The marathon start just before you – at 9am.

That is why we ask you to head to the startbox provided for the 10km and to not mix in with the marathon runners.

Your startbox is BEHIND the last startbox of the marathon.
All 10km runners start in one single startbox. After the start of the marathon, ALL 10km participants will be accompanied from this startbox to the actual starting line where the starting shot will sound at 9.15am.

Please note: It is not possible to start later than 9.15am.



Start procedure Half Marathon

As a half marathon runner, please start in the startbox of your anticipated finish time.

On the right, you can see when the different start boxes open and close.

If the startbox of your anticipated finish time is already closed, you should start in a later box.

We expect the last participant to cross the starting line shortly after 2pm.



Sportoase pacer team

A number of very experienced, mainly Belgian ultra-runners led by Marnix Callewaert and Ivan Hostens, have committed to be pacers. They will be easily recognisable in their starting grids thanks to their coloured flags showing the finish time.

A bracelet is provided for each participant: it shows the split times you have to run to reach your desired finish time. A useful reminder during the race, that you simply wear around your wrist! These bands are free to pick up on Friday, Saturday or Sunday at the registration area.

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	2h20	Black flag
4h30	orange flag	2h30	Orange flag
4h45	grey flag		
5h00	white flag		





PASSAGE 1
PASSAGE 2

MARATHON

ANTWERP MARATHON

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Marathon course

REFRESHMENT STATIONS

5 km	Banana, AA Drink Isolemon, water	30 km	Banana, AA Drink Isolemon, water
10 km	Wine gums, salted biscuits, AA Drink Isolemon, water	35 km	Wine gums, salted biscuits, AA Drink Isolemon, water
15 km	Banana, AA Drink Isolemon, water	40 km	Banana, AA Drink Isolemon, water
20 km	Wine gums, salted biscuits, AA Drink Isolemon, water	Finish	Water, AA Drink Isolemon, Fulfil bar
25 km	Wine gums, salted biscuits, AA Drink Isolemon, water		

There are toilets at every refreshment station.

[Check out the detailed course](#)

The marathon course was officially measured by World Athletics.



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race Antwerp Marathon	Distance 42 195 m	
Location ANTWERP	Country BELGIUM	
Date of Race 20/10/2024	Date of Measurement 08/09/2024	Elevation Change positive 0.08 m/km
Separation 3.96 % of race distance	Name(s) of the measurer(s) Luc CEULEMANS & Jean Marie PROFT	World Athletics – AIMS Grade A-B
Country BELGIUM	Certificate Number BEL/2024/198/JFD2708 A	Expiry Date 31/12/2028
International Measurement Administrator Jean François DELASALLE	Registered On 05/10/2024	
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

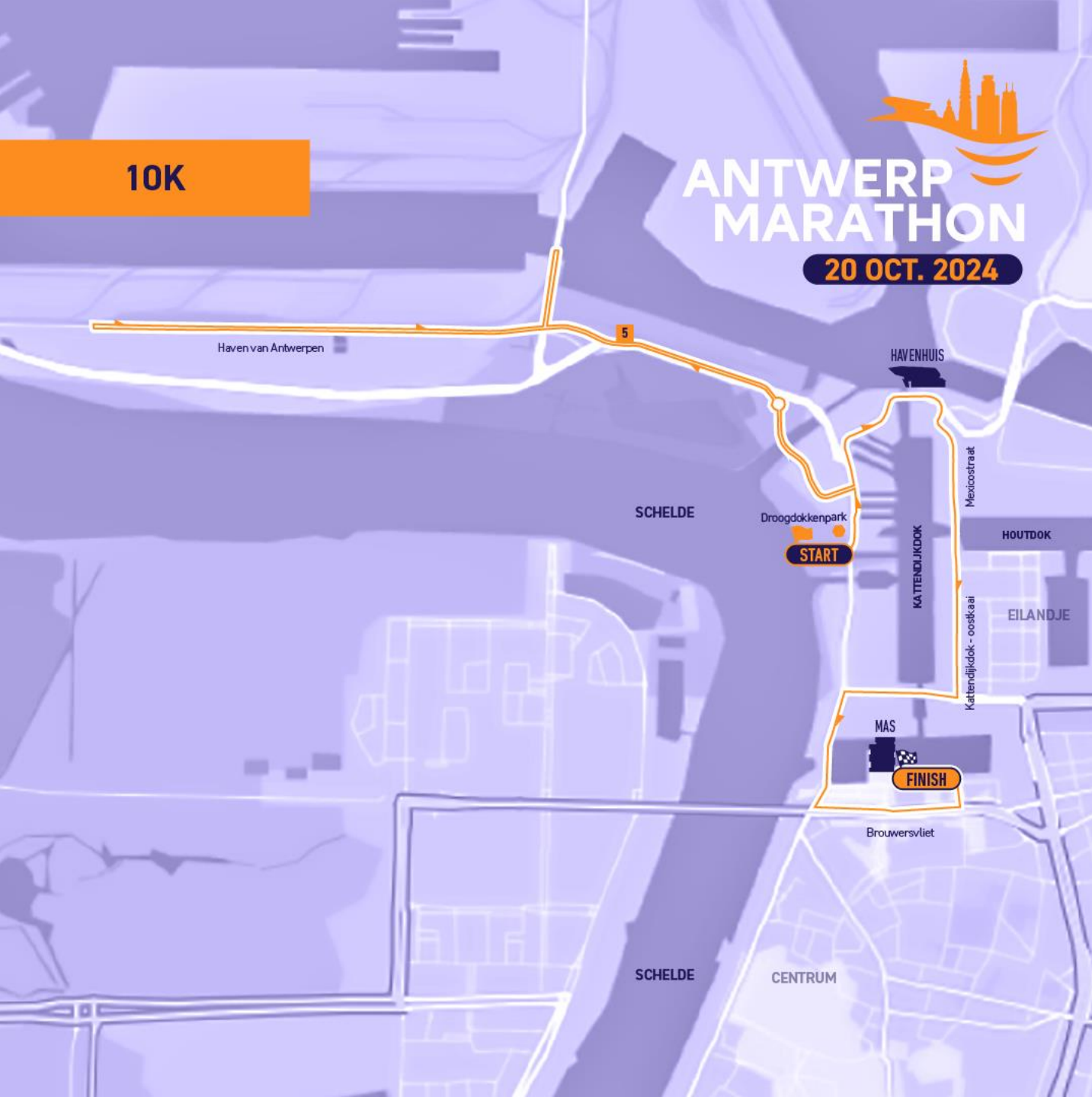


10K



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10K course

REFRESHMENT STATIONS

2,5 km	Wine gums, salty biscuits, AA Drink Isolemon, water
7,5 km	Wine gums, salty biscuits, AA Drink Isolemon, water
Finish	Water, AA Drink Isolemon, Fulfil bar

There are toilets at every refreshment station.

[Check out the detailed course](#)

HALF MARATHON

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REFRESHMENT STATIONS


4,5 km	Wine gums, salty biscuits, AA Drink Isolemon, water
8 km	Banana, AA Drink Isolemon, water
14 km	Wine gums, salty biscuits, AA Drink Isolemon, water
17 km	Banana, AA Drink Isolemon, water
Finish	Water, AA Drink Isolemon, Fulfil bar

There are toilets at every refreshment station.

[Check out the detailed course](#)


The half marathon course was officially measured by World Athletics.


INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race Antwerp half Marathon	Distance 21 097.5 m	
Location ANTWERP	Country BELGIUM	
Date of Race 20/10/2024	Date of Measurement 08/09/2024	Elevation Change positive 0.08 m/km
Separation 3.96 % of race distance	Name(s) of the measurer(s) Luc CEULEMANS & Jean Marie De PROFT	World Athletics – AIMS Grade A & B
Country BELGIUM	Certificate Number BEL/2024/199/JFD2709 A	Expiry Date 31/12/2028
International Measurement Administrator Jean François DELASALLE	Registered On 05/10/2024	
Signed 		

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In cooperation with

 **AIMS** Association of International
Marathons and Distance Races
The home of world running

No Cyclists!

The Antwerp Marathon is a runners' event with refreshment stations at +/- every 5 km. In addition, there will be more than 20.000 participants at the start.

So, there is **no** space for cyclists on the course.

Out of respect for your fellow runners, we urge you to ban "supporters on bikes". In this crowd of participants, they would cause annoyance and frustration. The organisers will be conducting checks along the course.

On behalf of all participants: Thank you very much!



Supporters' photos

If you could use some extra motivation, your friend, colleague, sister, ... can [upload a supporters' photo](#) until Thursday 17 October. Port of Antwerp-Bruges will show these photos on the big screen on Oudeleeuwenrui (km points 41 / 20 / 9) when you pass by there! Guaranteed boost all the way to the finish!





AFTER THE RACE

Results

Your fan club will be able to follow your every move via the “live results” page. This page will be visible on [the website](#) on Friday.

You will be able to find live split times there and your end result after the race.

Port of Antwerp-Bruges photo booth

Obviously, you will set a top time and you will want to boast about it!

Visit the **Port of Antwerp-Bruges** photo booth by the Friendship Building on Rijnkaai after you finish.

You will be able to **take a photo with your official finish time there.**



Engrave your finish time on your medal!

Did you opt for medal engraving when you signed up? Then you can have your medal engraved at the 'medal engraving' stand right by the registration area at Waagnatie showing the pictogram on your bib number. Not to worry if you did not preorder this, you can also have your medal engraved for €12 on site.



Boost your energy levels thanks to Calvé peanut butter!

After your run on Sunday, you will receive a Calvé voucher at the finish, which you can exchange for a delicious jar of **Calvé Peanut butter** at the Calvé stand at Waagnatie.

This peanut butter is packed with proteins, vitamin E & B3 and healthy fats and is the perfect way to restore your energy levels and recover your muscles after the effort. The Calvé jar is generously filled so that you can enjoy it for a long time. Calvé Peanut butter is extremely versatile, delicious on bread but also perfect for all kinds of healthy recipes, from creamy smoothies to tasty snacks.



VoltaNatura massage stand

Keep your muscles supple after the run.

VoltaNatura treats you to a massage after the race. Pamper yourself at their stand close to the registration area at Waagnatie.

Because recovery is at least as important as the preparation!



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](#).



SPORTOGRAF.COM

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



www.antwerpmarathon.com

Your next challenge?

17.11.2024

Liantis Urban Trail Antwerpen

26.01.2025

Baloise Antwerp Park Miles

12 & 13.04.2025

European Running Championships (Brussels-Leuven)

27.04.2025

Baloise Antwerp 10 Miles

19.10.2025

Antwerp Marathon