



ANTWERP
MARATHON

19.10.2025

RUNNERS' GUIDE





Dear Runner,

It is great to have you at the fifth edition of the TREK 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!

See you on Sunday 19 October!

Good luck,

Team TREK Antwerp Marathon



Download our TREK Antwerp Marathon App

Whether you are participating in the TREK Antwerp Marathon, Half Marathon or 10K yourself, or you will be lining the streets as a supporter to cheer on your favourite runner, the app will keep you fully up to date!

On Sunday 19 October, the official TREK Antwerp Marathon app allows you to follow everything: all race information, important updates and practical tips for the participants, live tracking for the supporters who are following their favourite runners based on split times and an estimated finish time.

[Download via App Store](#)

[Download via Google Play](#)

A promotional banner for the TREK Antwerp Marathon app. The background is dark blue with large, faint concentric circles. In the center, the app's logo is displayed above the word 'Download' in large white letters, followed by 'the TREK Antwerp Marathon app' in a smaller white font. Below this, a line of text reads: 'Follow your friends, family and favourite athletes live during the TREK Antwerp Marathon!'. Two buttons are positioned below the text: 'GET IT ON Google Play' and 'Download on the App Store'. In the top right corner, a smartphone displays the app's home screen, showing a list of runners and their profiles. In the bottom left corner, another smartphone displays a live tracking map with a runner's path. A white card overlay on the bottom left shows details for 'Thomas Bennett', including '15.8 of 42.2 km', '01:29:56', and 'Expected finish time 16:45'. In the bottom right corner, the 'Connected by TRACX' logo is visible.

Download
the TREK Antwerp Marathon app

Follow your friends, family and favourite athletes
live during the TREK Antwerp Marathon!

GET IT ON
Google Play

Download on the
App Store

Connected by
TRACX



BEFORE THE RACE

How to get there?

By bike

Travelling from Antwerp? Then cycling is by far the easiest way of getting to the TREK Antwerp Marathon. You can park your bike for free at the temporary bicycle parking at Tavernierskaai (Loodswezen), Napoleonkaai, MAS or by the Londenbrug.

By public transport

The closest tram or bus stop is stop Antwerpen Noorderplaats. Plan your route using the time schedules of [trains](#), [trams](#) or [buses](#).

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 web page](#).

[All info about mobility, accessibility and parking](#)



Collect your participant pack

Collect your participant pack from the Waagnatie on Friday or Saturday. This allows you to head straight to the correct start box on Sunday. On Sunday, you can pick up your participant pack from 8:00 a.m. Are you running the full marathon or have you ordered the official event running shirt? You can collect your shirt straight away with your bib number.

Location

Waagnatie | Rijnkaai 150, 2000 Antwerp

Opening times

Friday 17 October between 12 and 7 p.m.

Saturday 18 October between 10 a.m. and 5 p.m.

Sunday 19 October from 8 a.m.

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

If you registered as part of a **group or business with group collection**, individual collection of your bib number from the stand is not possible. Align with your **group leader about** where and when you can collect your bib number.

Can't find the email containing your start number?

[Look up your start number on our website](#)

Change of Name or Distance?

Change of Name

Did you take over the bib number from someone else? Be sure to change the name so that your name is recorded in the online results.

- Collect the bib number using the confirmation email of the person whose start number you took.
- Have your details changed at the '*change of name/distance*' stand and receive a new bib number.

Don't forget to bring your ID. You will be charged a €12 administrative fee for a name change on site.

Change of Distance

If you would like to change your distance, it is free to switch to a shorter distance. If you want to switch to a longer distance, you will be charged the difference in price. It is impossible to switch to the 10K, as that distance is full.

- First collect the bib number for the distance you originally chose when registering.
- Have your distance changed at the '*change of name/distance*' stand and receive a new bib number.



Programme

Saturday 18 October

10:30 a.m. Antwerp Running Crew Shakeout Run 5K

Sunday 19 October

9 – 9:15 a.m.* Start TREK Antwerp Marathon

9:15 a.m. Start TREK Antwerp 10K

2 – 2:45 p.m.* Start TREK Antwerp Half Marathon

6 p.m. Close of finish

6:30 p.m. End of event

* Your exact start time depends on the start box you enter, based on your estimated finish time. On the event day, you decide before the start which start box you want to start in based on your desired finish time.

Locations

Waagnatie | Rijnkaai 150, 2000 Antwerp

- Collection bib numbers and T-shirt
- Bag drop area
- Changing rooms
- Medal engraving
- Merchandise Shop
- Runners' Village

Rijnkaai

- Start

MAS

- Finish



Carefree Start

- Collect your participant pack – **Waagnatie**
- Drop off any sports bags at the bag drop area – **Waagnatie**
- Pin your bib number on your T-shirt, from the Runners' Village follow the signposts to the start box of your desired finish time
 - 9 – 9:15 a.m.: start TREK Antwerp Marathon
 - 9:15 a.m.: start TREK Antwerp 10K
 - 2 – 2:45 p.m.: start TREK Antwerp Half Marathon
- Enter the correct start box based on your desired finish time.
There will be a single separate start box for the TREK Antwerp 10K.
- Enjoy the race!

Start without a care in the world on Sunday and collect your bib number on Friday between 12 and 7 p.m. or Saturday between 10 a.m. and 5 p.m.

On Sunday, you can pick up your bib number from 8:00 a.m.





TREK Antwerp Marathon Running Shirt

If you are running the TREK Antwerp Marathon on Sunday, the official event running shirt is automatically included in your registration, and you will be able to collect it on Friday, Saturday or Sunday morning at the same time as your bib number from the Waagnatie.

If you are running the Half Marathon or 10K, and you ordered the event running shirt when registering, you can collect it at the same time as your participant pack and bib number too.

If you did not order it but would still like to purchase the running shirt, the event running shirt (€29.95) will also be on sale at the Merchandise Shop on Friday, Saturday and Sunday, while stocks last.





Merchandise Shop

If you are coming to collect your participant pack on Friday or Saturday, you will have plenty of time to stop at our official Merchandise Shop. Plenty of choice so pick a favourite like our TREK Antwerp Marathon sweatshirts, a running shirt with long sleeves, the official event running shirt or a neck warmer. Our Merchandise Shop will also be open on Sunday before and after the race so go and take a look, while stocks last.

Opening times Merchandise Shop

Friday 17 October: 12 – 7 p.m.

Saturday 18 October: 10 a.m. – 5 p.m.

Sunday 19 October: from 8 a.m.



Bag Drop Area

- If you have supporters who can look after your belongings during the race, give your sports bag to them.
- If that's not possible, go via our Bag Drop Area where you can drop your sports bag or backpack at the bag drop at the Waagnatie for safe keeping on Sunday.
- Make sure that your sports bag or backpack can be sealed after putting all your belongings in there. Loose items of clothing will not be accepted.
- Don't leave any clothes at the start. Put all the items that you don't need during the race in your sports bag or backpack.
- Sports bags can be collected until 6:30 p.m.

The organisers will take the necessary safety precautions to guard the area as best as they can, nevertheless use of the area is at your own risk. The organisers cannot be held responsible for any damage, loss and/or theft of personal belongings.



THE RACE



Start Procedure

A total of 20,000 runners will be at the start on Sunday. To allow everyone to start the race as smoothly as possible, we ask you to pay extra attention to the start procedures.

It is important to make your way to the correct start box, the one that corresponds with your anticipated finish time. That way, everyone around you will be running at a similar pace. This improves your own running comfort and that of all other participants.

Don't worry about your start time. Your actual race time will only start running when you cross the start line.

Programme

9 – 9:15 a.m.*	Start TREK Antwerp Marathon
9:15 a.m.	Start TREK Antwerp 10K
2 – 2:45 p.m.*	Start TREK Antwerp Half Marathon
6 p.m.	Close of finish
6:30 p.m.	End of event

* Your exact start time depends on the start box you enter, based on your estimated finish time. On the event day, you decide before the start which start box you want to start in based on your desired finish time.



Start Procedure

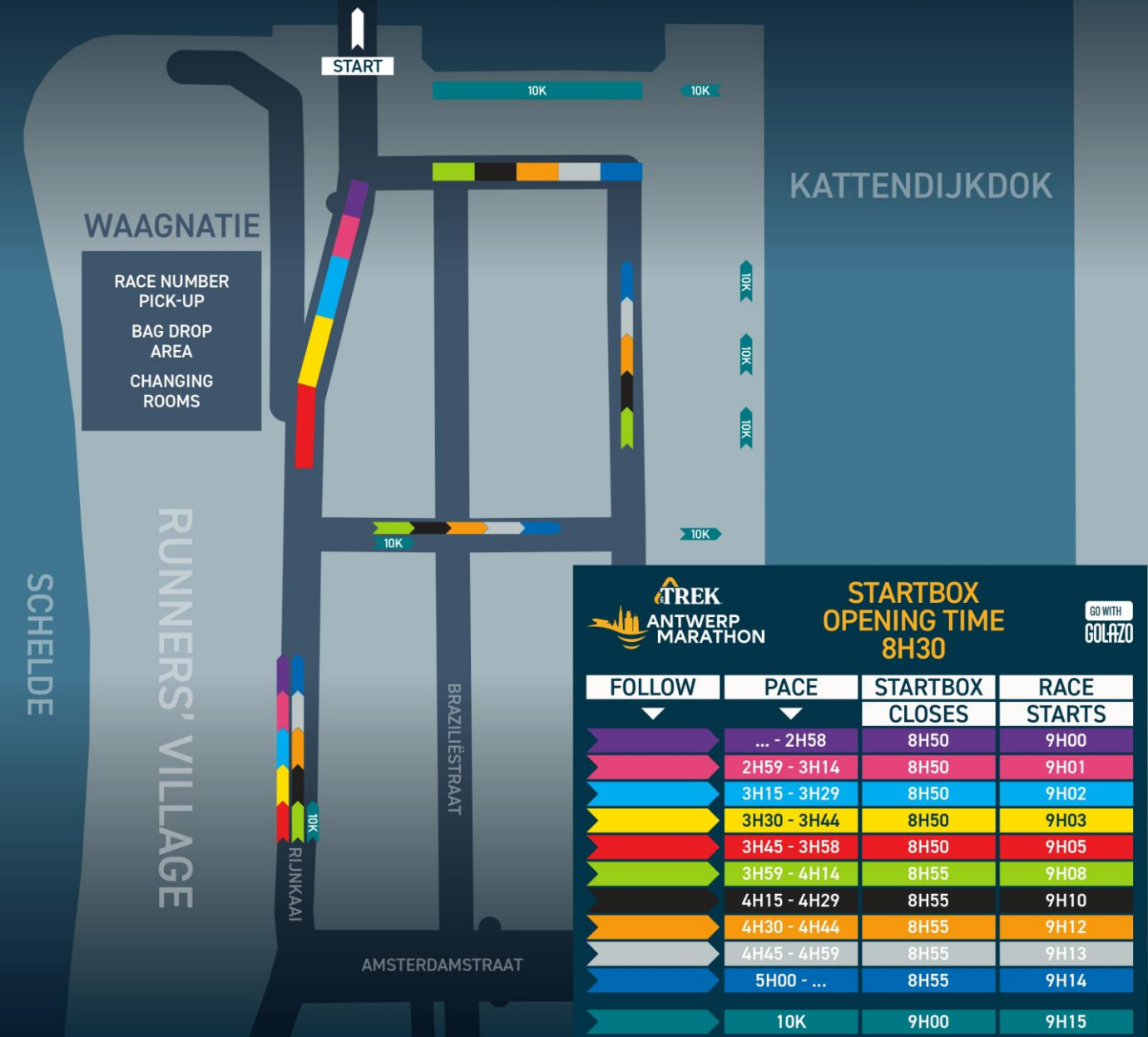
TREK Antwerp Marathon

Please follow the signposts from the Runners' Village in the Rijnkaai car park to the start box for your anticipated finish time.

Here, you can see the opening and closing times of the different start boxes, and what the exact start time is in relation to your anticipated finish time. The start boxes have not been defined beforehand or linked to the estimated finish time that you entered when you signed up. On event day, you decide before the start which start box you want to start in based on the finish time you want to run.

There are toilets in every start box.

MARATHON | 10K | START PROCEDURE





Start Procedure

TREK Antwerp 10K

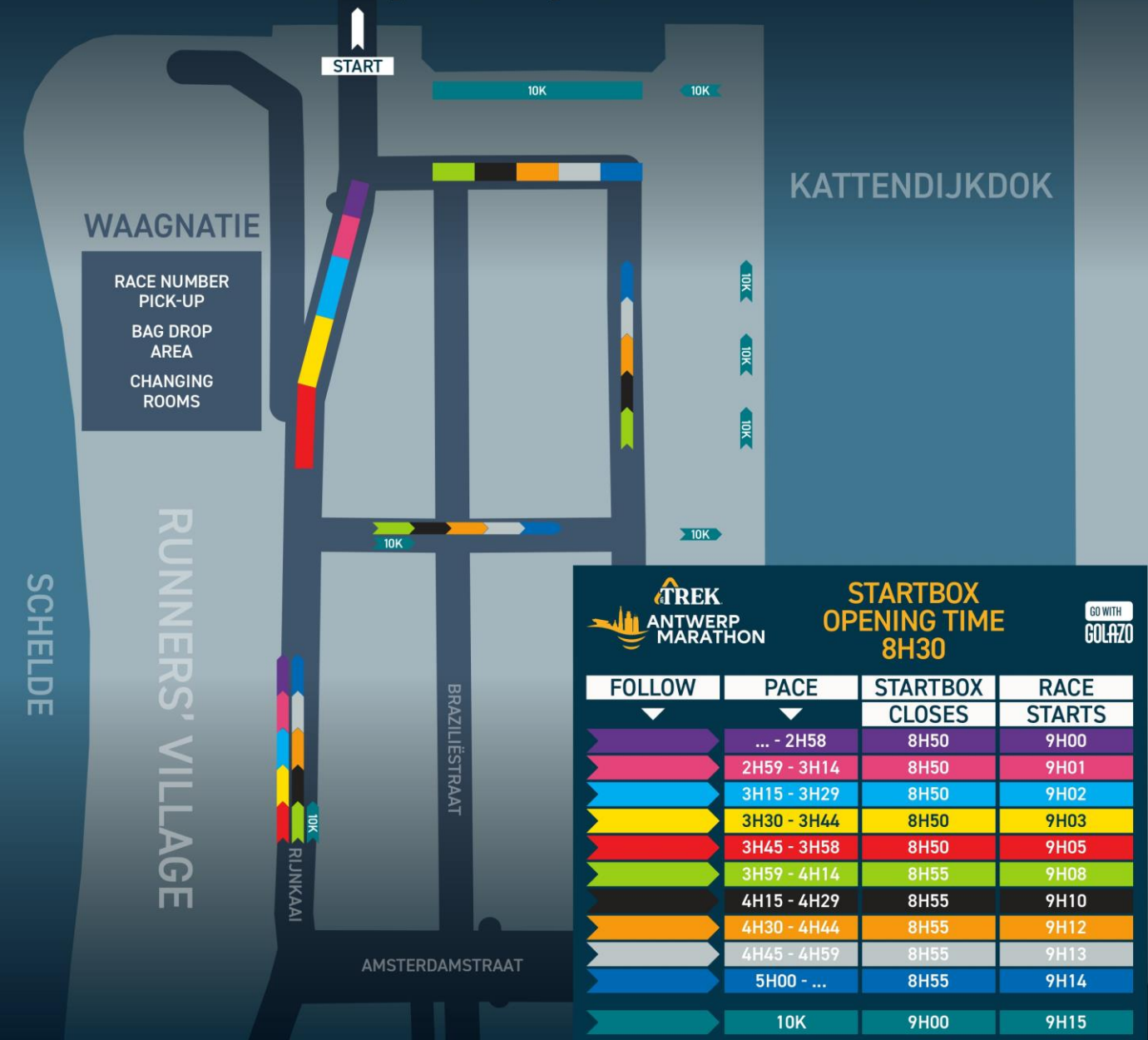
All TREK Antwerp 10K participants are expected in the start box at the latest at 9 a.m.

The 10K will start at 9:15 a.m. on the dot, straight after all marathon runners have left.

All 10K runners start together in one start box. It is important to follow the signposts from the Runners' Village in the Rijnkaai car park to this separate start box. Please don't mix in with the marathon runners. After the start of the marathon, all 10K participants will be guided from their start box to the starting line where the start shot will sound at exactly 9:15 a.m. You will not be able to start the TREK Antwerp 10K after 9:15 a.m.

There are toilets in the 10K start box.

MARATHON | 10K | START PROCEDURE





Start Procedure

TREK Antwerp Half Marathon

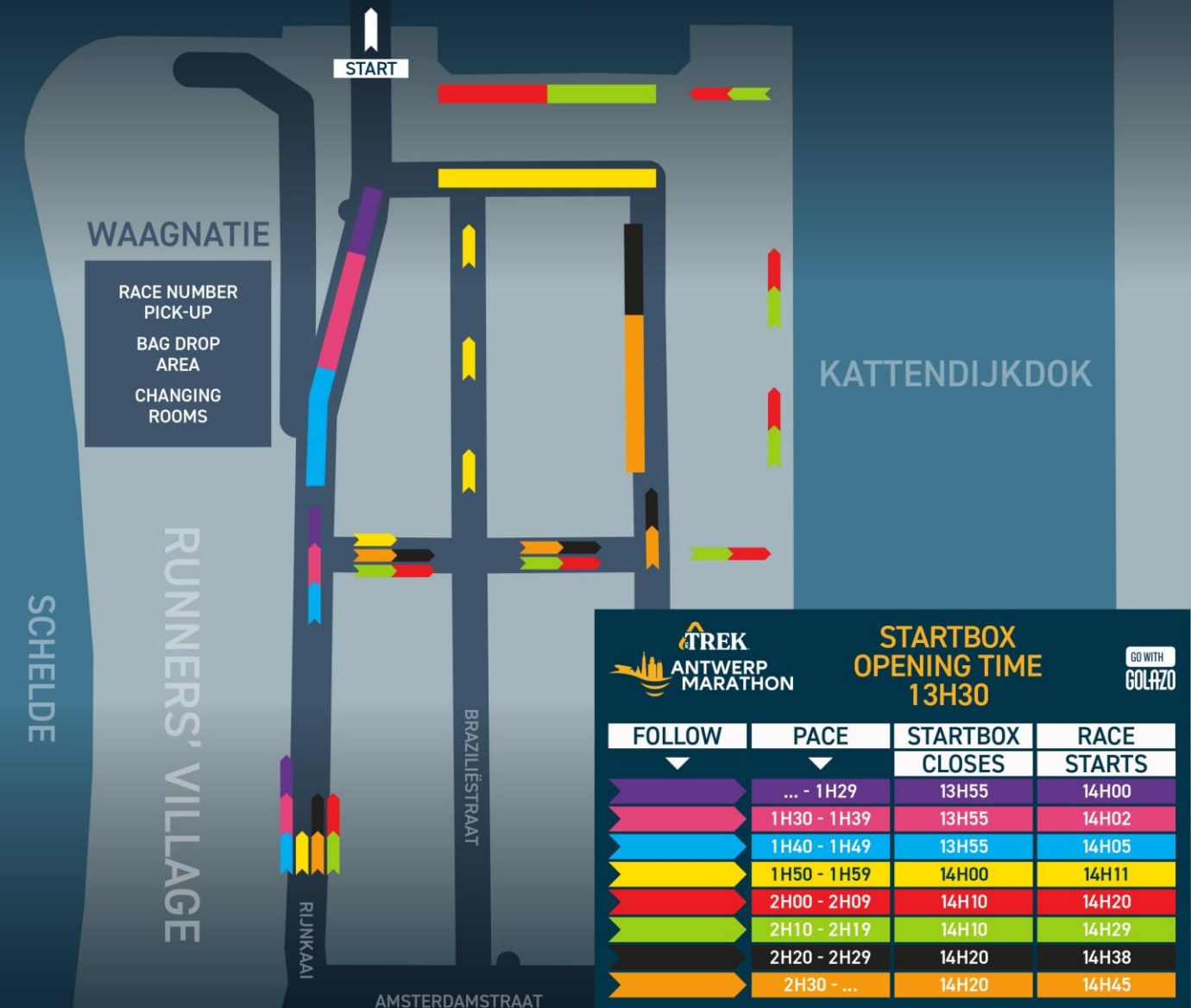
Please follow the signposts from the Runners' Village in the Rijnkaai car park to the start box for your anticipated finish time.

Here, you can see the opening and closing times of the different start boxes, and what the exact start time is in relation to your anticipated finish time. The start boxes have not been defined beforehand or linked to the estimated finish time that you entered when you signed up. On event day, you decide before the start which start box you want to start in based on the finish time you want to run.

We are counting on the fair play of all runners so that everyone can get off to a smooth start.

There are toilets in every start box.

HALF MARATHON | START PROCEDURE



Course

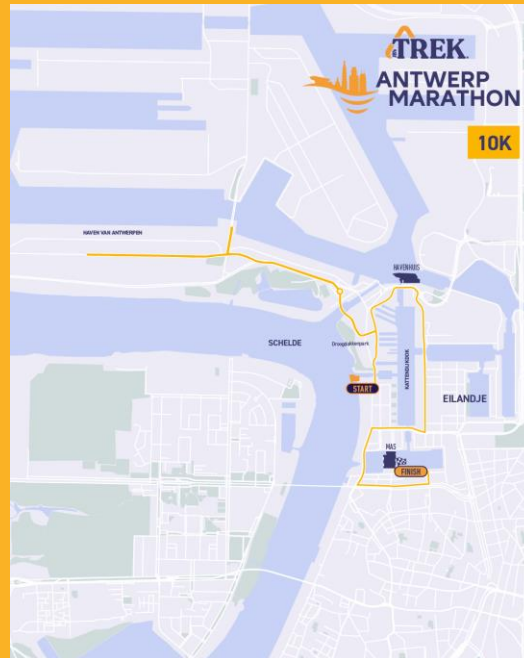
TREK ANTWERP MARATHON



[CHECK OUT COURSE MAP](#)

[DOWNLOAD GPX](#)

TREK ANTWERP 10K



[CHECK OUT COURSE MAP](#)

[DOWNLOAD GPX](#)

TREK ANTWERP HALF MARATHON



[CHECK OUT COURSE MAP](#)

[DOWNLOAD GPX](#)

Course

The 2025 TREK Antwerp Marathon and TREK Antwerp Half Marathon were officially measured by World Athletics.



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race Trek Antwerp Marathon 2025		Distance 42 195 m
Location ANTWERP		Country BELGIUM
Date of Race 19/10/2025	Date of Measurement 03/09/2025	Elevation Change 0 m/km
Separation 3.20 % 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/2025/197/JFD2969 A	Expiry Date 31/12/2029
International Measurement Administrator Jean François DELASALLE		Registered On 29/09/2025
Signed 		

In cooperation with



AIMS Association of International
Marathons and Distance Races

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 this 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.



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race Trek Antwerp Half Marathon		Distance 21 097.5 m
Location ANTWERP		Country BELGIUM
Date of Race 19/10/2025	Date of Measurement 03/09/2025	Elevation Change 0 m/km
Separation 1.60 % 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/2025/198/JFD2970 A	Expiry Date 31/12/2029
International Measurement Administrator Jean François DELASALLE		Registered On 29/09/2025
Signed 		

In cooperation with



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Follow the pacers to achieve your anticipated finish time

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.

TREK ANTWERP MARATHON

2hrs59	pink flag
3hrs15	blue flag
3hrs30	yellow flag
3hrs45	red flag
3hrs59	green flag
4hrs15	black flag
4hrs30	orange flag
4hrs45	grey flag
5hrs	white flag

TREK ANTWERP HALF MARATHON

1hr30	pink flag
1hr40	Blue flag
1hr50	yellow flag
2hrs	red flag
2hrs10	green flag
2hrs20	black flag
2hrs30	orange flag





Supplies

TREK Antwerp Marathon

5.0 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
7.5 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
10.3 km	Water, 6d Sports Drink pineapple, 6d Isogel, sweets, savoury biscuits, bananas
14.6 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
20.0 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
25.1 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
27.5 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
30.0 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
32.8 km	Water, 6d Sports Drink pineapple, 6d Isogel, sweets, savoury biscuits, bananas
35.2 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits
40.0 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits

High quality supplies will also be offered at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Mini Madeleine or Lotus Frangipane and a Monchique 340ml bottle of water.

Please note that supplies can be found in the following order:
water – sports drink – food – water

Our volunteers at the supply stations will wear vests that indicate what they are offering to the runners.

- Blue vest: water
- Red vest: sports drink
- Yellow vest: food

There will be toilets at every supply station, and we are also providing a ladies-only box containing a free range of tampons and sanitary pads.



water-link





Supplies

TREK Antwerp 10K

5.7 km Water, 6d Sports Drink pineapple, sweets, savoury biscuits

High quality supplies will also be offered at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Mini Madeleine or Lotus Frangipane and a Monchique 340ml bottle of water.

Please note that supplies can be found in the following order:
water – sports drink – food – water

Our volunteers at the supply stations will wear vests that indicate what they are offering to the runners.

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- Red vest: sports drink
- Yellow vest: food

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water-link





Supplies

TREK Antwerp Half Marathon

5.8 km	Water
11.1 km	Water, 6d Sports Drink pineapple, 6d Isogel, savoury biscuits, bananas
13.4 km	Water
18.9 km	Water, 6d Sports Drink pineapple, sweets, savoury biscuits

High quality supplies will also be offered at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Mini Madeleine or Lotus Frangipane and a Monchique 340ml bottle of water.

Please note that supplies can be found in the following order:
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water-link



Cheering Zones & Entertainment

It won't just be the supporters lining the course on Sunday that will create an unforgettable atmosphere. The different cheering zones and entertainment areas will give you the extra push.

The best spots to cheer on the runners are the Cheering Zones by the Port Authority building (TREK® Cheering Zone), on Dageraadplaats (Antwerp Running Crew Cheering Zone), on Markgravelei (Port of Antwerp-Bruges Cheering Zone) and on Kloosterstraat (TREK® Cheering Zone).

The full TREK Antwerp Marathon has a total of 52 entertainment areas along the course. For the Half Marathon, there will be 27 entertainment areas and for the 10K there are 7 entertainment areas. This ranges from DJs, Japanese drums, Brazilian drums, bagpipe players, ...

[CHECK OUT COURSE MAP](#)



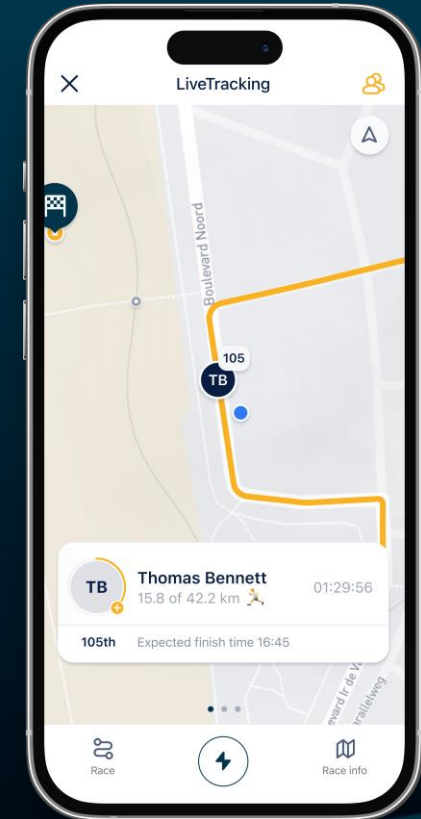
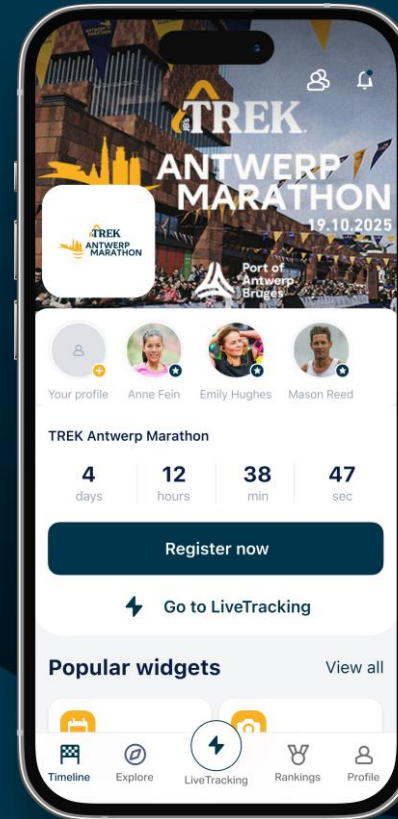


Live Tracking

All your supporters will be able to follow you via the official TREK Antwerp Marathon App on Sunday. Look up your favourite runner based on their name or start number, and you get to see the split times along the course and the estimated finish time live.

[Download via App Store](#)

[Download via Google Play](#)



No cyclists

The TREK Antwerp Marathon is a runners' event with several supply stations. 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 and the running comfort of all participants, we urge you to not support or accompany your favourite runner by bike. 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!





AFTER THE RACE

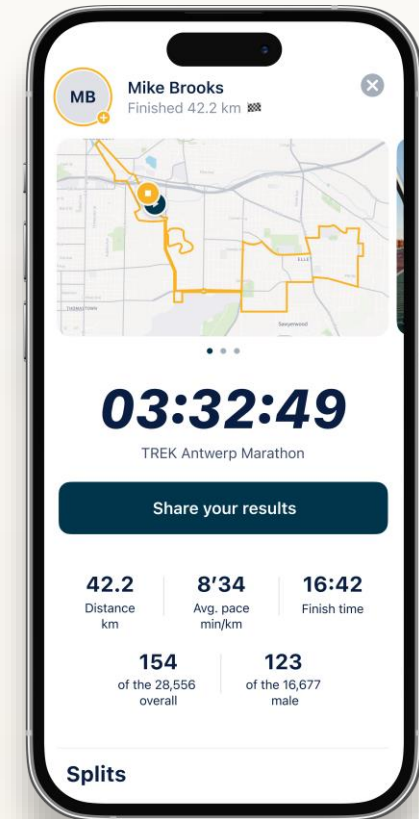
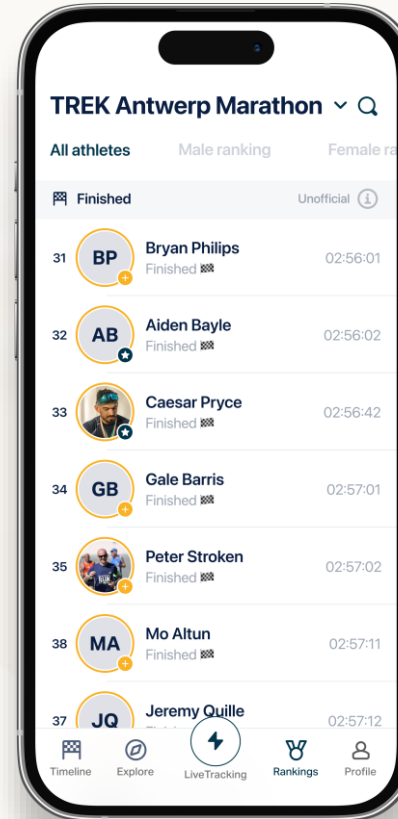
Results

You can also consult the final result in the official application after the race.

The podium ceremony is done on the basis of the first three runners per gender who cross the finish.

[Download via App Store](#)

[Download via Google Play](#)



Take your photo with your finish time

Do you want to run a new personal record on Sunday, or are you just aiming to reach the finish? It doesn't matter! Everyone who crosses the finish by the MAS should be exceptionally proud of their performance! If you want to capture that moment for eternity, visit the Port of Antwerp-Bruges stand in the Runners' Village in the Rijnkaai car park afterwards and have your photo taken with your finish time!



Personalise your medal

Want to immortalise the 2025 edition of the TREK Antwerp Marathon? Then you can choose to have your medal engraved! You can engrave your full name and finish time on the back of the medal you will receive after the finish at the Medal Engraving stand in the Runners' Village in car park Rijnkaai.

If you included it and ordered it when registering, this will be mentioned on your bib number. If instead, you would like to purchase it on Sunday, you can have your medal engraved on site for €14.





Order your personal action shots

The Sportograf photographers take amazing action shots during your performance in the TREK Antwerp Marathon, Half Marathon or 10K.

Your personal souvenir of your top achievement. If you would like to be notified of when the photos become available for ordering, register and receive a notification as soon as they are ready for downloading.

Register now using [this link](#) and receive a reminder as soon as your personal photos appear online. You will find more info [here](#) about how your photos will be processed.



Let's make it an unforgettable top day together!

- Be considerate & have fun!
- Don't forget to have a great time and enjoy the wonderful surroundings and numerous areas of entertainment along the course.
- Listen to your body. If you don't feel well, take a break. If the feeling persists, then stop running altogether.
- No volunteers means no TREK Antwerp Marathon. A smile or thank you will brighten up their day.
- Make it into an unforgettable day together with your fellow runners!



THANKS TO OUR SPONSORS!



HEDIN
AUTOMOTIVE



GO WITH

GOLAZO



Your next challenge?

09.11.2025	Havenwereld Run & Walk
16.11.2025	BRITA Urban Trail Antwerpen
01.02.2026	Baloise Antwerp Park Miles
29.03.2026	Sofico Gent Marathon
19.04.2026	Leuven Marathon
26.04.2026	Baloise Antwerp 10 Miles
25.10.2026	TREK Antwerp Marathon