



RUNNERS' GUIDE

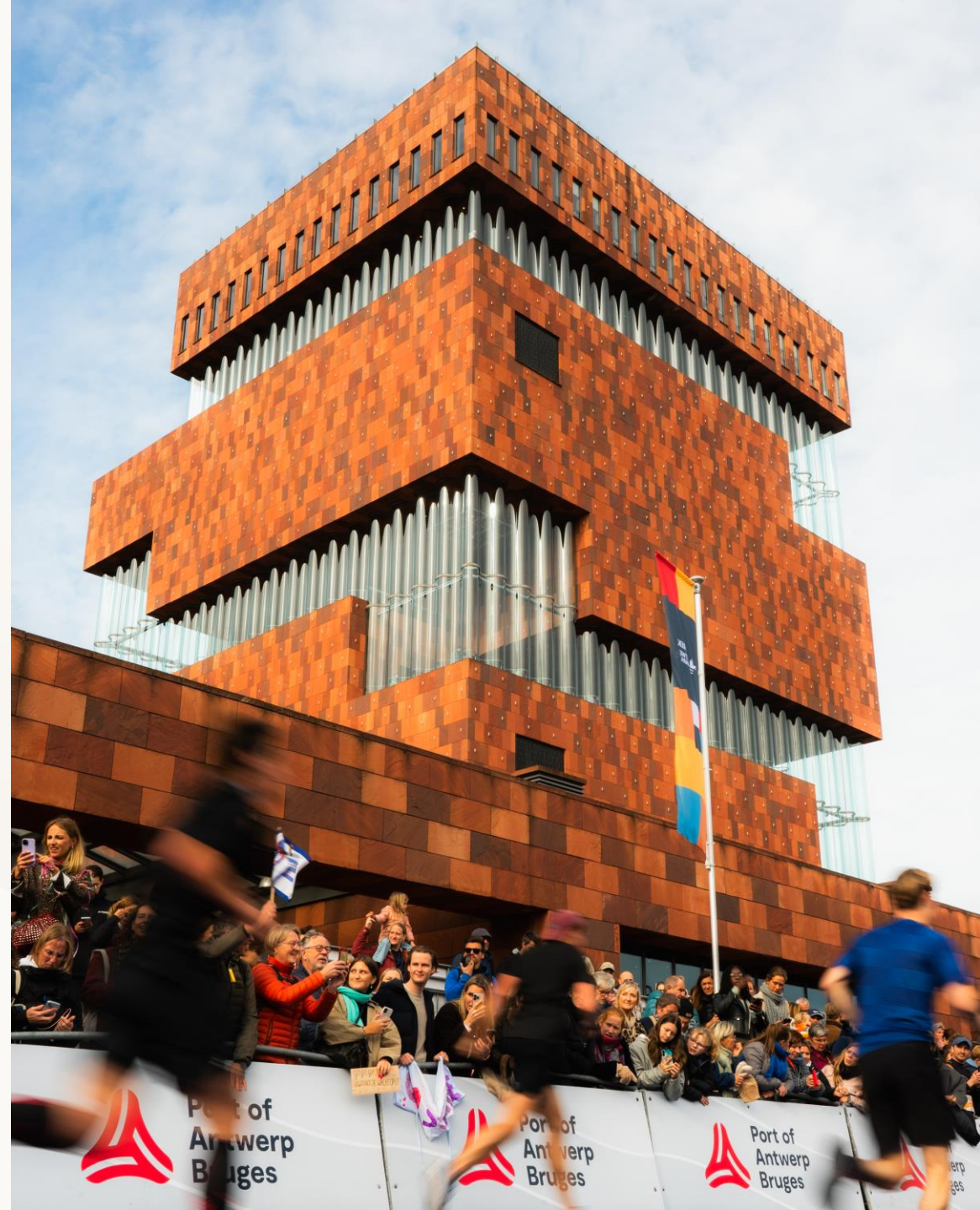




It's great that you will be joining us for the sixth edition of the TREK Antwerp Marathon. This runners' guide will give you all the important info for your race so that you can start on Sunday without a care in the world!

See you Sunday 18 October!

Good luck,
Team TREK Antwerp Marathon





Download our TREK Antwerp Marathon App

Whether you're taking part in the TREK Antwerp Marathon, Half Marathon or 10K, or standing by the side of the road as a supporter to cheer on your favourite runner, the app keeps you fully up to date!

All race information, important updates and practical tips for participants, plus live tracking for supporters to follow their favourite runners using split times and an estimated finish time. On Sunday 18 October, the best way to follow everything is via the official TREK Antwerp Marathon App.

[Download via App Store](#)

[Download via Google Play](#)

A white rounded square icon with the TREK ANTWERP MARATHON logo inside.A smartphone displaying the app's interface, showing a map with a live tracking route and a list of runners with their names, distances, and estimated finish times.A smartphone displaying the app's interface, showing a map with a live tracking route and a list of runners with their names, distances, and estimated finish times.

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

If you're coming from Antwerp, by far the easiest way of getting to the TREK Antwerp Marathon is by bike. You can easily park your bike for free at the temporary bike parking at Tavernierskaai (Loodswezen), Napoleonkaai, or by Londenbrug.

By public transport

The nearest tram and bus stops are Antwerpen Noorderplaats and Antwerpen Ziekenhuis Cadix. Map out your route using the [train](#), [tram](#) or [bus](#) timetables.

By car

If you do decide to come by car, please use the Kiss & Ride on [Asiadok-Westkaai](#) or park your car in one of the other Park & Rides. You can find more info on [the website](#).

[All info on accessibility](#)

Collecting your participant pack

Collect your participant pack on Friday or Saturday from the Waagnatie so that you can go straight to the correct start box on Sunday without a care in the world. On Sunday, you can pick up your participant pack from 8 a.m. If you are running the full marathon or you have ordered the official event shirt, you can go and collect your bib number straight away.

Location

Waagnatie | Rijnkaai 150, 2000 Antwerp

Opening times

Friday 16 October between 12 and 7 p.m.

Saturday 17 October between 10 a.m. and 5 p.m.

Sunday 18 October between 8 a.m. and 2 p.m.

If you would like to collect the **bib number for someone else**, you can only do so upon presentation of their **confirmation email containing their race number or e-ticket**.

If you registered as part of a **group or company with group collection**, it will not be possible to collect your bib number from the stand individually. Make arrangements with your **group leader about** where and when you can collect your bib number.

You cannot find the email containing your race number?

[Find your race number here](#)

Change of name or distance?

Change of name

If you have taken the bib number of someone else, make a name change so that your name will appear in the online results.

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

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

Change of distance

If you want to change the distance, switching to a shorter distance is free. For a switch to a longer distance, you will be charged the difference in price.

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

It is not possible to switch to the 10K as that distance is full.



Programme

Sunday 19 October

9 a.m.* Start TREK Antwerp Marathon

9:04 a.m.* Start TREK Antwerp 10K

2 p.m.* Start TREK Antwerp Half Marathon

6 p.m. Close of finish

6:30 p.m. End event

* Your exact start time will depend on the start box you enter, based on your estimated finish time. Before the start on the event day, you choose the start box you want to start in.

Locations

Waagnatie | Rijnkaai 150, 2000 Antwerp

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

Rijnkaai

- Start TREK Antwerp Marathon
- Start TREK Antwerp Half Marathon

Orteliuskaai

- Start TREK Antwerp 10K

MAS

- Finish



Carefree at the start

- Collect your participant pack – Waagnatie
- If needed, drop your sports bag at the bag drop – Waagnatie
- Attach your bib number, starting from the Runners' Village follow the signs and walk to the start box of your anticipated finish time.
- **Please note! The start location for the 10K is on Orteliuskaai. This is not the same location as for the Marathon and Half Marathon and is also different in comparison with the previous edition.**
- Enjoy the race
 - 9 a.m.: start TREK Antwerp Marathon – Rijnkaai
 - 9:04 a.m.: start TREK Antwerp 10K – Orteliuskaai
 - 2 p.m.: start TREK Antwerp Half Marathon – Rijnkaai

Start without a care on Sunday and **collect your bib number as early as Friday between 12 and 7 p.m. or Saturday between 10 a.m. and 5 p.m.** On Sunday, you can collect your bib number from 8 a.m.





The official event shirt

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

If you're running the Half Marathon or 10K and you ordered the event shirt when you signed up, you can also collect it at the same time as your participant pack and bib number.

If you haven't ordered anything yet, but would nevertheless like to buy the race shirt, you can also buy the official race shirt on Friday, Saturday and Sunday for €29.95 from the Merchandise Shop, as long as stocks last.



Merchandise Shop

Are you coming to collect your participant pack on Friday or Saturday?

Plenty of time to stop by our official Merchandise Shop and grab one of our TREK Antwerp Marathon sweaters, a long-sleeve race shirt and so much more. Lots of choice to choose your favourite. Our Merchandise Shop will also be open on Sunday if you'd like to drop in before or after the race, as long as 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: 8 a.m. – 6 p.m.

Our Merchandise Shop is also available online!

[Go to our webshop](#)



Bag Drop Area

- If you have supporters who can hold on to your items during the race, give them your sports bag or backpack.
- If not, pass by our Bag Drop Area in Waagnatie where you can safely leave your sports bag or backpack on Sunday.
- Make sure that you can fully close the sports bag or backpack you are using to store your belongings in. You will not be allowed to drop off loose items of clothing.
- Please do not leave any clothing at the start. Any clothing left behind will be collected and recycled and cannot be collected afterwards. Put all your belongings that you do not need during the race in your sports bag or backpack.
- Sports bags kept at the Bag Drop Area can be collected until 6:30 p.m. on Sunday.

The organisers will take the necessary security measures to guard the bag drop area as best as they can, nevertheless, use of the area is at your own risk. The organisers are not liable for any damage, loss and/or theft of personal items.



THE RACE



Start procedure

There will be a total of 20,000 runners at the start on Sunday. In order to get everyone to the start of the race smoothly, we would like you to pay extra attention to the start procedures.

It is important to enter the correct start box, the one of your anticipated finish time. This allows everyone around you to run at a similar pace. This increases the running comfort of yourself and all other participants.

Do not worry about your start time. Your actual race time does not start running until you cross the starting line.

Programme

9 a.m.*	Start TREK Antwerp Marathon
9:04 a.m.*	Start TREK Antwerp 10K
2 p.m.*	Start TREK Antwerp Half Marathon
6 p.m.	Close of finish
6:30 p.m.	End event

* Your exact start time will depend on the start box you enter, based on your estimated finish time. Before the start on the event day, you choose the start box you want to start in.

Start procedure

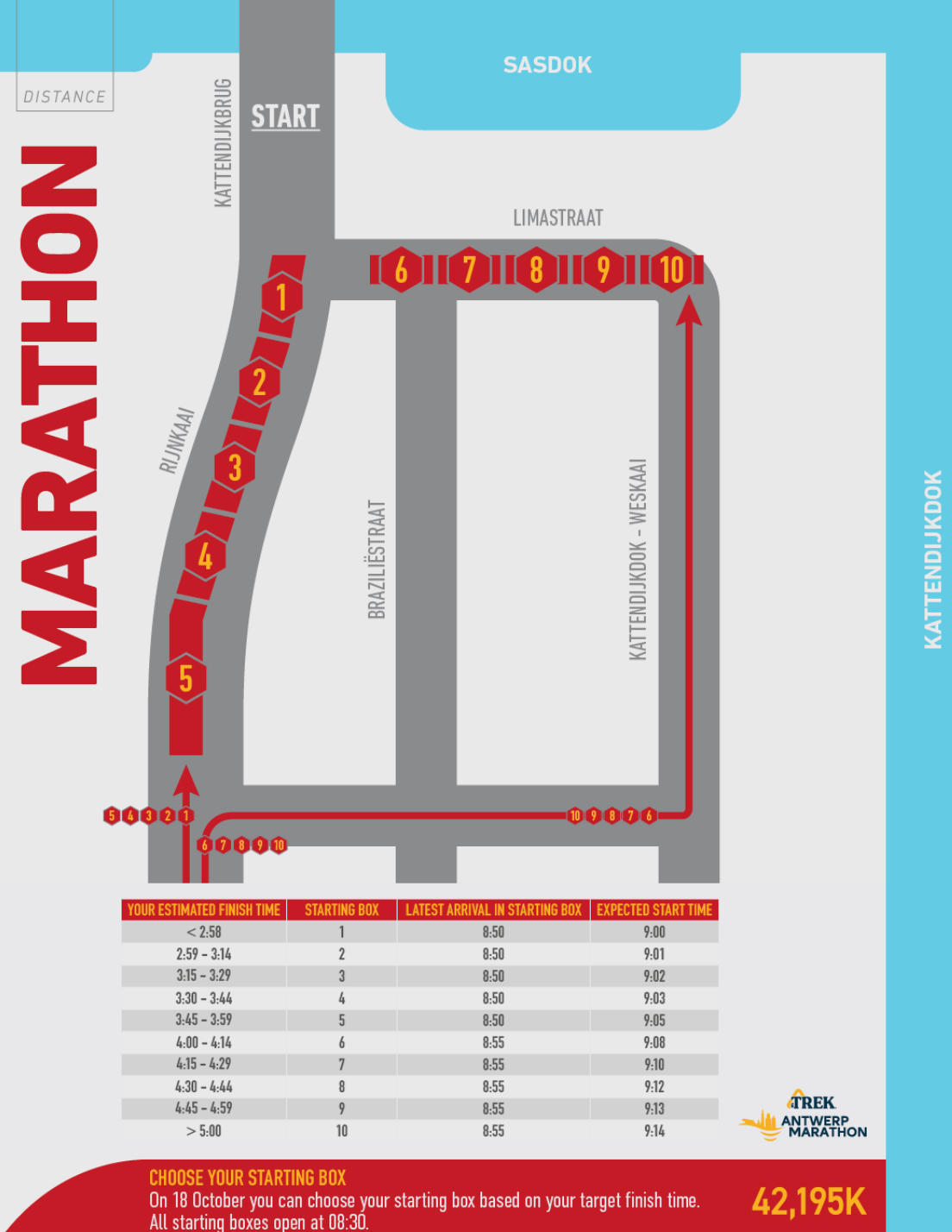
TREK Antwerp Marathon

Please make sure to follow the signs to the start box of your anticipated finish time from the Runners' Village at Waagnatie.

The start boxes open at 8:30 a.m. Please refer to the map to see the closing time of the different start boxes, and to see the exact starting time in relation to your anticipated finish time. The start boxes are not pre-defined or linked to the estimated finish time that you entered when you registered.

Before the start on the event day, you choose which start box you want to start in on the basis of the finish time you want to achieve.

There will be toilets in each start box.



Start procedure

TREK Antwerp 10K

Please note, the 10K start location is on Orteliuskaai. This is not the same location as for the Marathon and Half Marathon and is different from the previous edition.

From the Runners' Village at the Waagnatie, please follow the signs to the start of the 10K and the start box of your anticipated finish time. From Waagnatie, it is about a 10-minute walk to the start of the 10K.

Be sure to get there on time! The start boxes open at 8:30 a.m. and close at 8:50 a.m. Because we need to stick to the race programme, it will not be possible to enter the 10K start box after 8:50 a.m.

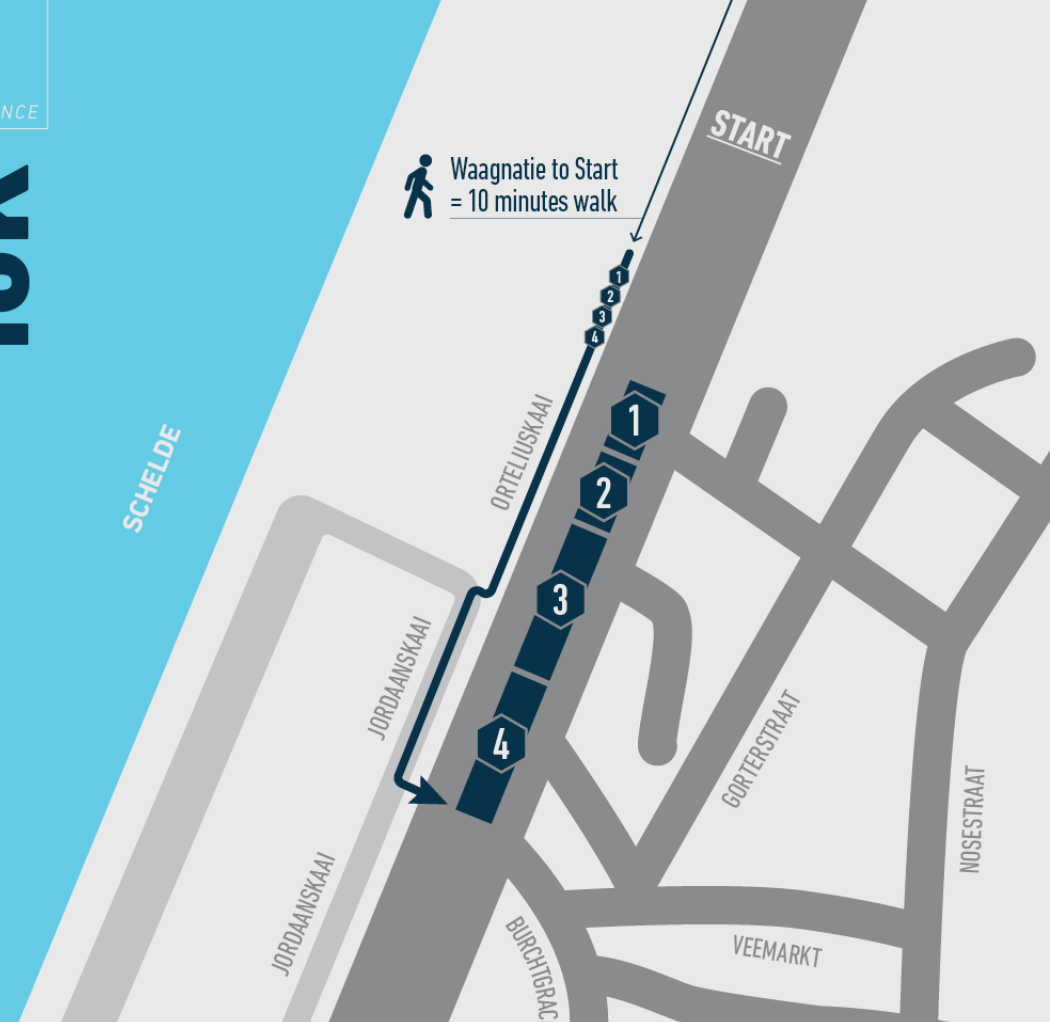
The start boxes are not pre-defined or linked to the estimated finish time you entered when you signed up.

Before the start on the event day, you choose which start box you want to start in on the basis of the finish time that you want to run.

There will be toilets provided by the start location.

DISTANCE

10K



YOUR ESTIMATED FINISH TIME	STARTING BOX	LATEST ARRIVAL IN STARTING BOX	EXPECTED START TIME
Elite	1	8:50	9:04
< 0:55	2	8:50	9:05
0:55 - 1:05	3	8:50	9:06
> 1:05	4	8:50	9:08

Start procedure

TREK Antwerp Half Marathon

Please make sure to follow the signs to the start box of your anticipated finish time from the Runners' Village at Waagnatie.

The start boxes open at 1:30 p.m. Please refer to the map to see the closing time of the different start boxes, and to see the exact starting time in relation to your anticipated finish time. The start boxes are not pre-defined or linked to the estimated finish time that you entered when you registered.

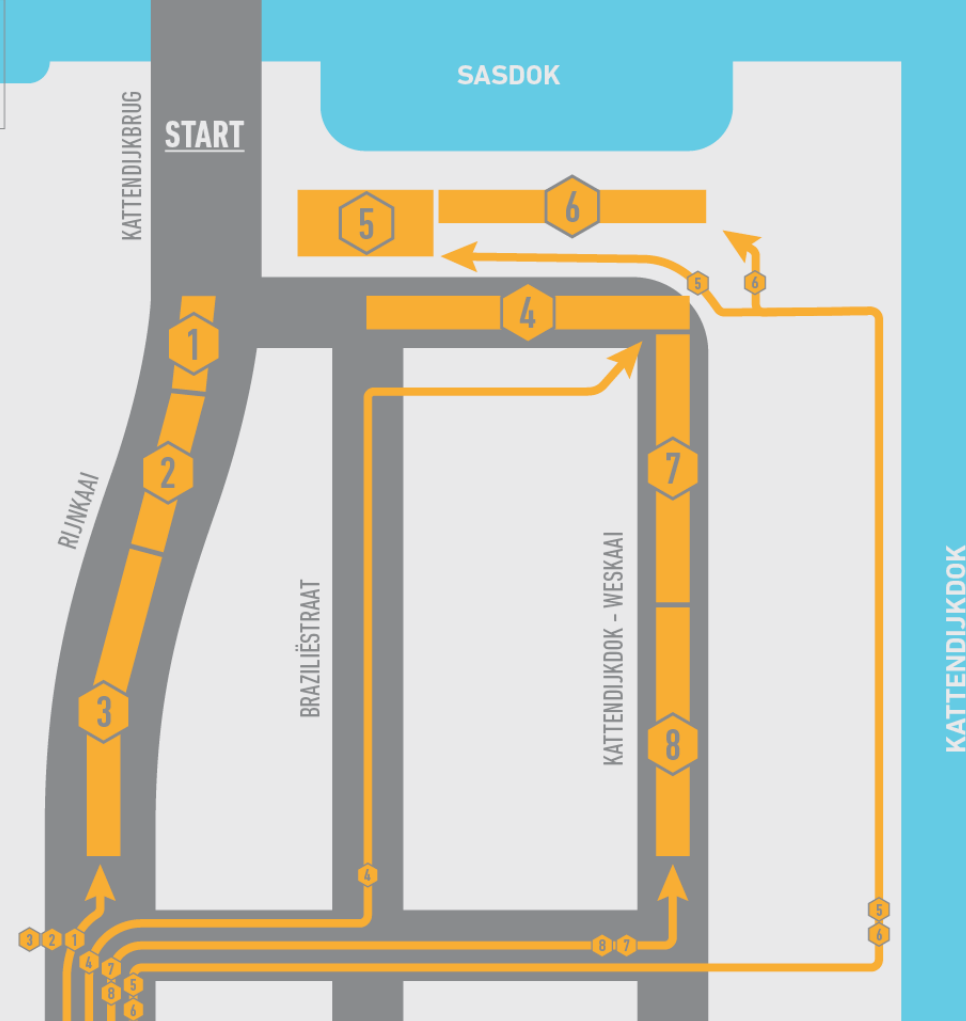
Before the start on the event day, you choose which start box you want to start in on the basis of the finish time you want to achieve.

There will be toilets in each start box.

Why does it take 45 minutes to allow everyone to start?

More than 12,000 participants are running the Half Marathon. The start times have been carefully calculated to guarantee a smooth flow on the course and through the finish. We therefore ask that you respect the indicated timing for your start box. Give yourself enough time if you first want to drop a bag or go to the toilet.

HALF MARATHON



YOUR ESTIMATED FINISH TIME	STARTING BOX	LATEST ARRIVAL IN STARTING BOX	EXPECTED START TIME
< 1:29	1	13:55	14:00
1:30 - 1:39	2	13:55	14:02
1:40 - 1:49	3	13:55	14:05
1:50 - 1:59	4	14:00	14:11
2:00 - 2:09	5	14:10	14:20
2:10 - 2:19	6	14:10	14:29
2:20 - 2:29	7	14:20	14:38
> 2:30	8	14:20	14:45

CHOOSE YOUR STARTING BOX

On 18 October you can choose your starting box based on your target finish time. All starting boxes open at 13:30.

Course

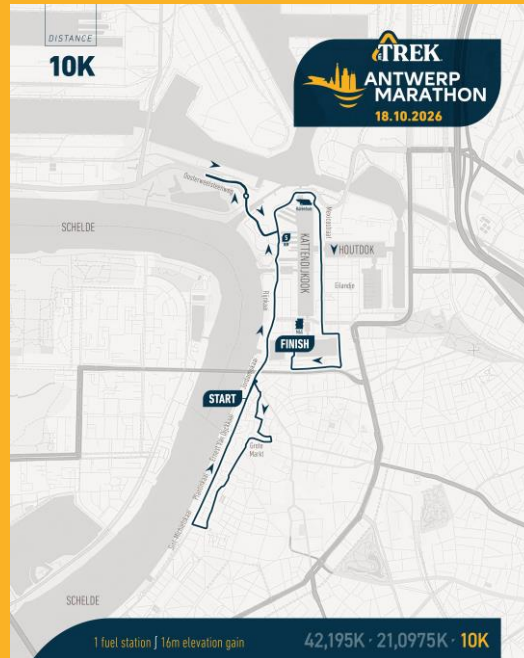
TREK ANTWERP MARATHON



[Check out the route map](#)

[Download the GPX](#)

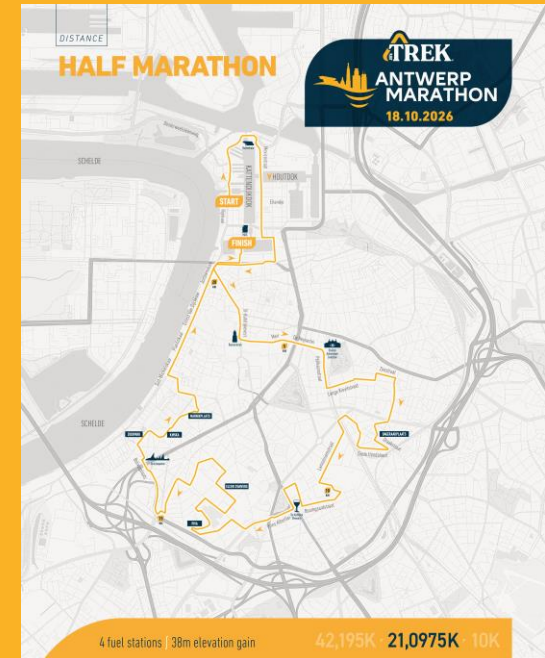
TREK ANTWERP 10K



[Check out the route map](#)

[Download the GPX](#)

TREK ANTWERP HALF MARATHON



[Check out the route map](#)

[Download the GPX](#)



Course

The 2026 editions of the TREK Antwerp Marathon, the TREK Antwerp Half Marathon and the TREK Antwerp 10K were officially measured by World Athletics.

WORLD ATHLETICS. INTERNATIONAL MEASUREMENT CERTIFICATE		
Name of Race Trek Antwerp marathon		Distance 42 195 m
Location ANTWERP		Country BELGIUM
Date of Race 18/10/2026	Date of Measurement 17/06/2026	Elevation Change 0.01 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/2026/246/JFD3303 A	Expiry Date 31/12/2030
International Measurement Administrator Jean François DELASALLE		Registered On 05/10/2026
Signed		In cooperation with

WORLD ATHLETICS. INTERNATIONAL MEASUREMENT CERTIFICATE		
Name of Race Trek Antwerp half marathon		Distance 21 097.5 m
Location ANTWERP		Country BELGIUM
Date of Race 18/10/2026	Date of Measurement 17/06/2026	Elevation Change 0.03 m/km
Separation 3.19 % 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/2026/245/JFD3302 A	Expiry Date 31/12/2030
International Measurement Administrator Jean François DELASALLE		Registered On 05/10/2026
Signed		In cooperation with

WORLD ATHLETICS. INTERNATIONAL MEASUREMENT CERTIFICATE		
Name of Race Trek Antwerp 10 k		Distance 10 000 m
Location ANTWERP		Country BELGIUM
Date of Race 18/10/2026	Date of Measurement 17/06/2026	Elevation Change negative 0.02 m/km
Separation 5.61 % 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/2026/195/JFD3252 A	Expiry Date 31/12/2030
International Measurement Administrator Jean François DELASALLE		Registered On 21/07/2026
Signed		In cooperation with

Follow the pacers to reach your anticipated finish time

A number of very experienced runners have committed to act as pacers. You will be able to spot them easily in the start boxes thanks to their coloured flag showing their finish time.

TREK ANTWERP MARATHON		TREK ANTWERP HALF MARATHON	
2:59	pink flag	1:30	pink flag
3:15	blue flag	1:40	blue flag
3:30	yellow flag	1:50	yellow flag
3:45	red flag	2:00	red flag
3:59	green flag	2:10	green flag
4:15	black flag	2:20	black flag
4:30	orange flag	2:30	orange flag
4:45	grey flag		
5:00	white flag		

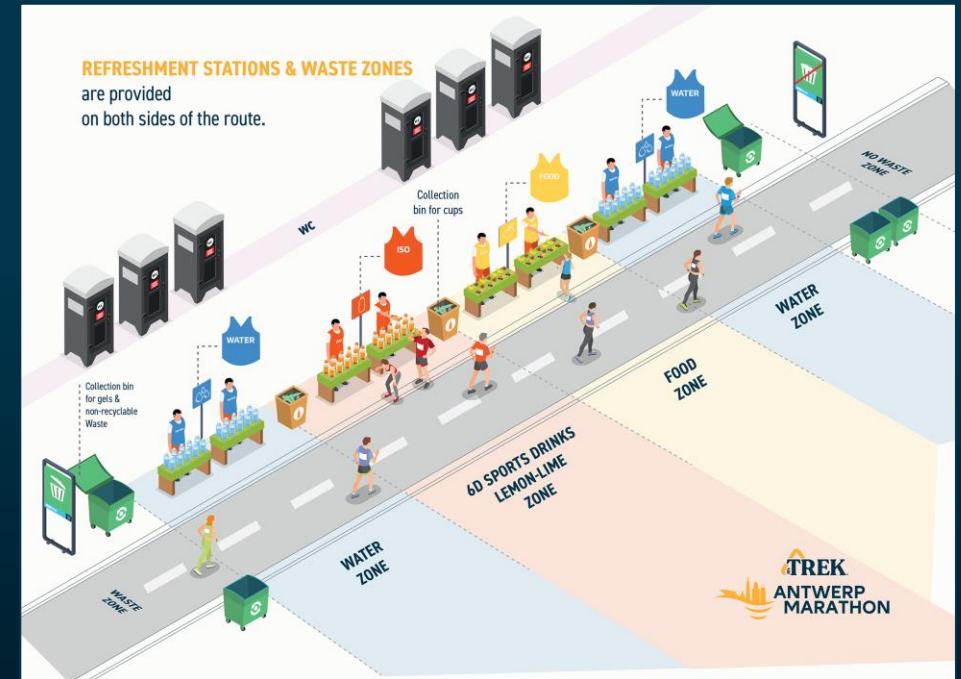


Supplies

TREK Antwerp Marathon

4,9 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
7,5 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
10,4 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits, bananas
13,0 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
17,6 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
22,2 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
27,7 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
30,0 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
32,9 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits, bananas
35,5 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
40,1 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits

- When collecting your race number, you will receive a 6d Sports Nutrition ultragel.
- There will be quality supplies at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Zebra Milky Cream or Lotus Frangipane, a juicy orange and a Culligan reusable water bottle.



The following order will be used at the supply stations: water – sports drink – food – water

Our staff at the supply stations will be wearing vests matched to the supplies they're handing out to runners:

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

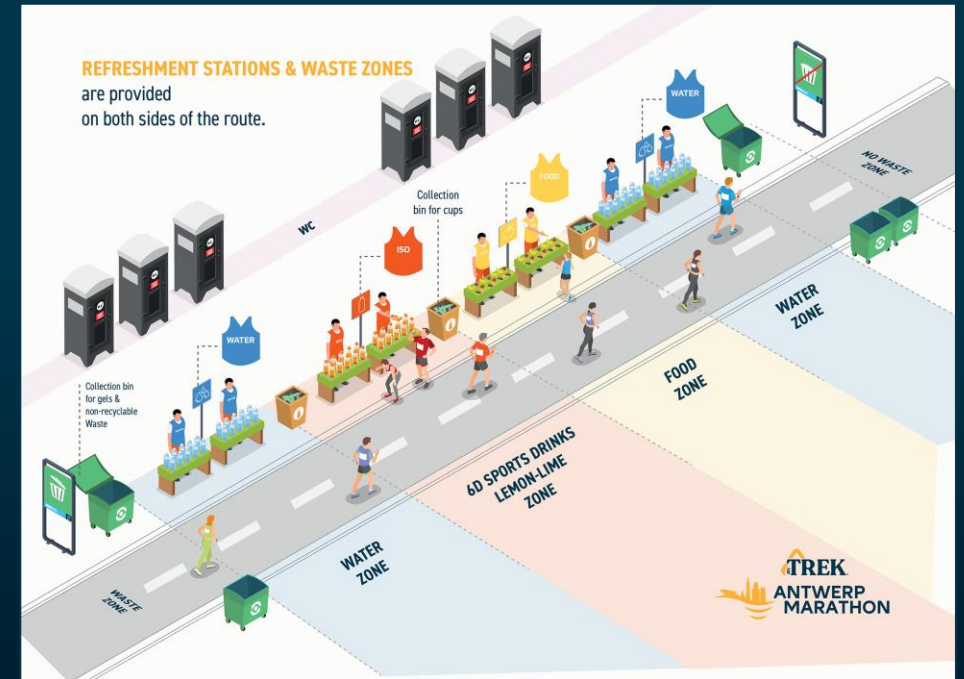
Supplies

TREK Antwerp 10K

2,2 km Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits

6,4 km Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits

- When collecting your race number, you will receive a 6d Sports Nutrition Sports Chew.
- There will be quality supplies at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Zebra Milky Cream or Lotus Frangipane, a juicy orange and a Culligan reusable water bottle.



The following order will be used at the supply stations: water – sports drink – food – water

Our staff at the supply stations will be wearing vests matched to the supplies they're handing out to runners:

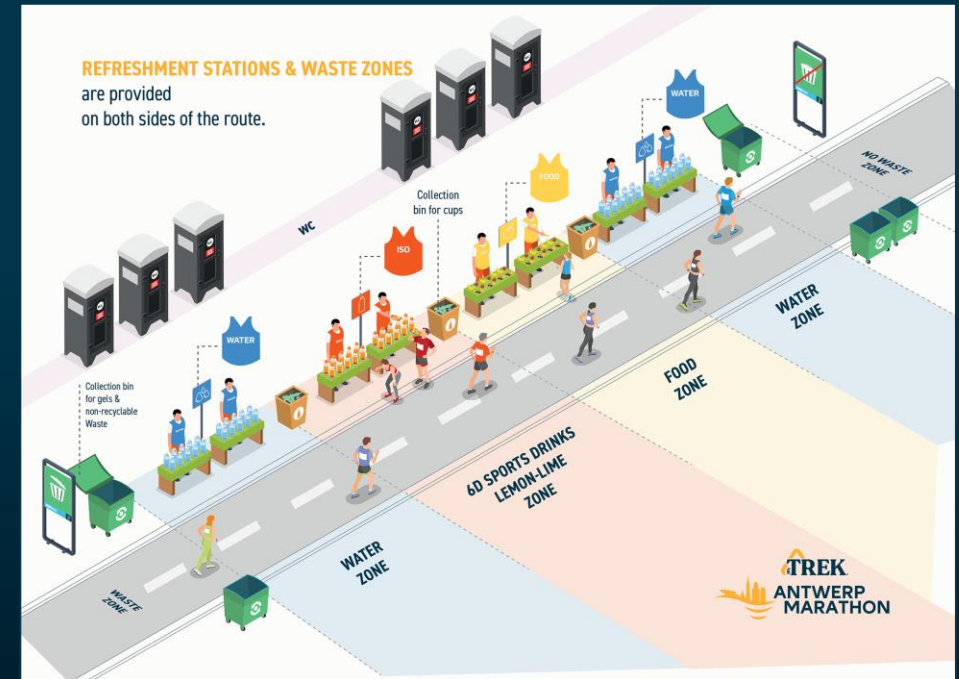
- Blue vests: water
- Red vests: sports drink
- Yellow vests: food

Supplies

TREK Antwerp Half Marathon

4,9 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
10,4 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits, bananas
14,5 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits
19,1 km	Water, 6d Sports Drink Lemon-Lime, sweets, savoury biscuits

- When collecting your race number, you will receive a 6d Sports Nutrition ultragel.
- There will be quality supplies at the finish, including a TREK Protein Oat Bar Biscoff, a Lotus Zebra Milky Cream or Lotus Frangipane, a juicy orange and a Culligan reusable water bottle.



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Culligan reusable water bottle at the finish

Did you know that the Culligan bottle that you will receive at the end sampling after the finish is reusable? Feel free to take it home and reuse when exercising, when you are out and about or at work. That way we help reduce waste together and contribute to a more sustainable event.

Culligan



Cheering Zones

It's not just the supporters lining the route who create an unforgettable atmosphere on Sunday. Thanks to the various cheering zones and entertainment spots, you'll get just the right encouragement throughout the race.

The best spots to cheer on the runners along the route are the Cheering Zones at Dageraadplaats (Antwerp Running Crew Cheering Zone), on Kloosterstraat (Port of Antwerp-Bruges Cheering Zone), on Marnixplaats (TREK® Cheering Zone) and on Kronenburgstraat (Lucky Stride Cheering Zone).

The entire TREK Antwerp Marathon features a total of 52 entertainment points along the route. For the Half Marathon, there will be 27 entertainment points dotted around, and for the 10K, 13 entertainment points will be set up. These range from DJs, entertainment teams, Japanese drums, Brazilian drums, bagpipers, and more.



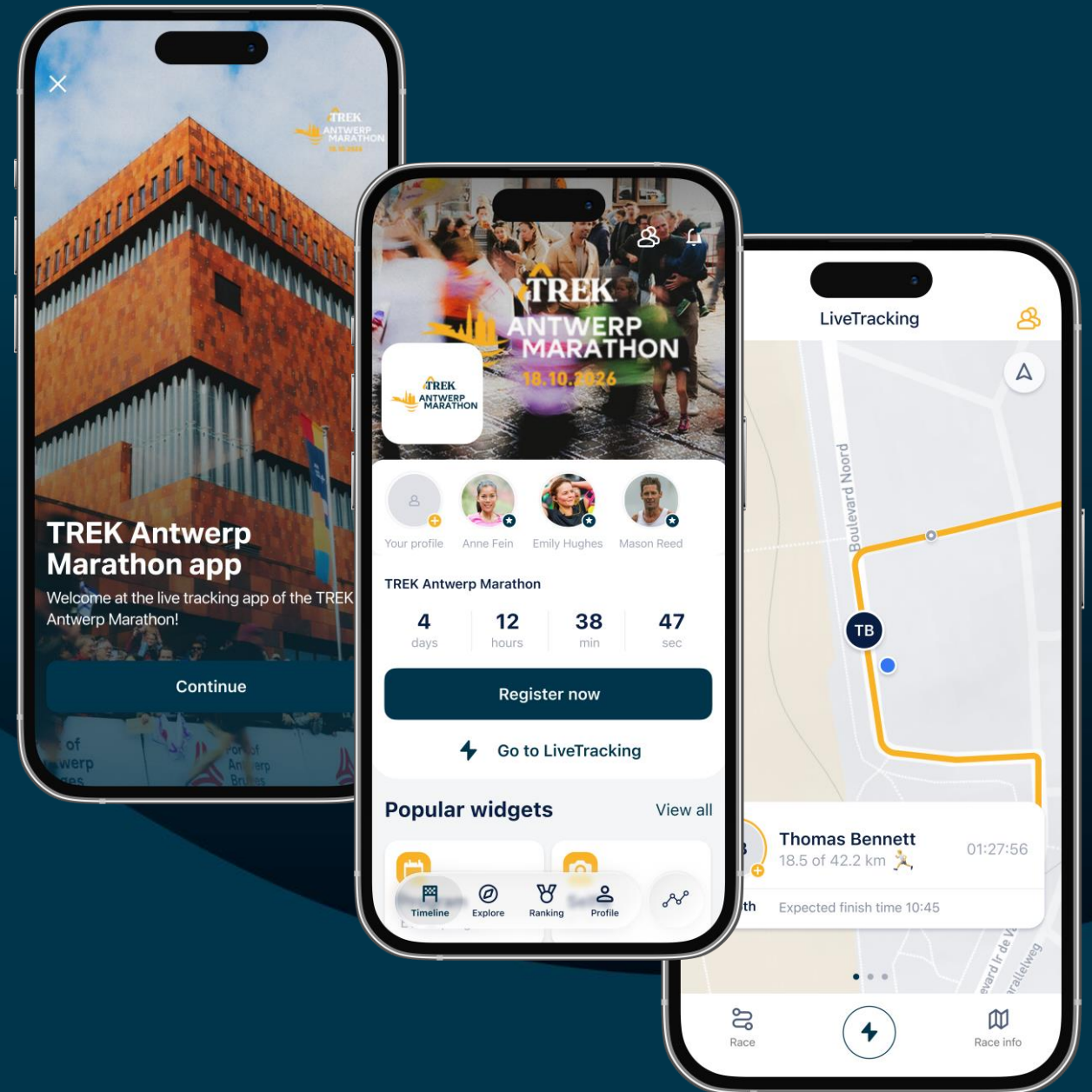


Live tracking

Your supporters can follow you every step of the way on Sunday via the official TREK Antwerp Marathon App. Search for your favourite runner by name or race number, and you'll be able to see their split times along the route and their estimated finish time live at the finish line.

[Download via App Store](#)

[Download via Google Play](#)



Cyclists not allowed

The TREK Antwerp Marathon is a running event with multiple supply stations. What's more, there will be over 20,000 participants at the start. There is therefore no room for cyclists on the course.

Out of respect for all participants and to ensure a comfortable running experience for everyone, we strongly urge you not to support or accompany your favourite runner by bike along the course. With such a large number of participants, this causes disruption and frustration. The organisers will be carrying out checks at various points along the course.

On behalf of the organisers and all participants: thank you!





AFTER THE RACE

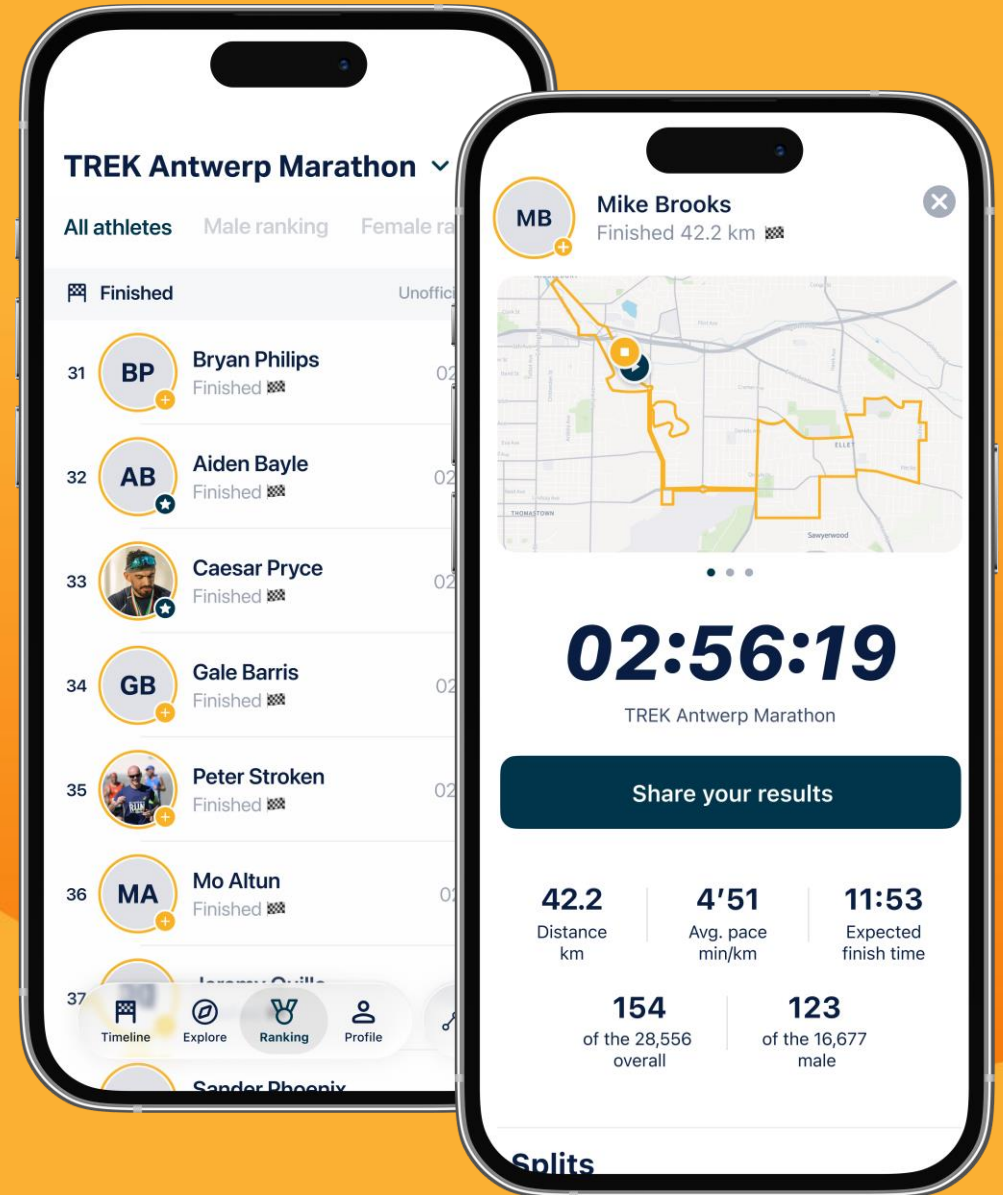


Results

Even after the race, you can check the final results in the official app. The podium ceremony is based on finishing position, namely the first three runners of each gender and for each distance to cross the finish line. The results will show the net times.

[Download via App Store](#)

[Download via Google Play](#)





Personalise your medal

Want to immortalise the 2026 edition of the TREK Antwerp Marathon? Then opt for the medal engraving! On the back of the medal you'll receive after crossing the finish line, you can have your full name and your finishing time engraved at the Medal Engraving stand in the Runners' Village at Waagnatie.

If you've already included this in your registration, this will be indicated on your race number. Would you like to purchase this on Sunday instead? No problem – you can also have your medal engraved on the spot for €14.





Order your personal action shots

Sportograf's photographers will capture stunning action shots of your performance at the TREK Antwerp Marathon, Half Marathon or 10K. Your personal memento of a top performance. Would you like to be notified when the photos are available to order? Sign up and receive a notification as soon as they're ready to download.

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



Healthy exercise

Have you prepared well over the past few weeks and months? Are you sure that the challenge you're taking on is achievable? Great. Then stick to your plan. Run sensibly and enjoy yourself along the way!

- We advise everyone not to undertake strenuous activities for which you are not physically well prepared. Make sensible choices regarding the distance you wish to cover and/or the pace you wish to set for your body.
- Anyone wishing to train for performance and at high intensity, is advised to have an annual check-up with a (sports) physician. It is not compulsory to submit medical certificates.
- It is up to the athlete to decide how to act on the information they receive during a medical check-up.
- The organiser bears no responsibility in this regard.

Let's make it an unforgettable top day together!

- Be courteous & enjoy it!
- Don't forget to have fun and enjoy the beautiful environment and all the entertainment along the course.
- Listen to your body. If you don't feel well, take a break. If the feeling persists, then stop completely.
- No volunteers, no TREK Antwerp Marathon. A smile or thank you will make their day.
- Let's make it an unforgettable day together with your fellow runners!





SAVE THE DATE

**Want to be the first to claim your spot at the start of
the 2027 edition on 24 October 2027?**

[More info on the 2027 edition](#)

**REGISTRATIONS OPEN
15 OCTOBER 2026**



Your next challenge?

08.11.2026	Havenwereld Run & Walk
15.11.2026	BRITA Urban Trail Antwerpen
24.01.2027	Baloise Antwerp Park Miles
21.03.2027	Sofico Gent Marathon
11.04.2027	Leuven Marathon
24.10.2027	TREK Antwerp Marathon



THANKS TO OUR SPONSORS!

