



# RACE DAY INFORMATION





**Thank you for choosing to run the ABP  
Southampton Marathon! We look forward to  
seeing you on Race Day**



Welcome to the ABP Southampton Marathon Race Guide. This guide has everything you need to know for the event day including route map links, race village information, route information and more! We hope your training is going well and we look forward to seeing you on race day.

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# Race HQ



## Race Village Key:

### Race Routes:

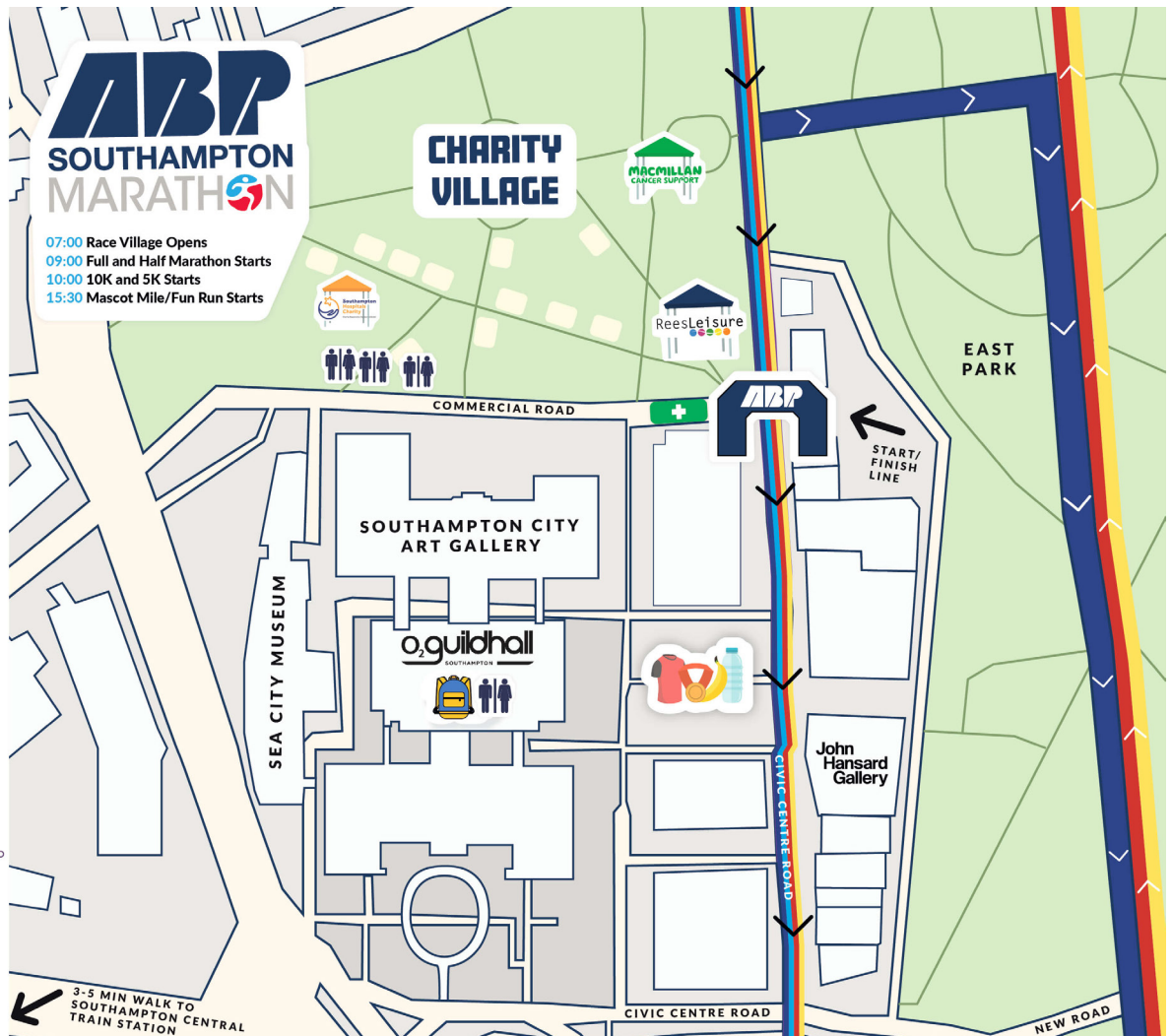
- Full/Half
- 10K/5K
- Full only (Start of 2nd lap)

### Facilities:

- Registration
- Bag Drop
- Start/Finish Line
- Finish Zone
- Toilets
- Medical Tent

### Sponsors:

- ABP | SOUTHAMPTON
- MACMILLAN CANCER SUPPORT
- nation radio
- SO Graphics
- SOUTHAMPTON CITY COUNCIL
- WILLIAMS SHIPPING
- ReesLeisure
- HENDY TRETHOWANS
- Southampton Hospitals Charity
- 2L COMMUNICATIONS LTD
- prometheus building
- HATTINGLEY VALLEY
- University of Southampton



## Location

The Race Village is in and around Southampton Guildhall Square. The Race Village contains the information/registration desk, bag drop, toilets, start/finish line, charity village, other stalls and the stage for entertainment and winner presentations. Please note due to road closures and pedestrianised areas you cannot access the race village by car.

Please allow plenty of time before the start of your race, there may be queues for the Registration Desk, Bag Drop and Toilets.

## Travel

- **Parking** - There is no parking available near the start. However, there are a lot of Car Parks in Southampton. West Quay Multi Story has around 4000 spaces and is open 24 hours a day, this is a 17-minute walk to the start line.
- **Trains** - The nearest train station is Southampton Central, which is a 5-minute walk to the start line
- **Bus** - There will be bus routes running on the day but please check with local operators beforehand



## Saturday 6th April - 12:00 to 14:00 – Race Pack Pick Up

If you have not received your race pack in the post please visit the team in Watts Park next to the Guildhall Square where your pack will be available for collection. Packs will not be posted out to anyone who has signed up after the 11th of March, they will be for collection only. If you have your race number you do not need to visit registration over the event weekend, you are good to go!

## Sunday 7th April - RACE DAY

**07:00** - Race Village Open (Registration, Bag Drop and Toilets)

**08:45** - Full Marathon and Half Marathon Warm Up

**09:00** - Full Marathon and Half Marathon Start

**09:45** - 10K and 5K Warm Up

**10:00** - 10K and 5K Start

**12:30** - Winners Award Presentation (Guildhall Square Stage)

**15:30** - Mascot Mile and Fun Run (meet in Guildhall Square)

*Race packs collection for the Fun Run in Guildhall Square*



## Registration



If you have not received your race number through the post you will need to visit our registration desk to pick up your number. If you can, we recommend coming to the desk on Saturday 6th April between 12:00 to 14:00 to avoid any delay on race day.

If you already have your race number you are good to go! You do not need to visit the registration desk on event day.

## Bag Drop



The bag drop will be located inside Southampton Guildhall, you will need your race number to enter this building. Spectators are not allowed within the Guildhall. We ask that you please bring a small bag/rucksack as we will not be able to store large items.



## Toilets

Toilets will be located along Commercial Road and within the Guildhall. More information on route toilets on the next page.



## Finisher T-Shirts

If you bought a finisher t-shirt as part of your race entry, this will be available to collect in the Guildhall Square. Your race bib will identify if you have bought a t-shirt or not which you can show the marshals in the finish area. However, there is limited stock so buy a t-shirt in advance to avoid disappointment!



## Music and Entertainment

There will be local music acts on the stage throughout the day in the Guildhall Square so stick around post-race and listen to the music!



# Route Information



## Marathon Key:



(Note: some routes overlap each other)

## Full/Half/10K Route Maps

-  Full Marathon
-  Half Marathon
-  10K Only
-  5K Route

## Mile/Kilometre Markers

-  Full 1st lap/1/2 M
-  Full 2nd lap
-  10K (in Kms)

-  Water Stations
-  Bargate Boost (gel station for marathon runners)

## Sponsors:



# STRAVA

View your route on strava

Click your distance to see the route map



View the 5K Route



View the 10K Route



View the Half Marathon Route



View the Marathon Route



## Water Stations

WS1 – Central Bridge (All Distances) 3KM / 1.8 miles and 15.5 miles

WS2 – Cooper's Lane (10K, Half, Full) 6KM / 5.4 miles and 19 miles

WS3 – Macnaghten Rd (Half and Full) 7.9 miles and 21.6 miles

WS4 – Woodmill Ln Car Park (Half and Full) (Gels too!) 9.4 miles and 23.1 miles

WS5 – University Road (Half and Full) 10.5 miles and 24 miles

WS6 – Run Company Southampton (Full Only) (Gels and Lucozade) 14.2 miles



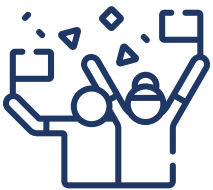
## Toilets

Toilets are located at the following places along the route (miles approximate)

3 miles and 17 miles (Weston Shore)

9 miles and 23 miles (Riverside Park)

There will also be toilets at each water station



## Spectators

We don't have the ability for your friends and family to track you around the route. However, some of the best places for your loved ones to stand and cheer you on would be:

- At the start and finish line in Southampton Guildhall Square
- Near Water Station 1, the Woolston side of the Itchen Bridge (they will see you twice here for the Half and 10K and four times for the Full!)
- Bitterne Triangle
- Outside St Mary's Stadium
- Riverside Park
- Southampton Common
- London Road (the finishing stretch!)



## Marshals and Volunteers

Our route is lined with the most fantastic marshals from local community groups in Southampton. We would like to say a HUGE thank you to each and every one of the individuals and groups who give up their time to come out and support our runners every year. We could not run the event without them so please give them a big wave and thank you as you run past all our extended team!



## Cut Off Times

The cut off times for the 5K and 10K is two hours, the Half Marathon 3 hours and the Full Marathon is 6 hours.



## Pacers

The Hawks Pacer team pace the 10K and Half Marathon for a range of times! They will be in bright yellow bibs on race day so you can spot them in the starting pens. The team is made up of awesome runners from local run clubs, we want to say a huge thank you for their support.



## FREE Race Photos

Photographers are based around our race route and your FREE race photos will be available a couple of days after the event. You will be emailed the link and be able to download them from our website. Your race bib will have barcodes on which link to your race number, the cameras will catch these so you can search for your photos via your race number – so please make sure it is visible on your top!



## Medal Discounts

We work with many local businesses who offer discounts after the event if you show your medal! Discounts can be off food, drink and more! Check out our website before the event to find out where you can grab a deal.



## Cyclists

We have lead, pack and tail cyclists for all of our distances, this event cycle team is made up of local volunteers and we would like to say a huge thank you for this team for all their help on the day and in the lead up meeting for practice cycles!



# Good Luck

We hope you enjoy the event and if you have any questions prior to the day our team are available to help on [events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)

## Best of luck with your training!

Check out [reesleisure.co.uk](http://reesleisure.co.uk) for details of our upcoming events and virtual events!

[www.reesleisure.co.uk](http://www.reesleisure.co.uk)



[www.ReesLeisure.co.uk](http://www.ReesLeisure.co.uk)

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