

Believe in yourself



*Tokushima
Marathon
2024*

Tokushima Marathon 2024

Participant
Guidebook

3/24/2024 (Sunday)

Wheelchair Road Race : 8:50

Marathon : 9:00

Fun Run : 9:15

Hosted by: Tokushima Prefecture, Tokushima City, Japan Association of Athletics Federations(JAAF) Tokushima,
Tokushima Prefectural Board of Education,Tokushima Municipal Board of Education, Tokushima Para-Sports Association, THE TOKUSHIMA SHIMBUN
Organizer: Tokushima Marathon Executive Committee
Special support: Tokushima Medical Association, Tokushima Nursing Association, Japanese Red Cross Tokushima Branch, Tokushima Fire Department,
Myozai Fire Department, ItanoToubu Fire Department, Itano Seibu Fire Department, Tokushima Central Area Union,
Tokushima Council of Japanese Firefighters and Ambulance Workers,
Ministry of Land,Infrastructure, Transport, and Tourism (MLIT) Tokushima Office of River and National Highway
Sponsors: Otsuka Pharmaceutical, Otsuka Pharmaceutical Factory, Taiho Pharmaceutical,Otsuka Warehouse, Otsuka Chemical, Otsuka Foods,
Telecomedia, City Housing, Axas,Sasakura Sports, Kyoei, Nichia Corporation, The Awa Bank, The Tokushima Taisho Bank,Tokushima Bunri University,
Daiwa Securities, Shikoku University, Nippon Telegraph and Telephone West Corporation, Japan Airlines, Shikoku Railway Company, Il Rosa,
TokushimaSeifun, Netz Tokushima (No particular order)



Event details

Name: Tokushima Marathon 2024
Hosted by: Tokushima Prefecture, Tokushima City, JAAF Tokushima, Tokushima Prefectural Board of Education, Tokushima Municipal Board of Education, Tokushima Para-Sports Association, THE TOKUSHIMA SHIMBUN
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Sponsors: Otsuka Pharmaceutical, Otsuka Pharmaceutical Factory, Taiho Pharmaceutical, Otsuka Warehouse, Otsuka Chemical, Otsuka Foods, Telecomedia, City Housing, Axas, Sasakura Sports, Kyoei, Nichia Corporation, The Awa Bank, The Tokushima Taisho Bank, Tokushima Bunri University, Daiwa Securities, Shikoku University, Nippon Telegraph and Telephone West Corporation, Japan Airlines, Shikoku Railway Company, Il Rosa, Tokushima Seifun, Nets Tokushima (No particular order)
Date and time
Race begins at 9:00 am on 3/24/2024 (Sunday)
(Race duration: 7 hours from the first starting pistol. Wave 1: 9:00 am, Wave 2: 9:10 am.)Marathon (42.195 km)
Events
Registered, General (Unregistered)
Tokushima Marathon course (Officially approved by JAAF and WA/AIMS)
Course
Tokushima Prefectural Government Office (Near the Kachidoki Bridge on National Route 55) ~ Yoshinogawa Ohashi Bridge ~ Yoshino River North Bank ~ Saijo Bridge ~ Yoshino River South Bank ~ Work Staff Athletic Stadium (Tokushima City Athletic Stadium)
Race Regulations
Governed by the 2023 JAAF Technical Rules and this race’s regulations
Awards
Overall: top 10 men/women, General: first-place man/woman, Age divisions (5-year increments): top three men/women
(The first- to third-place overall finishers and first-place general division finishers will be in the award ceremony the day of the event. Other certificates and awards will be sent at a later date.)
Race Executive Office
1-1 Bandai-cho, Tokushima-shi 770-8570
Tokushima Marathon Executive Committee Office
Tel: 088-621-2150

Race Schedule

3/24 (Sunday)

Marathon

Start area (near Tokushima Prefectural Government Office)

6:00 am – Changing rooms open
7:30 am – Gear check opens (until 8:30)
8:00 am – Runner lineup begins
8:40 am – Runner lineup ends, blocks close
8:45 am – Starting ceremony
9:00 am – Wave 1 starts
9:10 am – Wave 2 starts

Finish area (Work Staff Athletic Stadium)

1:00 pm – Award ceremony
4:00 pm – Closing ceremony

Race day events [Aibahama Park]

12:00 pm – 6:00 pm

Wheelchair Road Race

6:30 am – Starting area parking lot opens (until 1:00 pm)
7:00 am – Gear/personal wheelchair check opens (until 8:00 am)
8:25 am – Roll call, starting block lineup
8:45 am – Starting ceremony
8:50 am – Start (Tokushima Prefectural Government Office)
9:05 am – Race ends (Yoshinogawa Ohashi Bridge, north end)

Fun Run

7:30 am - Gear check opens (until 8:30 am)
8:15 am - Runner lineup begins
8:40 am - Runner lineup ends, blocks close
8:45 am - Starting ceremony
9:15 am - Start (Tokushima Prefectural Government Office)
10:00 am - Event ends (Tokushima Municipal Uchimachi Elementary School)

Guests



Daichi Kamino
(Player-coach with M&A Best Partners)

Born in Tsushima, Aichi, in 1993. Broke the time record for the fifth leg of the Hakone Ekiden as a third-year student at Aoyama Gakuin University, leading his team to victory and becoming known as the “Third Mountain God.”
Joined a company team after graduating, then went pro in 2018. Won the 2019 Asian Marathon Championships, shining as the champion of Asia. His personal best marathon time is 2:09:34. Started the “RETO Running Club” in 2022, where he coaches local runners.



Keita and Yuta Shitara
These brothers won the Hakone Ekiden twice together while attending Toyo University.
They both took first place in their legs at the 2014 Hakone Ekiden. They took different paths after graduating, but at the end of September 2023, they both joined the same team (Nishitetsu Athletic Club) for the first time in roughly 10 years.
Personal best marathon times: Keita - 2:12:13 (Tokyo Marathon 2020)
Yuta - 2:06:11 (Tokyo Marathon 2018 (a new Japanese record at the time))

Comment:
We’re joining the Tokushima Marathon! Let’s all do our best as we Reach for our goals! We’re looking forward to seeing you In Tokushima!



Tomoka Hasegawa
Active in Tokyo as “The Fastest Announcer in Japan.”Worked at NHK Yamagata, Shikoku Broadcasting, and Fukushima Television, then became a freelance announcer. She works in a wide array of roles, including as an MC, reporter, narrator, and model.
During her time at Shikoku Broadcasting, she led a project in which she ran in and completed the Tokushima Marathon. This experience led to her gaining an obsession with running. She currently spreads the joys of running through her work as an MC or guest at marathons all over the nation, while also hosting her own events.
Personal best marathon time: 3:13:33 (Okayama Marathon 2018)

Comment:
The Tokushima Marathon is where I got my start as a runner.I’m thrilled to be able to participate as a guest in an event that’s so important to me.Let’s all have fun and do our best! I’m looking forward to seeing you all in Tokushima!

Special Guest Supporters



Nelsons
This comedy trio was formed by Manju Wada (left), Fallgachi Aoyama (center), and Kennosuke Kishi (right) in 2010. The group belongs to Yoshimoto Kogyo Holdings.

Took second place in the 2017 and 2018 NHK Newcomer Entertainment Award
Advanced to the finals of King of Conte 2022



Yoneda 2000
Makoto (left) and Ai (right) formed this comedy duo in April 2020. The group belongs to Yoshimoto Kogyo Holdings.

Advanced to the finals of Onna Geinin No.1 Kettei-sen The W 2021
Took second place at Onna Geinin No.1 Kettei-sen The W 2022
Advanced to the finals of the M-1 Grand Prix

Special Guest Athlete



Yoshihiko Ishikawa
Born on April 25, 1988, in Naruto, Tokushima. Currently a member of the Nichia Corporation Athletics Club.Won the Tokushima Marathon in 2012 and has placed in six other races.His personal best full marathon time is 2:24:04.Won the IAU 24 Hour World Championship (270.870 km) and the 2018 Spartathlon in Greece (246 km / 22:55:13); ranked number one in the world for the 24-hour run in 2016, 2017, and 2019 (279.427 km); took first place at America’s Badwater 135 in 2019 and 2022 (217 km / 21:33:06); took third in the same race in 2023 (217 km / 23:59:25)

Special Guest University Team

Tokyo International University
This team was founded in April 2011 with the goal of competing in the Hakone Ekiden in five years.Despite overwhelming odds, the athletes’ spirit and passion made this dream a reality.The team has gradually made advancements since then. Starting with the 94th annual Hakone Ekiden, they have competed in the race for six consecutive years (being seeded three times, starting with the 96th). They competed for the first time in the 2019 All-Japan Collegiate Ekiden Championships, and they made history in 2021 by winning the Izumo Ekiden in their first appearance. They continue to balance both their studies and athletics as they aspire to become contributing members of society.



This is an MCC-participating race.

The MCC (Marathon Challenge Cup) is a project that supports all runners who take on full marathons.
(Host: R-Bies Sports Foundation)

Those who finish a participating race can receive the following.

- 1) A “Personal Best Certificate” for those who achieve a new personal best time
- 2) A “First Full Marathon Completion Certificate” for those who complete their first full marathon
- 3) A “Special Record Certificate” for men who achieve a sub-3 (within 3 hours) and women who achieve a sub-3.5
- 4) An “Annual Personal Best Certificate” for those who achieve their personal best time for the year
*Given to those who achieve a new personal best time at an MCC race between April 2023 and March 2024
- 5) An “MCC Grand Slam 1000 Certificate” for those who complete a total of 1,000 km at participating races
- 6) A ¥1,000,000 prize for runners who win and break a race record (men and women)

*This race’s record is 2:15:25 for men and 2:33:49 for women
Please check MCC’s home page for more details. <https://www.marathon-cc.com/>



For the most recent information on the special guest athlete, university team, and pace setters, please check the official Tokushima Marathon home page.



Race Rules and Regulations

<This race will be held in accordance with the 2023 JAAF Technical Rules, as well as the following>



Start

- Please gather at the starting point at the Tokushima Prefectural Government Office. Runners should allow ample time for transportation. Check your belongings at the gear check located in the southbound lane of National Route 55, and line up in your block. (There are toilets at the Prefectural Government Office and several other places. You can confirm their location on the map in this guidebook.) Assembly areas are divided into seven blocks based on the color and letter on your bib. Be sure to assemble and line up with the block that matches your bib's color and letter. *Blocks are set up for both registered and general runners in order of running ability based on previous marathon results and expected completion time. The SS and S blocks are for pre-registered athletes.
- This race features a wave (staggered) start. Wave one consists of the SS-C blocks, and wave two consists of the D-E blocks.If a wave one runner starts with wave two, their time will be recorded as if they had started with wave one. If a wave two runner starts with wave one, they will be disqualified. Please be sure to stick to your own block and wave.
- Wave one will start at 9:00 am and wave two will start at 9:10 am with a starter pistol, but please remain in your blocks after you assemble at 8:40 am and proceed to the starting point. There will be roughly 8,000 runners in the starting area, so please move in an orderly fashion to prevent falls and other accidents. Runners in wave two will wait behind the start line until the starting pistol at 9:10 am. Also, starting after the police motorcycle in the back of the race is not allowed. (Please adhere to race officials' instructions and broadcasted announcements.)
- If the chief official determines that continuing the race would be dangerous due to such circumstances as a player falling at the start of the race, we will inform you through an announcement over the speaker system. In this event, please stop immediately and adhere to the officials' instructions.

During the Race

- Adhere to the instructions of the on-site officials at all times.
- Straying from the course will result in disqualification. Also, please stay within the areas along the course marked with cones or other signs.
- If you are running with a participant in the wheelchair road race, please stay to the left side of the course and yield the right side of the course to wheelchair racers.
- Runners may not wear or display anything resembling an advertisement at the start area, finish area, or anywhere along the course that exceeds the size prescribed in the JAAF technical rules. This includes designs of product names, company names, and trademarks. In particular, you may be asked to remove items containing a particular individual or company's name, content that infringes on
- individual rights, and other similar content. Costumes that disturb other runners are also prohibited. Runners who fail to pass a checkpoint by its closing time or who, despite passing checkpoint 7, are unable to finish by 4:00 pm should
- promptly stop running and adhere to officials' instructions.

Checkpoint	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4	Checkpoint 5	Checkpoint 6	Checkpoint 7
Distance	4.8km	11.0km	16.9km	24.4km	29.2km	35.2km	38.9km
Closing Time	10:15 am	11:10 am	12:05 pm	13:15 pm	13:55 pm	14:45 pm	15:20 pm

- If an official determines a runner is incapable of continuing the marathon, they may instruct said runner to retire. Please adhere to officials' instructions. (This also applies to runners who officials determine are clearly unable to finish within the time limit before a checkpoint.)
- Do NOT throw objects such as paper cups or bananas onto the course, as it is extremely dangerous and may cause accidents. (Please use garbage cans located along the course.) Also, we do not allow personal drinks.
- Regardless of the weather, be sure to stay well-hydrated and avoid dehydration.
- If you begin to feel unwell, please promptly stop running and contact an official.
- Runners may not receive assistance in any form from anyone other than those who have been given permission. Registered runners (JAAF registrants) should exercise particular caution. Please also note the regulations on the sole thickness of running shoes.
- At the north end of the Yoshinogawa Ohashi Bridge, roughly 3.5 km from the starting line, there is a sharp curve in the road, and the course narrows. Also, there is a turnaround roughly 23 km into the course. Please exercise caution while running, and be careful of your distance from other runners.
- In emergencies such as earthquakes, fires, accidents, or other incidents, emergency vehicles may enter the course. Runners should promptly cease running and adhere to officials' instructions.

Disqualification

- Runners who violate the JAAF Technical Rules or fail to adhere to officials' instructions will be disqualified. Also, we do not allow substitute entries. Upon disqualification, we will collect your bib and timing chip.

Athlete Bibs and Recording

- Time recording will be conducted using timing chips.
- Race timing (which determines rankings and award recipients) is based on the time elapsed between when each runner crosses the start line and finish line (net time). However, JAAF official timing will be based on the time of the starting pistol firing (gross time).
- Please securely attach your bib to either your chest or back area with a safety pin or other similar item.
- Runners not wearing bibs will not be considered participants in this race. (Such runners will be removed by officials.)
- If you are wearing coats or other clothing to keep warm, please attach the bib to your outermost layer of clothing so it can be seen.
- Be sure to fill out all the necessary information on the back of your bib.
- Timing chips will be collected after the race at the finish area. Please return them to the designated area.
- A report of unofficial individual times will be posted to the web the day of the race. They will also be posted at the finish area.
- Registered runners who need an official certificate from JAAF Tokushima can request one by bringing the fee to the official certificate request station between 12:00 and 4:30 pm.

Disclaimers, Special Notes

- The host bears no responsibility for any accidents during the race outside of what is covered in the host's insurance and emergency care. Runners who take part in this race do so at their own discretion and risk.
- The host bears no responsibility for any accidents, theft, loss, or damage that occur in the parking lot or locker rooms.

Requests from the Executive Office

If you feel unwell before the race begins, please prioritize your health and do not join the race. Also, please do the following before you run.

Complete the health check on the Tokushima Marathon home page
Consult with your physician (if you have a history of serious illness or are feeling unwell)

Please do the following to prepare for a potential accident.

Carry a copy of your health insurance card
Write your name and emergency contact information on the back of your bib

If you feel unwell during the race or notice someone who looks unwell, please call out to the nearest race official.

Ambulances may drive through the course.

Please adhere to instructions from officials, including to temporarily stop running.

*First aid staff will not apply ice or give massages outside of treating injuries or illnesses.

*The first-aid tents and health team do not have cold spray.



Scan this code to see advice for new runners, including the health check form

Let's all mind our manners!

No cutting into another starting block!

Please line up in your designated block.

Use the bathrooms!

Relieving yourself anywhere else is strictly forbidden.

No littering!

Please dispose of your garbage properly.

Don't get greedy with the food!

There are runners behind you, so please take only one item at each station.

Don't disturb others around you when warming up!

You may not warm up in nearby store parking lots or close to lines.





- Unisex bathroom
- Men's bathroom
- Women's bathroom
- Gear check
- First aid tent
- Water
- Free shuttle bus drop-off

General information center
3/24 (Sunday) 6:00 am – 8:00 am
Inside the Tokushima Prefectural Government Office

3/23 (Saturday) 10:00 am – 6:00 pm
Aibahama Park

*Volunteer translators are standing by.
(English, Chinese)

The general information center handles registration of foreign runners and escort runners. If you lose your bib or other race-related item, please ask for help here.

Health consultation blood pressure check
Hours: 7:30 am – 8:20 am
In front of the entrance to the Tokushima Prefectural Government Building

Please let us know if you cannot hear or have difficulty hearing. We can assist you using sign language or pen and paper.

Locker rooms

Gender	Hours	Location
Men	6:00 am – 8:00 am	Tokushima Grandvrio Hotel 1F
Women	6:00 am – 8:00 am	Tokushima Grandvrio Hotel 1F

*Please take care of your own valuables.

Start Area

Schedule

6:00 am – Locker rooms open
7:30 am – Gear check opens
(until 8:30 am)
8:00 am – Runner lineup begins
(until 8:40 am)
8:45 am – Starting ceremony
9:00 am – Wave 1 starts
9:10 am – Wave 2 starts

Gear Check

Baggage truck ① – ⑮
7:30 am – 8:30 am

- You will not be able to check your gear after the above time.
- Put all of your belongings into the gear bag passed out to you in advance, and hand it to the baggage truck with the number displayed on your bib. You cannot take out belongings once you have checked them.

***Only items in gear bags will be accepted**
***Please take care of your own valuables.**

Starting block lineup

8:00 am – 8:40 am

- Be sure to line up with the block that is written on your bib.
- If you don't line up in time, you must start at the back of your assigned wave. Please allow for extra time while on the move.
- If you don't make it by the start time, you cannot run in the marathon.

Cautions

- There are many restricted areas near the start area. Please adhere to officials' instructions and guidance.
- Since this race features a wave start, runners in wave two who start with wave one will be disqualified.

Let's all mind our manners!

No cutting into another starting block!
Please line up in your designated block.

Use the bathrooms!
Relieving yourself anywhere else is strictly forbidden.

No littering!
Please dispose of your garbage properly.

Don't get greedy with the food!
There are runners behind you, so please take only one item at each station.

Don't disturb others around you when warming up!
You may not warm up in nearby store parking lots or close to lines.



Finish Area Map

No transport by personal vehicles near the area. Please use public transportation or the free shuttle bus.

About returning timing chips

- You must return your timing chips at this race. Please remove them on your own.
- If you retire mid-race, be sure to give your chip to an official.
- If you withdraw from participation or forget to return your chip, please use the enclosed envelope to return it to us (the sender will pay for postage).

*If you do not return your timing chip, we will send you a bill for ¥2,000.

Boarding location for the runners' cruise

After finishing

- Unisex bathroom**
- Men's bathroom**
- Women's bathroom**
- Reception coupons**
Redeem these at the reception area.
Tokushima Seifun's "Kinchan Noodle"
Enjoy Kinchan Noodle, a beloved food of Tokushima residents.
Nehan Tokyo's "Epsalt"
Epsalt is a bath additive that contains epsom salt and was developed with the concept of making daily lives a little softer.
- Reception area**
(Free - Runners only - Until 4:30 pm)
Local volunteers will treat you to a warm welcome.
- Drink area**
We will hand out Otsuka Pharmaceutical's BODY MAINTe and more.
- Gear return**
Find your truck's number and pick up your belongings.
- Free shuttle bus boarding point**
- General information center**
- Official certificate request station**
(Registered runners only, 12:00 pm - 4:30 pm)

Award ceremony - 1:00 (planned)

Please attend if you finish first through third overall in the men's and women's divisions or first in the general men's and women's divisions.

About Finishing

- Finish**
- Pick up your finisher towel**
- Pick up your finisher medal**
- Pick up your reception coupon**
- Hydrate (if necessary)**
- Return your timing chip**
*Be sure to return your chip. If you don't, we will send a bill for the cost of the chip (¥2,000) at a later date.
- 7 Pick up your belongings**
- Enjoy the reception and change clothes**
Drinks: BODY MAINTe, etc.
Food: Kinchan Noodle Relaxation: Epsalt

About records and certificates of completion

Race time

This race uses net time.

Web certificates

We don't issue paper certificates. Unofficial times will be posted to the web roughly 10 minutes after finishing. You will be able to download official results from RUNNET about a week after the race.

Official certificates

JAAF registrants who would like an official certificate may request one at the official certificate request station.

Other

Caution

The safety pins used to attach bibs are dangerous, so be sure to take them home with you.

- ▶ **Water station**
Salt (tablets), crystal sugar, bananas, bread, etc.
- ▶ **Amenities**
Amenities include local Tokushima food and popular products, as well as physical therapy.
- *Amenities provided at the race may change. Also, please understand that quantities are limited.

Water station name

First aid tents name

Sports drinks

Water

Bathroom

Distance

Salt

Crystal sugar

Amenities

Bananas

Spray

Handa Somen Noodles

- ▶ **First aid tents**
Doctors, nurses, etc. are standing by.
- ▶ **Health team**
Public health nurses are available for health consultations.
- *First aid tents and the health team do not administer therapies like icing or massages outside of treating injuries or illnesses.
- *Cold spray is not available.
- ▶ **AED**
In addition to first aid tents and health teams, we also have a mobile AED team and medical vehicles.

Cheer on the runners via smartphone

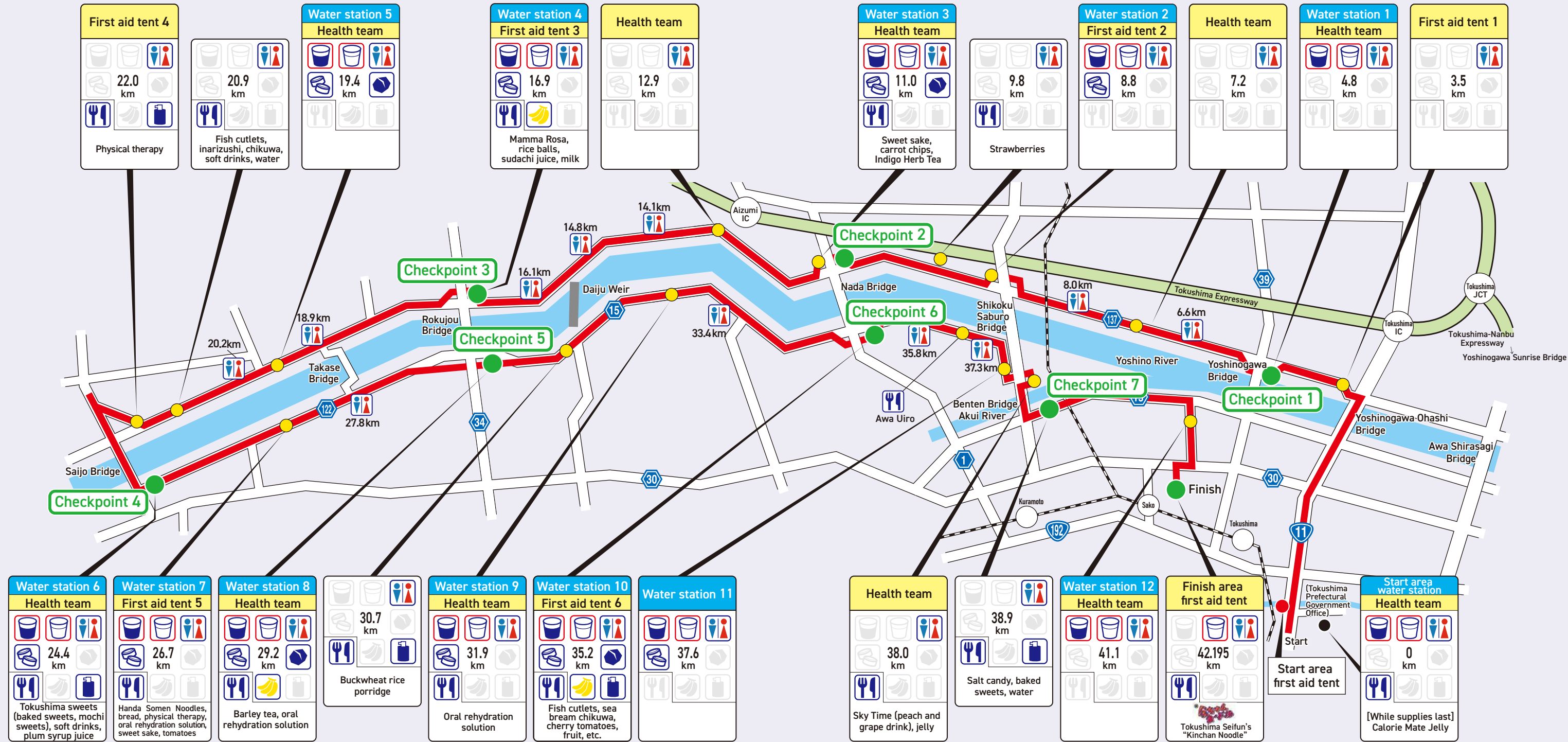
Ouen Navi details



See your favorite runner's location!
Send messages and pictures!
<https://runnet.jp/smpapp/ouennavi/>



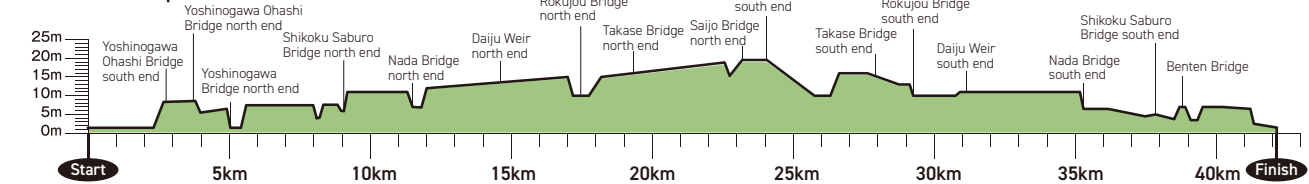
Do not discard garbage on the road or in rivers. Please use a garbage can.



Checkpoint:

Checkpoint	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4	Checkpoint 5	Checkpoint 6	Checkpoint 7	Finish
Distance	4.8km	11.0km	16.9km	24.4km	29.2km	35.2km	38.9km	—
Closing Time (Elapsed time)	10:15 am (1:15)	11:10 am (2:15)	12:05 pm (3:15)	13:15 pm (4:15)	13:55 pm (4:55)	14:45 pm (5:45)	15:20 pm (6:20)	16:00 pm (7:00)

Course elevation profile



Temporary parking lot (Free) *Only available on race day

*Spaces are limited, so we ask that runners please carpool or take public transportation.

5:30 am – 6:30 pm

(Please take note of this closing time)

**Tokushima Municipal
Yoshino River Sports Park**

(Kamiyoshino-cho, Tokushima-shi)

~ 1000 spaces

Okinosu Marine Terminal

(2 Higashiokinosu, Tokushima-shi)

~ 400 spaces

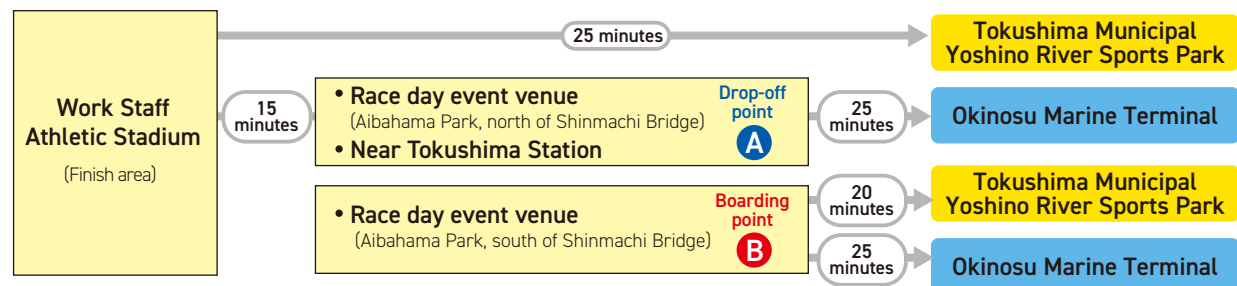
Free shuttle bus *Only operates on race day

To the start area Hours Operates from 6:00 am to 7:40 am (last departure: 7:40 am)

The road around the temporary parking lot is very busy, so please come early.



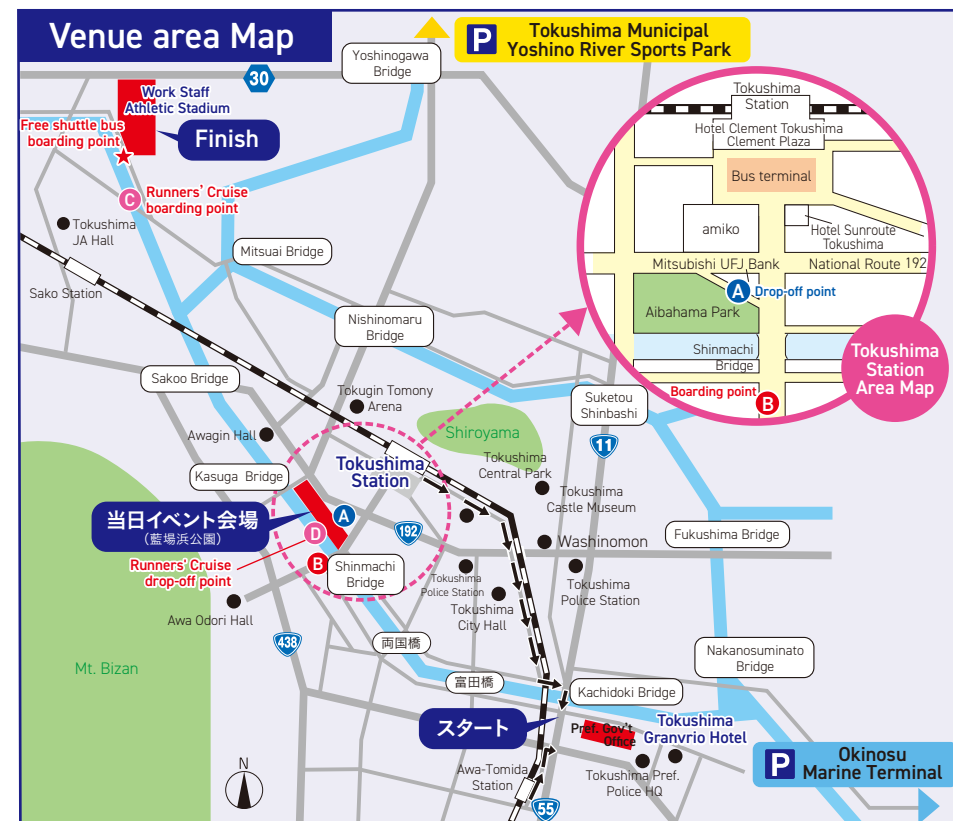
To the temporary parking lot and race day event venue (near Tokushima Station) Hours 11:00 am – 6:00 pm



Runners' Cruise (free) *3/24 Hours Operates between 12:00 pm and 5:00 pm



*Only runners and their families may board. You must show your bib when boarding.



There are no parking spaces near the start and finish (Work Staff Athletic Stadium) areas. Please park at the above parking areas and use the free shuttle bus (race day only) or other public transportation.

Race cancellation notifications

An announcement will be made after 5:30 am the day of the race on the official home page.



<https://www.tokushima-marathon.jp>

An announcement will also be made on Shikoku Broadcasting Radio (1269 KHz).

About the runner roster

The runner roster can be checked on the official Tokushima Marathon home page.

Runner roster



<https://www.tokushima-marathon.jp/roster/>

Race day events (Race day, Aibahama Park)

- Talks with our guests
- Comedy
- Awa Odori dancing
- Photographers
- Public viewing
- Foot baths
- Company booths
- Product booths

And more!

See the official Tokushima Marathon home page for more details

<https://www.tokushima-marathon.jp/>



Downloading your certificate from the web

*We do not issue paper certificates.
*Those who need an official certificate (registered runners only) from JAAF Tokushima may apply for one at the request station on the day of the race.



Unofficial Web Certificate (Unofficial)

*This race features a wave start, so ranking is not displayed on the unofficial certificate.

When: ~10 minutes after finishing

*Unofficial certificate downloads will end once official web certificate downloads begin.



Web Certificate (Official)

When: ~1 week after the race ends

*We will inform runners of when downloads for official web certificates will begin on the Tokushima Marathon home page after the race ends.

How: Go to RUNNET to download your certificate.

*The download URL for certificates will be posted to the Tokushima Marathon home page.

Download procedure

① Search for your name, card number, etc.

② The unofficial certificate template will be displayed

③ Download your unofficial certificate

Download procedure

① Search for your name, card number, etc.

② The official certificate template will be displayed

③ Download your official certificate

About special certificates

Marathon Challenge Cup certificate page
Or
RUNNET My Page

CASE 1

- First full marathon completion certificate
- Personal best certificate
- Annual personal best certificate

CASE 2

- Men's sub-3 certificate
- Women's sub-3 certificate

Go to "My certificates"

"Runner search"

Download