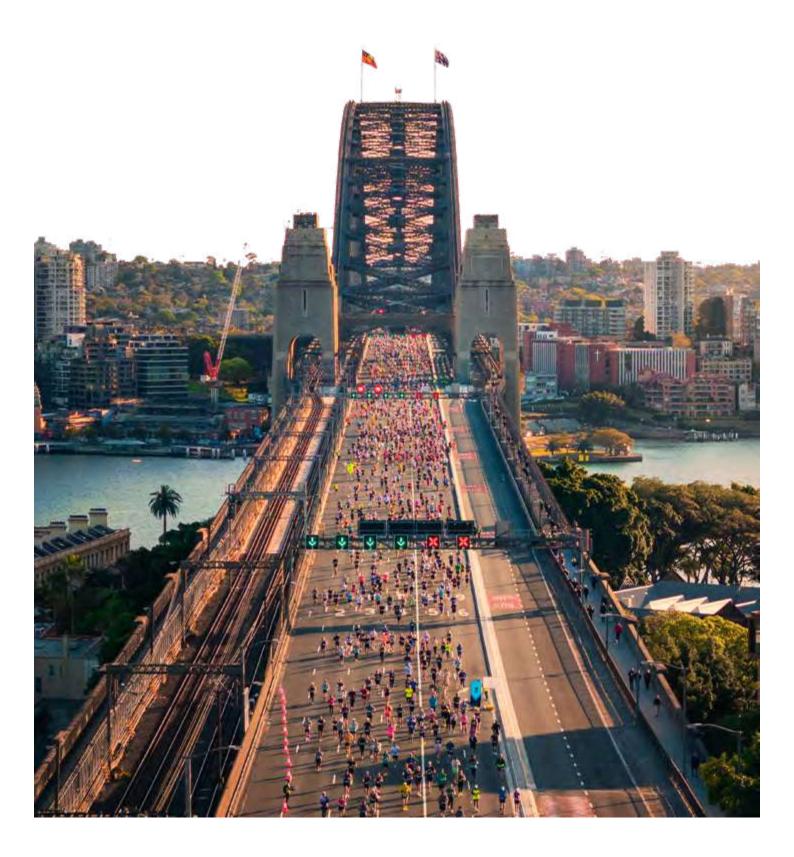
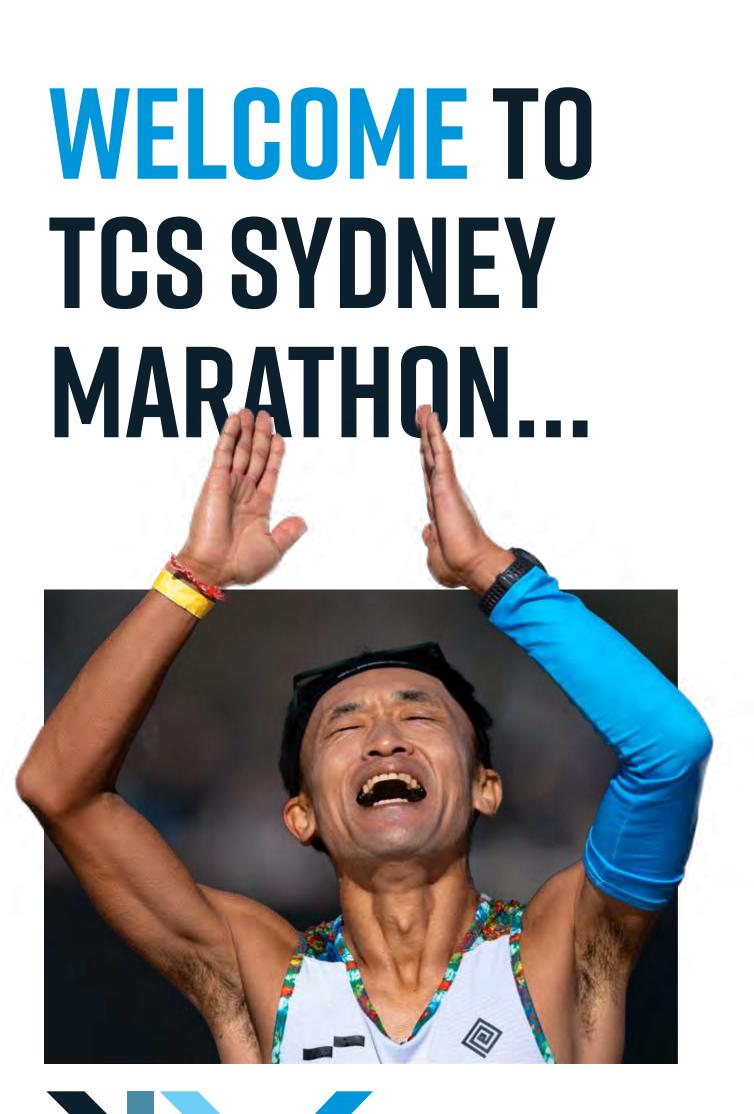
2025 EVENT WEEKEND GUIDE



30-31 August 2025





NO BIB NO RUN!

Before you read this Guide, please be sure to read our allimportant Expo Guide. All runners need to attend the TCS Sydney Marathon Running Show presented by ASICS to collect their race bib. Remember, no bib means no run!

We're thrilled to welcome you to the TCS Sydney Marathon presented by ASICS, now officially part of the Abbott World Marathon Majors (AbbottWMM) – joining the elite ranks of Tokyo, Boston, London, Berlin, Chicago, and New York City.

Following a record-breaking year in 2024, the 2025 TCS Sydney Marathon is set to be Australia's largest marathon event ever, welcoming over 100 countries with 35,000 runners taking on the marathon and over 50,000 across the weekend.

Schedule: Saturday 30 August

» TCS Sydney Mini Marathon presented by ASICS (5km)

Schedule: Sunday 31 August

- » TCS Sydney Marathon Elite Wheelchair Race (42.195km)
- » TCS Sydney Marathon presented by ASICS (42.195km)
- » TCS Sydney Marathon 10km presented by ASICS

WE ARE BUILDING MOVEMENT. CONNECTION. AND PRIDE IN OUR CITY.

Acknowledgement of Country

Pont3 - the organisation that delivers the TCS Sydney Marathon - acknowledges the Traditional Custodians of the lands in which we operate, live and deliver our event, the Dharawal language group of the wider Sydney Basin.

Our event transverses Cammeraygal, Wangal, Gadigal, and Bidjigal clan areas – in and around the foreshores of the Sydney Harbour – places traditionally used for hunting, fishing, and congregation.

We acknowledge the privilege we have in congregating in these lands with hundreds of thousands of people – those running, those pushing, those volunteering, and those spectating – and are dedicated to sharing experiences of culture across our network.

Pont3 also acknowledges the wider Aboriginal and Torres Strait Islander people of Australia, paying respects to Elders both past and present and their continuous connection to these lands.

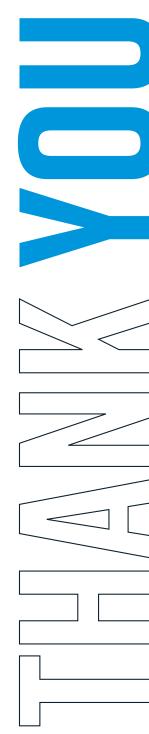
Thank you to **Sponsors and Partners**

We extend our sincere gratitude to the sponsors and partners who make this event possible. Their ongoing support, shared vision, and commitment to excellence play a vital role in elevating every aspect of the experience, from athlete services to sustainability, innovation, entertainment, and community impact.

TOGETHER, WE ARE NOT JUST DELIVERING AN EVENT, WE ARE CREATING HISTORY, DELIVERING EXPERIENCES, AND BUILDING A LEGACY THAT INSPIRES MOVEMENT, HEALTH, COMMUNITY, AND PRIDE IN OUR CITY.

To our Naming rights Partner TCS, Presenting Partner ASICS, Major Sponsors, Destination NSW, NSW Government, Strategic Partners, and Agency Collaborators, Media Allies, and Official Suppliers: thank you. Your contributions help us deliver world-class standards, unforgettable moments, and a platform for greatness.

Your belief in this event fuels our ambition and helps showcase the power of sport to unite, uplift, and transform lives.



Welcome to the world-famous TCS Sydney Marathon presented by ASICS.

Now in its 25th year, the TCS Sydney Marathon is the sole remaining legacy event from the Sydney Olympics and has grown to become not only Australia's largest marathon but one of the biggest marathon events in the world, this year making its debut as a prestigious Abbott World Marathon Major.

In 2025, a record 35,000 runners and wheelchair athletes will take on the most picturesque marathon course on earth, starting with a Sydney Harbour Bridge crossing before navigating the Centennial Parklands and harbour foreshore en route to the world's most spectacular marathon finish line at the iconic Sydney Opera House.

As an Abbott World Marathon Major, Sydney has now joined the pantheon of the great marathon cities, including New York, Boston, London, Chicago, Tokyo and Berlin, cementing its position as one of the great sporting event cities of the world.

Joining the World Majors also makes a vital social and economic contribution to NSW, with the TCS Sydney Marathon attracting thousands of runners from across the nation and internationally who stay in our hotels, dine in our restaurants, pubs and cafes, visit local attractions and explore our regions, supporting businesses and jobs across the state.

While you're here I encourage to enjoy some of the fine cultural experiences we have on offer – from live entertainment, museums and our stunning natural locations, as well as our world-class food scene, Sydney abounds in experiences that will inspire and amaze like no other city.

I wish all participants the best of luck and whether you're a local or a visitor, enjoy this bucket list marathon experience in Australia's beautiful Harbour City.

The Hon. Steve Kamper MP

Minister for Jobs and Tourism Minister for Lands and Property Minister for Multiculturalism Minister for Sport

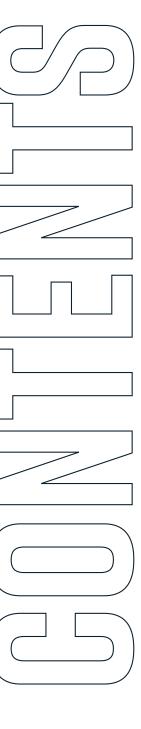






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I'M EXCITED STEP A MESSA



2	Welcome & About
5	Thank you to our Partners
9	Volunteer Acknowledgement
10	Wave Start Times
11	Transport & Road Closures
12	Bib & Start Wave Map
14	Marathon Course Map
16	10km Course Map
17	Mini Marathon Course Map
18	The Marathon App & Local Business Program
21	Race Etiquette
22	Health & Safety
23	Hydration & Nutrition Map
24	Crossing the Finish line
26	Finish Area Map for 10km
27	Finish Area Map for Mini Marathon
28	Waste Management
30	Meet the Stars

SYDNEY'S BIGGEST CHEERS COME FROM THE SIDELINES

Behind every stride, every cheer, and every unforgettable moment of race week stands a passionate force of over **4,500 volunteers**, **the heartbeat of the event**.

These extraordinary individuals are the first to arrive and the last to leave, helping deliver everything from the electric energy of the TCS Sydney Marathon Running Show presented by ASICS to the calm reassurance at drink stations and finish line support. They are the unsung heroes who transform a great race into a world-class experience, with every smile, every cheer, and every high five. Their dedication, kindness and tireless energy are what make this event possible.

This year we pay tribute to the Sydney 2000 Olympic Games Volunteers, the event from which the TCS Sydney Marathon was borne as a Legacy of those Games, and the proud Volunteering Spirit that you will experience on race day, with a beautiful Tribute Volunteer Uniform.

Whether you're picking up your bib, passing a water station or celebrating at the finish, remember to look around, the magic of this marathon is powered by people. Give them a wave, a thank you, or even a hug.







To find your start group, assembly area, and arrival time, <u>please click here</u> and enter your confirmation number you received when you registered. You should have also recently received a reminder email with this info from Race Roster.

Marathon 42,195km - Sunday, 31 August 2025

Start Group	Assembly Area	Arrival time	Enter Start Chute	Start time
Start Group 1	Red (Chute Entry A & B)	5:00am	5:45am	From 6:31am*
Start Group 1	Green (Chute Entry C, D & E)	5:00am	5:50am	From 6:31am*
Start Group 1	Orange (Chute Entry F & G)	5:00am	6:05am	From 6:31am*
Start Group 2	Red (Chute Entry A & B)	5:40am	6:35am	From 7:03am*
Start Group 2	Green (Chute Entry C, D & E)	5:45am	6:40am	From 7:03am*
Start Group 2	Orange (Chute Entry F & G)	5:55am	6:50am	From 7:03am*
Start Group 3	Red (Chute Entry A & B)	6:30am	7:05am	From 7:41am*
Start Group 3	Green (Chute Entry C, D & E)	6:40am	7:15am	From 7:41am*
Start Group 3	Orange (Chute Entry F & G)	6:45am	7:25am	From 7:41am*

Cut-Off 7 hrs

10km - Sunday, 31 August 2025

Assembly Area	Chute Enty	Arrival time	Start time	Estimated finish time
Red	Elite/Preferred	7:00am	8:45am	(M) Sub 35min (F) Sub 40min
Red	Chute Entry A	7:00am	8:45am	Under 49mins
Red	Chute Entry B	7:00am	8:45am	Between 49mins and 58mins
Green	Chute Entry C	7:00am	8:45am	Between 58mins and 1hr 04mins
Green	Chute Entry D	7:00am	8:45am	Between 1hr 04mins and 1hr 12mins
Green	Chute Entry E	7:00am	8:45am	Between 1hr 12min and 1hr 24min
Orange	Chute Entry F	7:00am	8:45am	Between 1hr 12min and 1hr 24min

Cut-Off 1 hr 40 min

*Please note that each group is a rolling start, so you may start 5 - 10 mins after the advertised start time for your start group - 10km runners will not be permitted into the Assembly Areas before 7:00am

Mini Marathon - Saturday, 30 August

Wave	Chute Entry	Arrival time	Start time	Estimated finish time
Elite / Preferred Start	Elite/Preferred	6:30am	7:30am	(M) Sub 17min (F) Sub 22min
Wave A	Chute Entry A	6:30am	7:30am	Below 27 mins
Wave B	Chute Entry B	6:30am	7:30am	Between 27 mins and 30 mins
Wave C	Chute Entry C	6:30am	7:30am	Between 30 mins and 35 mins
Wave D	Chute Entry D	6:30am	7:30am	Between 35 mins and 39mins
Wave E	Chute Entry E	6:30am	7:30am	Above 39 mins

Cut-Off 1 hr

*Please note that each group is a rolling start, so you may start 10 - 30 mins after the advertised start time for your start group.

^{*} Please note that each group is a rolling start, so you may start 10 - 30 mins after the advertised start time for your start group.

DON'T DRIVE. USE PUBLIC TRANSPORT.

For everything you need to know about getting to the start line, make sure to visit our website for all the information. This includes train, metro, bus, ferry and light rail options, as well as road closures and specific travel guides for each start group.

Please note, there will be significant road closures from North Sydney to Kingsford between 2am and 4pm on event day. The Sydney Harbour Bridge will be closed from 3am to 11am and other major roads will start closing from 2am in North Sydney, and from 4am in the Sydney CBD, Pyrmont and Moore Park. All roads reopen by 4pm. Extensive special event clearway parking restrictions will also be in effect on various streets between, making street parking very limited. For real-time traffic updates on event day visit <u>livetraffic.com</u>.

We strongly advise that you **DON'T DRIVE. Take public transport.**

Travelling on public transport on race day is included in your TCS Sydney Marathon event registration. Simply show your race bib to transport staff when boarding services. This includes trains, metro, buses, ferries, and light rail services.







Important! Please note,

There are strict cut off times for each event, as mentioned in the previous page. Any participant who misses their start cut-off will not have access to the course.









START VENUE MAP SUNDAY AUGUST 31, 2025



THE COURSES

TCS Sydney Marathon presented by ASICS

TCS Sydney Marathon 10K presented by ASICS

TCS Sydney Mini Marathon presented by ASICS

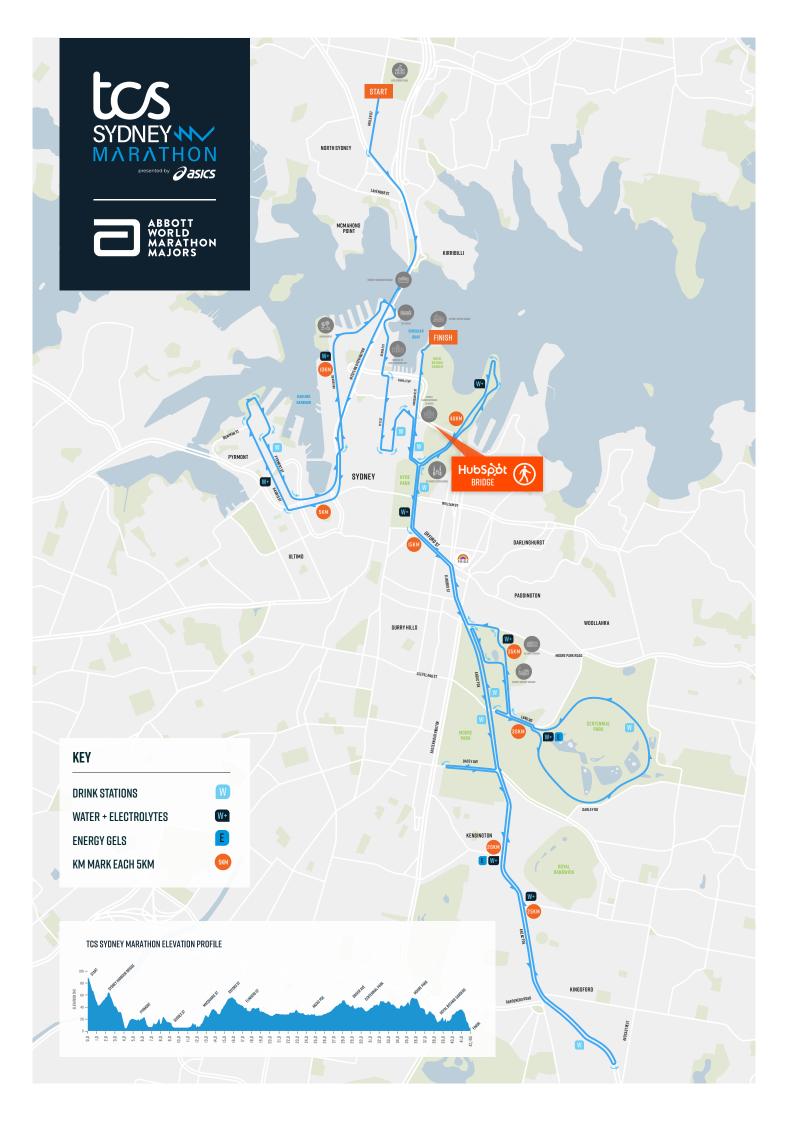
42.195KM

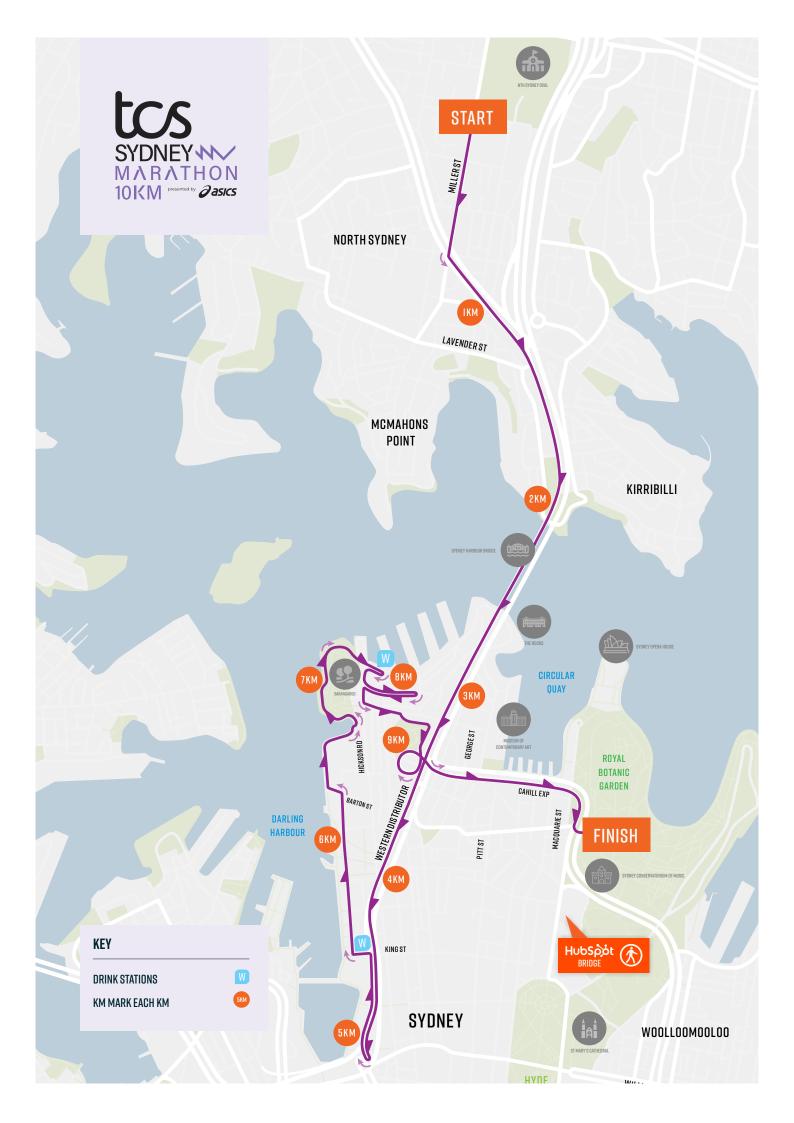
E53

IOKM

5KM













Success is a long game



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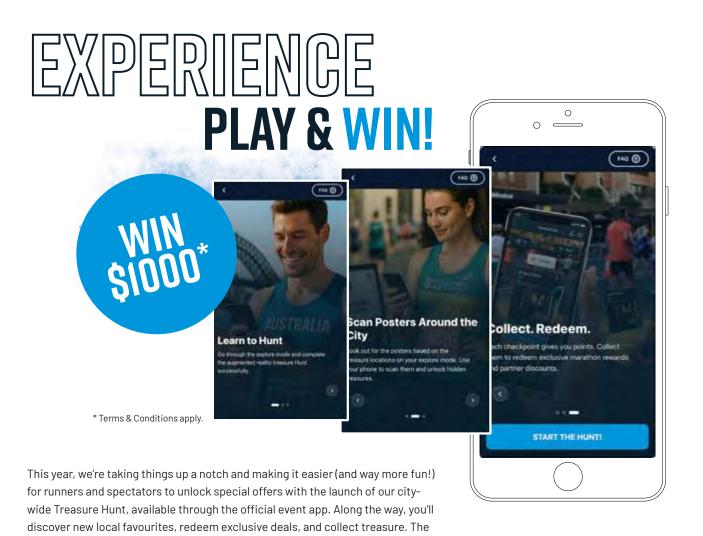
SYDNEY? SORTED!

Breakfast, lunch & dinner? Sorted

Your race week experience is everything, and our Local Business Program is one way we're making 2025 your best yet. With support from our incredible local partners, we're bringing exclusive deals across Sydney – from two-forone coffee spots and discounted carb-loading dinners to immersive tours and historical landmark experiences – all tailored to make your race week easier, tastier and unforgettable.

So, whether you're fuelling up, winding down, or soaking up the best of Sydney in between, we've made sure there's plenty for you and your support crew to see, do and taste.

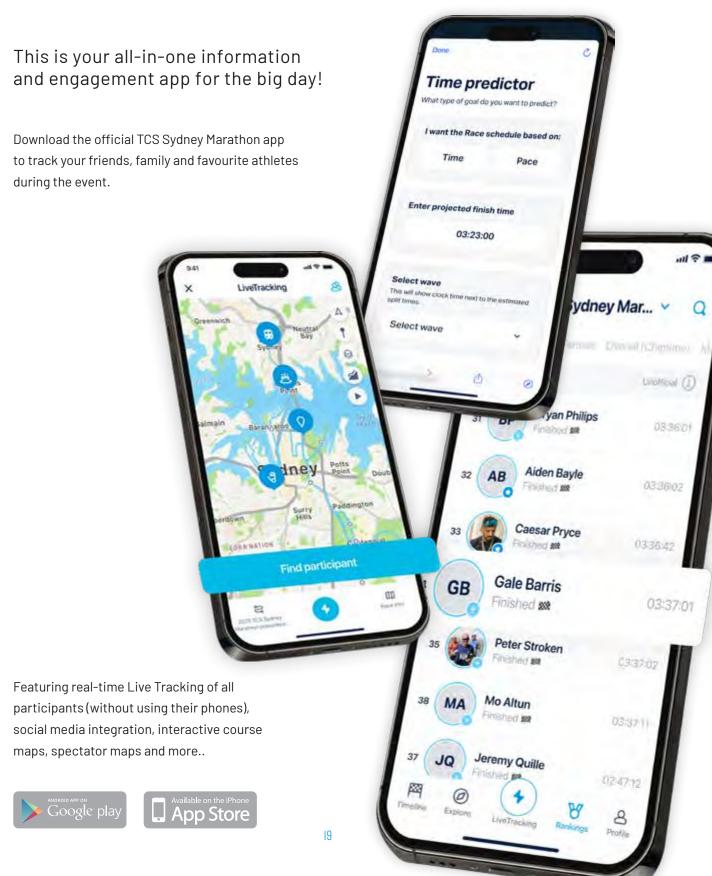
Download the TCS Sydney Marathon official app or visit our website to access it all.

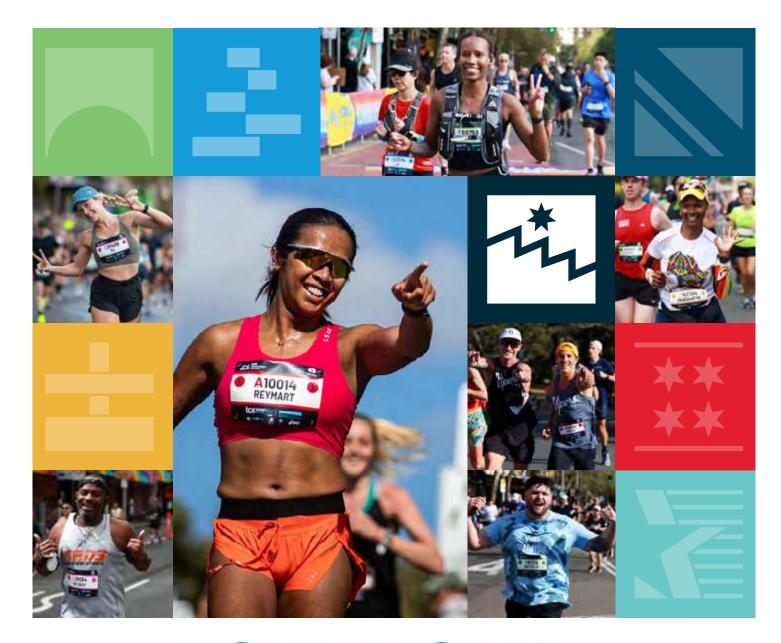


more treasure you find, the better your chances to win \$1,000* or one of 10 pairs of ASICS shoes for our runners-up. Click here to see how it works, or visit the

Spectators tab on our website during event week to learn more.

YOUR RACE DAY COMPANION





YOUR WORLD. RUN IT.

When you complete the TCS Sydney Marathon presented by ASICS 2025 you will earn an Abbott World Marathon Majors star.

Create your Runner Portal at AbbottWMM.com and your star will appear in your account as soon as we upload the Sydney results. Claim all of your Majors results in your portal as you make your way towards seven stars! Where will your next star be?

Runners aged 40+ can also be part of the AbbottWMM Marathon Tours & Travel Age Group World Rankings system.





SIFAN HASSAN



ETIQUETTE FOR A SMOOTH RACE

In the interest of providing a safe and enjoyable event experience for all participants, competitors should be mindful of race etiquette

It is important all runners, joggers and walkers start in their correct wave/start group. Marshals and security will be checking bibs before entering chutes. There are multiple waves/start group in each race. The waves/start group are designed as a self-seeding tool, faster runners at the front and slower at the rear. This is to reduce overtaking and improve runner experience.

- Your net finish time will not be affected in any way as the timing chip will only activate once you have crossed the start timing mats. **Note:** Invited elites, Australian Championships and Elite Athlete Program waves will all be GUN time only.
- While the TCS Sydney Marathon discourages the use of in-ear headphones while participating, we do not impose a ban on wearing headphones on course. The use of in-ear headphones can impede an individual's ability to hear marshals or other course officials.
- Always follow the direction of all race officials and emergency service personnel.
- Do not stop or change directions suddenly and keep to the left of the course to allow people to pass on the right.
- Please utilise the toilet facilities provided at the start venue and at the drink stations on course. Public urination is illegal.
- Waste: Please help us reduce the impacts of the event by discarding all of your waste in the bins provided, especially at drink stations with cups and any energy gel packets. This can have a profound negative impact on the event and delay road reopening time while waste is cleaned up.
- Any runner found participating in an event they are not registered for (e.g. a 10km runner competing in the Marathon), will be banned from future TCS Sydney Marathon events.



HEALTH & SAFETY

Before Race Day



Complete your Race Bib details, including allergies, medical conditions, and medications. This info helps medical teams in an emergency.



Plan your trip to the Start Line.



Scan the barcode on the back of your bib for best directions.



Feeling unwell? Do not race if you've had a fever or diarrhoea in the past 48 hours. Unsure if you're fit to run? Consult your doctor.



Mini Marathon: Any U18 runners: make sure a parent's or guardian's contact info is written on the back of the bib

During the Race



Medical posts are located every ~2.5km, plus teams on bikes and buggies.



Know where to find help: see course maps (pages 19,20 and 21).



If you see someone in need, alert the nearest event official or medical staff.

After the Race



Keep moving after you finish — there's a 600m walk-off after the Marathon to aid recovery.



If unwell, visit the medical facility near the baggage area in the Royal Botanic Garden.



Need help finding a runner?

Visit the Information Tent at the Sydney

Opera House or Recovery Village.

Event Alert System (EAS)

In 2025, we're using the Event Alert System to keep you informed on course conditions (e.g. heat, air quality). Watch for colourcoded signs/flags at:

The TCS Sydney Marathon Running Show presented by ASICS (Expo).

Drink stations on race day.

RUNNING A LONG DISTANCE IS TOUGH, SO YOUR HEALTH AND SAFETY ALWAYS COME FIRST.



CROSSING THE FINISH LINE

Crossing the marathon finish line is a remarkable and indescribable experience, filled with a mixture of emotion, joy, relief, happiness and excitement. For those who have trained tirelessly for months or even years, it's the culmination of an extraordinary journey that represents much more than just physical achievement.

We are introducing a 600m exclusive (runners only) walk off zone. For better health, Marathon participants should keep moving to keep the blood flowing. The spectator exclusion zone also allows organisers to better identify any participants who are having trouble and get to them quickly. Each Marathon participant will be handed their finisher medal and POLLAST!C recycled ocean bound finisher bag with Nu Pure bottle of water, bottle of Powerade, Carman's Muesli Bar, and fruit. Please return the recyclable bag to the Waste Warriors in the Recovery Village to give it a second life.

NOTE:

Finisher T-shirts will be given to you at the TCS Sydney Marathon Running Show presented by ASICS

Baggage Collection & Toilets

Marathon participant baggage can be collected from the Parade Ground 600m from Finish Line (Sydney Opera House). All bags dropped at the TCS Sydney Marathon Running Show will be ready immediately upon arrival.



THE OFFICIAL SYDNEY MARATHON AFTER PARTY

Head up to Jimmy's Rooftop from 12pm and show your medal to score a Hahn SuperDry schooner.







FINISHING VENUE MAP SUNDAY AUGUST 31, 2025











WATCH IT NOV 02

tcsnycmarathon.org/watch

IT WILL

MOVE YOU





















WASTE MANAGEMENT

We're proud to work with Clean Vibes, our waste management partner, to run a best-practice waste system. We're aiming to divert over 90% of event waste from landfill by 2030 and we need your help to get there!

Pre-loved running shoes?

Bring your pre-loved runners to the Sustainability Booth at the expo - we'll have dedicated collection boxes, with all shoes donated to Shoes 4 Planet Earth, helping those in need while keeping quality footwear out of landfill.

Start line clothing collection

Don't want to carry your warm layers during the race? Place them in the clothing collection bins located in your assembly area or along the start line chute. We'll gather all pre-loved clothing and donate to the Salvation Army, helping those in need while keeping usable clothing out of landfill. All we ask is that you place your clothing in the bins provided and help keep the course clear - please don't throw items on the ground.

Drink stations

The TCS Sydney Marathon is working closely with Clean Vibes and our volunteer teams to ensure that we keep the course - and your city clean - but we need you to do your bit to help us achieve this. Don't be a tosser. If everyone helps put their rubbish in the correct place, this will help contain the waste, make for a quicker clean-up for everyone and re-opening of the roads. Click here to learn how to dispose of your waste on-course correctly.

- » Paper cups go into bale bags and gel wrappers into purple bins - both located at every drink station
- » Don't knock over full cups be mindful, stay hydrated, and help reduce water waste

» A plogging team will jog the course postrace picking up waste – but don't leave it to them. Let's aim to bin it right before they do. Last year they picked up 750+ gel wrappers... let's make that 0 in 2025.

Recycling Hub & Recovery Village

New in 2025, a centralised Recycling Hub will be in the Recovery Village with dedicated bins for bibs, bags, bottle lids, gel wrappers and more. Staffed by our amazing volunteer team of Waste Warriors to help sorting, let's limit the amount of waste being sent to landfill.

- » Please ensure the timing tag and safety pins are removed from your bib before disposing in the designated bins.
- » Finisher bottle lids new to 2025... Remove all Powerade and Nu Pure lid components, dispose of them in the 'plastic bottle lid' bin and we'll upcycle them into something for 2026. Stay tuned!
- » Dispose of all bottles and cans in the return and earn bins. Every eligible container recycled donates 10 cents to TriMob, a Mob-led organisation dedicated to powering the Mob through swim, bike, run.

The 2025 TCS Sydney Marathon used over 1,387 kg of ocean-bound plastic and saved approximately 1,942 kg CO₂e compared to virgin plastic





Baggage & Finisher Bags

In 2025, all baggage and finisher bags distributed at the event (marathon only) are made from recycled ocean-bound plastic with Better Packaging Co., supporting a closed-loop, circular economy that gives waste a second life. In the recovery village, simply take your bags to the Recycling Hub collection bins so it can be collected, cleaned, reprocessed and reused.

Meeting Family & Friends.

There are two post-race meeting points. Look out for the "Reunite" flags at the Parade Ground just in front of Government House.

Marathon-Only Runner Reunite, Parade Grounds, Royal Botanic Gardens

Meet family and friends at Runner Reunite, we suggest meeting your family and friends at the letter corresponding to the first in your last name. There will be flags with the below letters. Please arrange to reunite with family and friends at the flag with the letter of your last name. E.g Marty Trembath – meet at Flag S-T.

A-C

D-G

H-K

L-M

N-R

S-T U-7

2. East Circular Quay (adjacent to Wharf 2)

Only a short distance from the Trains, Ferries and Sydney's best restaurants, this is a perfect meeting point and easily accessible.

In 2024, over 95% of course waste was diverted away from landfill - an incredible result and let's top that!









Run — — — — Tokyo — — — — Own

March 1st, 2026

marathon.tokyo/en/

MEET THE STARS

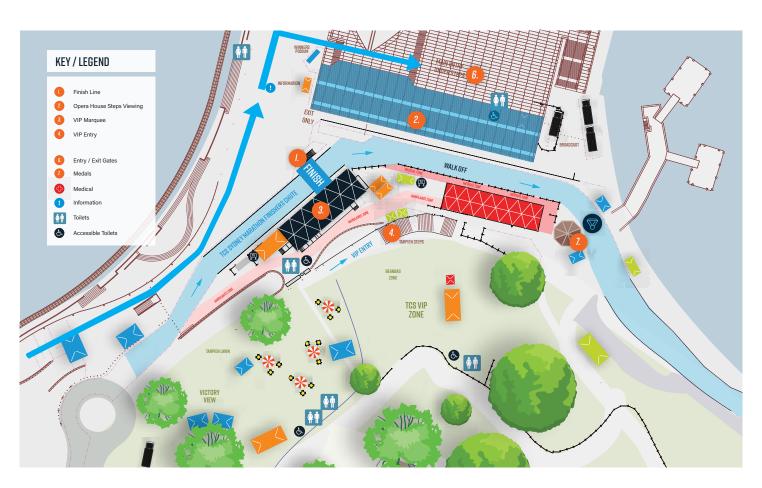
Kick off race weekend with an unmissable celebration of the world's best marathoners, right in the heart of Sydney.

From **5:30pm on Friday 29 August**, head to the Sydney Opera House Forecourt and see elite athletes from around the globe take the stage for exclusive live interviews. Hear their insights, race-day mindsets, and the stories behind their road to Sydney.

This is your chance to see the stars of the sport up close and soak in the electric atmosphere as the city gears up for marathon day.

<u>Location:</u> **Sydney Opera House** Forecourt <u>When:</u> Friday 29 August, **5:30pm - 7:00pm**

^{*}Free public event - no registration required. However, we expect this activity to fill quickly.







SEPTEMBER 27, 2026

www.bmw-berlin-marathon.com











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PARTNERS

































I ANDOWNER PARTNERS

























