



**SOUTHAMPTON**

**MARATHON FESTIVAL**



**5K 10K 21K 42K**

**PARTICIPANT PACK**

**RACE DAY INFORMATION**

**SUNDAY 3RD MAY 2026**

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



Welcome to the 2026 ABP Southampton Marathon Festival Race Guide. This guide has everything you need to know for race weekend including route links, travel information and more! We hope your training is going well and we look forward to seeing you on the first May bank holiday weekend!

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## **PRE-REGISTRATION**

### **ADMIN DESK - COLLECTION POINT & REPLACEMENT PACKS**



**10AM - 16:00PM**



**REESLEISURE GAZEBO, GUILDHALL SQUARE SOUTHAMPTON**

DB Max - the Official chip timing partner for the ABP Southampton Marathon Festival will be on-site to support participants with pre-registering, orders for replacement packs and international pack collection. Your marathon representatives will be on-hand to support any race day questions or concerns.

ID will be asked to be shown whether you are collecting yourself or via another person.

*\*Please note if you are coming to collect a race pack for another person, bring evidence to support this request.*

## **RACE DAY REGISTRATION**



**7AM - 15:30PM**



**7AM - 8:45AM, 2-4 HERBERT WALKER AVENUE, SOUTHAMPTON (MAIN RACES)**



**12PM - 15:30PM, GUILDHALL SQUARE, SOUTHAMPTON (FUN RUN)**



## RACE PACK INFORMATION

### POSTAGE DATES:



**BATCH 1: 17TH APRIL**



**BATCH 2: 22ND APRIL**

If you're an international runner or have signed up after the 4th April, your race bib will need to be collected across race weekend.

- Runners signed up since February 2025 and before the 21st March 2026 will need to have confirmed all booking details, including UK home addresses, baggage options and emergency contact info by the 21st March 2026 at 12pm, on Let's Do This 'manage booking'.
- Runners signed up from the 21st March at 12:01pm and before the 4th April at 12pm will need to confirm all details by the 4th at 12pm.
- All late entries (from 4th April at 12:01pm) will need to have signed up by the 29th April at 12pm to ensure there is an un-named bib for their collection over race weekend. Those that have changed distance since 10th March will also collect a new bib over race weekend.
- You will receive a reminder email ahead of cut off dates to check all personal details.
- Any decisions to transfer your ticket to another race or friend will also need to be made before your cut off date, any requests to transfer after your date will incur a £10 admin fee and bibs will be available for collection over race weekend.
- Missing or undelivered packs to UK residents should NOT be reported as missing before the 24th of April (if you're not signed up before the 4th April at 12:01pm you will need to collect your pack from registration on the Saturday or Sunday of race weekend).
- All missing / replacement packs should be reported to [southamptonhalf@dbmax.co.uk](mailto:southamptonhalf@dbmax.co.uk) by 12pm, 30th April 2026 - After which the admin desk closes and anyone still to report must visit the registration desk over race weekend to collect an emergency replacement for £10 payable on collection.
- Requests to amend details after the Let's Do This cut-off date must be submitted by emailing [southamptonhalf@dbmax.co.uk](mailto:southamptonhalf@dbmax.co.uk) directly, no later than one week after the cut-off - No charge unless you require a new bib.
- Any questions please forward to either [southamptonhalf@dbmax.co.uk](mailto:southamptonhalf@dbmax.co.uk) or, [events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)

## **INTRODUCING TO RACE WEEKEND... THE MUSIC MOVES STAGE**

**10:30 - 15:30**

### **3 HEADLINE ACTIVITIES LED BY SOUTHAMPTON'S LOCAL STUDIOS & BUSINESSES**

- Movement Workshop - ZoieLogic Dance Theatre
- Hula-hoop fitness - Caz Rock-a-hula
- Hot Yoga Inspired Workshop - Hotpod Yoga

### **+ THE RUN COMPANY CIRCUIT CHALLENGE - GAME-BASED MISSIONS WITH A LIVE LEADERBOARD & WINNER PRIZE**

### **RACE PREP & WARM-UPS - TIPS ON BEING RACE-READY AND RUNNER SECRETS**

**GET YOUR TICKETS HERE**

## **SHAKEOUT RUN**

The Official ABP Southampton Marathon Festival Shakeout Run hosted by Olaf's Run Club



**12:00PM SATURDAY 2ND MAY**



**OLAF'S TUN, WOOLSTON**

Olaf's Run Club, Southampton-based running community, will co-host the official 2026 ABP Southampton Marathon shakeout run. Starting and finishing at Olaf's Tun pub in Woolston, the run will preview sections of the 10K, Half Marathon and Marathon routes, led by an England Athletics–certified Run Leader, with an ABP Marathon representative available for race-day questions.

Let us know you're coming! Link through to [HERE](#)



## **EVENT TIMINGS**

- 07:00** - Registration Opens
- 07:00** - Holding Pens Open
- 07:15** - Baggage Drop Opens (Pre-booked baggage drop in the Docks / £10 on the day & FREE Baggage Drop in the O2 Guildhall \*City Centre, 20 minute walk from the start)
- 07:30** - Race Village & Charity Village Open
- 08:15** - Starting Pens Open
- 08:30** - Spitfire Display in the Docks \*8 minutes
- 08:40** - Start-line warm-up (all main races), led by David Lloyd
- 09:00** - All Main Races Start
- 09:30** - Docks Baggage - collection relocated to Civic Centre Car Park, Southampton
- 10:30** - 5K & 10K Winner Ceremony
- 11:30** - Half Marathon Winner Ceremony
- 12:00** - Fun Run Registration Opens, Watts Park
- 12:30** - Full Marathon Winner Ceremony
- 15:30** - Fun Run & Mascot Mile Start
- 16:30** - Baggage Drop in O2 Guildhall closes
- 18:00** - Doors Open to Marathon After Party, O2 Guildhall
- 18:15** - MC Coco P - on-stage
- 18:30** - Calum Lintott Onstage, Acoustic singer
- 19:30 - 21:00** - DJ Flash, Craig David UK Tour DJ
- 21:00 - 22:00** - Good Times - Funk, Soul and Disco band
- 22:00** - Event Close



## **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 2nd May between 10:00 to 16:00 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.

2nd May race bib collection: Guildhall Square, Southampton

3rd May race bib collection: Herbert Walker Ave, Southampton \*Outside of VOCO Hotel

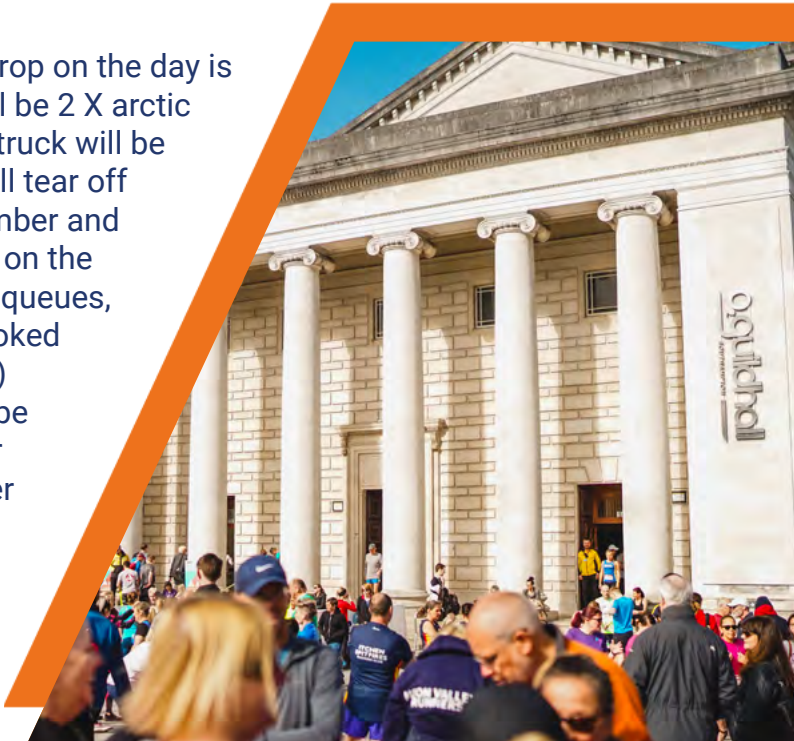
Fun Run race bib collection is only on the Sunday from 12pm in the Guildhall Square



## **BAG DROP**

FREE bag drop will be available in the O2 Guildhall from 7am on race day. You will need your race number and tear off baggage label attached to your bag for marshals to be able to check bags in and out. Spectators are not allowed within the O2 Guildhall and we ask that your bag is no larger than A4. We will NOT be able to store large items.

Pre-booked and bookable bag drop on the day is available in the docks. There will be 2 X arctic lorries, trucks A & B. Your letter truck will be visible on your race bib & you will tear off this strip with your baggage number and attach it to your bag for storage on the correct trailer. There will be two queues, one for people that have pre-booked and another for on the day (£10) drop-off. Trucks A & B will later be relocated to the Civic Centre car park where participants can later collect their belongings.



## **TOILETS**

Toilets will be located in the City Cruise Docks, nearby to your starting pens, along Commercial Road and within the O2 Guildhall.



**ON ROUTE TOILETS (SEE MAP FOR LOCATIONS)**

- 5K - 1 X on the route
- 10K - 2 X on the route
- Half Marathon - 5 X on the route
- Full Marathon - 6 X on the route



**EVENT T-SHIRTS**

If you purchased an Event T-shirt as part of your registration, you will have selected either home delivery or collection at the event.

Items chosen for collection can be picked up on race day from the Scimitar Sportswear gazebo in Guildhall Square.

If you have also purchased any official ABP Southampton Marathon Festival merchandise for event-day collection, these items can be collected from the same location.

If you are running for one of our partner charities, you may also be eligible for an official event T-shirt. Please check directly with your charity and make sure you have selected your preferred size and fit in your Manage Booking section before the race bib cut-off date so we can fulfil your request.

Please come prepared with your receipt email as proof of purchase in case of any technical issues on the day.

For all merch enquiries please email [retail@scimitarsports.com](mailto:retail@scimitarsports.com) Or Call 01905 425324



**MUSIC AND ENTERTAINMENT**

The ABP Southampton Marathon Festival has partnered with Music in the City (MITC) to bring the best of the best on-course and finish line entertainment. See map on the following page for locations along the routes.

**NEW TO 2026 ENTERTAINMENT**

**SUNDAY MAY 3RD, 18:30PM... THE 'MARATHON AFTER PARTY'**



**LIVE MUSIC, BRILLIANT REASONS TO CELEBRATE AND A BANK HOLIDAY WEEKEND WELL SPENT**

- O2 Guildhall, Southampton
- Tickets are now on sale for £18.75 (button with THIS link)
- Whether you're running the event, spectating or live in the city - Join us as we close off our 2026 event with incredible local talent and all those that make it happen!



**2026 LINE-UP**



**18:30 - 19:30PM**

**CALUM LINTOTT**

Delivers feel-good, crowd-pleasing acoustic sets—from 60s classics to modern hits—creating a warm, upbeat atmosphere that gets everyone singing along.



**19:30 - 21:00PM**

**DJ FLASH**

Craig David UK Tour DJ, Based in Southampton. Well known on the south coast. Known as a urban DJ with an RnB edge.



**21:00 - 22:00PM**

**GOOD TIMES**

Funk, Soul and Disco band

**GET YOUR TICKETS HERE**



## **WATER STATIONS**

WS1 - Itchen Bridge - Miles 1.7, 5.7, 15 & 19

All Distances

WS2 - Cooper's Lane - Miles 2.3, 5, 15.6 & 18.4

10K, Half & Full Distances

WS3 - Bitterne Road - Miles 7.5 & 21

Half & Full Distances

WS4 - Woodmill Lane - Miles 9 & 22.3

Half & Full Distances – Gels also available

WS5 - University Road - Miles 10 & 23.3

Half & Full Distances

WS6 - Run Company Southampton - Mile 13.7

Full Distance Only



## **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 Dave Hawkins Pacer Team will be pacing 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.



## **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 line, along Herbert Walker Avenue and at the finish on Above Bar Street (Spectators will NOT be permitted to enter the docks - this area is runners only)
- Near Water Station 1, Central Bridge side of the Itchen Bridge & the Woolston side of the Itchen Bridge by WS2 on Cooper's Lane (10K, Half & Full Marathon Runners Only)
- Bitterne Triangle (Half & Full Distances)
- South Car Park of St Mary's Stadium (All Distances)
- Riverside Park (Half & Full Distances)
- Southampton Common (Half & Full Distances)
- London Road (the finishing stretch!)

\*Refer to maps for clarity



## **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 to this team for all their help on the day and in the lead up meeting for practice cycles!



## **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**

Coming soon!

Explore the official ABP Southampton Marathon Festival 2026 routes, created to showcase the very best of Southampton, from the waterfront docks to the heart of the city.

We're proud to be partnering once again with OS Maps, giving runners detailed, interactive route maps for all four distances:



**View your route on OS Maps**

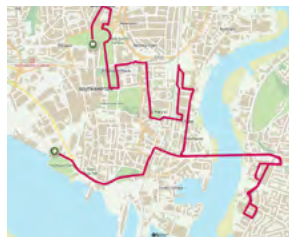
Click your distance to see the route map

**5K**



View the 5K  
Route

**10K**



View the 10K  
Route

**21K**



View the 21K  
Route

**42K**



View the 42K  
Route

Whether you're planning your training or visualising race day, OS Maps allows you to explore each course in detail, including terrain, elevation and key landmarks.



## **START & FINISH LOCATIONS**

### **START LINE – DOCK GATE 8**

All races will start from Dock Gate 8, located within Southampton’s historic docks and home to our headline sponsor ABP. This brand-new start line creates an unforgettable opening to race day, right on the waterfront.

### **FINISH LINE – GUILDHALL SQUARE**

Every runner, across all distances, will finish in Guildhall Square, right in the city centre. A lively, spectator-friendly location perfect for celebrating your achievement.

### **A UNIQUE RACE-DAY HIGHLIGHT FOR FOOTBALL FANS**

Runners taking part in the 10K, Half Marathon and Marathon will get to run pitch-side of St Mary’s Stadium, home of the Saints. This is new for runners of the 10K!

## **IMPORTANT INFORMATION**

- All routes are subject to change as part of ongoing course planning and safety reviews.
- Changes will appear on OS within one week of being made.
- Final routes will be UKA Certified in the weeks leading up to the event.
- Any updates or minor adjustments will be communicated clearly via our website, email updates and social channels.

Distances may vary slightly due to on-the-ground refinements required to deliver the safest and best possible race experience.





**Legend**

Note: full marathon is two laps, taking diversions where marked on the second lap.

**Routes**

- Start/Finish
- Full marathon - 1<sup>st</sup> lap / Half marathon route
- Full marathon - 2<sup>nd</sup> lap
- Start section
- Direction

**Services**

- Water Stations
- Medical
- Toilets
- Fuel Station
- Entertainment
- T-Shirt Collection
- Finish Zone
- Bag Drop
- Stadium closed after 10:45

My 2026 Finish Time

**OS MAPS**

Dive into the race routes on OS Maps

Scan the QR code to download the OS Maps app and unlock 3 months premium for free with the code

**SOTONMAPS2026**



OS Maps Premium Annual Subscription: 90 day free trial. Then £34.99/year ongoing subscription unless cancelled. New subscribers only. Not valid with other offers. 1 trial per person. Offer expires 31/05/26. Full T&Cs apply.

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**Legend**

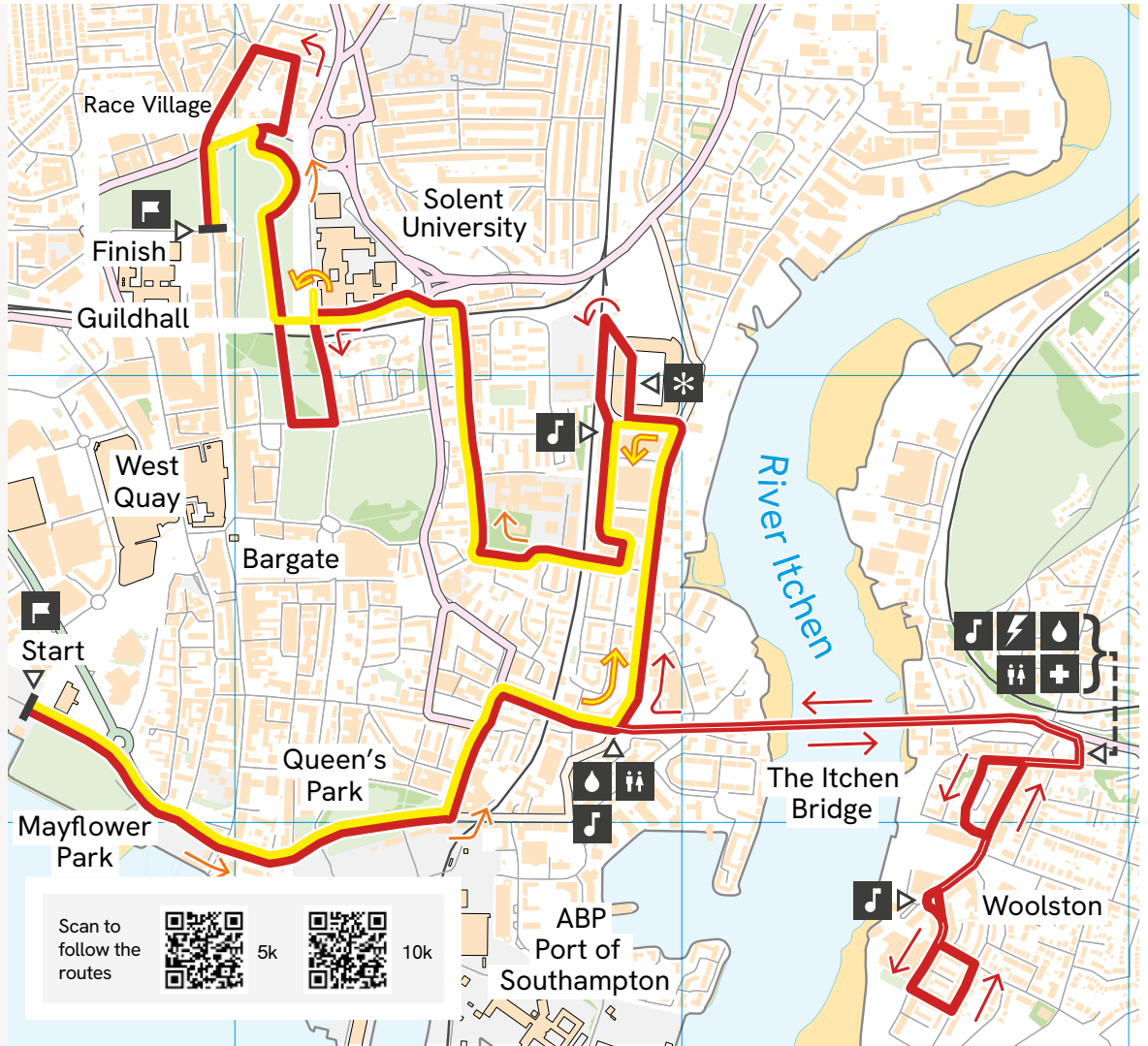
Note: routes partially overlap, please follow the directions on course.

**Routes**

- Start/Finish
- 10k route
- 5k route
- 10k direction
- 5k direction
- Both directions

**Services**

- Water Stations
- Medical
- Toilets
- Fuel Station
- Entertainment
- T-Shirt Collection
- Finish Zone
- Bag Drop
- Stadium closed after 10:45



## ***MEDICS***

Medical assistance will be available at the start line, along the course, and in a large medical tent located on Commercial Road just off the finish area. Support will be available to both runners and spectators throughout the duration of the event.

We are also coordinated with local emergency (blue light) services. Should an emergency vehicle need to cross the route, runners may be asked to pause briefly to allow safe passage. We will do our best to minimise any disruption to your running time.

If you notice anyone on the course who appears unwell or in need of assistance, please inform the next marshal so that help can be provided as quickly as possible.

## ***FINISH LINE & POST-RACE***

### ***MEDAL COLLECTION***

Your well-deserved race medal and post-race refreshments will be available to collect in Guildhall Square via the finish funnel. Our marshals will guide you through the correct lane and present your medal.

If you are collecting an event T-shirt, please make your way to the Scimitar Sportswear gazebo located outside the barriered area.

## ***TRAVEL & LOGISTICS***

Please arrive at the docks at least 90 minutes before your race start time to register, drop off bags, use the facilities, and make your way to your starting pen. Aim to be in position by 8:30am to enjoy the Spitfire display and warm up. Expect queues for parking and toilets, so allow extra time.

Main races start at 9:00am.

Fun Run starts at 3:30pm.

The nearest train station is Southampton Central – please check South Western Railway for service updates before travelling.

**Sunday 3 May engineering work is taking place (in the Eastleigh area) impacting SWR services to Southampton Central & Southampton Airport Parkway.**

## **TRAVEL & LOGISTICS**

Rail replacement buses will run from Basingstoke and Romsey to Southampton Central extending journey times for marathon runners, spectators and people attending the festival.

This is the new link to for participants to check their journey- <https://www.southwesternrailway.com/plan-my-journey>

If you're staying locally, we recommend pre-booking a taxi with our partner, Radio Taxis, for drop-off and return travel.

Westquay car parks are open 24/7, and most council car parks open from 6:00am (Sunday charges may apply).

If you've already collected your race bib, you can enter via the larger pedestrian walkway between Dock Gate 9 and IKEA.

Parking is available nearby – just follow event signage to access the docks correctly.

## **OTHER INFORMATION**

If you have any questions please head to our FAQs page. If we cannot answer your questions here, please email us at [events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)

## **CONTACT & SUPPORT**

Any Race Pack queries pre cut-off dates,

please email [events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)

Any Race Pack queries post cut-off

dates, please email [southamptonhalf@](mailto:southamptonhalf@dbmax.co.uk)

[dbmax.co.uk](mailto:dbmax.co.uk)

Any Merchandise queries please email

All event related questions please email [events@reesleisure.co.uk](mailto:events@reesleisure.co.uk) or submit your question to our chatbot on the marathon festival site



# ***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)

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

ReesLeisure Limited, 46 Leigh Road,  
Eastleigh, Hampshire, SO50 9DT

02380 273 657  
[events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)  
[www.reesleisure.co.uk](http://www.reesleisure.co.uk)

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