



SOUTHAMPTON

MARATHON FESTIVAL



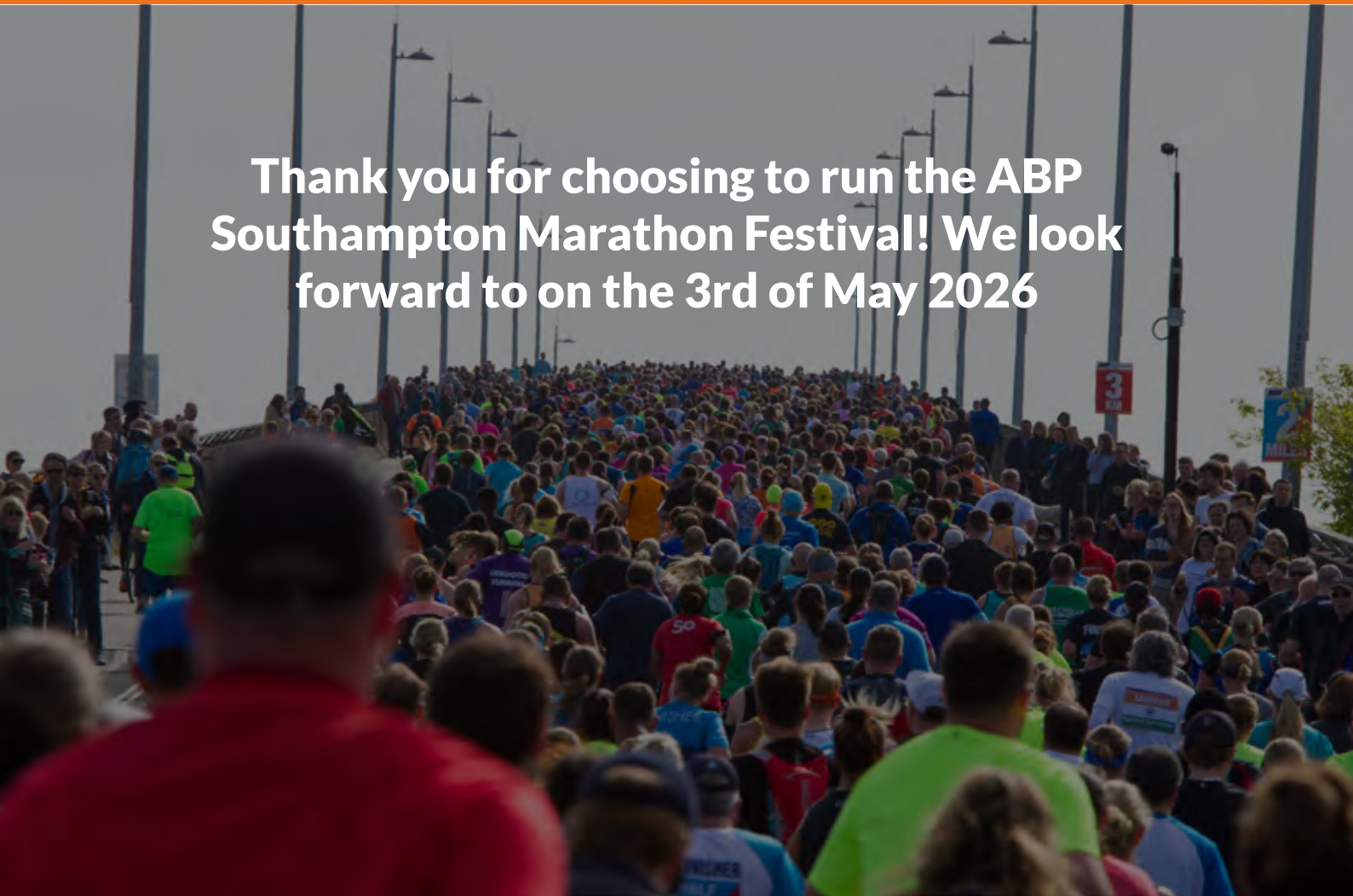
5K 10K 21K 42K

PARTICIPANT PACK

RACE DAY INFORMATION

SUNDAY 3RD MAY 2026

**Thank you for choosing to run the ABP
Southampton Marathon Festival! We look
forward to on the 3rd of May 2026**



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 3rd May 2026.

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PRE-REGISTRATION - SATURDAY 2ND MAY 2026

ADMIN DESK - COLLECTION POINT & REPLACEMENT PACKS



10:00 - 16:00



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 is required when collecting your race pack. If collecting on behalf of another runner, you will need evidence in the form of an email, text or phone call to collect their race pack.

RACE DAY REGISTRATION SUNDAY 3RD MAY 2026



07:00 - 15:30



07:00 - 9:00, MAYFLOWER PARK



12:00 - 15:30, 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.

NEW 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

GET YOUR TICKETS HERE

 **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**

SHAKEOUT RUN

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

 **12:00 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: [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 - 8 minute Spitfire Display in the Docks

08:40 - Start-line warm-up (all main races), led by David Lloyd, Southampton

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

18:30 - 19:30 - Calum Lintott, 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



START PENS & ENTRY POINTS

When you receive your race pack, your start pen will be indicated by the letter shown before your race number. Start pens are allocated based on the estimated finishing time you provided during registration. Please note that runners from all distances may be grouped within the same start pens.

- **Pens A & B:**
Please enter via **Dock Gate 8** (Herbert Walker Avenue, Southampton, SO15 1GY)
- **All other pens (C onwards):**
Please enter via **Dock Gate 9** (opposite IKEA, near Grosvenor Casino car park, Leisure World, West Quay Road, Southampton, SO15 1RE)

Spectators are not permitted to enter through these access points.



PARTICIPANT & SPECTATOR PARKING

Please be aware parking charges apply and road closures will be in effect from 08:00 - 15:30.

[Check Resident map for road closure timings.](#)

The closest public car parks to the Docks and accessible on race morning are...

- West Quay Multi Storey
- Harbour Parade Retail Park
- The Quays South
- The Marlands

Other available parking in the City Centre

- Grosvenor Square
- West Park
- Bedford Place
- Eastgate

Spectators along the marathon route are advised to secure parking before any road closures that may affect their journey. For Woolston, Bitterne, Woodmill, and Highfield, we recommend planning your visit according to the road closure schedule and the expected progression of the event.



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.



FOR PARTICIPANTS USING THE FREE O2 GUILDHALL BAG DROP:

From the O2 Guildhall, make your way towards the Westquay Shopping Centre. From here, you have two options: you can either head across the top of Bargate or continue through Westquay (accessible ramp), following signs towards Carnival UK. Once you reach this area, routes will split depending on your start gate. If you are entering via Dock Gate 9, turn right and follow West Quay Road towards IKEA, using the pedestrian crossing opposite the casino. If you are entering via Dock Gate 8, turn left at Carnival UK and continue towards the VOCO Hotel and the Mayflower roundabout, where access to the docks will be clearly signposted. Please allow plenty of time for your journey and follow steward instructions along the route.

*Videos of routes to the start coming soon!



RACE NUMBER (BIB) INFORMATION

Your race number (bib) must be worn on the front of your torso and clearly visible at all times during the event. This is essential for identification, timing and capturing your official race photos. Your official time will be recorded using your timing chip when you cross the start and finish line.

Please ensure:

Your bib is not folded, covered or altered in any way, as this may affect your timing chip and result.

You attach your bib securely using safety pins or a race belt.

Each bib will have a Mettricks tear off on the bottom that qualifies each runner to one of:

- One free barista-made coffee
- 10 Mettricks Blend Coffee Pods (Nespresso Compatible)
- 200g bag of Mettricks whole coffee beans

Vouchers cannot be used on race day

Redeemable before or after the event

One voucher per runner, while stocks last

Your bib number is unique to you and must not be transferred to another runner. Any unauthorised use may result in disqualification.



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



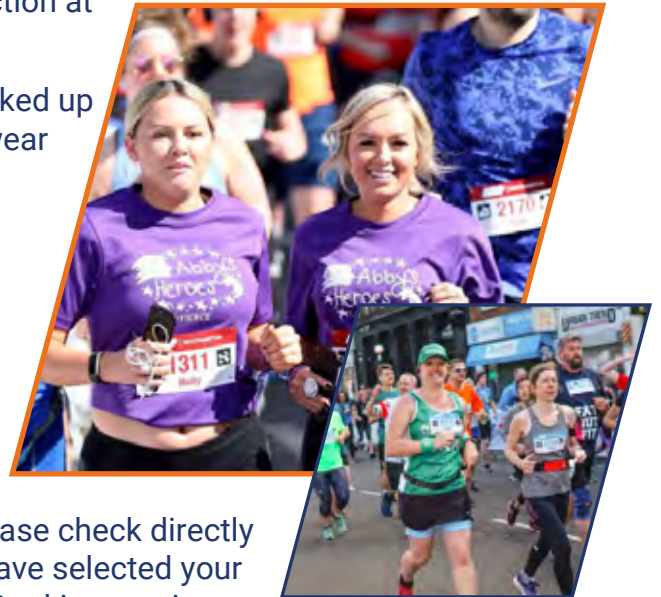
EVENT T-SHIRTS

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.

If we're unable to fulfill your request on the day by any means please contact Scimitar Sportswear>

For all merch enquiries please email retail@scimitarsports.com Or

Call 01905 425324

NEW FOR 2026, SUPERMARINE SPITFIRE DISPLAY - 90TH ANNIVERSARY CELEBRATION

Just before the race begins, the historic Spitfire RR232 will putting on an incredible 8-minute display at 8:30am from the new start line at Dock Gate 8, City Cruise Terminal as it celebrates its 90th anniversary of the Spitfires first takeoff at Eastleigh Aerodrome (now Southampton International Airport).

Thousands of runners will share the thrill as the roar of the Spitfire engine signals the start of the day—a truly unforgettable way to begin your Marathon, Half Marathon, 10K, or 5K



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



FUEL STATIONS

To help keep you fuelled on race day, GU Energy energy gels will be available at Water Stations 2, 4 and 6.

Please note that it is strongly advised not to take on any fuel during the race that you have not trained with. If you do use GU gels on race day, we recommend picking up 1 or 2 at the fuel station to see you through a decent portion of the race.

GU Energy is offering all participants 25% off RRP with the code REES25, giving you the opportunity to practise with the on-course nutrition ahead of race day.

For Marathon runners, iPro hydration drinks will also be available at Water Station 6.



COURSE MARKING

The course will be clearly marked with directional signage and marshals positioned at key turning points.



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.



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

[Click Here for Medal Discounts](#)

To ensure a safe and enjoyable event for all participants, please follow the rules below at all times and adhere to instructions from race officials, marshals and emergency services.

GENERAL RULES

- Your race number is personal to you and must not be transferred to another runner. Unauthorised use may result in disqualification.
- All participants must follow the designated course and instructions from event staff at all times.
- Runners must complete the course within the stated cut-off times.
- If you need to withdraw from the race, please inform the nearest marshal or water station so we can account for all runners safely.

HEADPHONES & AUDIO DEVICES

- In line with UK Athletics rules, headphones are permitted for non-competitive runners only.
- If you are competing for a podium position, the use of headphones is not permitted and may result in disqualification.
- For safety reasons, we strongly recommend keeping at least one ear free so you can hear marshal instructions and other runners.

PROHIBITED ITEMS

The following items are not permitted on the course:

- Dogs or animals (except registered assistance dogs)
- Bicycles, scooters, roller skates or any wheeled devices
- Unauthorised pacing (including running alongside non-registered participants)
- Large bags or backpacks on the course
- Dangerous items or anything that could pose a risk to others
- Any item that obstructs or endangers other runners

SAFETY & CONDUCT

- Please be aware of your surroundings at all times, especially in crowded areas and at water stations.
- Follow all signage and marshal directions throughout the course.
- Be respectful to fellow runners, volunteers and spectators.
- Dispose of litter responsibly using bins provided or at water stations.

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.

SAFETY & CONDUCT

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)
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- 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***

NEW TO 2026 ENTERTAINMENT

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

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

- 02 Guildhall, Southampton
- Tickets are now on sale for £13 or 2 for £20
- 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 - 19:30

CALUM LINTOTT - ACOUSTIC SINGER

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 - 21:00

DJ FLASH - CRAIG DAVID UK TOUR DJ

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 - 22:00

GOOD TIMES - FUNK, SOUL AND DISCO BAND

Funk, Soul and Disco band

GET YOUR TICKETS HERE



DOWNLOAD YOUR ROUTE:

You can now download the GPX file of your race distance on to your smart watch to view the route before race day. The navigation tool on your smart watch once active will show you where to turn and how many miles into their event they are.

DOWNLOAD YOUR ROUTE

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

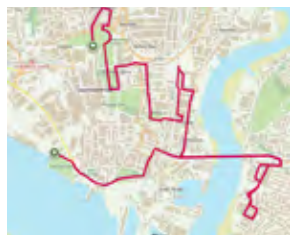
Click your distance to see the route map

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.



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.



Legend

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

Routes

- Start/Finish
- Full marathon - 1st lap / Half marathon route
- Full marathon - 2nd 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

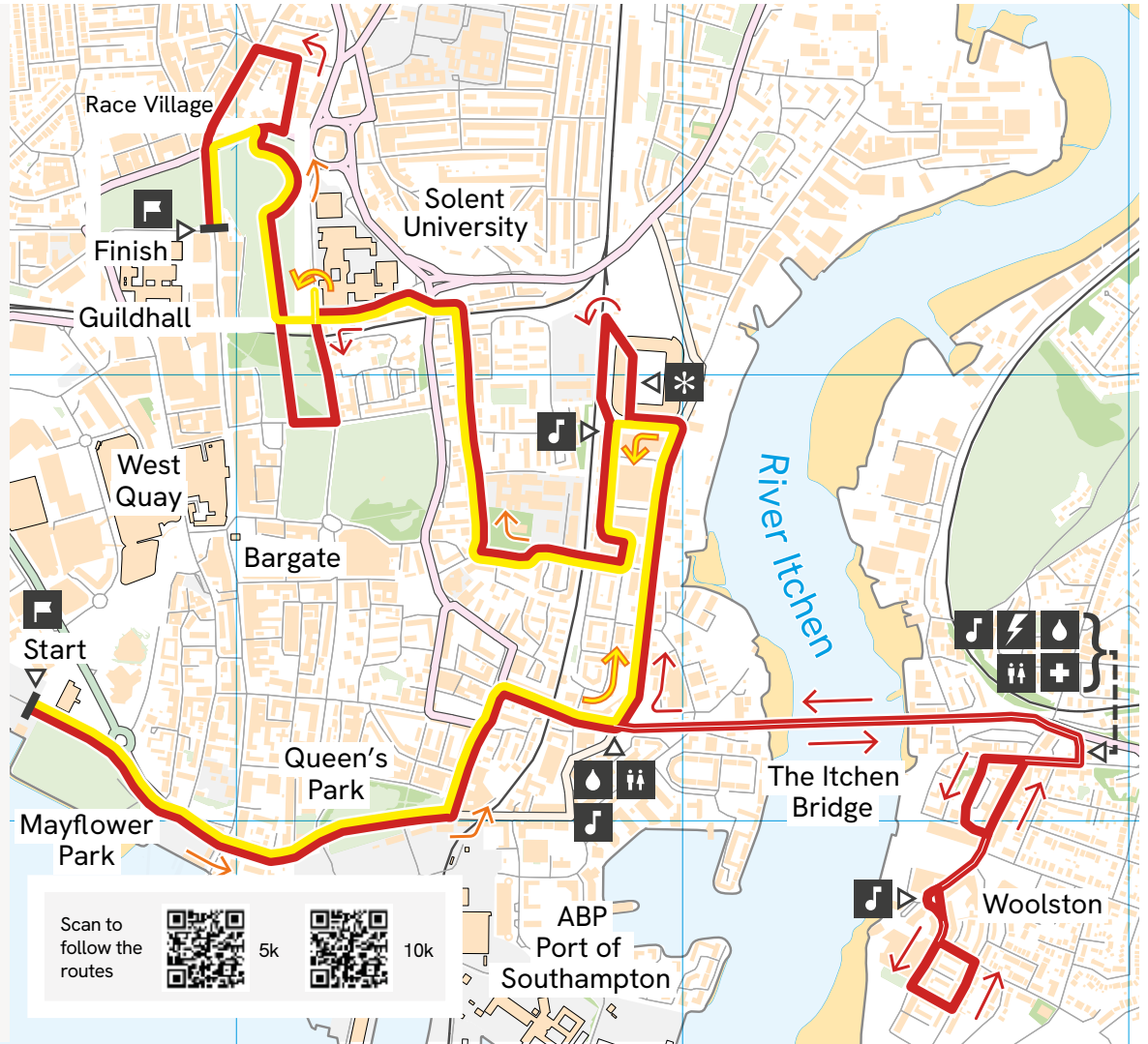
Note: routes partially overlap, please follow the directions on course.

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



Scan to follow the routes

5k
10k

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

Congratulations—you made it! Here's everything you need to know once you cross the finish line at Guildhall Square.

MEDAL COLLECTION

Your well-deserved race medal will be presented by our marshals as you exit the finish funnel. If you purchased an Event T-shirt or official ABP Southampton Marathon Festival merchandise, this can also be collected at the Scimitar Sportswear gazebo just outside the funnel. Please have your receipt or confirmation email ready to speed up collection.

POST-RACE REFRESHMENTS

Refuel and rehydrate! Post-race refreshments include water and bananas—available for all finishers.

MEDICAL & RECOVERY SUPPORT

A medical tent is available nearby for first aid, ice packs, and physiotherapy support if needed. If you feel unwell at any point, please alert a marshal or head to the medical tent.

POST RACE MESSAGES

Solent University Sports Therapists will be available to provide our runners a post-race sports massage in the Guildhall Square on a first come first served basis. No requirement to pre-book, simply turn up and fill out a simple medical info form before getting started.

BAG DROP COLLECTION

If you used the O2 Guildhall or Dock bag drop, collect your belongings using your race bib tear-off. Bag drop staff will be on hand to help locate your items.

PHOTOS & MEMORIES

Your race photos will be available a few days after the event. Simply scan the barcode on your bib to access your images online. Don't forget to enjoy the post-race entertainment on the Music in the City stage while celebrating your achievement!

MEETING FRIENDS & FAMILY

Spectator areas are available in Guildhall Square. The finish funnel is restricted to runners only, so please arrange a meeting point outside the funnel to reunite with friends and family.

EXITING THE FINISH AREA & TRAVEL

Follow signage for nearby car parks, Westquay, or Southampton Central Station to make your way home. Allow extra time if using public transport, and consider pre-booking taxis if needed.

RECOVERY TIPS

Take a few minutes to stretch and hydrate, put on warm clothing if needed, and enjoy your post-race celebrations. You've earned it!

RACE RESULTS

Official results will be available on the event website shortly after the race. A link will be sent via email once results are live.

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 08:30 to enjoy the Spitfire display and warm up. Expect queues for parking and toilets, so allow extra time.

Main races start at 09:00.
Fun Run starts at 15:30.

The nearest train station is Southampton Central – please check South Western Railway for service updates before travelling. Sunday 3 May – Rail Disruption. Engineering work in the Eastleigh area will affect South Western Railway services to Southampton Central and Southampton Airport Parkway. As a result, rail replacement buses will operate between Basingstoke and Romsey to Southampton Central. Westquay car parks are open 24/7, and most council car parks open from 06:00 (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. Westquay car parks are open 24/7, and most council car parks open from 06:00 (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.

OFFICIAL TAXI PARTNER

We're proud to be working with Radio Taxis, the official taxi provider for the ABP Southampton Marathon Festival.

Race Day Pick Up & Drop Off
Dedicated locations available at:

- Civic Centre Car Park
- Voco Hotel Car Park

Exclusive Runner Offer
Get 10% off your taxi journeys when you book via the Radio Taxis app.
Use code: MARATHON

T&Cs apply. Visit radiotaxis.com for more information.

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

CONTACT & SUPPORT

Any Race Pack queries pre cut-off dates, please email events@reesleisure.co.uk

Any Race Pack queries post cut-off dates, please email southamptonhalf@dbmax.co.uk

Any Merchandise queries please email retail@scimitarsports.com

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



YOU'VE DONE IT. NOW SHARE IT.

Share your moments. Tag us. Be part of it.



@abpsouthamptonmarathon - #RunABP



ReesLeisure



www.ReesLeisure.co.uk

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

02380 273 657

events@reesleisure.co.uk
www.reesleisure.co.uk

 OS MAP

Join us on

STRAVA

[Click here to join](#)