

WELCOME TO THE TCS SYDNEY MARATHON

Welcome to the **TCS Sydney Marathon presented by ASICS** – proud to stand alongside the [Tokyo Marathon](#), [Boston Marathon presented by Bank of America](#), [TCS London Marathon](#), [Sanlam Cape Town Marathon](#), [BMW BERLIN-MARATHON](#), [Bank of America Chicago Marathon](#) and the [TCS New York City Marathon](#) as part of the Abbott World Marathon Majors.

This year, we're making history again. More than **40,000 marathoners** from **100+ countries** will take to the streets of Sydney, with **over 50,000 participants** competing across race weekend. Together, it will be Australia's biggest marathon event ever.

Before race weekend begins, make sure you read the Expo Guide, so you understand how to collect your race bib.

Thursday

- » TCS Sydney Marathon Running Show presented by ASICS
- » Motion Festival, Customs House Forecourt

Friday

- » TCS Sydney Marathon Running Show presented by ASICS
- » Meet the Stars
- » Motion Festival, Customs House Forecourt



CREATING HISTORY, DELIVERING EXCELLENCE

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 traverses 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 on 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.

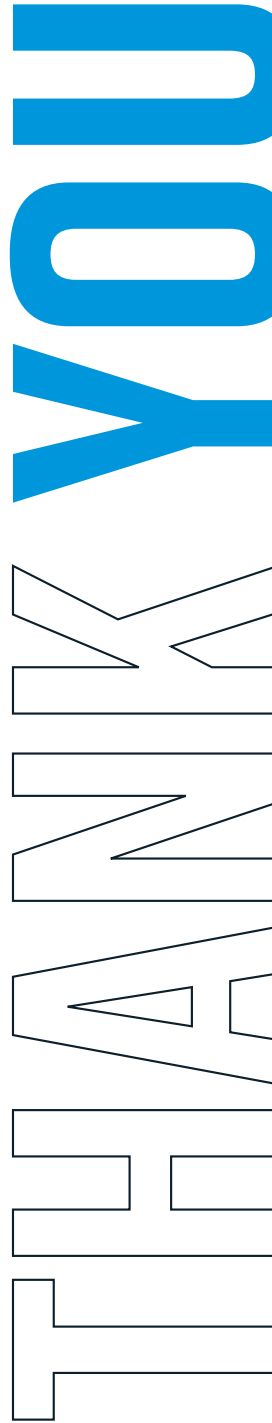
Thank you to our **Sponsors & Partners**

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, from innovation to 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, & PRIDE IN OUR CITY.**

To our naming rights partner, TCS; presenting partner, ASICS; major sponsors, Destination NSW and the NSW Government; the City of Sydney; strategic partners; agency collaborators; charity partners; 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.



ACCESSIBILITY

We are committed to making the TCS Sydney Marathon presented by ASICS an inclusive event for everyone. Whether you're a participant, spectator, or volunteer, we want you to be able to enjoy the event to the fullest.

We provide the following services for athletes with disabilities on event day:

- » **Accessible Drop-off and Pick-up Zones**
- » **Accessible Start Line Area**
- » **Accessible Toilets**
- » **Quiet Spaces**
- » **Multi-Faith Prayer Area**
- » **Medical Device Transport**
- » **Can't Wait Cards**

More information on our services is available on our [Access and Inclusion](#) page.

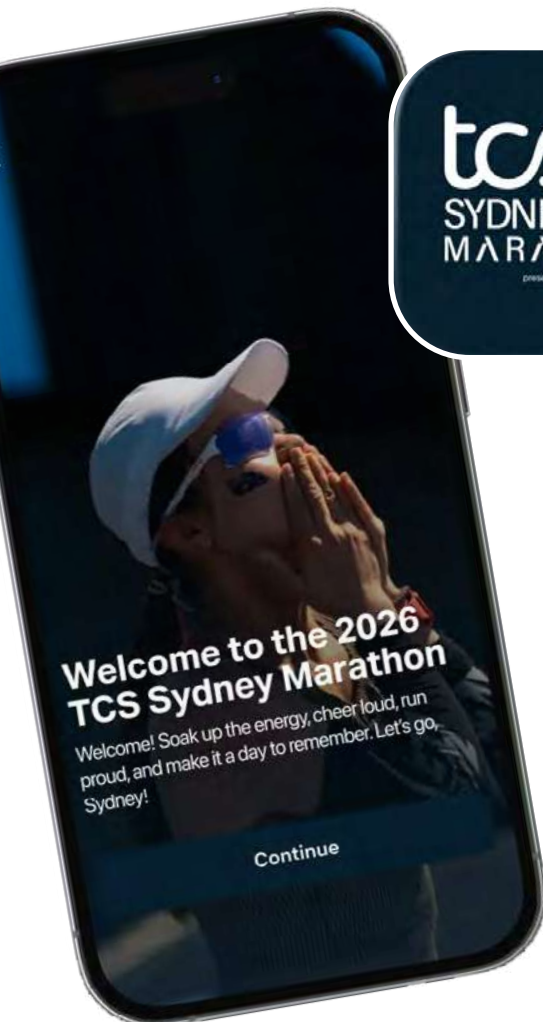


OFFICIAL SMART MAP

Plan your perfect race day with our Official Smart Map.

Powered by PAM, our new live navigation platform helps you get the most out of race weekend with real-time maps, road closures, spectator viewing locations, entertainment, food and drink, transport options and event activations all in one place. Integrated into the TRACX app, the Official Smart Map makes it easy to follow participants, discover the best places to cheer, and navigate the city with confidence, so you can spend less time planning and more time soaking up the atmosphere.

Backed by the technology trusted by the PGA TOUR, NASCAR, Formula 1 and Tennis Australia, the Official Smart Map brings world-class navigation to Australia's largest marathon.



DON'T DRIVE USE PUBLIC TRANSPORT

With major road closures in place, the best way to and from the event is by public transport. Plenty of extra early-morning transport services will be running to get you to the start venue at St Leonards Park in North Sydney.

Travel on all modes of public transport* is included for registered participants and volunteers; simply show your race bib to staff when boarding services, no need to tap on/off!

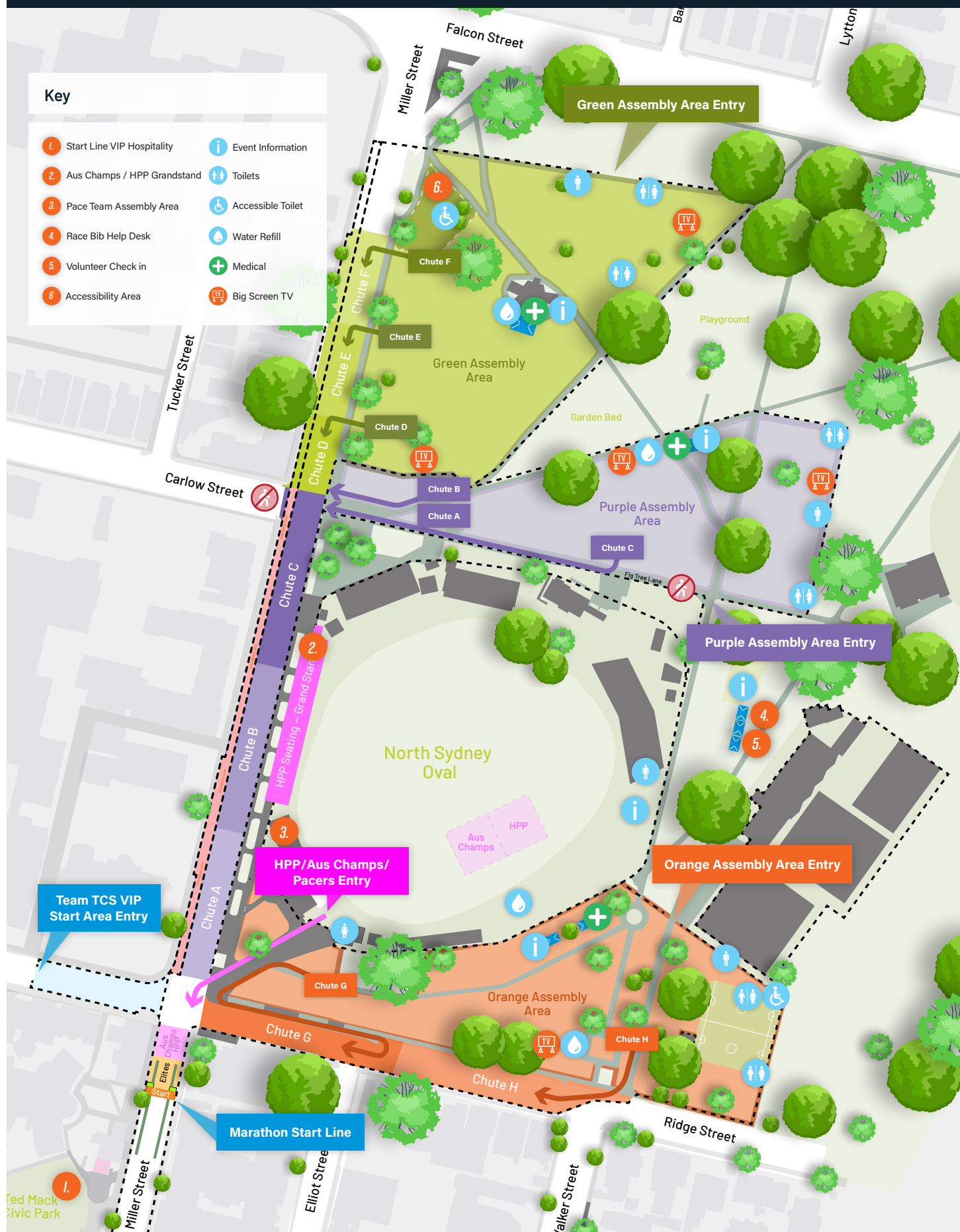
Each start group and assembly area has unique arrival instructions and timings. Please avoid arriving too early - this will greatly help our operations on the day and ensure the best start area and start line experience for all **40,000 marathon participants** on race day.

Plan ahead at transportnsw.info/sydney-marathon or using our [Official Smart Map](#).

For timetables, real-time transport service updates and tracking, use the transportnsw.info [Trip Planner](#).

*International and Domestic Airport access fee excluded.





RACE START TIMES

Marathon 42.195km – Sunday, 30 August 2026

Start Group	Assembly Area	Arrival time	Enter Start Chute	Start time
High Performance Program/Aus Champs Start Group	North Sydney Oval	5:00am	5:55am	6:30am
Start Group 1	Purple	5:00am	5:45am	From 6:32am*
Start Group 1	Green	5:00am	5:50am	From 6:41am*
Start Group 1	Orange	5:00am	6:00am	From 6:50am*
Start Group 2	Purple	5:45am	6:35am	From 7:05am*
Start Group 2	Green	5:50am	6:40am	From 7:11am*
Start Group 2	Orange	6:00am	6:45am	From 7:17am*
Start Group 3	Purple	6:15am	6:55am	From 7:29am*
Start Group 3	Green	6:25am	7:00am	From 7:37am*
Start Group 3	Orange	6:30am	7:10am	From 7:44am*
Start Group 4	Purple	6:45am	7:25am	From 7:55am*
Start Group 4	Green	6:55am	7:35am	From 8:07am*
Start Group 4	Orange	7:05am	7:45am	From 8:20am*

Cut-Off 7 hrs

* 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 participants who arrive early to their assembly area will not be permitted access until the advertised time. If you arrive early, please do not block the entry so participants in the previous group can gain access easily.



Reminder: There is no bag drop on event day. All bags must be dropped at the TCS Sydney Running Show from **27 to 29 August**.

The TCS Sydney Marathon has a course time limit of seven hours from the closure of the start line at 8:40am. **Anyone who does not cross the finish line by 3:40pm* will receive a DNF as their official result.**

Anyone who does not meet the intermediary course cut-offs will either be redirected (at redirection points) or will be loaded onto the sweeper bus and transported to the finish line following the final athletes. All redirected or swept athletes will receive a DNF as their official result, but redirected athletes will still be able to cross the finish line.



You can find more information on cut-off and redirection points [here](#).

DECODING YOUR BIB

Assembly Area

Indicates the meeting area before your start chute entry.

Bib Number

Randomly allocated and used to identify you on course.



Start Group

Indicates arrival time.

Chute Entry

Indicates the entry point to your start chute.

NO BIB NO RACE

ETIQUETTE FOR A SMOOTH RACE

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

All participants have been seeded based on their estimated finishing time, with faster athletes towards the front to reduce overtaking. All participants must start in their allocated start group on event day. Race marshals and security will be checking bibs at the entrance to each chute.



Your timing chip will only activate once you have crossed the start line.

Note: Elite, Australian Championships and the High Performance Program Start Group results will all be based off gun time. **Please note** that the times of High Performance Program seeded athletes will be based off net time.



Always follow the direction of all race officials and emergency service personnel.



Do not stop or change direction suddenly and keep to the left to allow others to pass on the right.



Please utilise the toilet facilities provided at the start venue and at all drink stations. Public urination is illegal.



Please help us reduce the impact of the event by discarding all of your waste in the bins provided. At drink stations, please ensure that you dispose of your cups and gel packets in the appropriately-labelled bins. Rubbish that isn't disposed of properly delays road reopenings and may end up in Sydney's waterways.

HEALTH & SAFETY

YOUR HEALTH & SAFETY IS OUR TOP PRIORITY

Before Race Day



Complete the emergency contact and medical information on the back of your race bib. This info helps our medical team in an emergency.



Plan your trip to the start line in advance so race morning is stress-free using our [Official Smart Map](#).



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.



Pre-race hydration is important but ensure you don't overhydrate. Aim for pale yellow, straw-coloured urine as a useful sign of adequate hydration.



Get your sleep - Rest and recovery are an important component of preparation for achieving your event goals.

After the Race



Keep moving after crossing the finish line - there's a 600m walk-off to aid in your recovery.



If unwell, visit the medical facility near Baggage Reclaim in the Royal Botanic Garden.



[Have a question?](#)

[Visit an Event Information hub for assistance.](#)

During the Race



Medical posts are located every ~2.5km, in addition to roaming teams on bikes and buggies.



Know where to find help if you need it - check out the course map.



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



Drink to thirst. For newer marathoners, overhydrating is a mistake that you can easily make, in the belief that you must consume higher levels of water due to the distance you are covering.

Event Alert System (EAS)

We use the Event Alert System to keep you informed on course heat stress conditions. Watch for colour-coded signs/flags at expo, drink stations on event day and in event comms across our digital platforms.

Also look at for specific race communications about other weather conditions. Be prepared to change your race plan to suit the conditions.

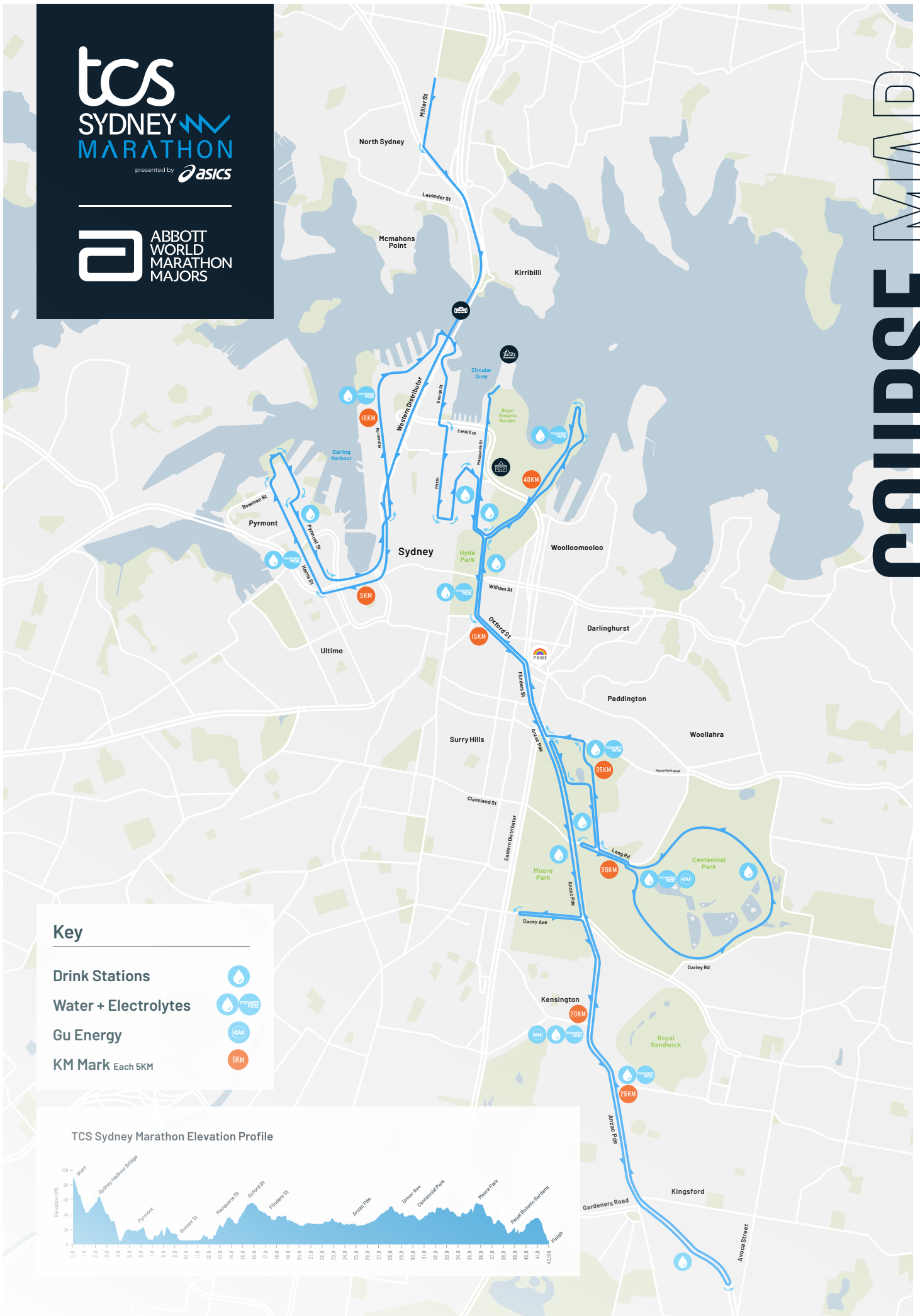
tcs SYDNEY MARATHON

presented by **asics**



ABBOTT
WORLD
MARATHON
MAJORS

COURSE MAP



Key

Drink Stations



Water + Electrolytes



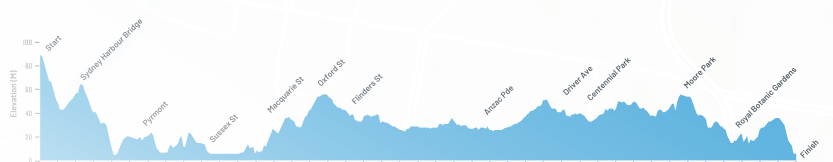
Gu Energy



KM Mark Each 5KM



TCS Sydney Marathon Elevation Profile



CROSSING THE FINISH LINE

Crossing the marathon finish line is a remarkable and momentous experience, filled with a mixture of joy, relief and achievement. For those who have trained tirelessly for months – or even years – it's the culmination of an extraordinary journey.

After you cross the finish line, keep moving. The **600-metre Participant Walk Off** is designed to keep the blood flowing and for medical staff to identify any participants in distress to get to them quickly. Each participant will collect their finisher medal and a POLLAST!C finisher bag made from ocean-bound plastic containing a bottle of Nu Pure water, Powerade and fruit. Please return the recyclable bag to any Waste Warrior volunteer in the Recovery Village to give it a second life.

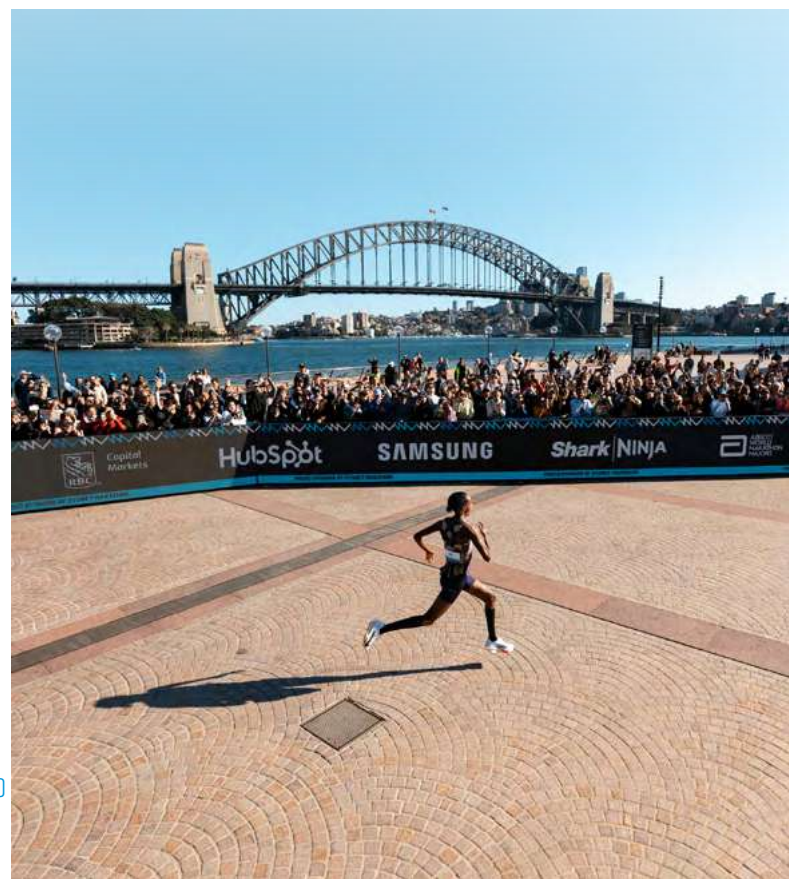
Baggage Reclaim

Baggage can be collected from the Parade Grounds, approximately 600m from Finish Line after the Participant Walk Off. All bags dropped at the TCS Sydney Marathon Running Show will be ready immediately upon arrival.

Meeting Family & Friends

Meet up with your support crew at the **Participant Reunite zone** in the Recovery Village. There will be flags organised alphabetically by letter (A-G), making post-event reunions quick and easy.

Finding the Village too crowded? Meet up at **Motion Festival** at Customs House Forecourt instead. Grab a celebratory bevvie or two and kick back with the live marathon feed and live performances until 9pm.





SUSTAINABILITY

At the TCS Sydney Marathon presented by ASICS, we're driving change by making our event greener, cleaner, and more impactful.

Start line clothing collection

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

Drink stations

The TCS Sydney Marathon works closely with our waste management partner, Clean Vibes, and our volunteer teams to ensure that we keep the course—and our city—clean, but we need your help to achieve this. Don't be a tosser. If everyone puts their rubbish in the correct place, this will make for a quicker clean-up for everyone, so roads can reopen on time. [Click here](#) to learn how to dispose of your waste on-course correctly.

- » Paper cups go into bale bags.
- » Gel wrappers go into the purple bins located at all drink stations. In 2026, we are increasing the number of bins to make disposal even easier.
- » Missed the gel bin? Hold onto your empty wrapper and put it in the next bin or at the Recycling Hub in the Recovery Village.
- » And don't knock over full cups - be mindful, stay hydrated, and help reduce water waste.

Waste Zones

New for 2026, 3 dedicated waste zones on course give participants a second chance to bin empty gel wrappers, keeping Sydney Greener and Cleaner. Waste zones will be located shortly after drink stations 7, 11 and 13. Look for the purple bins and leave nothing behind except footprints and PBs. Fuel your run, not the ocean.

Plogging Team

Our plogging team helps keep the course clean by collecting any gel wrappers that may have missed the bins. In 2026, we've doubled our fleet of ploggers to 64, forming part of the wider event-day course clean-up operation - but don't leave it up to them. The goal is always to bin it right the first time.



Recycling Hub & Recovery Village

Following the success of our Recycling Hub in 2025, we're expanding in 2026 with hubs in every start assembly area and two locations in the Recovery Village - the Reunite Zone and the F&B zone. Staffed by our fabulous team of Waste Warrior volunteers and Clean Vibes crew, the hubs make it easy to recycle bibs, bags, gel wrappers, coffee cups, foil blankets and other hard-to-recycle items. Together, we're working towards diverting more than 90% of event waste from landfill by 2030.

- » Please ensure the timing tag and safety pins are removed from your bib before disposing in the designated bins.
- » 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.
- » All empty gel wrappers, coffee cups and lids and foil blankets will be recycled by TerraCycle.

Baggage & Finisher Bags

Your baggage and finisher bags are made from recycled ocean-bound plastic from the Better Packaging Co. In 2025, this eliminated 13,000kg of plastic and saved approximately 1,900kg CO₂e compared to virgin plastic. Bags can be returned to the Recycling Hub in the Recovery Village to be collected and reprocessed as part of a circular system that gives waste a second life.

Good food. Less Waste.

All food in the Recovery Village will be served on reusable plates in partnership with Green My Plate. Simply enjoy your meal, then return your dish to a pink collection bin. Every returned dish is washed and reused at future events across Sydney. One simple action from you; thousands of single-use containers avoided.

**1,387 KG OF
OCEAN-BOUND
PLASTIC -
1,942 KG CO₂e
SAVED IN
2025**

SYDNEY? SORTED!

Breakfast, lunch & dinner? Sorted

Make the most of marathon week with Run Perks – a city-wide program featuring exclusive food, drink, afterparty, entertainment and tourism offers from some of Sydney's best venues and attractions.

Running from Monday, 24 August to Medal Monday on 31 August, Run Perks gives participants, supporters, locals and visitors the chance to experience more of Sydney before and after race day. Discover special offers from participating restaurants, bars, hotels and attractions across

the city, including dining deals, celebratory specials, sightseeing experiences and exclusive discounts.

Most offers are available to everyone – no race bib or finisher's medal required – and can be accessed through the official TCS Sydney Marathon app. Browse the app to explore all participating businesses, view their offers and plan your marathon week experience.

Download the TCS Sydney Marathon app



REHYDRATE, CELEBRATE & ELEVATE

JACKSONS on GEORGE

swap sweat for a 'runners high' vodka powerade! score \$14 better beer pints, epic merch giveaways, and massive live music acts from 10am

Jimmy's ROOFTOP

your medal gets the first round! hit jimmy's rooftop at noon to flex your bling, claim your free drink, and groove to all-day djs

CRUISE BAR AND RESTAURANT

treat your tired legs to \$14 margaritas and refreshing spritzes on melba's rooftop. with live entertainment starting at noon

THE AUSTRALIAN A HERITAGE HOTEL

tackle 'the final stretch' at the aussie! flash your runner status for a free drink and enjoy ice-cold craft beers, and epic rooftop celebrations from 10am



➔ FROM FINISH LINE TO THE FRONT OF THE BAR! CELEBRATE WITH US AT THESE OFFICIAL ROOFTOP AFTER-PARTIES...

FUEL UP & FEAST

Alpha

238 Castlereagh Street, Sydney

A Greek feast built for marathon week with bottomless seasoned pitas alongside two limited-edition drinks: the Karpouzi Cooler with watermelon, mint and lime, and a Marathon Lemonade with Greek honey and sea salt. From Saturday, 29 August, guests can also receive 25% off a carb-loading menu.

Aria

1 Macquarie Street, Sydney

One of Sydney's leading dining rooms will serve a \$25 lobster sandwich at the bar throughout race week. Made with lobster, mortadella, pickled green tomato and spicy mayonnaise, and served with crisps, it is available without a reservation.

A'Mare and Pizza'Mare

1 Barangaroo Avenue, Sydney

Finish on a sweet note with a complimentary tiramisu for two when ordering any main at A'Mare or any pizza or pasta at Pizza'Mare.

Captain Cook Hotel

162 Flinders Street, Paddington

A carb-loading menu of two Roman-style pizzas for \$25-\$27. Doors open from 6:30am on race day, with 20% off food for finishers and \$12 Recovery Spritzies.

Oriana

Overseas Passenger Terminal, The Rocks

A \$25 schnitzel, pasta, burger or salad during race week. On Medal Monday, the first 100 finishers will be treated to a mini espresso martini or a half-pint of draught with any meal purchased.

Paragon, & Ship Inn

1 Loftus Street, Sydney,
and 1 Pitt Street, Sydney

Two of the city's favourite corner pubs will be serving \$20 burgers throughout race week.

Jackson's On George

176 George Street, Sydney

A chicken schnitzel with herb salad, fries and a beer or a glass of house wine, all for \$35.

The Oaks

118 Military Road, Neutral Bay

The north shore institution will serve chicken schnitzel with salad, fries and gravy, plus a beer or glass of house wine, for \$35.

Young's Place

1 Kellett Street, Potts Point

Order any main and the entrée and dessert are on the house.

OTTO Sydney

Cowper Wharf, Woolloomooloo

Receive a marathon-inspired cocktail or mocktail on arrival when spending \$50 or more at one of Sydney Harbour's most recognised dining destinations.

Bennelong

Sydney Opera House, Bennelong Point

Beneath the sails of the Sydney Opera House, enjoy a marathon-inspired cocktail or mocktail with your meal.

O Bar & Dining

Level 47, Australia Square,
264 George Street, Sydney

Enjoy Sydney from 47 floors above, with a complimentary signature cocktail or mocktail and chef's snacks on arrival when dining in the restaurant.

Cruise Bar & Restaurant

Circular Quay West

Celebrate beside the Harbour with \$25 pasta, or with a drink for \$30 Tuesday to Saturday. Melbas Rooftop will serve \$15 margaritas and spritzes on race day, followed by a complimentary drink with any lunch on Medal Monday.

CELEBRATE THE FINISH!

Jackson's On George

176 George Street, Sydney

The race-day party, with \$14 Better Beer pints, giveaways all afternoon and an after party from midday. \$25 rump steaks on Medal Monday.

Cruise Bar & Restaurant

Overseas Passenger Terminal,
Circular Quay West

Celebrate beside the Harbour with \$25 pasta, or pasta and a drink for \$30, from Tuesday to Saturday. From 12pm, Melbas Rooftop will serve \$15 margaritas and spritzes on race day.

BridgeClimb

The Rocks

Take on the Sydney Harbour Bridge before enjoying a complimentary meal and drink at the Harbour View Hotel as part of their Finish Line Feast promotion. Spectators can watch the marathon start from the summit during an exclusive Dawn Climb, while finishers can return on Medal Monday with their medal for a photo from the top.

Oz Jet Boating

Eastern Pontoon, Circular Quay

50% off the Red Shark Thrill Ride using the code **MARATHONTHRILLS**. Groups of eight or more will also receive a complimentary photo and video package.

Jimmy's Rooftop

320 George Street, Sydney

A drink on arrival, food to order and DJs all day at one of the city's best rooftops.

Australian Heritage Hotel

100 Cumberland Street, The Rocks

Head to the Final Stretch at 'The Aussie', with a drink on arrival, live entertainment, Aussie craft beers and a rooftop to see out the weekend.

EXPERIENCE SYDNEY FROM A NEW ANGLE

Sydney By Kayak

208 Blues Point Road, North Sydney

15% off Sunrise Kayak and Coffee or Sunset Kayak experiences, a coffee and a keep-cup at the Eco Hub on race day, and use discount code **TCS26SBK** at checkout for teams and businesses.

Taronga Zoo

Mosman

Receive 15% off general admission and experience one of Sydney's most spectacular Harbour outlooks, with animals included.

Merlin Entertainments

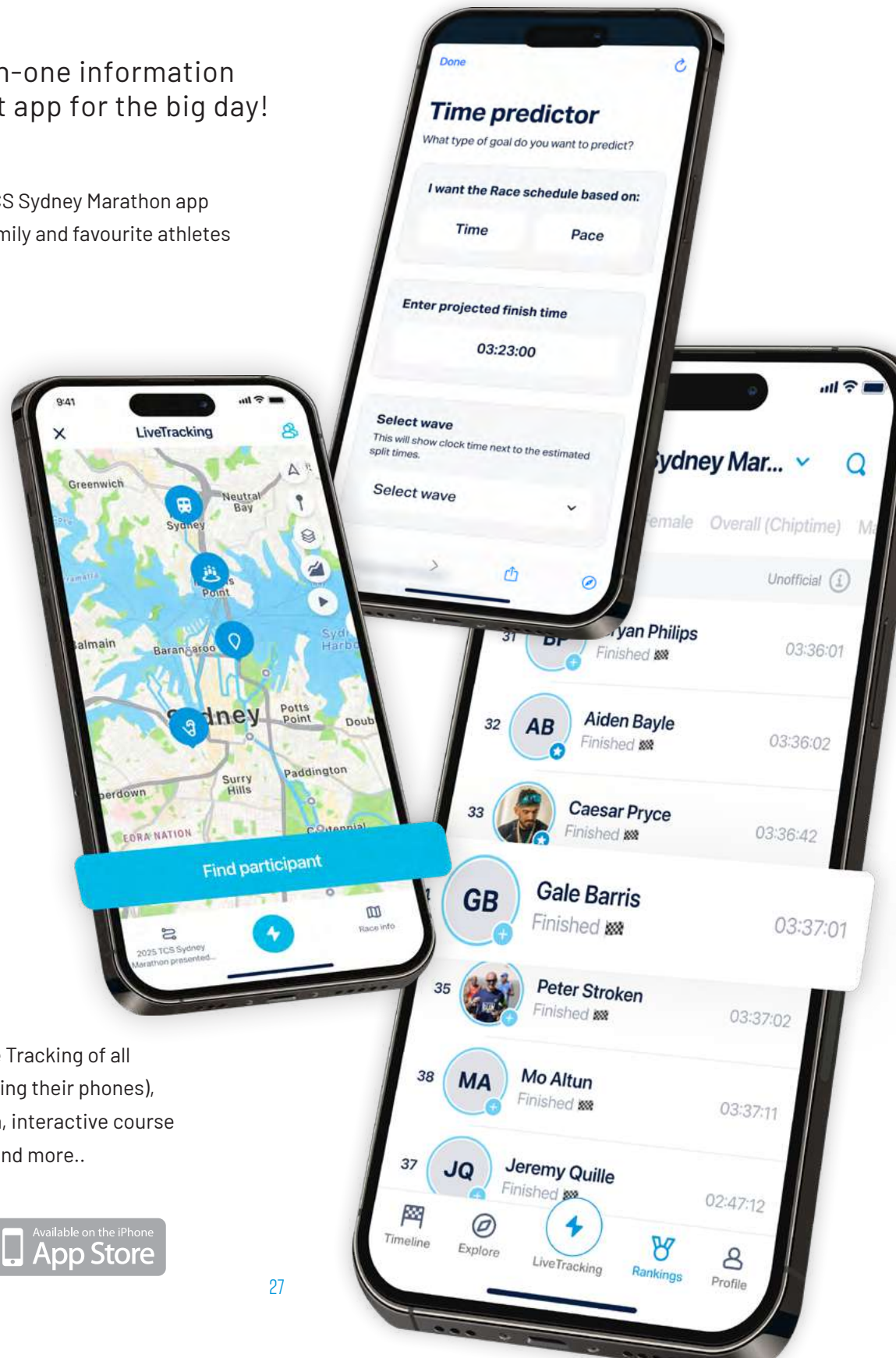
Darling Harbour

Enjoy a marathon-inspired 42% off the Sydney Big Ticket, with entry to SEA LIFE Sydney Aquarium, WILD LIFE Sydney Zoo, Madame Tussauds Sydney and the Sydney Tower Eye. Tickets are \$45 for adults and \$37 for children..

YOUR RACE DAY COMPANION

This is your all-in-one information and engagement app for the big day!

Download the official TCS Sydney Marathon app to track your friends, family and favourite athletes during the event.



Featuring real-time Live Tracking of all participants (without using their phones), social media integration, interactive course maps, spectator maps and more..



Run Africa's First Major



The closest you'll get to the Sanlam Cape Town Marathon. Faces Travel, from the team behind the race itself, offers guaranteed entry, exclusive race-day hospitality, and premium hotels - all walking distance from the start line.

Choose your hotel - facestravel.africa



Sanlam
CAPE TOWN
MARATHON

capetownmarathon.com

23 May 2027

AFRICA'S 1ST MAJOR



STRATEGIC PARTNERS



OFFICIAL EVENT PARTNERS & SUPPLIERS



MEDIA PARTNERS

