

RUNNERS' GUIDE



SOFICO
GENT
marathon

MARATHON

HALF MARATHON

2026
30.03

WELCOME!

The moment you have been looking forward to for so long has finally arrived! The Sofico Gent Marathon takes place on Sunday 29 March. This runners' guide gives you all the key info regarding your run. Please read this information carefully, so you can line up at the start with peace of mind.

This guide contains a lot of information; here are the **7 most important tips** to remember:

1. **Avoid the crowds** in the morning of the event and **collect your bib number on Friday 27 March between 12.30 p.m. and 6.30 p.m. or Saturday 28 March between 10 a.m. and 5 p.m.**
2. **Check the “how to get to the event” information in advance.** If possible, come on foot or by bike.
3. **Arrive at the event on time on Sunday** and familiarise yourself beforehand with where the toilets, bag drop area and the start line are.
4. On the night before the (half) marathon, **the clocks go forward by one hour**, so you will have an hour less sleep.
5. Exercise sensibly and **listen to your body.**
6. **Keep empty packaging with you or throw it in the bins at the supply stations.**
7. **Smile when you reach the finish**, enjoy your moment!



To all runners and supporters: welcome in beautiful Ghent!

Ghent has long been known as a city of running, and the Sofico Gent Marathon has quickly become its crown jewel. The event has become an international hit for Ghent's sports enthusiasts, but also for marathon tourists. You could not dream of a more beautiful backdrop than Ghent's towers, as I discovered the 2 times I took part.

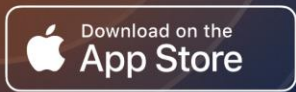
Councillor for Sport – Bram Van Braeckevelt





Download the Sofico Gent Marathon app

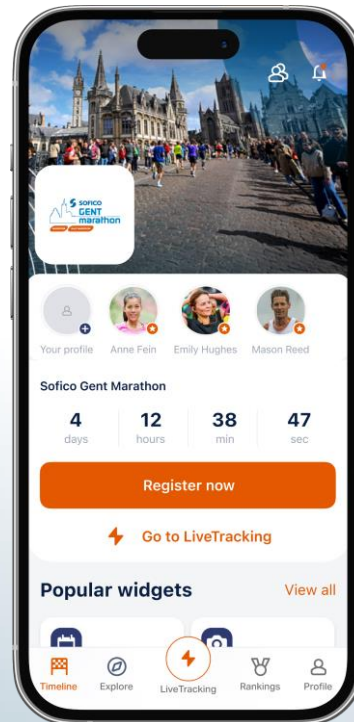
Follow your friends, family and favourite athletes
live during the Sofico Gent Marathon!



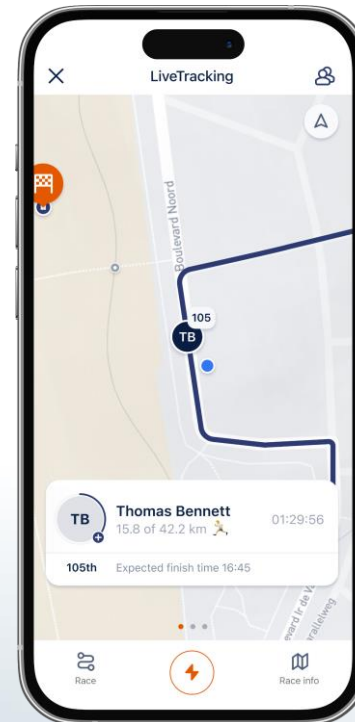
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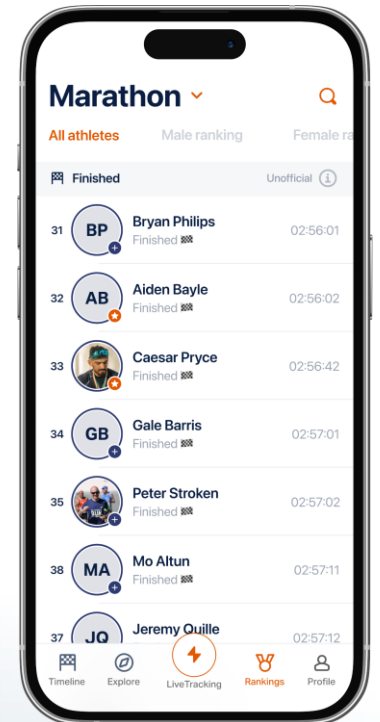
INFORMATION



LIVE TRACKING



RESULTS



DOWNLOAD THE APP



PROGRAMME

FRIDAY 27 March

12.30pm – 6.30pm Collect participant pack

Saturday 28 March

10am – 5pm Collect participant pack

Sunday 29 March

7.30am – 1.45pm Collect participant pack

9 a.m. Start Sofico Gent Marathon

1.30 p.m. Start Sofico Gent Half Marathon

5.15 p.m. Close of finish



BEFORE the Race

Avoid the Crowds

Collect YOUR BIB NUMBER OR MAKE ANY
CHANGES ON

Friday **27 March** between **12.30 p.m. &
6.30 p.m.** OR Saturday **28 March** between
10 a.m. & 5 p.m.!

START

MORE TOILETS AT THE START

MEDAL ENGRAVING

FOOD & DRINKS

PICK UP BIB NUMBER

FINISH & CHEERING ZONE

COURSE MARATHON & HALF MARATHON

CHEERING LANE

PARKING I

FREE SHUTTLE GENT ST. PIETER

BIKE PARK-NORTH

WATERSPORTBAAN

SOFICO GENT
marathon

PARKING
FRIDAY & SATURDAY



How to get there

Friday 27 March & Saturday 28 March

Collect bib number

We recommend that you collect your Sofico Gent Marathon bib number on Friday 27 or Saturday 28 March. Collect your bib number from Sport Vlaanderen Ghent (Topsporthal) on foot, by bike or public transport. The parking spaces along Zuiderlaan will NOT be accessible on Friday 27 and Saturday 28 March. We suggest you follow the directions below to easily get to your destination.

On foot or by bike

It is easy to get to the Topsporthal on foot or by bike. That way you can quickly pick up your bib number and be back on your way.

Easily navigate to [bike parking OOST](#)

Easily navigate to [bike parking NOORD](#)

Public Transport

If you are coming by tram, bus or train, Ghent-Sint-Pieters is the place to be! Consult the NMBS and De Lijn routeplanners and plan your trip to Ghent-Sint-Pieters.

The nearest bus stop is Gent Topsporthal Vlaanderen, a 50 metres' walk (buses 11 & 19). The nearest tram stops are Koning Albertbrug and Bernard Spaelaan, both a 2km walk (trams T1, T3 and T4).

By car

The parking spaces along Zuiderlaan are not accessible on 27 & 28 March. At Blaarmeersen, car parks Centraal and Oost are reserved for picking up bib numbers.

Be sure to pay attention to the signs when approaching the car park, they will allow you to get to the car park via the provided access route.



Visitors coming from the **R4**, are requested to drive to **Parking Centraal**.

NAVIGATE

Visitors coming from **Europalaan**, are requested to drive to **Parking Oost**.



NAVIGATE

Sunday 29 March

Come to the start and finish of the Sofico Gent Marathon at Sport Vlaanderen Ghent (Topsporthal) on foot, by (share) bike or public transport.

The car parks at Watersportbaan and **car parks Centraal & Oost** are **NOT accessible** on Sunday 29 March.

All participants or supporters should follow the directions to easily get to their destination.

How to get there

Sunday 29 March – Race Day

On foot or by bike

Sport Vlaanderen Ghent (Topsporthal) is easy to reach on foot or by bike. There will be plenty of bike parking by Sport Vlaanderen Ghent (Topsporthal).

Sofico Gent Marathon participants and visitors can use discount code **GENTMARATHON26** to use Donkey Republic share bikes.

Easily navigate to [bike parking OOST](#)

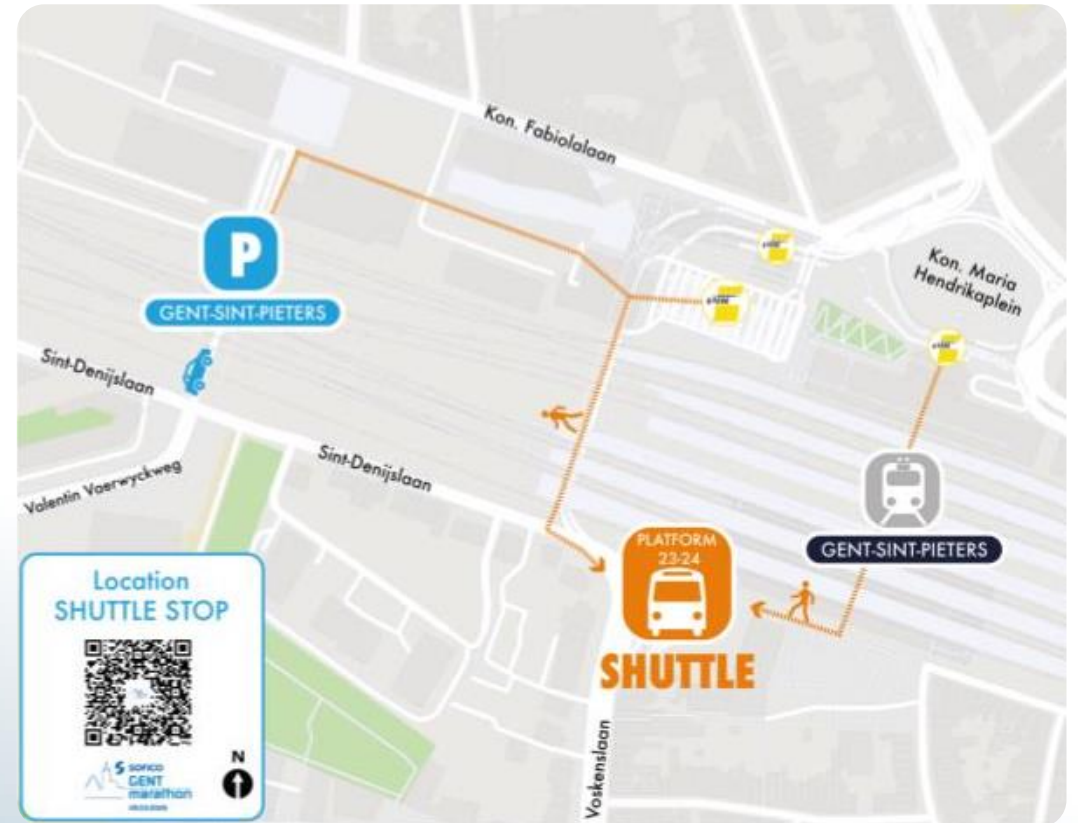
Easily navigate to [bike parking NOORD](#)

Public Transport

If you are coming by tram, bus or train, Ghent-Sint-Pieters is the place to be! Please note, lots of bus and tram routes are affected by the course. Consult the NMBS and De Lijn routeplanners and plan your trip to Ghent-Sint-Pieters.

There is a free shuttle bus to the Topsporthal that leaves every 5 minutes from bus platform 23 at the back of the station (Voskenslaan). Runners will get priority. There will be more frequent buses at peak times.

[Follow the correct walking route to board the Ghent-Sint-Pieters shuttle](#)



*Bus Stops in the vicinity of Sport Vlaanderen Ghent (Topsporthal) and Blaarmeersen will not be served on Sunday 30 March. Use the [De Lijn routeplanner](#) to find alternative options.

How to get there

Sunday 29 March – Race day

By car

Car parks at Blaarmeersen and along Zuiderlaan and Noorderlaan are not accessible on Sunday 29 March.

Sofico Gent Marathon runners and supporters can park in The Loop car park (half marathon), Ikea (marathon) or Ghent-Sint-Pieters. All car parks are accessible from the R4 and cost only €17 for 8 hours thanks to the marathon.

New this year is that you can prebook your car parking ticket. If you want to avoid the queues for the machines on site and secure your parking space, buy your parking ticket now using [this link](#).

Navigate to the car park and keep an eye on the dynamic signs when approaching the car park, they will show you the quickest route to the accessible car park.

Use [Waze](#) or [Google Maps](#) to navigate to car park **Ghent Sint-Pieters**.

Use [Waze](#) or [Google Maps](#) to navigate to car park **Ikea**.

Use [Waze](#) or [Google Maps](#) to navigate to car park **The Loop**.

There will be two free shuttle buses to the start and finish between 7 a.m. and 6.30 p.m. The shuttle services are: shuttle Ghent-Sint-Pieters and shuttle Ikea-The Loop allowing you to easily travel from and to the Topsportal.



Pick-up location shuttle Ghent-Sint-Pieters

Pick-up location shuttle The Loop / Ikea

How to get there

Sunday 29 March – Race day

Kiss & ride

The Watersportbaan will not be accessible for motorised traffic. If you want to drop off or pick up people, you can use the Kiss & Ride at Ghent-Sint-Pieters station. Free shuttle buses will be running from there to the Topsporthal.

Navigate to the Kiss & Ride using [Waze](#) or [Google Maps](#)
[Pick-up location shuttle Ghent-Sint-Pieters](#)

Private coaches

Coming in a group on a private coach? Sign up using [this link](#).

How to get there

Sunday 29 March – Race day

Access to start boxes & event site

If you are coming from **the direction of Drongen**, follow Noorderlaan to the Annie Vande Wiele Bridge and cross there to reach the event site. Zuiderlaan is a one-way street for all non-motorized traffic (including pedestrians).



How to get there

Sunday 29 March – Race day

Leaving the event

You can use the free shuttle buses to Ghent-Sint-Pieters and The Loop / IKEA.

The stop for buses to Ghent-Sint-Pieters is on Trimlaan at Blaarmeersen.

The stop for The Loop / IKEA is on Campinglaan.

Pick-up location
Campinglaan: Shuttle to
Ghent-Sint-Pieters

Pick-up location Trimlaan:
Shuttle to
The Loop / Ikea

Departure last shuttle from event site to car park:

6.30 p.m.



Collect Participant Pack

You can collect your participant pack from the event site at Sport Vlaanderen Ghent (Topsporthal).

- On Friday 27 March between 12.30 and 6.30 p.m.
- On Saturday 28 March between 10 a.m. and 5 p.m.
- On Sunday 29 March between 7.30 a.m. and 1.45 p.m.

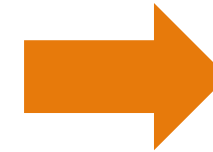
We strongly advise that you collect your bib number from Sport Vlaanderen Ghent (Topsporthal) on Friday 27 March or Saturday 28 March. That way you **avoid the crowds on Sunday**, and you get to the start with peace of mind.

Location:

Sport Vlaanderen Ghent
Zuiderlaan 14, 9000 Ghent

YOU HAVE AN EMAIL WITH bib number?

Collect your participant pack from the line that corresponds with your number.



YOU HAVE AN MAIL WITH E-TICKET?

Collect your participant pack from the 'E-TICKET' desks



FAQ

You did not receive a confirmation email containing your personal number and/or e-ticket?

Be sure to check your SPAM folder. If you cannot find your confirmation email with personal number or e-ticket there either, send an email to info@golazo.com. You can also report to the helpdesk on site with your ID card.

You can also find your registration on our website with your name and bib number.

Can someone else collect my bib number?

Yes, they can. The person collecting will need to take your confirmation email containing your personal number or e-ticket to the pre-registration desk.

Can I make any changes to my registration?

If you would like to change your distance or name, you can only do that on site at the registration stand. Make sure to bring your eID card to facilitate entering your details. A name change on site will cost €12.

www.soficogentmarathon.com

BAG DROP AREA

1. Attached to your bib number is **tear-off strip with a bag tag**
2. **Attach this bag tag to your bag** and hand it in at the bag drop area.
3. Report to **the tent corresponding to your bib number**
4. You can **ONLY collect your bag upon presentation of your bib number**
5. Make sure you have **a securely closing (sports) bag** to put all your belongings in; loose items of clothing will not be accepted.
6. Sports bags can be collected until **5.30 p.m.**



T-SHIRT



If you purchased the Craft event shirt when you signed up, you can collect it with the envelope that contained your bib number from the registration area at Sport Vlaanderen Ghent (Topsporthal) on Friday 27 March between 12.30 and 6.30 p.m., Saturday 28 March between 10 a.m. and 5 p.m. and Sunday 29 March between 7.30 a.m. and 1.45 p.m.

T-shirts **will also be on sale on site from the merchandise stand** for €34, while stocks last.



The Race

START PROCEDURE MARATHON

Start Programme

9 a.m.: Marathon

The right start grid

For both **your own running comfort** and that of your fellow runners, it is best to **stand in the starting grid corresponding to your anticipated finish time** and relevant pacer. This should ensure ideal running conditions for everyone. There are no checks, as the runners' fair play ensures everyone can get off to a smooth start.

Important:

You can only enter the starting grids **from the left-hand side**. It is not possible to enter from the rear of the starting area.

You will find a detailed map of the starting grids here:

STARTBOXES MARATHON		OPENING STARTBOX
EXPECTED FINISH TIME		08:30
< 2:59	START	08:50
3:00 - 3:14		08:50
3:15 - 3:29		08:50
3:30 - 3:44		08:50
3:45 - 3:58		08:50
3:59 - 4:14		08:55
4:15 - 4:29		08:55
4:30 - 4:44		09:00
4:45 - 4:59		09:00
> 5:00		09:00
		ESTIMATED START TIME
		09:00
		09:01
		09:02
		09:04
		09:07
		09:10
		09:13
		09:15
		09:17
		09:18

START PROCEDURE HALF MARATHON

Start Programme

1.30 p.m.: Half Marathon

The right starting grid

For both **your own running comfort** and that of your fellow runners, it is best to **stand in the starting grid corresponding to your anticipated finish time** and relevant pacer. This should ensure ideal running conditions for everyone. There are no checks, as the runners' fair play ensures everyone can get off to a smooth start.

Important:

You can only enter the starting grids **from the left-hand side**. It is not possible to enter from the rear of the starting area.

You will find a detailed map of the starting grids here:

STARTBOXES HALF MARATHON		OPENING STARTBOX	
		13:00	
EXPECTED FINISH TIME		CLOSING STARTBOX	ESTIMATED START TIME
< 1:29	↑ START	13:25	13:30
1:30 - 1:39	→	13:25	13:32
1:40 - 1:49	→	13:25	13:35
1:50 - 1:59	→	13:30	13:40
2:00 - 2:09	→	13:35	13:48
2:10 - 2:19	→	13:40	14:00
2:20 - 2:29	→	13:50	14:10
> 2:30	→	13:55	14:15

SOFICO
GENT
marathon
STARTBOX



MARATHON COURSE



MARATHON COURSE*

GPX

*Officially measured by
World Athletics

 SOFICO
GENT
marathon

HALF MARATHON COURSE



HALF MARATHON
COURSE*

GPX

*Officially measured by
World Athletics

WORLD ATHLETICS CERTIFICATES

Sofico Gent Marathon



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race
Sofico marathon Ghent 2026

Location
Ghent

Date of Race
29/03/2026

Separation
1,60 % of race distance

Name(s) of the measurer(s)
Luc CEULEMANS & Jean Marie DE PROFT

Country
BELGIUM

International Measurement Administrator
Jean François DELASALLE

Signed

Distance
42 195 m

Country
BELGIUM

Elevation Change
0 m/km

World Athletics – AIMS Grade
A&B

Expiry Date
31/12/2030

Registered On
10/03/2026

Date of Measurement
17/02/2026

Certificate Number
BEL/2026/063/JFD3120 A

In cooperation with



This certificate certifies that the length of the above road race has been established by an accredited World Athletics – AIMS Grade A or B measurer employing the method of a bicycle calibrated with a Jones Counter. It remains valid for 5 years subject to the course defined in the full measurement report submitted by the measurer being unchanged in any way. Any modifications to the course, however minimal, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not indicate any sanction of the race by World Athletics or membership of AIMS.

Sofico Gent Half Marathon



INTERNATIONAL MEASUREMENT CERTIFICATE

Name of Race
Sofico half marathon Ghent

Location
Ghent

Date of Race
29/03/2026

Separation
3.2 % of race distance

Name(s) of the measurer(s)
Luc CEULEMANS & Jean Marie DE PROFT

Country
BELGIUM

International Measurement Administrator
Jean François DELASALLE

Signed

Distance
21 097.5 m

Country
BELGIUM

Elevation Change
0 m/km

World Athletics – AIMS Grade
A&B

Expiry Date
31/12/2030

Registered On
10/03/2026

Date of Measurement
17/02/2026

Certificate Number
BEL/2026/064/JFD3121 A

In cooperation with



This certificate certifies that the length of the above road race has been established by an accredited World Athletics – AIMS Grade A or B measurer employing the method of a bicycle calibrated with a Jones Counter. It remains valid for 5 years subject to the course defined in the full measurement report submitted by the measurer being unchanged in any way. Any modifications to the course, however minimal, will nullify this Certificate and require a new measurement to be undertaken. Possession of this certificate does not indicate any sanction of the race by World Athletics or membership of AIMS.



PACING TEAM

Pacers

A number of very experienced pacers have committed to act as pacers for the Sofico Gent Marathon and Half Marathon. There will be at least two pacers per finish time who will lead you to the finish.

The pacers will be easy to spot in the starting grid thanks to their coloured flag showing the finish time.

MARATHON	HALF MARATHON
< 2:59	< 1:29
2:59 - 3:14	1:30 - 1:39
3:15 - 3:29	1:40 - 1:49
3:30 - 3:44	1:50 - 1:59
3:45 - 3:58	2:00 - 2:09
3:59 - 4:14	2:10 - 2:19
4:15 - 4:29	2:20 - 2:29
4:30 - 4:44	
4:45 - 4:59	
> 5:00	> 2:30

SUPPLIES

MARATHON

- 6.2 km Water – Powerade – sweets – savoury biscuits
- 10.8 km Water – Powerade – sweets – savoury biscuits - banana
- 14.2 km Water – Powerade – sweets – savoury biscuits
- 19.7 km Water – Powerade – sweets – savoury biscuits
- 25.1 km Water – Powerade – sweets – savoury biscuits
- 31.0 km Water – Powerade – sweets – savoury biscuits - banana
- 36.3 km Water – Powerade – sweets – savoury biscuits
- 38.5 km Water – Powerade – sweets – savoury biscuits

HALF MARATHON

- 6.2 km Water – Powerade – sweets – savoury biscuits
- 10.8 km Water – Powerade – sweets – savoury biscuits - banana
- 15.3 km Water – Powerade – sweets – savoury biscuits
- 17.5 km Water – Powerade – sweets – savoury biscuits

FINISH

Medal – Culligan water – Trek Protein Bar – Cécémel – Powerade

DID YOU KNOW?



Powerade is the official sports beverage partner of the Sofico Gent Marathon.



You will receive a delicious Trek Protein bar at the finish.



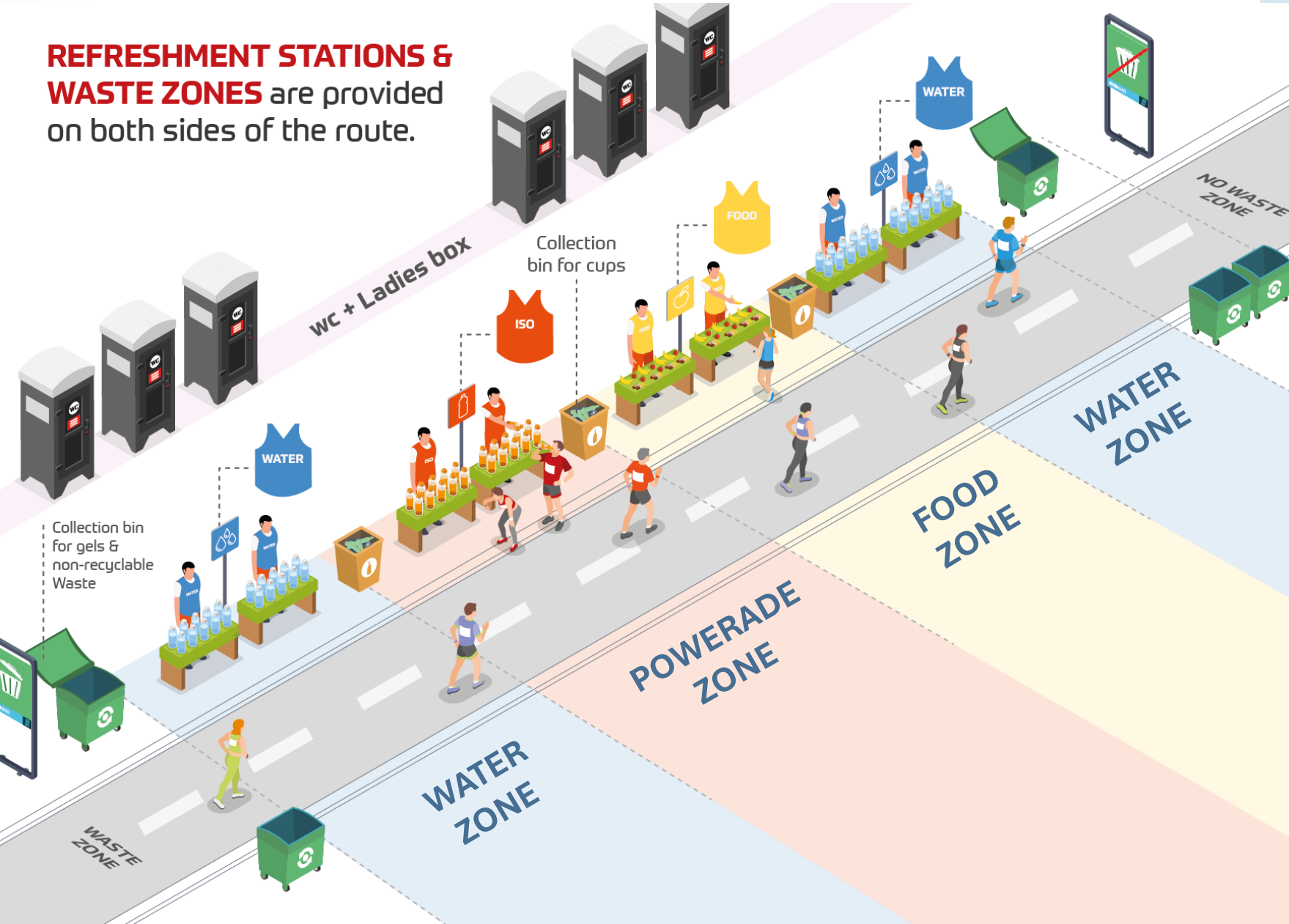
Cécémel is the official recovery drink of the Sofico Gent Marathon.



Culligan offers much-needed hydration at the finish

REFRESHMENT STATIONS & WASTE ZONES

REFRESHMENT STATIONS & WASTE ZONES are provided on both sides of the route.



Refreshment stations

All refreshment stations are set up for your convenience. We provide two water zones at the beginning and end of each station, with Powerade and snacks in between. You will also find toilets and trash bins at every refreshment station, so you can dispose of your empty gels and other waste.

EXERCISING SAFELY

Exercise is healthy and promotes good physical and mental health. However, it is important to exercise responsibly. This prevents injuries and makes it more enjoyable. We would like to share 5 tips below.

The importance of a good warm-up

To prevent injuries, it is important to do a proper warm-up. At this time of year, your body is particularly susceptible to injury. A warm-up gets your muscles warmed up and prevents injuries.

Drink plenty of fluids

Nutrition also helps keep the body in good condition in cold weather. Make sure you drink plenty during your run. In colder temperatures, you think you sweat less and drink less. But staying properly hydrated is very important when exercising.

Listen to your body

Don't let the crowd dictate your pace too much. Run at the pace you have trained for.

ENJOY IT!

This is an achievement you have worked towards for a long time. Don't forget to enjoy the course and let yourself be cheered on by the many supporters along the course!

Don't forget the cool-down

After the run, it is recommended to cool down. This is important to get your heart back to its normal rhythm after intensive exercise. Ease off your exercise gradually!

After the Race

MERCHANDISE

Presenting our limited-edition merchandise in cooperation with **Craft!**

You can purchase the merchandise online or on site.

[WEBSHOP](#)

Tip: After the event, you will be able to buy personalised merchandise showing your finish time!
You will soon be able to find this in our webshop!

EVENT MERCHANDISE



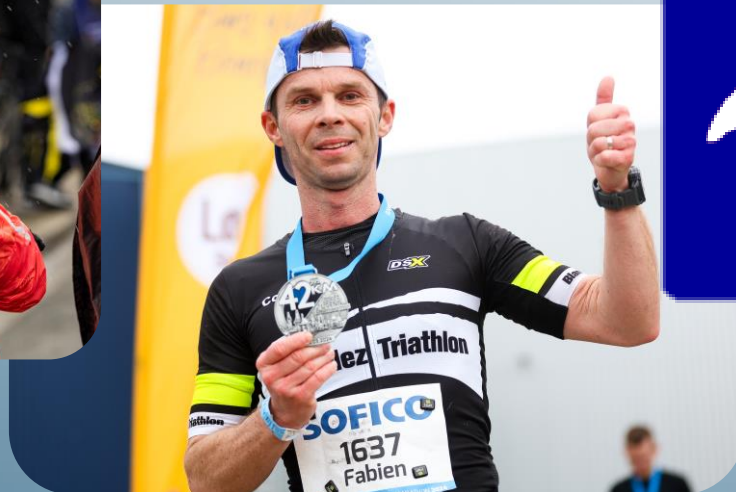
SAY CHEESE!

Your personal action shots via Sportograf

SPORTOGRAF.COM is the official photo service of the Sofico Gent Marathon. These photographers have built up a good reputation over the last years thanks to their fully digital service and reasonable prices.

Consult the Sportograf website and find the photos of your the Sofico Gent Marathon.

Register now and receive a reminder as soon as the photos appear online via [this link](#)



MEDAL ENGRAVING

Have your finish time immortalised on your medal.

If you ordered medal engraving when you signed up, you can take your bib number to **the stand** that is just outside of the finish area.

If you did not order it in advance, there's no need to worry, you can have your medal engraved on site for **€14**



WALL OF FAME & PR BELL

WALL OF FAME

Outside Sport Vlaanderen Ghent (Topsporthal), we will provide a photo wall where you can take a fun photo with your medal.

The PR BELL

If you ran a personal best at the Sofico Gent Marathon, ring the bell and take a photo...



YOUR NEXT CHALLENGES

SAVE THE DATE:
21.03.2027
SOFICO Gent Marathon

Sunday 18.05.2026 EnergyVision Stadsloop Ghent

Sunday 20.09.2026 Maes Ghent 10 Miles

Sunday 11.10.2026 Athora Bruges Marathon (& Half Marathon)

Sunday 19.10.2026 Antwerp Marathon (& Half Marathon)

Full running calendar: golazorunningevents.com



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