



Lisbon  
Half-Marathon

 **vodafone 10k**

# RUNNER'S GUIDE

Mar. 16<sup>th</sup> and 17<sup>th</sup>  
2024

 **HYUNDAI 7k**



New  
Generation



# OUR WELCOME MESSAGE



“

Welcome to Lisbon for one more weekend of entertainment and sports within a unique and special atmosphere. On March 16th and 17th, Lisbon will once again be the running capital of the world, with five different races for all ages, genders and physical abilities.

Whatever your goal, we'll make sure you have the best experience. In this document, we share with you the most relevant information about each race.

Thank you for running with us and good luck!

”



# WEEKEND AGENDA

14

Thursday

**BIBs & participation  
kits delivery**



📍 Seaside Sport Expo

🕒 10 am – 8 pm

15

Friday

**BIBs & participation  
kits delivery**



📍 Seaside Sport Expo

🕒 10 am – 8 pm

16

Saturday

**BIBs & participation  
kits delivery**

📍 Seaside Sport Expo

🕒 10 am – 8 pm

**Hyundai 7K**

📍 Estádio Nacional,  
Jamor

🕒 09:30 am

**Mimosa  
Family Walk**

📍 Estação Fluvial  
de Belém

🕒 11 am

**EDP New Generation**

📍 Jerónimos Monastery

🕒 4 pm



17

Sunday

**EDP Lisbon  
Half Marathon**

📍 25 de abril bridge

🕒 10:05 am

**Vodafone 10K**

📍 25 de abril bridge

🕒 10:45 am

# SEASIDE SPORT EXPO



## Welcome!

The Seaside Sport Expo is the fair where the bibs and participation kits (including the official t-shirt) for the Hyundai 7K, Mimosa Passeio da Família, EDP New Generation, EDP Lisbon Half Marathon and Vodafone 10K races are delivered. Located at the Centro Cultural de Belém in Lisbon, the Seaside Sport Expo is open from 10 am to 8 pm on March 14th, 15th and 16th. No BIBs or participation kits will be delivered at other place or dates.



Centro Cultural de Belém



March 14th, 15th and 16th



10 am – 8 pm



## BIBS and participation kits pick up

For all races, duly registered participants must present their registration document (PDF sent by email) at the Seaside Sport Expo counters. If you haven't received your registration document, please go to the **Solutions desk** and we'll give you your PDF on the spot. If you want to collect more than one bib and participation kit, you must present the registration and a copy of each participant's identification document. These documents can be presented directly from your mobile phone.

### ⚠ Attention!

All participants must confirm that they have picked up the correct BIB and all the contents of their participation kits. Depending on the race, participation kits include the official race t-shirt and gifts from the sponsors. **The t-shirt size is chosen when collecting them.**

**Is not possible to change the t-shirt once it has been picked up.**

 Address





## SATURDAY RACES

# HYUNDAI 7K

### Hyundai 7K race

The Hyundai 7K is a 7 km timed race ideal for a final training session before the EDP Lisbon Half Marathon or for a first experience of running. Starting at the Estádio Nacional in Jamor and finishing at the Jerónimos Monastery (the same finish line as the EDP Lisbon Half Marathon and the Vodafone 10K), it's a course that anyone who enjoys running can't miss.

 **HYUNDAI 7k**



## Gifts

All participants in the Hyundai 7K will receive a T-shirt, one BIB with chip and a bag. The race finishers will also receive a medal and a diploma!



## Limitations

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



Age limit



No pets



No bike



No scooter



No roller  
skates



No baby  
strollers

## Highlights

Starting time: 09:30 am

Time limite: 02:00 h

Participants: 600



[Map](#)

[Results](#)

## SATURDAY RACES

# MIMOSA FAMILY WALK



## Mimosa Family Walk

The Mimosa Family Walk is a 4 km walk dedicated to the whole family. With participants from 0 to 100 years old, this event brings together thousands of families every year for a special morning full of entertainment, special offers and healthy interaction between participants of all ages, genders and nationalities. The Mimosa Family Walk starts and finishes at Belém river station.





# Gifts

All participants in the Mimosa Family Walk will receive a T-shirt, one BIB with chip and Mimosa gifts. The race finishers will also receive a medal and a diploma!



# Limitations

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



No age limit



Baby strollers welcome



No bikes



No scooters



No roller skates



No pets



## Highlights

Starting time: 11:00 am

Animation: 10:00 am

Participants: 5.000



## SATURDAY RACES

# EDP NEW GENERATION



## EDP New Generation race

EDP New Generation is a series of races between 500 and 2.500 metres, dedicated to children between the ages of 6 and 17 years old. In a relaxed and lively atmosphere, the EDP New Generation event starts and finishes at the Jerónimos Monastery (the same finish line of the EDP Lisbon Half Marathon) challenging youngsters to practice sport and compete in a healthy way.





## Gifts

All participants in the EDP New Generation race will receive a T-shirt, one BIB with chip and surprise offers. The race finishers will also receive a medal!



## Limitations

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



Age limit:  
6 to 17



No pets



No bikes



No scooters



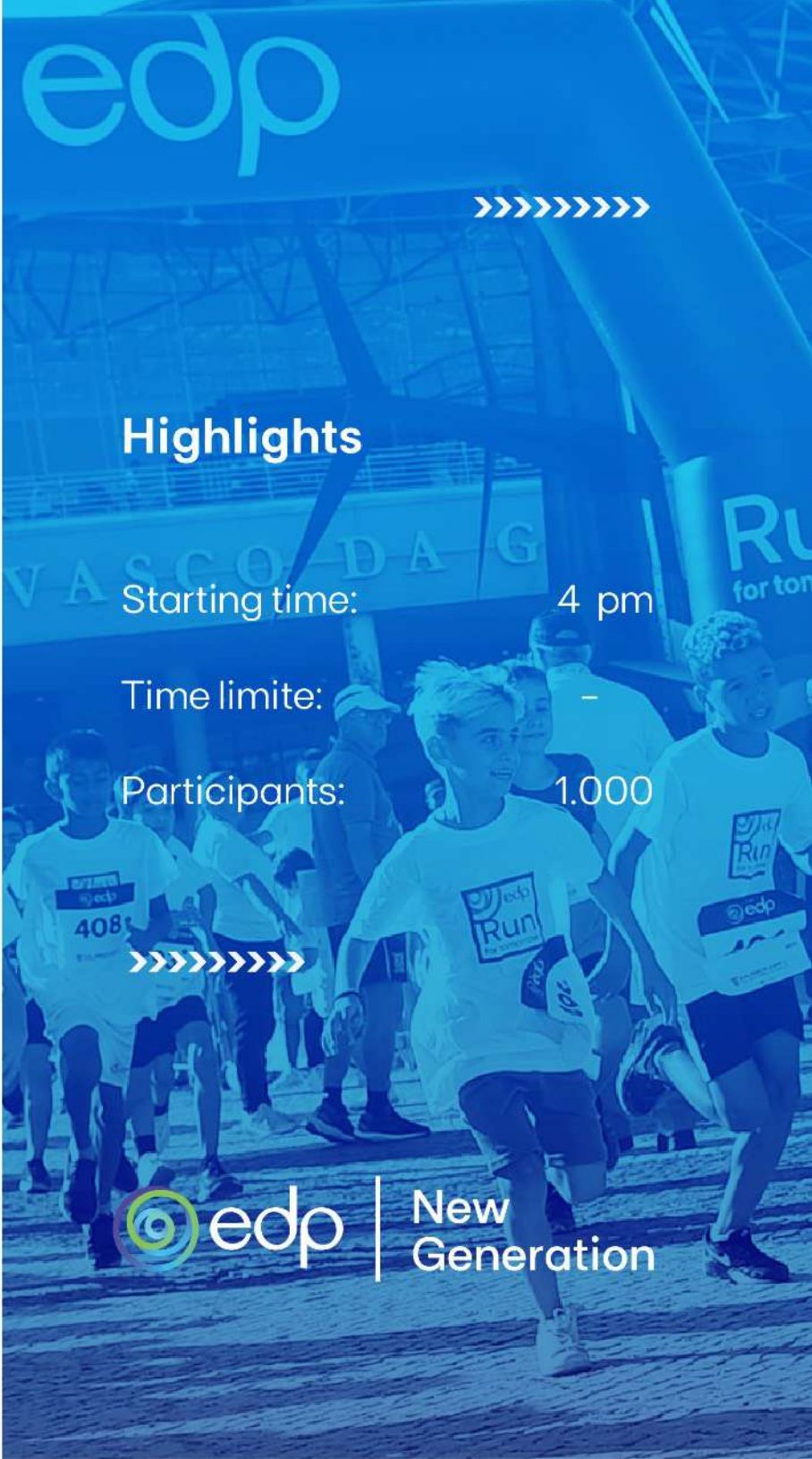
No roller  
skates



No Baby  
strollers



No Free  
transportation



## Highlights

Starting time: 4 pm

Time limite: -

Participants: 1.000



New  
Generation

## SUNDAY RACES

# EDP LISBON HALF MARATHON



## EDP Lisbon Half Marathon

Welcome to the fastest half marathon in the world! The EDP Lisbon Half Marathon welcomes you to its 2024 edition, and as always, will do its best to guarantee you a unique experience! Pay attention to the information we have for you about the race, in particular the timetables, access to the starting areas and the rules for participation.



Lisbon  
Half-Marathon



## Access to the starting line

The access to the start of the EDP Lisbon Half Marathon is made exclusively via the **Fertagus train station in Pragal**. It is not possible to access the start in any other way. Participants will have to take a Fertagus train from one of its stations in the direction of Pragal. To get to the Fertagus stations, participants can use Carris buses, CP trains and the Lisbon Metro free of charge (by showing their participation badge). Participants will also be able to use a free shuttle bus between the finish line (in front of the pastéis de Belém store) and the Campolide Fertagus station, starting at 07:15 am. The Fertagus trains are also free.



### Important!

To ensure that all runners arrive at the start of the EDP Lisbon Half Marathon on time, they must arrive at Pragal station between **30 to 40 minutes before the starting shot**. This way they can cover the distance between the station and the start area and pass through the security controls without any complications.



## Highlights

Starting time: 10:05 am

Arrival to the start: 09:30 am

Time limite: 03:00 h

Participants: 16.500

 Course map

 Google Map course

 Transportations time tables

 Course video

 Live tracking

 Results



## Start boxes & Pacers

In order to guarantee the best performance for all participants, the EDP Lisbon Half Marathon has implemented start boxes organized by time and provides pacers to accompany participants with different paces. The start boxes and pacers will be identified in the start area.



### Pacers

4:00/km | 1h24m

4:30/km | 1h35m

5:00/km | 1h45m

5:30/km | 1h56m



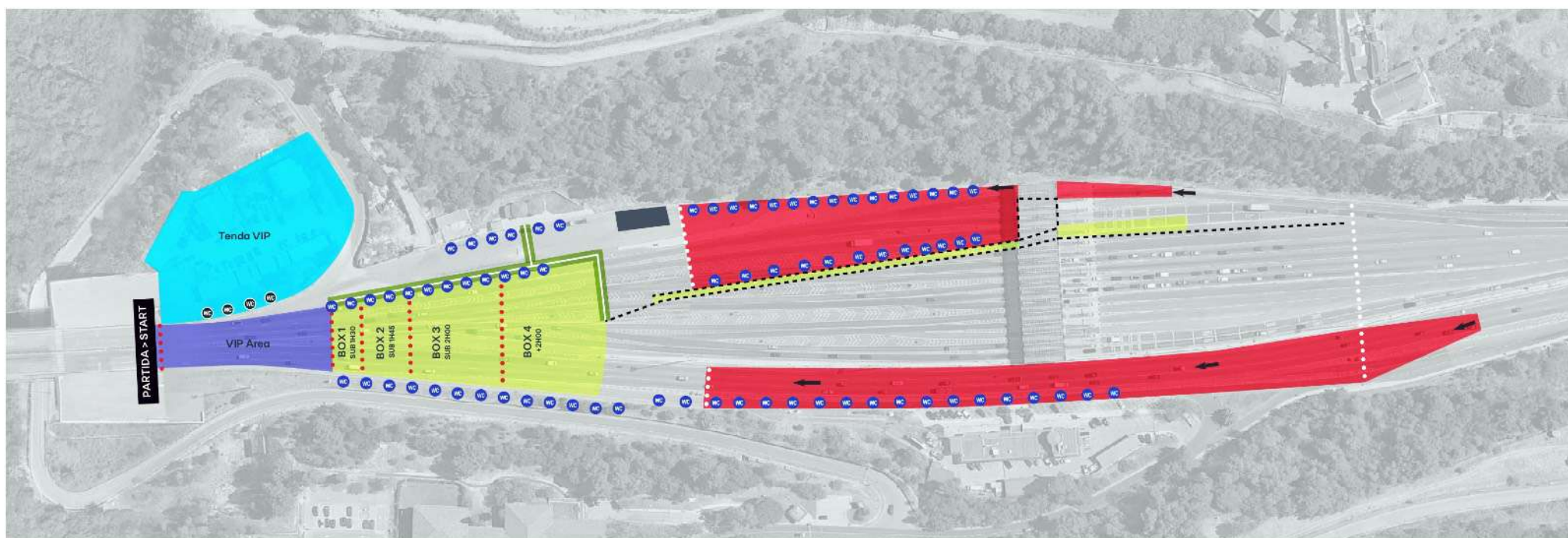
### Time Boxes

BOX 1 - SUB 1h30

BOX 2 - SUB 1h45

BOX 3 - SUB 2h00

BOX 4 - +2h00





# Course

The EDP Lisbon Half Marathon course starts at the 25 de abril bridge and finishes at the Jerónimos Monastery. Between the start and finish line, the EDP Lisbon Half Marathon course runs along Lisbon's riverside, passing through: Alcântara, Belém, Algés and Cruz Quebrada (where the return to the finish line is made).

Along the route of the EDP Lisbon Half Marathon, there will be seven water stations with different offers such as Vitalis water, Powerade, 226ERS Gel, Bananas da Madeira, Olá ice creams and Mimosa Protein milk (at the finish line).



# Supplies



Vitalis water



Powerade



Banana da Madeira



Gel



Mimosa Proteina Milk



Olá Ice cream



Medical Station




WC




# Aid stations





KM 5




KM 7,5





KM 10






KM 12,5









KM 15



KM 18,5



FINISH LINE



\* All water stations have WCs available

## Services

All participants in the Edp Lisbon Half Marathon will receive a T-shirt, one BIB with chip and free shuttle. The finishers will receive the medal and the participation diploma. You will also be able to paid a gear check and a medal engraving.



## Limitations

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



Age limit



No pets



No bike



No scooter



No roller  
skates



No baby  
strollers







# Meia Maratona de Lisboa



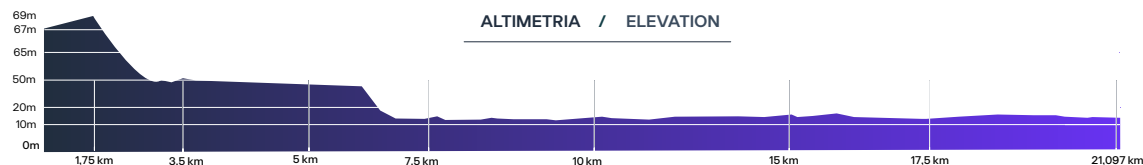
RUNNING IS HUMAN

## LEGENDA / KEY

- Água Vitalis Vitalis Water
- Banana da Madeira
- WC
- Powerade
- Gelado Olá Old ice cream
- Posto Médico Medical station
- Gel 226ERS
- Bandas Music bands
- Pontos de interesse POI
- Mimosa Proteína



00:57:31  
Jacob Kiplimo  
November 21, 2021  
World Record



## ABASTECIMENTOS FORNECIDOS POR / AID STATIONS BY



## VÍDEO





# SUPER HALFS



## SuperRunners

The members of the SuperHalfs series that are running the EDP Lisbon Half Marathon have some special options!



HALF MARATHON SERIES

## BIBs SuperHalfs

The participants registered for the SuperHalfs series, in addition to the official race bib (mandatory to participate in the EDP Lisbon Half Marathon), have an exclusive extra SuperHalfs bib. They only have to visit the SuperHalfs stand and pick up their SuperHalfs bib!

## SuperMedals

Super Runners who finish the SuperHalfs have a special counter in the finish line area to collect their SuperMedal. If you're a SuperHalfs finisher, we're waiting for you!



[Click here to know everything about SuperHalfs!](#)





## SUNDAY RACES

# VODAFONE 10K

### Vodafone 10K race

The Vodafone 10K is part of the EDP Lisbon Half Marathon event, with which it shares the start and finish line, and offers to the participants a unique, fast and timed course. Pay attention to the information we have for you about the races, in particular the timetables, access to the start areas and the rules of participation.





## Access to the starting line

The access to the start of the Vodafone 10K is made exclusively via the Fertagus train station in Pragal. It is not possible to access the start in any other way. Participants will have to take a Fertagus train from one of its stations in the direction of Pragal. To get to the Fertagus stations, participants can use Carris buses, CP trains and the Lisbon Metro free of charge (by showing their participation badge). Participants will also be able to use a free shuttle bus between the finish line (in front of the pastéis de Belém store) and the Campolide Fertagus station, starting at 07:15 am. The Fertagus trains are also free.



### Important!

The Vodafone 10K participants must arrive at the Pragal station by 09:50 am. As of this time, Fertagus trains will no longer pass over the 25 de abril bridge, preventing participants from Lisbon from reaching the starting line. We therefore urge the Vodafone 10K participants not to be late on their way to the starting line on the 25 de abril bridge.

## Highlights

Starting time:	10:45 am
Arrival to the start:	09:50 am
Time limite:	02:20 h
Participants:	11.000



Course map



Google Map  
course



Transportations  
time tables



Course video



Live tracking



Results



## Services

All participants in the Vodafone 10K race will receive a T-shirt, one BIB with chip and free shuttle. The race finishers will receive a medal and a diploma. You will also be able to pay for medal engraving.



## Limitations

Please comply with the rules of the race. Participants who do not comply with the rules will be prevented from participating.



Age limit



No pets



No bike



No scooter



No roller  
skates



No baby  
strollers



## Course

The Vodafone 10K course shares the start at the 25 de abril bridge and the finish line at the Jerónimos Monastery with the EDP Half Marathon. Between the start and finish, the Vodafone 10K course runs along Lisbon's riverside, passing through: Alcântara and Belém until reaching the finish line.

### Aid Stations:

KM 5



Finish line



### Pacers:

4:00/km - 0h40m

5:00/km - 0h50m



LEGENDA / KEY

- |                                   |                             |                             |
|-----------------------------------|-----------------------------|-----------------------------|
| Água Vitalis<br>Vitalis Water     | Banana da Madeira           | WC                          |
| Posto Médico<br>Medical station   | Gelado Olá<br>Olá Ice cream | Palco de animação<br>Stages |
| Mimosa Proteína<br>Mimosa Protein | Powerade                    | Pontos de interesse<br>POI  |



ABASTECIMENTOS FORNECIDOS POR

AID STATIONS BY



VÍDEO





## Thank you!

These weekend's races were only possible thanks to the contribution and efforts of different brands, organizations and individuals, to whom we would like to say a big thank you!

## Institutional partners



## SPONSORS

## Naming sponsors



## Official sponsors



## International partners



## Medical services



## Event partners



## Sport partner



## Timing partner



5 SPONSORS ENG

## Media partners



## Official transports

