

FINAL Instruction

44th Tateyama Wakashio Marathon

Organizers Tateyama city, Tateyama Board of Education, Tateyama Sports Association, Tateyama Field and Athletic Association

<https://tateyama-wakasio.jp/english/>

Date of the event

Sunday, January 28, 2024 (rain or shine)

Venue

Tateyama Municipal Sports Ground (start/finish)

Events

Full Marathon, 10km, Fun Run 2km

Race bibs pick up

Your race bib will be given to you on race day. we will notice you your race number till Jan. 16.
On the race day, let us know your name and race number at the information desk till 09:00A.M.
You will receive your race bib.

Race Schedule

Full Marathon, 10km, Fun Run 2km

January 28 (Sun.)

9:20 Sign up runners for Full Marathon
10:00 Start of Full Marathon
10:30 Sign up 10km and Fun Run 2km
10:50 Start of 10km race
11:00 Start of Fun Run

Access

Getting to Tateyama City. (The following are examples.)

TRAIN

Take a JR KEIYO line or JR SOUBU line from JR Tokyo Station Soga Station and change to the Uchibo Line, Take the Uchibo Line and get off at Tateyama Station. It takes approx. 2 hours

<https://www.jreast.co.jp/multi/en/traininformation/>

BUS

Express buses run from Tokyo Station to JR Tateyama Station, Haneda Airport, Yokohama Station, and Chiba Station.

*Notice

The bus from Tokyo will arrive EAST EXIT side of JR Tateyamastaion. When you take bus for race venue, please move WEST EXIT, ocean side

<http://www.jrbuskanto.co.jp.e.wn.hp.transer.com/>

From JR Tateyama Station to marathon venue

Shuttle between JR Tateyama Station and venue bus are available.

07:00 ~ 09:15

12:00 ~ 17:00

CAR

Parking for participating runners will be available near the venue on the day of the event.

It takes 10 min. from I.C. Tomiura on TATEYAMA Expressway

Changing rooms

Male and female rooms are available, close to race venue.

Baggage Storage

Baggage storage is available upon advance registration. Please fill in the number on the tag sent to you and leave it with us.

On the day of the event, a fee of 300 yen (cash only) will be charged for the use of baggage storage. Please fill in the number on the tag sent to you and leave it with us. No valuables will be accepted.

How to get to START LINE



There is a designated area to wait for the start. Please check the letters A, B, C, D, E before the number of your race bib. You will know the area where you will wait for your start.

*Time to assemble

【Marathon】09:20 ~ 09:55

【10km】10:30 ~ 10:45

Time Limits

The gate will be closed at the following points. After the gate closes, please stop the race and follow the instructions of the judges.

Full Marathon [6 hours]

Cut off time

- ① 10km : 11:25AM
- ② 21km : 12:50PM
- ③ 27km : 01:40PM
- ④ 33km : 02:30PM

Due to considerations pertaining to traffic, security, and event operations, the following runners be asked to retire and board a bus when deemed necessary by a referee.

10km race [1 hour and 30 minutes]

Timing

The race timing will be taken using the measurement chips that packed with your race bib. Please be sure to attach the chip correctly to your shoes.

Chips will be collected at the finish line.

Awards

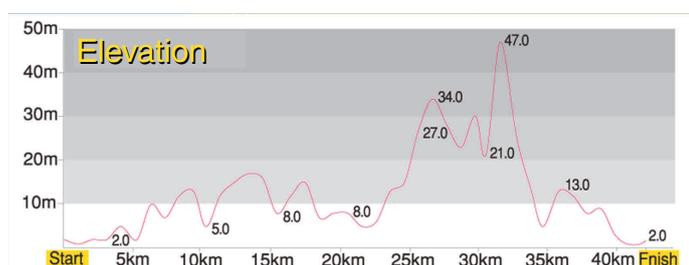
General category: 1st to 3rd place for men and 1st to 3rd place for women

Age categories: 1st to 8th place in each age category of 15 to 19,20 to 29,30 to 39, 40 to 49,50 to 59,60 to 69, and over70 for both men and women

If a person who is eligible for an age category award is also a winner in the general category, he or she will be excluded from the age category award and replaced by the runner with the next best time.

Drink, Food and toilet on the course

- 1 :6 km sports drink, water
- 2 :11 km sports drink, water, banana, chocolate. 3 toilets.
- 3 :15 km Sports drink, water, milk cracker, candy. 3 toilets.



- 4 :21 km Sports drink, water, banana, chocolate. 5 toilets.
- 5 :27 km Sports drink, water, hot barley tea (with or without sugar), banana, candy. 5 toilets.
- 6 :32km Sports drink, water, warm barley tea (with or without sugar), crackers, bananas, chocolate. 3 toilets.
- 7 :37 km Sports drink, water, warm barley tea (with or without sugar), chips, candy.3 toilets.
- 8 :40 km
(Marathon) Sports drink, water, warm barley tea (with or without sugar), banana, chocolate.
3 toilets.

Your Result

After the race, you can create and download a Web Record Certificate with your photo from your smartphone. Please read the QR code below with your smartphone to access the website.

Due to the introduction of the web-based certificate, no paper-based certificate will be issued on the day of the race.

For more information, please visit

<https://www.tateyama-wakasio.jp/certificate/>.

The web certificate will be available on the day of the race.

Runner's Update service

On the day of the race, you will be able to check your finishing time on the "Runner's Update" on the PC and smartphone sites.

<https://runnet.jp/record/>

*Records are preliminary and are for reference only.

"OUEN Navi"

The location information is predicted based on the runner's number and name and displayed on a map using an application on the cheering party's PC or smartphone. Cheering navi" will be available only for the full marathon.

<https://runnet.jp/smpapp/ouennavi/>

**"OUEN Navi" will be provided only for the full marathon race.

Notification regarding whether or not the event will be held.

If the event is cancelled due to inclement weather or a disaster, an announcement will be made on the official website by 5:30 a.m. on January 28 (Sun.). No announcement will be made if the event is held.

Decision to hold the event in the event of a disaster

Earthquake

Seismic intensity 3 or less Held (continued)

Seismic intensity 4 The Race official decides whether to cancel or continue the event (continue) based on the assumption that it will be held (continue).

Seismic intensity 5 or lower: Cancelled immediately

Seismic intensity 5 or higher: Cancelled immediately

Tsunami

Warning: Cancelled immediately

Wind and Flood

Warning: Cancellation or continuation of the event will be decided by the Race official on the premise that the event will be held (or continued).

Emergency Warning Cancelled immediately

Special Warning Cancelled immediately

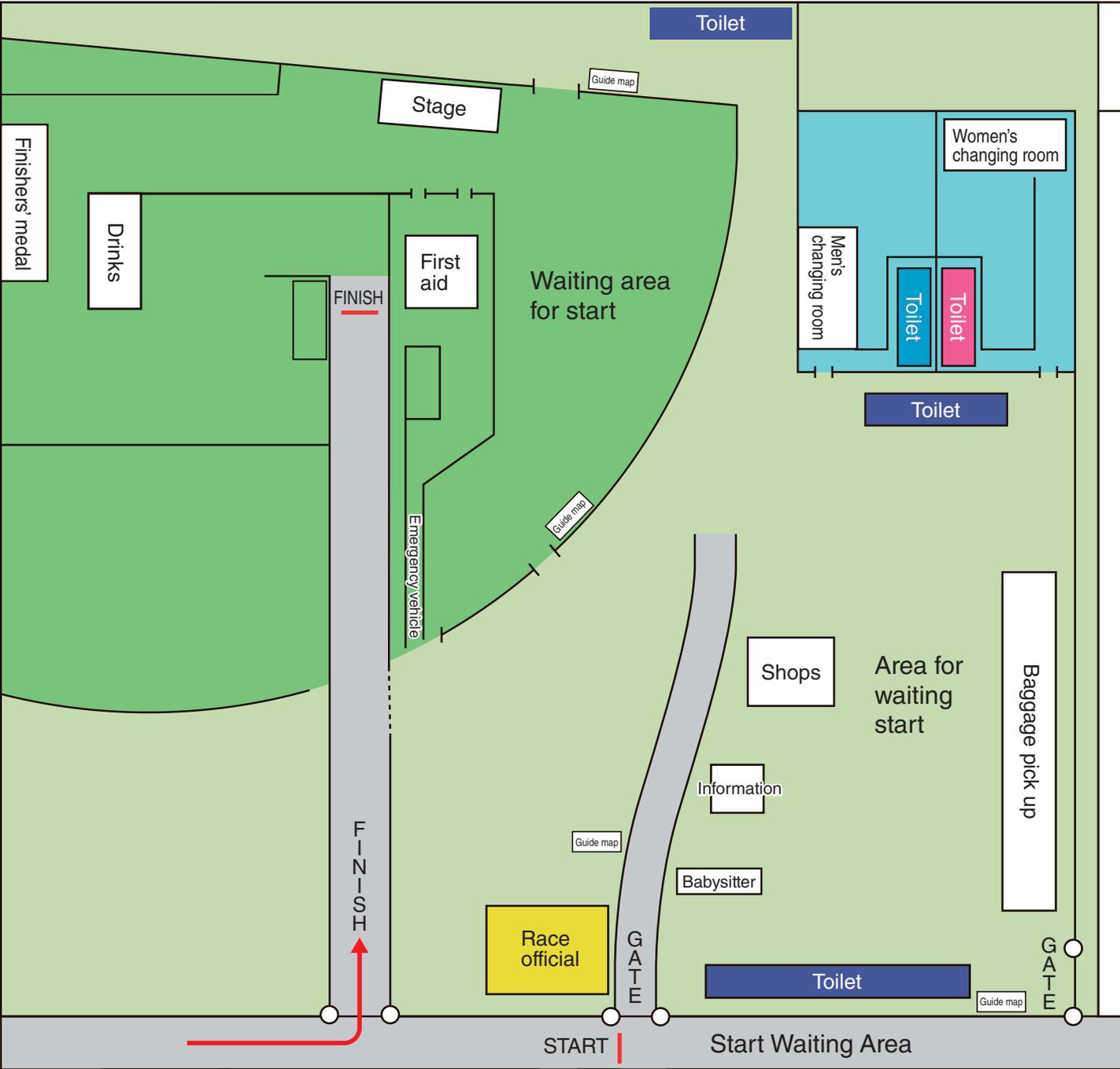
Incident/accident

Cancellation of the event (continuation) is determined by the Race official.

CONTACT

Tateyama Wakashio Marathon
sportska@city.tateyama.chiba.jp

Venue Map



Marathon : Sign up 09:20AM Start 10:00
 10km : Sign up 10:30 Start 10:50
 Fun run : Sign up 10:30 Start 11:00
 *Please sign up in time
 *Area open from 09:30~11:00

Support company

朝日新聞 千葉総局

朝日新聞
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Sponsors



The 45th TATEYAMA WAKASHIO Marathon
will be held on JAN.26,2025

Our website for next race,2025 will be open at
mid-Aug 2024. Please check the details.