



Lisbon
Half-Marathon

RUNNER'S GUIDE

50 ANOS

maratonaclubedeportugal.com



March 8th 2026

AGENDA

05 THURSDAY

10:00 am – 08:00 pm

BIB & RACE KIT COLLECTION

Sport Expo

06 FRIDAY

10:00 am – 08:00 pm

BIB & RACE KIT COLLECTION

Sport Expo

07 SATURDAY

10:00 am – 08:00 pm

BIB & RACE KIT COLLECTION

Sport Expo

09:30 am

HYUNDAI 7K

National Stadium, Jamor

10:00 am

MIMOSA FAMILY WALK

Belém Boat Station

04:00 pm

EDP NEW GENERATION

Jerónimos Monastery

08 SUNDAY

09:30 am

EDP LISBON HALF MARATHON

25 de Abril Bridge

10:15 am

VODAFONE 10K

25 de Abril Bridge

HIGHLIGHTS



DATE : MARCH 8TH



START : 09:30 AM



TIME LIMIT : 03H00



PARTICIPANTS: 19.000

BIB & RACE KIT

INFORMATION

Where:

Sport Expo is located at the Lisbon Congress Centre, in Junqueira, Lisbon.

When:

March 5th, 6th and 7th, from 10:00 am to 08:00 pm.
No bibs or race kits will be delivered on race day.

How:

To collect the bib and race kit, participants must present their registration confirmation (PDF sent by email). The PDF may be shown on a mobile phone.

Participants who do not have their confirmation can request it at the “Solutions” desk at Sport Expo.

Who:

Bibs and race kits may be collected by the participant or by a third party, provided the registration confirmation is presented.

What:

Participants receive a bib, official t-shirt, waist pouch, backpack-style bag and other sponsor offers. They must also collect the safety pins to attach the bib to the t-shirt.



IMPORTANT !

REGISTRATION CONFIRMATION
(PDF SENT BY EMAIL)

Participants must collect their bibs and race kits at the Sport Expo, located at the Lisbon Congress Centre, in Junqueira, Lisbon. Alongside bib and kit collection, participants can visit partner stands and obtain all necessary information regarding the races, including access to the start, course details and available transport.



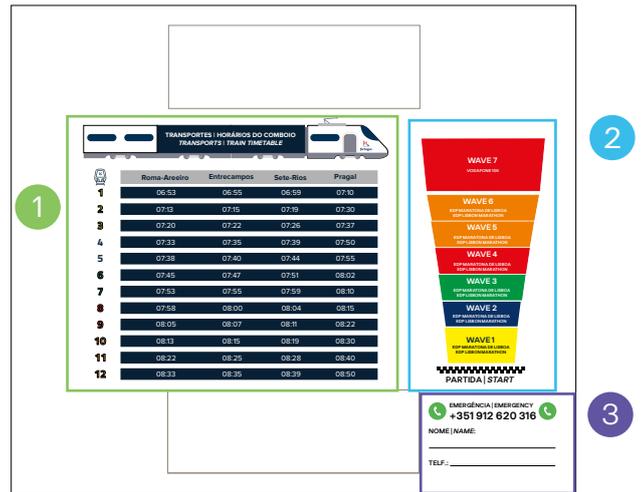
BIB

FRONT OF BIB



- 1 START WAVE
- 2 RECOMMENDED TRAIN
- 3 RACE YEAR
- 4 MEDAL ENGRAVING

BACK OF BIB



- 1 FERTAGUS TRAIN SCHEDULES
- 2 WAVES / START BOXES
- 3 EMERGENCY CONTACTS

Bibs are personal and non-transferable and must be worn correctly from the start to the end of the race. They also grant free use of public transport (bus, metro and train) on race day until 04:00 pm.

Bibs include key participant information, such as the assigned start wave, whether medal engraving was purchased, and the recommended train schedule.

For safety reasons and in case of emergency, participants are asked to complete their personal details on the back of the bib.

Under no circumstances may bibs be copied, altered, reproduced or used by another person. In such cases, participants will be disqualified and banned from the event.

RACE KIT

All participants are entitled to an official adidas t-shirt (collected with the bib). Six sizes are available: XS, S, M, L, XL and XXL.

The t-shirt size is allocated according to the size selected during registration and cannot be exchanged after delivery.

DUE TO LOGISTICAL CONSTRAINTS, THERE WILL BE NO GEAR CHECK.

Participants will receive a waist pouch to store small items such as phone, wallet or keys.

Participants may leave clothing items they no longer wish to use (jackets, sweatshirts, etc.) at the start. These items will be collected, washed and donated to social institutions.

MEDAL ENGRAVING

Participants who purchased the medal engraving service during registration or at Sport Expo only need to go to the designated tent in the finish area and present their bib.

Participants who did not purchase the service may purchase it on race day at the medal engraving tent.



START AREA

The start of the EDP Lisbon Half Marathon will take place on Sunday, March 8th at 09:30 am.

The time limit to complete the race is 3 hours.

TO ENSURE A SMOOTH EXPERIENCE, PARTICIPANTS ARE ADVISED TO ARRIVE EARLY. EACH BIB SHOWS THE RECOMMENDED TRAIN TIME ACCORDING TO THE ASSIGNED WAVE.

HOW TO GET TO THE START AREA

The start area is located on the 25 de Abril Bridge.

To reach the start, participants must use Fertagus trains and exit at Pragal station. This is the only way to access the start, from both the north and south banks.

Upon arrival at Pragal station, participants must follow signage and staff instructions to enter their designated wave, as shown on the front of the bib.

Fertagus has 13 recommend stations, including Pragal.

North Direction: Roma–Areeiro, Entrecampos and Sete–Rios.

South Direction: Corroios, Foros de Amora, Fogueteiro, Coima, Penalva, Pinhal Novo, Venda do Alcaide, Palmela and Setúbal.

Fertagus trains are free for participants upon presentation of the bib.

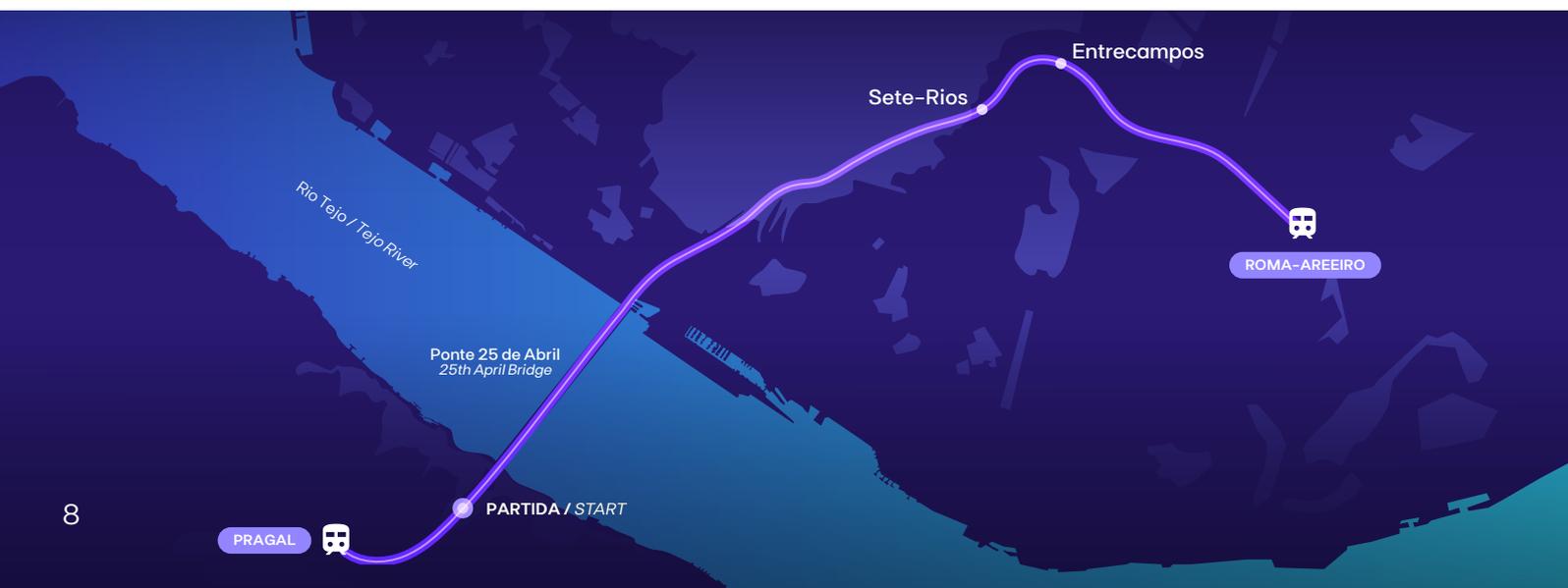
The walk from Pragal station to the start takes approximately 10–15 minutes. Participants should consider the high number of people and possible security checks along the route.



FERTAGUS TRAIN SCHEDULE

NORTH DIRECTION LISBON > PRAGAL

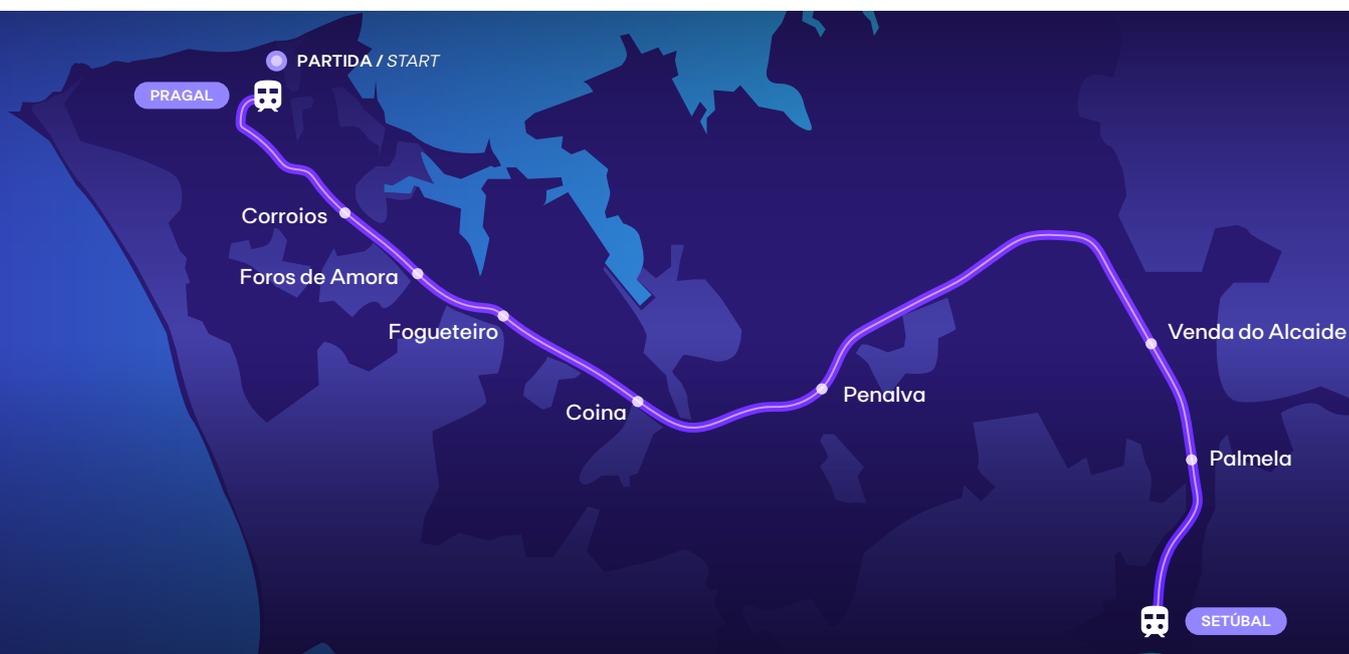
Roma-Areeiro	Entrecampos	Sete Rios	Pragal
6:13	6:15	6:19	6:30
6:53	6:55	6:59	7:10
7:13	7:15	7:19	7:30
7:20	7:22	7:26	7:37
7:33	7:35	7:39	7:50
7:38	7:40	7:44	7:55
7:45	7:47	7:51	8:02
7:53	7:55	7:59	8:10
7:58	8:00	8:04	8:15
8:05	8:07	8:11	8:22
8:13	8:15	8:19	8:30
8:22	8:25	8:28	8:40
8:33	8:35	8:39	8:50



SOUTH DIRECTION SETÚBAL > PRAGAL

Setúbal	Palmela	Venda do Alcaide	Coina
6:23	6:28	6:32	6:53
6:43	6:48	6:52	7:13
7:03	7:08	7:12	7:33
7:23	7:28	7:32	7:53
7:43	7:48	7:52	8:13
8:03	8:08	8:12	8:33
8:23	8:28	8:32	8:53

Fogueteiro	Foros de Amora	Corroios	Pragal
6:58	7:01	7:04	7:09
7:18	7:21	7:24	7:29
7:38	7:41	7:44	7:49
7:58	8:01	8:04	8:09
8:18	8:21	8:24	8:29
8:38	8:41	8:44	8:49
8:58	9:01	9:04	9:09



START AREA

In the start area, participants will find access to start waves, pacers and toilets. Between Pragal station and the start there will be several WC points. If queues are long, participants should move to another point.

ATTENTION!!!

There is no gear check service at the start. Any items left behind will be collected, washed and donated.

WAVES

There will be 6 start waves, defined according to participant capacity and the estimated finish times provided during registration.

PACERS

4:00 / KM (FINISH TIME: 1H24M)

4:30 / KM (FINISH TIME: 1H35M)

5:00 / KM (FINISH TIME: 1H45M)

5:30 / KM (FINISH TIME: 1H56M)





Meia Maratona de Lisboa

PARTIDA / START LINE

08.03.2026

PARTIDA / START

PONTE 25 DE ABRIL

ACESSO À PARTIDA
ACCESS TO THE START

ENTRADA VODAFONE 10K
VODAFONE 10K ENTRY

10K

PORTAGEM 16 / TOLL 16

PORTAGENS 11 & 12 / TOLLS 11 & 12

10K

ENTRADA VODAFONE 10K
VODAFONE 10K ENTRY

ESTAÇÃO DO PRAGAL
TRAIN STATION

TENDA CONVIVADOS
GUESTS' TENT

WC

WC

WC

WC

1

2

3

4

5

6

WC

WC

WC

WC

WC

WC

LEGENDA / KEY

Tenda convidados
Guests' Tent

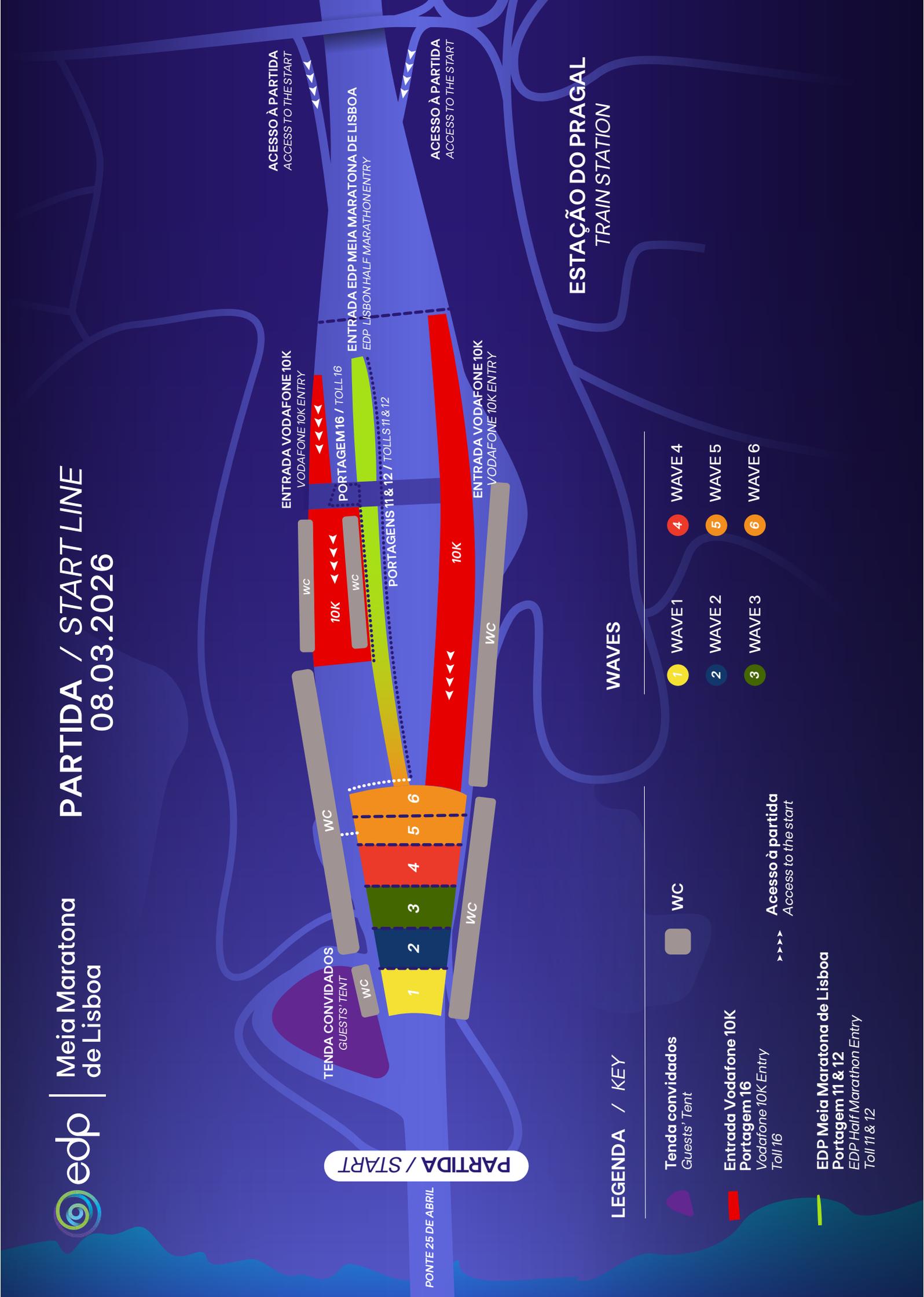
Entrada Vodafone 10K
Portagem 16
Vodafone 10K Entry
Toll 16

EDP Meia Maratona de Lisboa
Portagem 11 & 12
EDP Half Marathon Entry
Toll 11 & 12

Acesso à partida
Access to the start

WAVES

- 1 WAVE 1
- 2 WAVE 2
- 3 WAVE 3
- 4 WAVE 4
- 5 WAVE 5
- 6 WAVE 6



RUN COURSE & AID STATIONS

The EDP Lisbon Half Marathon has a unique course. It starts on the 25 de Abril Bridge and heads towards Lisbon.

The course follows the riverside to Cruz Quebrada, then returns to the finish line in front of Jerónimos Monastery.

ALONG THE COURSE, PARTICIPANTS WILL FIND:

- 7 aid stations (Vitalis water, 226ERS gel, Powerade)
- 4 music stages (live bands or DJs)
- 9 WC areas (mostly near aid stations)
- 2 medical support points, in addition to doctors, paramedics and nurses along the course

KM SUPPLIES

KM 5			
KM 7			
KM 8			
KM 10			
KM 11			
KM 13			
KM 15			
KM 17			
KM 18			
KM 19			

SUPPLIES

VITALIS WATER	
POWERADE	
GEL 226ERS	
MUSIC BANDS	
WC	
MEDICAL STATION	



Meia Maratona de Lisboa

08.03.2026

ALGÉS

LISBOA

PONTOS DE INTERESSE / POI

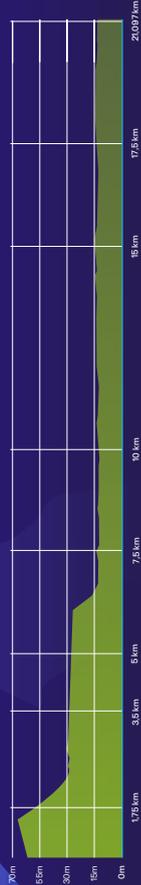
- A** Cristo Rei
- B** Lx Factory
- C** Santos
- D** Cais do Sodré
- E** Padrão dos Descobrimentos
- F** Torre de Belém
- G** Cruz Quebrada
- H** Mosteiro das Jerónimas



LEGENDA / KEY

- Água Vitalis / Vitalis Water
- Powerade
- Gel 226ERS
- Bananas da Madeira / Madeira Bananas
- Bandas / Music bands
- Mimosa Proteína / Mimosa Protein
- Duche / Shower
- Gelado Olá / Ola Ice cream
- WC
- WC
- WC
- Posto Médico / Medical station

ALTIMETRIA / ELEVATION



ABASTECIMENTOS FORNECIDOS POR / AID STATIONS BY



FINISH AREA

Located in front of Jerónimos Monastery, the finish area welcomes participants with atmosphere and special offers. All finishers will receive an exclusive medal!

They also will find various activities and services such as an info point, celebration bell, medical support, medal engraving, and much more!

Access to the finish area is reserved for participants only.

If you wish to meet your friends and supporters, please go to the designated meeting points (see the finish line map).

The provisional results will be available at the end of the day on the official race website.

SUPPLIES

VITALIS WATER



POWERADE



MIMOSA PROTEIN



MADEIRA BANANA



OLÁ ICE CREAM



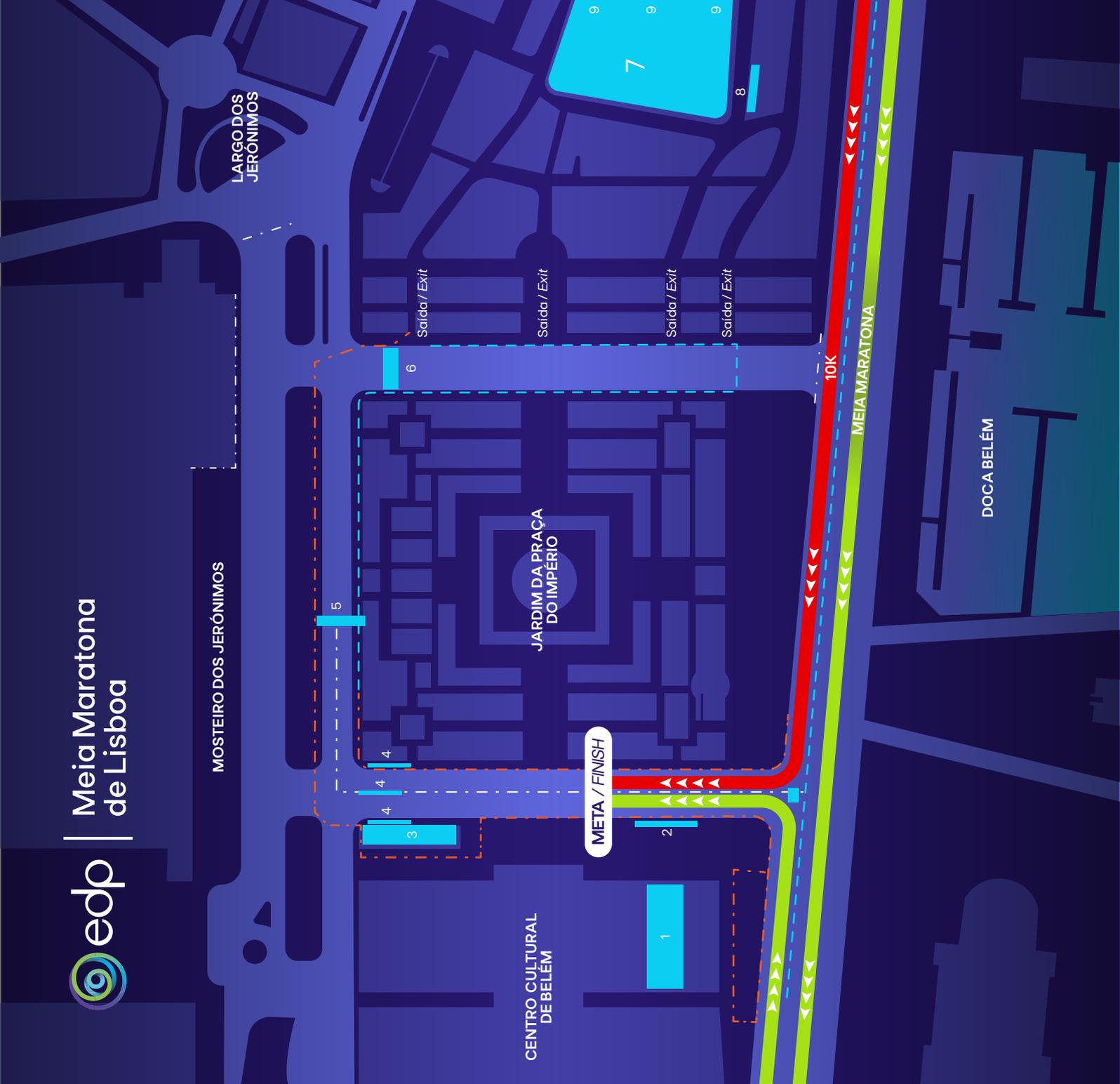


Meia Maratona
de Lisboa

META / FINISHLINE
08.03.2026

LEGENDA / KEY

1. Guest Lounge
2. Bancadas / Main stand
3. Tenda Médica / Medical Tent
4. Água / Water
5. Medalhas / Medals
6. Gelados / Ice creams
7. Zona ativações / Activations
areas
 - Massagens / Massages
 - Mimosas
 - Powerade
 - Rádio Comercial
 - Bananas da Madeira
 - SuperHalfs
 - Gravação de Medalha / Medal Engraving
 - Tenda Médica / Medical Tent
8. WC
9. Meeting point



SUSTENTABILITY

Every race is a moment of overcoming challenges. But it is also an opportunity to care for the environment. Small actions make a difference:

- On race day, before and after, use public transportation or carpool with friends—this way we reduce traffic and pollution;
- Put your trash in the appropriate containers at the start and finish lines and recycle. Don't throw water bottles on the ground, but in the bins located after the refreshment stations;
- Use the portable toilets at the start, along the course, and at the finish line;
- Bring clothes to the start that you can donate to a charity.
- Don't throw away your race number! Keep it so you can remember this experience later!



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