BRIGHTON MARATHON 2026

PARTICIPANT EVENT GUIDE

START LINE: PRESTON PARK, BN1 6DT
FINISH LINE: HOVE LAWNS, KINGSWAY, BN3 2PE

WELCOME

We can't wait to see you at the 2026 Brighton Marathon on Sunday 12 April – we hope you're as excited as we are!

Please read this guide very carefully – it contains all the information you need for an amazing Marathon Day.

We know there's a lot to take in, so we've broken it down into six essentials things you need to know...

1. **Be Safe and Secure**
2. **Your Event Pack**
3. **How to get to the Start**
4. **When you arrive at the Start**
5. **After crossing the Start Line**
6. **After crossing the Finish Line**



BE SAFE AND SECURE

Our priority is keeping you and spectators safe at the Brighton Marathon.

- We work closely with the police and other agencies to ensure a safe event for all
- Measures include bag searches and stewards on site
- Please follow their instructions and report anything suspicious
- In an emergency, call 999

HEALTH AND MEDICAL ADVICE

- Complete your medical info on the back of your bib – it could save your life
- Only participate if you're fit and well. Running with illness or injury is dangerous
- Before Event Day, please read the full medical guidance on **our website**
- **Important: Please run to the conditions – do not attempt a personal best if it's hot on Event Day**

NEW FOR 2026

- Preston Park will be for **participants only** this year, so please tell your supporters to avoid the park and instead read our **Spectator Guide** for the best spots to watch you in action.
- Get ready for an even bigger party at Hove Lawns, as you'll be joined by participants of the **Brighton Trail Marathon**, who'll leave the South Downs and join the Brighton Marathon route for the final 6K of their event to create one unforgettable Finish in the city! Read page nine for more info.
- Be sure to visit our brand-new Green Village, within the Beach Village at Hove Lawns, for environment-themed displays from our partners HydraPak, Leave No Trace Brighton, The Green Runners and kitround.

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YOUR EVENT PACK

UK PARTICIPANTS

- Your Event Pack should arrive in the post by Tuesday 7 April
- If it hasn't arrived by 17:00, please complete the **replacement pack form**

REPLACEMENT PACKS

If you need a replacement, complete the form and collect your pack from one of the following locations:

- From 10:00 to 18:00 on Friday 10 April at DoubleTree Hilton, Kings Road, Brighton, BN1 2FU.
- From 10:00 to 17:00 on Saturday 11 April at the Information Point in Preston Park. The **what3words** location is: ///sleep.scars.lake

HOW TO COLLECT A REPLACEMENT PACK

- Take a screenshot of the unique QR Code we emailed to you with your start info
- Show the QR Code to our staff at your chosen collection point
- You can arrange for someone else to collect your pack – they will need to show a copy of your ID and your QR Code/start info email

INTERNATIONAL PARTICIPANTS

- You'll need to collect your Event Pack from either of the locations listed above between the times stated
- You don't need to complete the replacement pack form
- Take a screenshot of the unique QR Code we emailed to you with your start info
- Show the QR Code to our staff at your chosen collection point

IMPORTANT: we're unable to send any replacement Event Packs in the post and packs are not available to collect on Event Day.

YOUR EVENT PACK CONTAINS:

- Bib with timing chip and safety pins
- Your official kitbag and baggage label to attach to your kitbag

DO NOT GIVE ANYONE ELSE YOUR BIB

For safety reasons, it's strictly forbidden to allow someone else to use your bib or to take part wearing someone else's bib.

UNDERSTAND YOUR BIB

Your bib (example below) indicates:

1. Your unique bib number
2. Your start wave number
3. Your kitbag drop-off and collection letter
4. Your choice of finisher items – T-shirt, medal



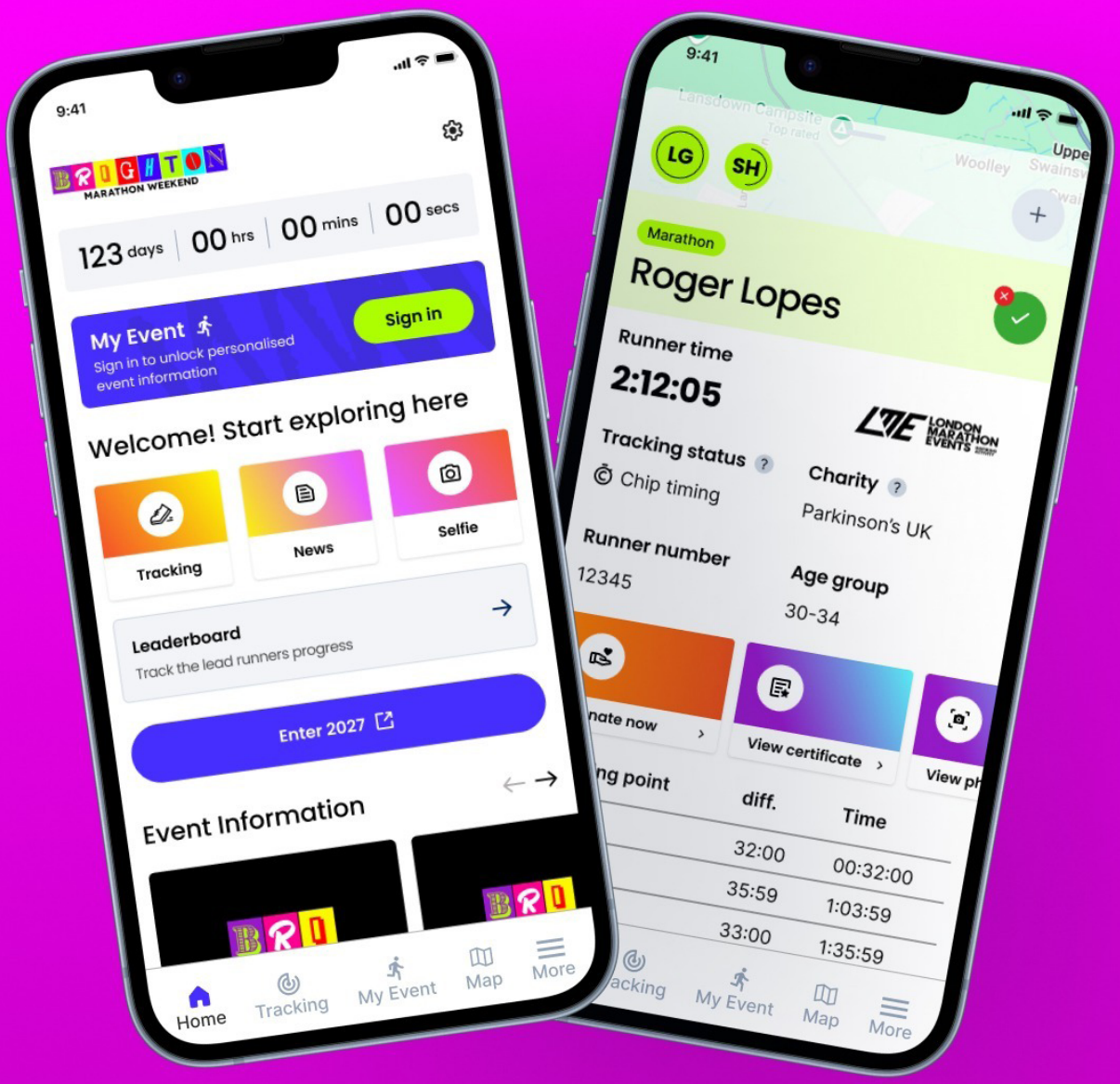
MEDAL

- Green background means you've chosen to receive a medal
- Red background means you've chosen not to receive a medal

T-SHIRT

- If you chose to receive a T-shirt, the size will be clearly displayed
- Look out for the corresponding sign at the Finish Area

PLEASE NOTE: it's not possible to change your choices or the details on your bib. Thank you for your understanding.



DOWNLOAD THE BRIGHTON MARATHON WEEKEND APP

The 2026 Brighton Marathon Weekend App will soon be available to download for free from the App Store and Google Play.

WHAT'S IN THE APP?

- Marathon route map
- Event information
- Live tracking for family and friends to use
- Notifications of your 5K splits and predicted finish time

GPS TRACKING (OPTIONAL)

- Set up GPS tracking in the App and run with your phone to improve the accuracy of your live location

MY EVENT – PERSONALISED INFO

- Use your bib number and email address to log in to the My Event section of the App
- Here you'll find personalised Event Day info and instructions on how to set up GPS tracking

You'll receive an email once the App is available to download, along with a reminder of your login details.

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HOW TO GET TO THE START

You must go to Preston Park, located north of the city centre. Please plan your journey in advance and allow for extra time.

Public transport will be busier than usual and some roads will be closed for the event.

REMEMBER: Preston Park is open to PARTICIPANTS ONLY. There is no public access for family and friends.

TRAVEL SMARTER AND GREENER

Use our **Green Travel Tool,** which highlights sustainable options, to plan your journey to and from the event.

If you need to drive, we suggest using our **lift-share service**, operated by Mobilityways.

Lift-sharing can reduce travel stress, cut travel costs and ease congestion around the event.

PARK AND RIDE

We operate Park & Ride services from:

- Mill Road
- Falmer
- Moulsecoomb
- Brighton Racecourse

You must pre-book this service.

Visit **our website** for instructions on **how to book** and to view the **car park opening times** and **shuttle bus schedule**.

BY TRAIN

Govia Thameslink Railway – which runs Southern, Thameslink and Gatwick Express services to and from Brighton – is working with us on event travel. Trains will be busier than usual all weekend, so please allow extra time.

- Preston Park station will be closed until **11:00** on **Sunday 12 April**
- Brighton station is the closest station to the Start; there will be signs directing you to Preston Park
- A queuing system may be in place at Brighton station
- Buy tickets in advance at **southernrailway.com** or **thameslinkrailway.com**
- Plan your journeys at **nationalrail.co.uk** and check Southern/Thameslink social channels for travel updates

BY BUS

Bus services run throughout the city and connect with surrounding areas.

Visit **Brighton & Hove Buses** for travel information and timetables.

GETTING DROPPED OFF OR WALKING

- Roads around Preston Park will be closed from 06:30
- We recommend being dropped off at least half a mile from the park and walking the rest of the way
- Please allow time to walk from your drop-off point and arrive within your allocated time slot
- If you live, or are staying, in the city centre, walking to Preston Park is a great warm-up. You'll also experience the Event Day buzz as lots of other participants join you!

KNOW YOUR IMPORTANT TIMES

We've emailed you your wave number, suggested arrival time at Preston Park and wave start time. A timetable is also shown below.

Please arrive at Preston Park at your arrival time to help reduce congestion and queuing on the day.

For safety reasons, it's not possible to change to an earlier wave, but you can join a later wave on the day if you'd like to. There's no need to let us know, just join a later wave.

WAVE	ARRIVAL TIME AT PRESTON PARK	WAVE START TIME
1	08:30	09:45
2	08:30	09:52
3	08:45	09:59
4	08:45	10:06
5	09:15	10:13
6	09:15	10:21
7	09:30	10:28
8	09:45	10:37

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WHEN YOU ARRIVE AT THE START

Once you reach Preston Park, head straight to your allocated baggage area and use the toilets if needed.

DROP OFF YOUR KITBAG

Please only use the clear kitbag and label provided in your Event Pack. Make sure your kitbag is packed before you arrive at the **baggage area that matches the letter on your bib**. Here are the four steps to follow:

1. Put any items you're not running with into your clear kitbag
2. Attach the baggage label from your Event Pack
3. Go to the baggage area displaying the same letter as the one on your bib, then find your bib-number lane
4. Hand your bag to our volunteers; it will be waiting for you at the Finish

Please note: Only official kitbags will be accepted. Please do not bring suitcases, large bags, or loose items such as coats or shoes.

TOILETS

Toilets, including accessible toilets, and PEEQUALS – the superfast squat-and-go urinals for women – will be available at the Start. There are plenty of toilets, including accessible toilets, on the course, please refer to the course map on page 11.

INFORMATION POINT

If you need any assistance, please go to the Information Point in Preston Park. Period products will be available here; please just ask our team if you need any. The **what3words** location is: ///sleep.scars.lake

WATER REFILL POINTS

There will be a Water Refill Point in the Start Area and five Water Refill Points on the route.

DEDICATED SPACES

If you need to take a moment in the Start Area, there will be a **Sensory Calm Tent**, **Parent and Child Tent** (for breastfeeding/pumping and a playpen for young children) and a **Multi-Faith Prayer Tent**. These spaces will be available at the Finish Area too.

FOOD AND DRINK

There will be traders offering food and drink in Preston Park. Please eat and drink sensibly before your marathon!

RECYCLING STATIONS

Look out for the clearly marked recycling stations. Please sort your recycling into the four streams: plastic, cans and card, food, everything else

PACERS

Our pacers will run at set speeds and finish between three and seven hours. They help you keep track of your pace and finish within your target time.

Each pacer will be carrying a tall flag showing their finish time, so they are easy to spot!

DONATE KEEP-WARM LAYERS

There will be clearly marked containers close to the Start. Please don't drop clothing on the ground and please donate good-quality clothing that can be reused and sold by Shelter to fund their **vital work**.

GET READY TO RUN!

You'll be called in to the start chute in wave order. Please follow the signs and listen for announcements.

Waves will be set off at intervals to facilitate a safe and enjoyable start. The timing chip on your bib will activate when you cross the Start Line.

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AFTER CROSSING THE START LINE

Running through the traffic-free streets of Brighton is an experience like no other, so make sure you take time to enjoy it!

THE COURSE

A course map is available on page 11. Please look at this before Event Day and please read the course preview on **our website**.

This year, Brighton Marathon participants will share parts of the course with the Brighton Trail Marathon. Here's how the routes will interact on Event Day:

Mile 16, Black Rock:

- Trail Marathon runners join the Brighton Marathon route for the final 6K of their event

Mile 18, Grand Avenue split point:

- Brighton Marathon turns right up Grand Avenue
- Trail Marathon continues west along Kingsway

Mile 23, return from Hove:

- Brighton Marathon turns from Grand Avenue on to Kingsway and continues west
- Trail Marathon turns left at the west end of Hove Lawns

HUMANS ONLY

We're proud the Brighton Marathon is an inclusive event but only humans can take part! No animals are allowed on the course. Your pets are welcome to watch from the sidelines if they're accompanied by an adult.



IT'S NEVER TOO LATE TO FUNDRAISE!

Support a charity of your choice by setting up your unique **fundraising page** on our official platform now.

Up to half of all donations are made in the month before an event, so now is the perfect time to ask your family, friends and colleagues to support you on your marathon journey!

FLUIDS AND FUEL

MILE	Water in cups	Water Refill Points	HIGH5 ZERO in cups	HIGH5 ENERGY GEL AQUA
2	/			
4	/	/		
6	/			
7			/	
7.5		/		
8	/			
10	/			
12		/		
12.5	/			
13				
14	/			
15			/	/
16	/			
16.5		/		
18	/			
20	/	/		
21			/	/
22	/			
23			/	
24	/			

CARRY YOUR OWN HYDRATION

Why not wear a hydration vest or bottle belt, or carry your own reusable running water bottle? This way, you can drink when you like and use the Water Refill Points along the route.
Buy a bottle belt or check out our Official Sustainability Partner, HydraPak, for **running flasks and cups** that make Event Day hydration easy.

HIGH5 ZERO

HIGH5 ZERO is a light and refreshing citrus-flavoured drink, containing vitamin C and electrolytes, including sodium, magnesium and potassium. It is not suitable for vegans. All HIGH5 products are suitable for vegetarians.

CUT-OFF TIME

Everyone will have at least seven hours to complete the Brighton Marathon.

You can run, jog or walk but you must maintain at least a seven-hour pace. If you're unable to maintain that pace, but wish to continue, you'll be asked to move on to the pavement. Our team will walk with you and support you to the Finish Line.

DROPPING OUT

If you need to drop out, please find the nearest First Aid Station and show them your bib number.

You'll still be able to collect your kitbag – please find the Information Point in the Beach Village (the Hove Lawns Finish Venue), where the team will reunite you with your belongings.

There will be a Sweep Vehicle at the back of the event, supporting participants and offering lifts to the Finish Area.

ENTERTAINMENT AND CHEER POINTS

There will be entertainment along the course from our partners - including Brooks, HIGH5, local bands and DJs - as well as extra support from our Community and Charity Cheer Zones. Read our **Spectator Guide** for full details and share it with your supporters.

OFFICIAL SUPPORTER VENUES

There will be Official Supporter Venues along the route providing entertainment during your marathon and welcoming your supporters to watch you in action.
See what's on offer at each venue.

PLEASE BIN YOUR RUBBISH

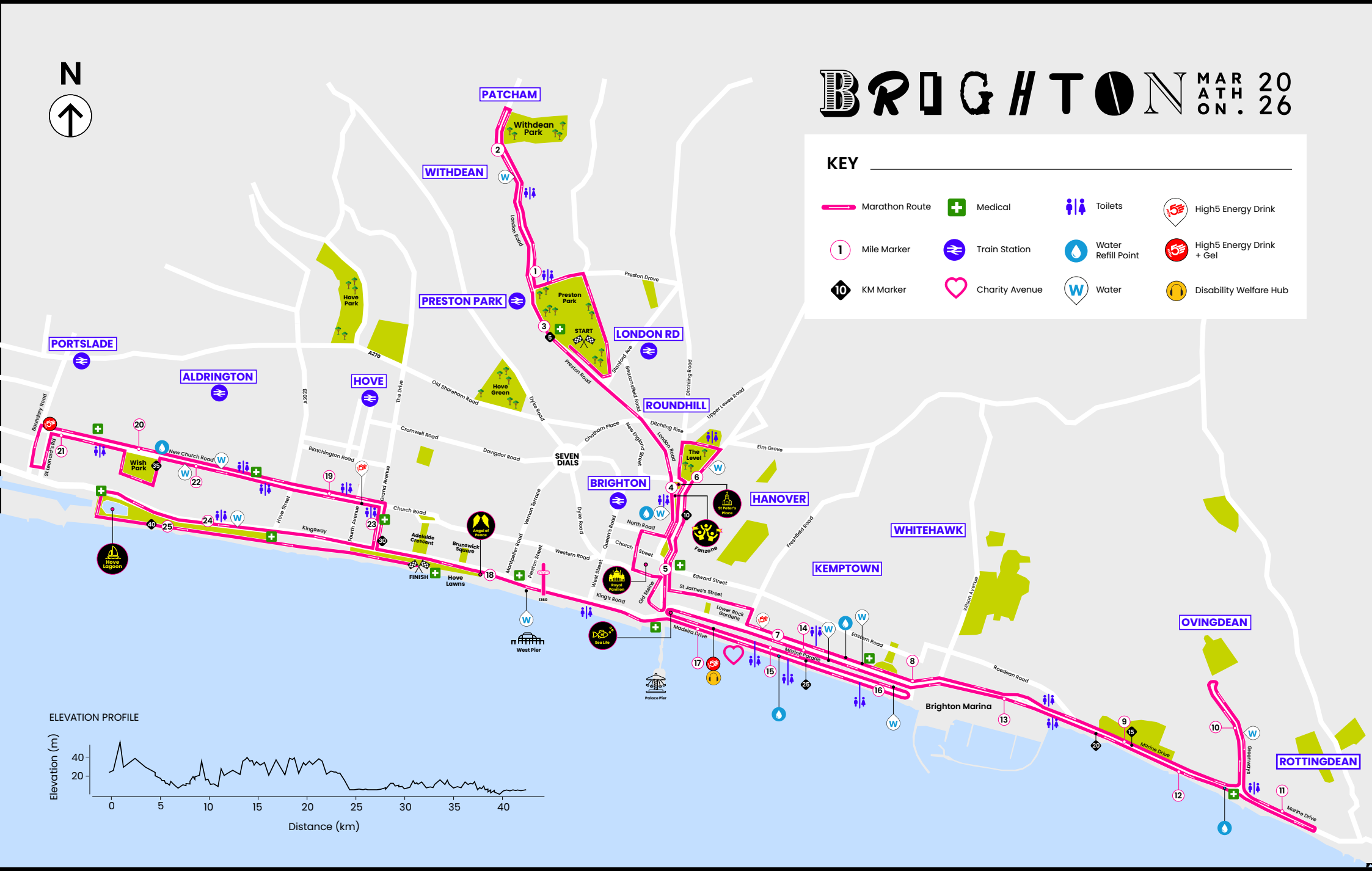
We're committed to reducing the environmental impact of the Brighton Marathon Weekend. Please help us reduce littering on the route by using the bins provided at all Drinks Stations for gel wrappers, cups and other items.

VOLUNTEERS

Our volunteers are amazing people who give up their free time to support the event, and you. Please make sure you show them some appreciation!

They will be positioned from Start to Finish and in the Beach Village, supporting at Drinks Stations, marshalling on the course, handing out medals and more.

BRIGHTON MARATHON 2026



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AFTER CROSSING THE FINISH LINE

Completing the Brighton Marathon is a special achievement – enjoy your moment and make sure you smile and wave for our photographers!

Once over the Finish Line, you'll probably be feeling tired, but please keep moving to create space for participants finishing after you. If you're feeling unwell, please tell our medical staff immediately.

FINISHER ITEMS:

Once you're in the Finish Area you'll receive items in the following order:

1. Your finisher medal*
2. A can of water
3. Your finisher T-shirt*
4. A GetPRO protein pouch

*If you opted to receive these items when you registered. Check your bib to see your choices.

Once you've collected your finisher items, please head to the baggage collection area. Do not congregate in the Finish Area.

SELFIE STATION

If you opted out of receiving a medal, look out for our Selfie Station in the Finish Area. As a thank you for choosing not to take a medal, you can get a unique photo with our branded selfie frames. Our volunteers will be there to take a photo of you on your own phone.

KITBAG COLLECTION

Once you've collected your finisher items, you'll reach the baggage collection area. Head for the collection point that displays the same letter as the one on your bib and join the lane that corresponds to your bib number. To avoid overcrowding, please leave this area as soon as you've got your kitbag.



MEETING YOUR SUPPORTERS

After leaving the Finish Area, meet family and friends in the Meet and Greet Area, next to the Beach Village. There are multiple exits – arrange to meet at one of the numbered flags (one to eight).

Please ask your supporters to track you on the App and only arrive at the Meet and Greet Area once you've finished. Please ask supporters not to wait outside the baggage exits, as this can create congestion.

GETTING HOME

Please be patient, it will be busy and participants still on the course will have priority. Use the Crossing Points over Kingsway to access Park and Ride services and Hove station. Use the underpasses along the beach for quicker access to Brighton station and the city centre. Crossing Points and underpasses will be clearly signposted.

BEACH VILLAGE

Celebrate your achievement in the Beach Village with food, drinks and funfair rides. Stretch, get a massage and rehydrate in the recovery area, where you'll be welcomed by partners, including Brooks, HIGH5, Suunto and Ole Henriksen.

DONATE UNWANTED KIT

We're working with **kitround** and **JogOn** to reduce the environmental impact of sports kit while helping more people to get active.

Please consider donating good-quality running and sports kit and trainers to our partners, who redistribute them to schools and community groups in the UK.

RESULTS

Results will be on the Brighton Marathon Weekend website by the end of Event Day. If your result is missing or incorrect, please complete the online timing query form on the results page and our timing company will be in touch.

PHOTOS

Your official photographs will be available to purchase within 48 hours from **sportograf.com.**

Share your photos and Event Day experiences on **Facebook** and **Instagram**.

GOOD LUCK!

The most important thing is to have a great day, so thanks for reading. We can't wait to see you at the 2026 Brighton Marathon!



THANKS TO OUR **PARTNERS**

BROOKS

CGI

COO:PAH

DOUBLETREE by Hilton™ BRIGHTON METROPOLE

enthuse donations • events • fundraising

DANONE GetPRO

HydraPak®

HIGH 5

iTAB

Rivervale

Sussex Sperm Bank

SUUNTO

University of Brighton