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FUKUOKA MARATHON 2026

Application Guidelines

11.8 (SUN) date **APPLICATION GUIDELINES** ENTRY PERIOD 4.20^(MON) ▶ 5.20^(WED)

Marathon 42.195km

Fun Run 5.2km

Wheelchair Race 5.2km

FUKUOKA
MARATHON
2026

11.8 (SUN) Application
date Guidelines!

\\ Race Day /
No Car Day

OFFICIAL
SPONSORS



Contact
Information

Fukuoka Marathon General Call Center
TEL 092-711-4422 FAX 092-733-5595
(Reception hours: 9:30 AM - 5:00 PM *Excluding Saturdays and Sundays)

Please refrain from using private
vehicles on Race Day.

Fukuoka Marathon 2026 Application Guidelines

◆ Date & Time

Day of Marathon	Sunday, November 8, 2026 *The event will take place rain or shine.
Start Time	8:10 AM ▶▶▶ Start of Wheelchair Race 8:20 AM ▶▶▶ Start of Marathon, Fun Run
Start Area	Tenjin, Chuo Ward, Fukuoka City (near Tenjin Intersection on Watanabe-dori Street)
Runner Check-in	Area : Fukuoka City Hall West Fureai Plaza
Day 1	Friday, November 6 12:00 PM-8:00 PM
Day 2	Saturday, November 7 10:00 AM-8:00 PM

◆ Rules of Competition

The rules of the 2026 Japan Association of Athletics Federations (JAAF) Rules of Athletics and the regulations of this competition shall apply.

◆ Events, Capacity, Time Limit, and Entry Fees

		Entry Categories	Capacity ^{*1}	Time Limit	Entry Fees
Marathon (42.195km)	Registered athletes category General category	Individuals Groups	13,000	7 hours	Domestic 16,000 yen
					Overseas ^{*2} 30,000 yen
Wheelchair Race (5.2km)	High school student or older	Individuals	20	30 min	3,300 yen
	Junior high school student				2,200 yen
Fun Run (5.2km)	High school student or older	Individuals Groups	2,000	65 min	4,100 yen
	Junior high school student				2,200 yen

*1: Capacity includes the number of people for the lottery and priority quotas. *2: For entrants signing up through overseas entry sites
 ① Time limit is based on the starting gun.
 ② Applications for group entry will be between 2 to 10 entrants. Note that group entry is limited to one event. In the event of a lottery, all members will be selected or not selected.

◆ Entry Qualifications

(1) Marathon

Individuals born on or before April 1, 2008 (excluding high school students)

① Registered athletes category: Athletes registered with JAAF in 2026

*If a competitor in the registered athletes category achieves the following records or is considered to be wearing shoes that differ from the regulations indicated by JAAF, their sole thickness may be measured after they cross the finish line. If the thickness of the sole of the shoe exceeds the specified 40 mm, the record will not be accepted as official. (Men: Within 2 hours 21 minutes; Women: Within 2 hours 56 minutes)

② General category: Non JAAF-registered athletes, etc.

③ Individuals who can finish both ① and ② within 6 hours 45 minutes

(2) Wheelchair Race

Junior high school students and older individuals who are wheelchair users holding a physical disability certificate and can finish within 30 minutes in a racing wheelchair (according to JAAF competition rules)

(3) Fun Run

Junior high school students and older individuals who can complete the race within 50 minutes.

● In the Marathon and Fun Run, individuals with disabilities (holders of either a Physical Disability Certificate, Mental Disability Certificate, or Rehabilitation Certificate) who have difficulty running alone may be accompanied by up to three escort runners for the Marathon and up to two for the Fun Run. (There is no relay point during the race.) *If a runner is accompanied by two or more escort runners in a Marathon registered athletes category, a record certificate by the Fukuoka Association of Athletics Federations cannot be issued. *Entrants are not allowed to use wheelchairs in the Marathon and Fun Run. *Runners cannot run together with a guide dog.

● Please refer to the Fukuoka Marathon website for information on support for people with disabilities who wish to try marathon.

◆ Courses

(1) Marathon

One-way course from the center of Fukuoka City (near Tenjin Intersection on Watanabe-dori Street) to Itoshima City (near Koryu Plaza Shima-kan) (Course certified by JAAF)

(2) Wheelchair Race and Fun Run

One-way course from the center of Fukuoka City (same as above) to near Fukuoka City Museum

*The organizers will transport entrants' luggage (limited to items that will fit completely into the luggage bags provided at the time of check-in) from the start site to the respective finish sites. The arrival of luggage may be delayed due to traffic conditions.

*Please use shuttle buses or public transportation from each finish site.

◆ Lining up at the Start Line

- In order to ensure safe and smooth start operation, the starting blocks for the Marathon will be set based on estimated and actual times (only for runners whose estimated time is under 3 hrs.) reported at the time of application.
- Please report your actual time and other information accurately, as the secretariat may inquire about it. Individuals with inadequate information reported may be assigned to the rear block.
- In the case of group entries, blocks will be set based on the reported times of each runner.
- For the Fun Run, runners will line up at the starting line at the last block.

◆ Checkpoints

For traffic, security and competition management purposes, checkpoints will be set up at the following points. If the organizer determines that runners will not be able to reach the next checkpoint by the cut-off time, that traffic regulations will be affected, or that it is impossible to continue the race, the organizer will order runners to drop out even before they reach the checkpoint. Runners who have been ordered to drop out are asked to follow the instructions of staff and board the shuttle bus.

【Marathon】

	Location	Distance	Cut-off Time
1	Momochi Chuo Park	5.3km	9:25 AM
2	Before Odo Nishi Intersection	9.9km	10:09 AM
3	After Imajuku Station Intersection	14.3km	10:52 AM
4	Ito Campus, Kyushu University	19.8km	11:44 AM
5	Imazu Sports Park	25.0km	12:33 AM
6	Kitazaki Elementary School	29.8km	13:20 AM
7	Showa Bus Nishinoura Depot	32.9km	13:50 AM
8	Before Imuta Intersection	36.9km	14:28 AM
9	Before Yoshida Three-Way Forked Road	40.1km	14:59 AM
-	Finish	42.195km	15:20 AM

【Wheelchair Race】

	Location	Distance	Cut-off Time
1	After Welfare Center Intersection	0.8km	8:15 AM
-	Finish	5.2km	8:40 AM

【Fun Run】

	Location	Distance	Cut-off Time
-	Finish	5.2km	9:25 AM

◆ Awards

(1) Marathon

① All-Around Awards: 1st to 8th place for men and women ② Age-Group Awards: 1st to 3rd place for men and women

[Age groups: 24 and under, 25 to 29, and the same below in 5-year increments until 74, and 75 and over]

*An awards ceremony will not be held for ② and certificates will be sent at a later date. *Finisher Certificates (with records) will be issued via the website. *A Record Certificate will be issued (for a fee) on the day of the competition to registered athletes category finishers who wish to receive one.

(2) Wheelchair Race

① All-Around Awards: 1st to 3rd place for men and women ② Junior (Junior High and High School Student) Awards: 1st to 3rd place

*Finisher Certificates (records to be entered by each runner) will be issued on the website.

(3) Fun Run

No awards are given and individual times are not recorded. Finisher Certificates (without records) will be issued via the website.

*Medals (whose neck ribbon is hand-woven Hakata-ori ribbons, original to the Fukuoka Marathon) will be presented to (1) Marathon ① All-Around 1st to 3rd place men and women winners and (2) Wheelchair Race ① All-Around 1st to 3rd place men and women winners and ② Junior 1st to 3rd place winners.

◆ Important Points of Note

【Health Management】

Please take full responsibility for your own training and physical condition when participating in the Marathon. If the organizer determines that there is a problem with continuing the race, please follow the instructions given, such as to drop out.

【Runner Stop】

In the event of an accident, fire, or other emergency during the event, emergency vehicles, etc. will pass on the course. In such cases, the race will be temporarily halted through instructions provided by staff.

【Costumes, etc.】

(1) Entrants in the Marathon registered athletes category are not permitted to run in costume.

(2) For entrants in other events, any costume that is "against the law or public order and morals," "dangerous to oneself or others," or "offensive to others" is prohibited. Entrants are not allowed to run with a baby stroller, invite non-entrants onto the course to escort them, or run with pets. (Please make sure to check the Fukuoka Marathon website for other examples of prohibited acts.) If the organizer determines that an entrant falls under the foregoing, they will not be allowed to participate in the event and will be instructed to drop out even after the race has started. No objections will be accepted.

(3) Except as indicated by the organizer, entrants may not wear or display any designs, trademarks etc. that imply the name of a company or product or something similar for advertising purposes.

◆ Personal Information and Portrait Rights

(1) The organizer will comply with the Act on the Protection of Personal Information and related laws, ordinances, etc., and will handle personal information in accordance with the organizer's personal information protection policy. Personal information obtained at the time of entry will be used for the purpose of improving services to entrants in the event, including the notification of participation information and related information, provision of services from the event sponsors, partners, and related organizations, announcement of records (rankings, etc.), and questionnaire surveys.

*Entrants' names will be written on their athlete bibs. *Personal information such as name, age, and time will be released publicly on the Internet. *Runner's Update and Oen (Cheering) Navi will be used as a passing time service.

(2) The organizer retains the right to publish images and photographs taken during the event, articles, and applicants' name, age, address (country, prefecture or city), etc. on or in television, radio, newspapers, magazines, the Internet, social media, and other media during the tournament, as well as portrait rights. Additionally, third parties approved by the organizer may post the same on or in promotional materials, television, the Internet, social media, and other media for publicity and other purposes.

(3) Photographs and other materials may be sold on consignment as approved by the organizer.

◆ Other

(1) The organizer shall not be liable for any injury, accident, loss, etc. that is not the fault of the organizer. Note that compensation for injuries, accidents, etc. during participation in the event will be paid within the scope of the insurance policy taken out by the organizer.

(2) As there is no parking available at the event site, please use public transportation or the event shuttle bus provided by the organizer to participate in the event. The organizer shall not be liable for any delays caused by public transportation or road conditions.

(3) For safety reasons, on the day of the event, please refrain from driving or using automobiles, bicycles, or other transportation equipment, as fatigue and pain caused by long-distance running may impair judgment and maneuverability.

(4) The event shall be conducted in compliance with all relevant domestic laws.

(5) In addition to the above, please follow the instructions of the organizer regarding the event.

(6) The contents of these guidelines are subject to change. Any changes will be announced on the Fukuoka Marathon website.

Application Terms and Conditions

Please apply after agreeing to the application guidelines and the following items.

(1) If the event is cancelled due to an earthquake, windstorm, flood, stormy weather, snow, incident, accident, epidemic, or any other reason beyond the control of the organizer, entry fees will be refunded after deducting expenses incurred up to the cancellation.

· In addition to cash refunds, the likes of gift cards such as QUO Cards or points awarded by the entry site may be substituted for refunds.
· In the event of cancellation of the event, if an entrant had been selected by lottery, etc., to run, that right to run will be transferred to the next Fukuoka Marathon.

(2) In the event that an entrant is found to have committed fraudulent acts such as false declaration of age, gender, record, address, etc., duplicate application by the same person, or entry by someone other than the applicant, they will be disqualified and entry fees and other expenses will not be refunded.

Duplicate applications by the same person include individual and group applications, multiple group applications, and applications for multiple events. Note that if any applicants in group entries are disqualified, the entire group will be eliminated from the event.

(3) No changes or cancellations of events after application due to personal reasons are allowed.

(4) Entry fees will not be refunded in the event of cancellation on the part of applicants.

(5) Applications received outside the designated period will be invalid.

(6) The organizer shall not be liable for any delays in applications due to problems with Internet equipment or lines.

(7) Any inquiries, etc. regarding application details, application status, or lottery results, including those from past Fukuoka Marathons, will not be responded to.


(8) All applicants (only the representative for group entries) will be notified of the lottery results by email.

(9) No reconfirmation will be made for non-delivery or non-receipt of notifications due to incomplete registered email addresses or mailing addresses.

(10) Minors must obtain the consent of a parent or guardian before applying to participate.

(11) Receipts for entry fees and other expenses can be printed from the "My Page" on the Fukuoka Marathon website.

(12) No substitute runners will be accepted.

Monday, April 20, 10:00 AM	Application opens
<p>Online applications https://www.f-marathon.jp/en/</p> <p>First-come, first-served (Marathon: 500 people) Lottery quota (Marathon & Fun Run & Wheelchair Race)</p>	

No later than Wednesday, May 20, 8:00 PM	Application deadline
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Tuesday, June 30	Lottery results notified by email
<p>•For group entries, only the representative will be notified.</p>	

Monday, July 13, 11:59 PM	Entry fee payment deadline
<p>Lottery winners must pay the entry fee by the deadline. If payment is not received, winning entries will be voided. A payment fee is required depending on the payment method.</p>	

<p>Mid-October (about 1 month before the event)</p>	<p>Athlete bib voucher sent by email (*For group entries, vouchers will be sent by email to the representative only)</p>
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<p>Friday, November 6 & Saturday, November 7 Runner Check-in (EXPO)</p>	<p>Date & Time Friday, November 6 12:00 PM - 8:00 PM Saturday, November 7 10:00 AM - 8:00 PM</p>
	<p>Venue Fukuoka City Hall West Fureai Plaza (1-8-1 Tenjin, Chuo Ward, Fukuoka City)</p> <ul style="list-style-type: none"> ● <u>No check-in on the day of the event.</u> Please be sure to check in on one of the two days indicated above. ● Runners will be asked to identify themselves with an ID, etc. upon checking in. (<u>Substitute check-in is not allowed.</u>) ● Group entrants are also <u>required to individually check in.</u>

<p>Sunday, November 8 Day of the event</p>	<p>Start Time 8:10 AM Wheelchair Race / 8:20 AM Marathon & Fun Run</p>
	<p>Start Area Tenjin, Chuo Ward, Fukuoka City (near Tenjin Intersection on Watanabe-dori Street)</p>

Model Runner Declaration

- ① Follow traffic rules and take measures to prevent accidents, such as wearing reflectors when practicing at night.
- ② When practicing, do not park at nearby stores or on the street.
- ③ Be sure to take all garbage generated while you practice home with you.
- ④ Be considerate when running so as not to cause nuisance to general pedestrians and others.
- ⑤ On the day of the event, do not wear costumes that may make you fall ill or cause inconvenience to other runners or supporters.

*For examples of prohibited costumes and other rules and manners, please check the Fukuoka Marathon website.

Let's endeavor to improve our manners!

FUKUOKA
MARATHON
MANNER UP!!

Important Points of Note on Healthcare, Etc.

- When participating in the event, please take full responsibility for your own physical condition, including training sufficiently and undergoing a medical checkup in advance.
- The organizer will only provide first aid for accidents, injuries, illnesses, and so forth that occur during the race.
- Marathon running is a dangerous sport if you are not prepared. Please prepare at your own risk by referring to the "10 Safety Articles for Citizen Runners" and other relevant documents.

10 Safety Articles for Citizen Runners Running a Marathon

Japanese Society of Physical Fitness and Sports Medicine,
Guidelines Review Committee & Japan Association of Athletics Federations

Health Management

- ① Get adequate nutrition and sleep on a regular basis.
- ② Stop smoking.
- ③ Have a medical checkup every year.
- ④ If you have any lifestyle-related diseases, please properly consult with your family doctor.

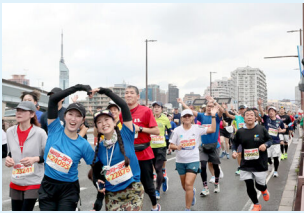
Training Plan for Race Completion

- ⑤ Plan your training accordingly.
- ⑥ Wear appropriate clothing for the temperature and humidity, and hydrate properly.
- ⑦ If you experience chest discomfort, chest pain, cold sweats, or dizziness, stop running immediately.
- ⑧ If you have pain in your legs, knees, hips, etc., take action as soon as possible.
- ⑨ If you are unsure about your prospects for finishing the race or your physical condition, have the courage to stop.
- ⑩ Learn CPR.

Mental Preparation for Participating in the Marathon Race.

The Appeal of the Fukuoka Marathon

◆ One-way course (from the center of Fukuoka to nature-rich Itoshima)



◆ Warm support from the roadside



◆ Volunteer staff supporting the event



◆ Varied food services unique to Fukuoka



◆ Hospitality at the finish line



◆ Partnership with Marathon Challenge Cup (MCC)*

Benefits include special record certificates issued to first-time marathon finishers, sub-3 finishers (men), and sub-3.5 finishers (women), and the display of a ranking in one-year increments for each race. For more information, please visit the official website (Japanese language only).

<https://marathon-cc.com/>

*MCC (Marathon Challenge Cup) is a project planned and managed by R-bies Co., Ltd. to support all those who challenge marathons.



◆ Finisher's Prize

A marathon finisher's towel and a finisher's medal will be gifted to commemorate the completion of the marathon.



[Photo of marathon finisher's towel and finisher's medal is from the Fukuoka Marathon 2025]

◆ Marathon commemorative T-shirt

T-shirts will not be provided as participation prizes in this event. Information on the sale of "Fukuoka Marathon Commemorative T-Shirts" is scheduled to be provided on Tuesday, June 30 along with notification of the lottery results. Please look forward to them.



[Photo of the commemorative T-shirt from the Fukuoka Marathon 2025]

Support for Various Challenges

Fukuoka Marathon 2026 supports various challenges by runners.

- Supporting individuals who are taking on the challenge of the Wheelchair Race for the first time and persons with disabilities who are taking on the challenge of the Marathons or Fun Run
- Supporting numerous runners, especially middle-aged and older individuals who lack regular exercise
- Supporting future Fukuoka Marathon runners (elementary school students)



Fukuoka Marathon Course Map

Marathon 42.195km Wheelchair Race and Fun Run 5.2km

*Courses are subject to change.



Please use the shuttle bus.

The distance from the Marathon finish area to the nearest station (JR Chikuzen-Maebaru Station) is approx. 3.5 km.

① Free Shuttle Bus

Departs from the Marathon finish area

Bound for JR Chikuzen-Maebaru Station

Drop-off is in front of JR Chikuzen-Maebaru Station



② Paid Shuttle Bus

Departs from the Marathon finish area

Bound for Tenjin/Hakata Station

Leisurely seated transit to Tenjin (Fukuoka City Hall)/Hakata Station (Chikushi Exit).



Pre-Purchase

A "paid shuttle bus ticket" sold in advance is required to ride the shuttle bus.

*Details regarding shuttle buses will be posted on the Fukuoka Marathon website as soon as they are finalized.

The day of the event is No Private Car Day

Traffic regulations will be enforced in the areas around courses on the day of the event.

Please refrain from using private cars.

Please refrain from drop-off or pick-ups using a private car under any circumstances, as they will cause traffic congestion on the surrounding roads.

*For safety reasons, please refrain from driving or using private cars, bicycles, or other transportation equipment on the day of the event.

There are no parking lots near the finish line areas.

Please use the free shuttle bus between JR Chikuzen-Maebaru Station and the Marathon finish line area.

Please refrain from parking on the street under any circumstances.

Parking at the event areas or stores near courses or on the streets will cause serious inconvenience to residents in the surrounding area.

Fukuoka Marathon Official LINE Account

Updates on the event will be posted on the Fukuoka Marathon Official LINE Account. Please add the Fukuoka Marathon as a friend.

LINE ID @fukuoka-marathon



Contact Regarding Applications

Fukuoka Marathon Entry Center
TEL 092-409-7320

(Available hours: 10:00 AM - 5:00 PM *Saturdays, Sundays, and holidays excluded)
*Inquiries will be accepted starting Monday, April 13.

Contact Regarding the Fukuoka Marathon

Fukuoka Marathon General Call Center
TEL 092-711-4422

(Available hours: 9:30 AM - 5:00 PM *Saturdays, Sundays, and holidays excluded)

For more information about the event, please visit the website.

