

PARTICIPANT INFORMATION – ADIDAS STOCKHOLM HALF MARATHON 2025

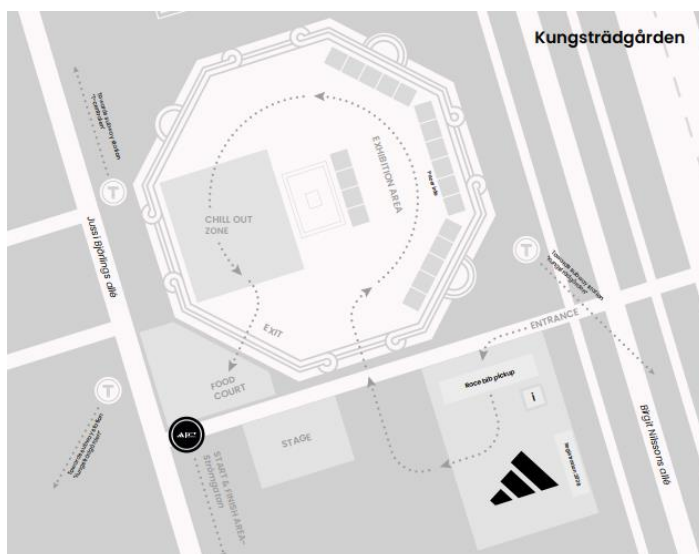
Last updated July 4th, 2025.

Welcome to ASHM 2025 The adidas Stockholm Half Marathon will take place in central Stockholm on Saturday, August 30. The event area is beautifully located between Kungsträdgården, the Royal Palace, and the Parliament House. Start certificates will begin to be sent out to all participants between Friday, August 15 and Tuesday, August 19, and will continue to be sent out on a rolling basis.

EXPO

The Expo and bib number pick-up will take place in the tent hall at the Expo area in Kungsträdgården during the following opening hours:

- Thursday, August 28, 4:00 PM – 7:00 PM
- Friday, August 29, 11:00 AM – 8:00 PM (*Note: Very busy after 3:00 PM*)
- Saturday, August 30, 10:00 AM – 4:00 PM (*Note: Very busy*)



How to Get Here

The easiest way to reach the adidas Stockholm Half Marathon Expo and event area is by subway.

Subway: to Kungsträdgården, Gamla Stan, or Slussen. For more information, visit www.sl.se.

Car: The nearest parking garage is Gallerian, with entrances from Regeringsgatan 15 or 20.

Train: If you're arriving by train to Stockholm Central Station, the most convenient option is to walk approximately 1,200 meters to the event area.

Pick Up Your Race Kit at the Half Marathon Expo

Starting August 15, your start certificate will be sent to you via email. Show the certificate on your phone when you arrive at the adidas Stockholm Half Marathon Expo to collect your Race Kit. Your bib number will be listed on the certificate. If you can't find your certificate in your email, bring your ID to the Expo and visit the information desk.

Bib Number Distribution – LivePrint Bibs **NEW!**

This year, your bib will be printed on-site. This means you can join any queue. Our staff at the Expo will help guide you to the right place.

Race Pack Contents

- Bib number with timing chip
- Sticker with your bib number to attach to your kit bag *before* arriving at the event area, and safety pins
- Kit bag for the bag drop on race day

If you live in Stockholm, we kindly ask that you pick up your bib on Thursday afternoon or Friday before 3:00 PM, as the Expo tends to get very crowded on Friday afternoon and Saturday. If Saturday is your only option, please arrive well in advance. You must collect your bib at least one hour before your start time.

Change of Start Group

The last day to submit results for seeding into a faster start group is August 3.

This is done via "My Pages" in the registration system. If you haven't created a participant account yet, you can do so [\[here\]](#).

Name changes cannot be made at the Expo and are only possible until August 20.

Experience the Great Atmosphere at the Expo

The Expo is located in Kungsträdgården, right in the heart of Stockholm, close to public transport and the start/finish area. Bring your colleagues, friends, and family and spend a few inspiring hours at the Expo. We expect around 25,000 visitors this year. At the Expo, you'll collect your Race Kit and then enter the Stadium and adidas store, where you'll find stylish apparel, shoes, accessories, and sports gear for sale. Next, head out to our partners' booths in the outdoor exhibition area, where you can explore the latest trends, news, running tips, special offers, contests, samples, and inspiration. Visit the

Marathongruppen booth to talk running and discover more exciting races. You can also pick up a pace band here. Check out the large course map, take selfies with your crew, and plan your energy intake. Enjoy food from our food trucks, relax in the sun, and listen to music.

There is no bag ban at the Expo. However, we encourage all visitors to avoid bringing bags, and please be aware that any bags brought into the Expo may be subject to inspection by security staff. Thank you for your understanding.

Registration for Next Year's Race – 2026

During race week, you can register digitally for next year's event. Then visit the Expo area marked "Have you signed up for next year's race?" to collect a "In training for" T-shirt—while supplies last. Don't miss out! This offer is only valid at the Expo and while T-shirts last.

Expo Food Court

In our food court outside the Expo, you can buy food and drinks so you can stay and enjoy the Expo longer. We'll have vendors like **Joe & The Juice**, serving delicious smoothies and sandwiches, and **La Familia**, offering a mix of Tex-Mex, fries, sausages, burgers, falafel, fajitas, nachos, churros, pancakes, and more.

Stage Program – Kungsträdgården

On Friday, stop by the main stage in Kungsträdgården and enjoy our stage program, running from approximately 4:00 PM to 7:00 PM. The host for the day is health and motivation coach **Joanna Swica**, who will lead conversations with various guests. The full program and guest list will be released during event week—stay tuned!

After Run in Kungsträdgården

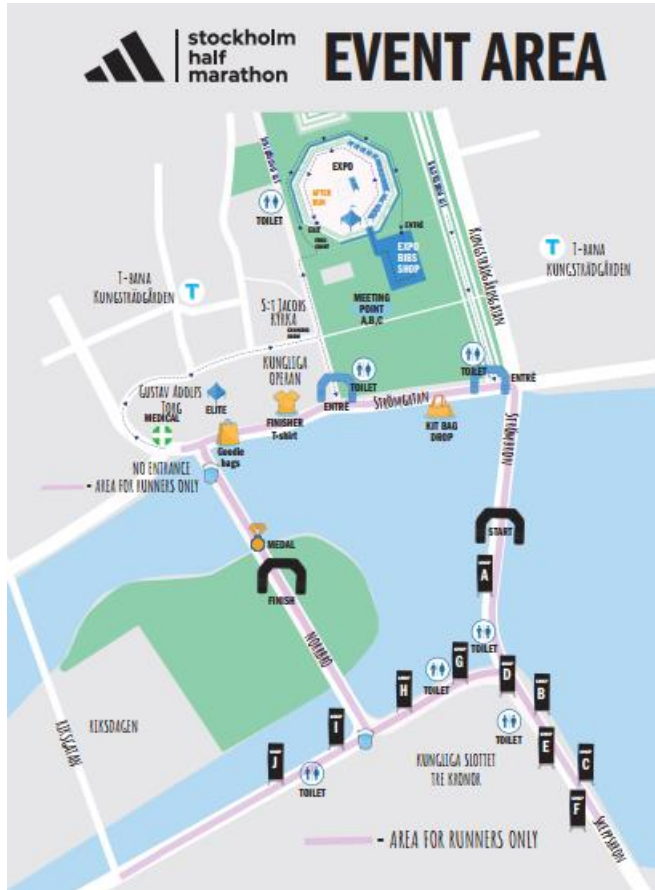
In the roundabout area outside the Expo, we'll host our After Run from 4:00 PM to 7:00 PM. **Open only to runners with a bib number.**

Late Registration

The adidas Stockholm Half Marathon 2025 is fully booked, so late registration is not available. Name changes on bibs are allowed until August 20.

EVENT AREA

Opening Hours 2:00 PM – 7:00 PM. Start corrals open at 2:15 PM



How to Get to the Event Area

The easiest way to reach the adidas Stockholm Half Marathon event area is by subway.

Subway: to Kungsträdgården, Gamla Stan, or Slussen. For more information, visit www.sl.se.

Car: The nearest parking garage is Gallerian, with entrances from Regeringsgatan 15 or 20.

Train: If you're arriving by train at Stockholm Central Station, the easiest way to reach the event area is to walk approximately 1,200 meters.

The fenced-off event area around Strömmen is only accessible to runners with bib numbers. Entry will be checked at two access points: the intersection of Strömgatan/Karl XII's Square and the intersection of Strömgatan/Strömbron. As a participant, you will notice increased security personnel and guards in

Kungsträdgården and throughout the event area. Always feel free to approach them or our staff if you have any questions or feel uncertain in any way. They are there for you!

START

Start Times

3:30 PM – Start Group A – Elite Men/Women Senior
3:35 PM – Start Group B
3:40 PM – Start Group C
3:45 PM – Start Group D
3:50 PM – Start Group E
3:55 PM – Start Group F
4:00 PM – Start Group G
4:05 PM – Start Group H
4:10 PM – Start Group I
4:15 PM – Start Group J

Start Groups

All participants are seeded into different start groups with staggered start times, based on the results provided at registration. Seeding takes place in August, and your assigned start group will be listed on your start certificate. The first start is at 3:30 PM.

Finding Your Start Corral

After dropping off your kit bag, all runners except elite athletes must cross Norrbro to reach the start corrals. Be at the start area at least 30 minutes before your scheduled start time to ensure a smooth start in the correct group. Entry to each start group is through its designated corral. This year, the corrals will be marked with tall signs labeled A–J. Find your group's sign and proceed directly to the corresponding corral. Listen to the staff and follow their instructions. Please arrive early to avoid queues and unnecessary stress before the start.

Start Corral Entry

Start corrals open at 2:15 PM. You must be in your designated corral no later than 30 minutes before your group's start time. Please note: only participants are allowed inside the event area.

Toilets at the Start

Toilets are available near each start corral. See the event area map for details.

Water at the Start

Water will be available at Slottskajen and on Strömgatan.

Start List

The full start list for the adidas Stockholm Half Marathon will be published closer to the event.

Timing

All participants will have their start time recorded when they cross the start line. This ensures that everyone receives their actual running time, i.e., the time from crossing the start line to crossing the finish line—known as net time.

Gross time (from the group's start signal to finish line) will also be listed in the results, which will be available on the website immediately after the race.

Timing is managed via a data chip located on the back of your bib. Your bib must be worn on your chest throughout the race to ensure the timing mats at the start, split points, and finish line can register your time.

Please note: – Your bib is personal and may not be transferred to another runner. – Your bib must be worn visibly on your chest throughout the race. If you wear a running vest, the bib must be on the outside. – Fill in your medical and emergency contact information on the back of your bib. This helps our first aid team assist you if needed during the race.

COURSE

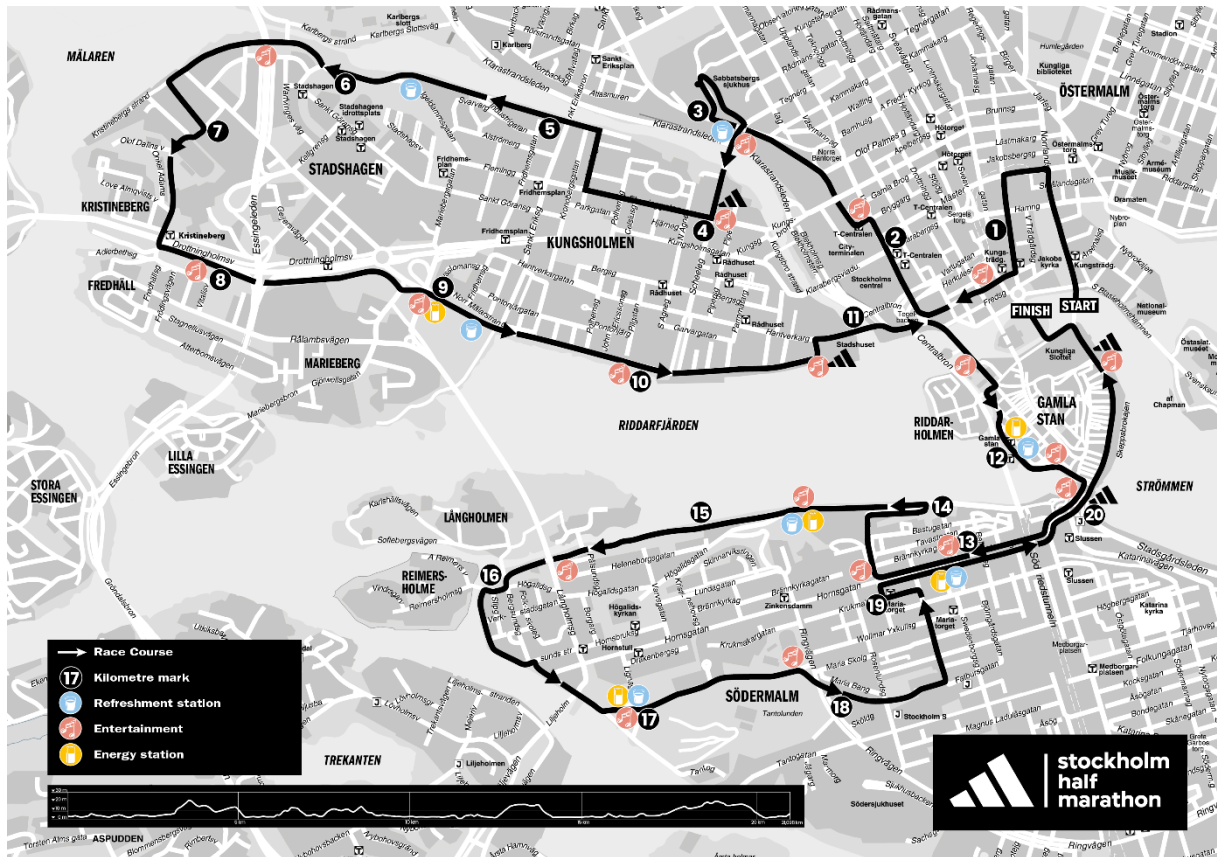
The course measures 21,098 meters – a half marathon. It has been officially measured by a certified course measurer in 2024. It's important to respect all barricades, as traffic may still be active in the opposite direction on some streets. Police and/or race officials will be stationed at every intersection along the course. Follow their instructions. Clear signage will mark each kilometer.

Split Times

Split times will be displayed at 5 km, 10 km, 15 km, and 20 km. Note: The clocks are based on the start time of the first group (Group A). This means runners in:

- Group B should subtract 5 minutes
- Group C subtract 10 minutes
- Group D subtract 15 minutes
- Group E subtract 20 minutes

- Group F subtract 25 minutes
- Group G subtract 30 minutes
- Group H subtract 35 minutes from the time shown on the clocks.



Pacing

Presented by Samsung Galaxy Watch. If you're unsure about what pace to run at the adidas Stockholm Half Marathon, simply follow one of our pace setters. These are experienced runners equipped with visible flags who run at a steady pace throughout the race. We offer pace setters for the following finish times:

- **Start Group A:** 1:30, 1:40
- **Start Group B:** 1:40, 1:45, 1:50
- **Start Group C:** 1:45, 1:50, 2:00
- **Start Group D:** 1:50, 2:00, 2:10
- **Start Group E:** 2:00, 2:10
- **Start Group F:** 2:10, 2:20
- **Start Groups G, H, I, J:** 2:20

Water and Energy Stations

There are **seven water stations and five energy stations** along the course.

Water is served at stations 1 and 4. At all other stations, both water and **Enervit G Sport** (orange flavor) are available. Water is always served last at each station.

Station 1 (3.5 km): Water

Station 2 (6.5 km): Sports drink, water

Station 3 (9.5 km): Cola, sports drink, water

Station 4 (12.5 km): Chiquita bananas, water

Station 5 (15 km): Red Bull energy drink, sports drink, water

Station 6 (17 km): Enervit GT tablets, sports drink, water

Station 7 (19.5 km): Dextro Energy tablets (blueberry flavor)sports drink, water

At the first tables, Enervit G Sport (orange) is served, followed by water at the later tables. Please use the waste bins provided after each station to dispose of your cups—this helps our volunteers keep the area clean.

Cheering Activities Along the Course

As a runner in the adidas Stockholm Half Marathon, you'll enjoy fantastic support along the course. Expect cheers from spectators, volunteers, sponsors, cheer squads, live bands, and DJs who will energize you all the way to the finish line!

Maximum Time and Cut-Offs

The police authority has approved a maximum race time of **2 hours and 45 minutes**. This means that runners in the final start group must finish by **6:50 PM**.

Cut-off Points:

- At **11.3 km**, runners must pass the checkpoint by **5:45 PM** to continue.
- At **17 km**, runners must pass the checkpoint by **6:30 PM** to continue.

Runners who do not meet the time limits will be offered transport to the vicinity of the finish area.

Did Not Finish (DNF)

If you are unable to complete the race, transport is available from the following water stations:

- **Kungsholms Strand (5.5 km)**

- **Rålambshovsparken (9 km)**
- **Tantolunden (17 km)** From other stations, you will need to return to the event area on your own.

App

This year, you'll be able to follow runners via the new adidas Stockholm Half Marathon app. The app will be available on the App Store and Google Play and will be launched closer to the event.

Competition Rules

The race follows the competition rules of the **Swedish Athletics Federation** and **World Athletics**. The adidas Stockholm Half Marathon is sanctioned by the Swedish Athletics Federation, World Athletics, and **AIMS** (Association of International Marathons and Road Races). Only runners born in 2006 or earlier may participate, and all runners take part at their own risk.

The adidas Stockholm Half Marathon is a **World Athletics Road Race Label** event and counts toward world rankings.

Due to the urban nature of the course, which includes curbs and similar obstacles, participation with a wheelchair is not recommended.

For safety reasons, the following are strictly prohibited during the race:

- Strollers, baby joggers, running carts
- Bicycles, joelettes, roller skates, roller skis, inline skates, handcycles, walking poles, skateboards

Runners must follow instructions from police and race officials. **It is strictly forbidden to have a companion cyclist during the race.**

Running Shoes

Elite runners competing in shoes that do not meet **World Athletics' "general availability" requirements** risk being removed from the official results. You can find the list of approved road racing shoes from World Athletics [HERE](#).

SERVICES

Toilets

Toilets are available throughout the event area. You'll find them along the walkways in Kungsträdgården, in each start corral, and at every water station

along the course. Free menstrual products are available at the information desk in the Expo at Kungsträdgården for those who need them.

Changing Facilities

Changing tents for men and women are available near Jakobskyrkan, adjacent to the Expo. Opening hours: 1:00 PM – 7:15 PM. Please note that there are no shower facilities on site. Thank you for helping keep the changing areas clean and for disposing of waste in the recycling stations outside. **NEW:** In the women's changing tent, our partner Mevolution will be present, offering a chance to freshen up with products like dry shampoo and micellar water.

Bag Drop

IMPORTANT! To help streamline the bag drop process and reduce queues, please attach the sticker with your bib number to your kit bag *before* arriving at the event area on Saturday. Warm-up clothes and valuables can be dropped off at the bag drop on Strömgatan starting at 2:15 PM. Use the kit bag and sticker you received with your bib. After the race, you'll collect your belongings from the same location. Make sure your bag is clearly labeled with your name and bib number. Your bib serves as your receipt and must be shown when collecting your bag—no later than 7:30 PM. There will be no separate valuables drop-off this year; all items must be left at the bag drop.

Finish Line Services

Right after crossing the finish line, you'll receive the official adidas Stockholm Half Marathon medal. If you opted out of receiving a medal during registration, this will be noted on your bib and you will not receive one. Otherwise, your medal will be handed to you as usual.

Finisher T-shirt

If you opted out of receiving a Finisher T-shirt during registration, this will also be noted on your bib and no shirt will be provided. If you did not opt out, you'll collect your shirt as usual. Please continue walking after the finish line toward the bag drop and After Run area in Kungsträdgården to avoid congestion.

Meeting Point – Family & Friends (NEW!)

Plan ahead where to meet your friends and family after the finish. Due to crowd control, the area from the finish line to the Royal Opera will be fenced off with high barriers, as in previous years. We recommend meeting at one of

the new “Meeting Point” flags in Kungsträdgården—choose A, B, or C. From there, you can head to the food trucks in front of the main Expo stage. The After Run area is only accessible to runners with a bib.

Stage Program – Finish Line at Norrbro 5:00 PM – Awards ceremony for the top 3 men and women

AFTER RUN

After receiving your medal and T-shirt, we welcome you to the After Run in Kungsträdgården. Relax after your race with a non-alcoholic beer from Erdinger. **Access is limited to runners with a bib.**

After Run Food Court Food trucks will be available where you can purchase food and drinks.

Medical Services

First aid staff and ambulances will be stationed in the event area near the start/finish. First aid personnel will also be present at all water stations along the course (except station 1). Their role is to provide immediate care and ensure that participants who need further medical attention are transported to a hospital. They are not responsible for allowing unwell or injured runners to continue. They have the authority to remove runners from the course if necessary. If you need help returning to the event area, motorcycle transport is available—please contact the nearest race official.

Photo Service

Professional photographers will be stationed along the course and at the finish line to capture photos of all runners. After the race, photos will be available on the adidas Stockholm Half Marathon Facebook page and at MarathonFoto, where you can purchase your personal race photos. In the results list, you’ll find a link to your photos taken by MarathonFoto.

Results Service

Split times and preliminary results will be available live on the adidas Stockholm Half Marathon website during the race. The official results list will be published about a week after the event at www.stockholmhalvmarathon.se

Age Categories

The adidas Stockholm Half Marathon has the following age categories for men and women:

- Seniors (born 1986–2007)
- 40 years (1981–1985)
- 45 years (1976–1980)
- 50 years (1971–1975)
- 55 years (1966–1970)
- 60 years (1961–1965)
- 65 years (1956–1960)
- 70 years (1951–1955)
- 75 years (1946–1950)
- 80 years (1945 or earlier)

Awards Ceremony

The awards ceremony will take place at 5:00 PM on the stage at the finish line, honoring the top 3 men and women in the competition classes. Honorary prizes will be awarded to the top 30 male and top 30 female runners immediately after the finish. Plaques will also be awarded to the top 3 in each age category based on net time. These will be sent by post.

Crew Challenge Awards

Prizes for the Crew Challenge team competition will be sent by post after the event once the results list is finalized. Categories: Women, Men, Mixed

How Are You Feeling Today?

Of course, we want to see you at the start line on Saturday—but please don't run if you're not feeling well. Running with a cold or feeling unwell poses a health risk. If you're unsure, feel free to consult our medical team located near the start groups before your race.

Live Broadcast

Just like last year, the adidas Stockholm Half Marathon will be broadcast live as part of the adidas Adizero Running Tour. The platform and link for the broadcast will be announced during event week.

SORTERA – Our Waste Management & Recycling Partner

Marathongruppen and Sortera have worked together for several years to make our events more sustainable—and you play a key role. At the event area and around the start/finish, you'll find sorting stations where you can separate your

waste into different categories. This may mean walking a few extra meters to find the right station. Along the course, you'll find bins for cups and general waste at each water station. Thank you for always looking for Sortera's stations when disposing of waste. It helps us keep the area clean and supports our sustainability efforts.

Learn more about Sortera's work here

CONTACT

If you have any questions ahead of the adidas Stockholm Half Marathon, please check our FAQ page or contact us at: 📞 +46 (0)8-545 664 40 (Tue–Thu, 9:00–12:00 and 13:00–15:00) ✉️ info@stockholmhalvmarathon.se

On race day, you'll find our info team at the Expo or at the information point at the intersection of Strömgatan/Strömbron in the event area.

Good luck at the adidas Stockholm Half Marathon 2025!