

2026 Lanzhou Marathon Competition Regulations

(1) The competition shall be conducted in accordance with the track and field competition rules approved by the Chinese Athletics Association, the "Signage Road Running Event Rules" issued by the World Athletics Federation, the "Compilation of Management Documents of the Chinese Athletics Association for Road Running" and the competition regulations of this marathon event.

(2) In accordance with the "Notice on Disabled Athletes Participating in National Marathon and Related Sports Events" approved by the Chinese Athletics Association, disabled athletes who meet the participation conditions are allowed to participate in this event.

(3) Competition registration

1. Participants shall arrive at the starting point before 6:30 on the competition day (May 24, 2026) and register by category and zone according to the competition event and the number tag. After the gun is fired, no further entry to the track is allowed for 15 minutes. The organizing committee will set up registration carpets in each zone, and participants must enter according to the zone. After the race start, participants must pass the registration carpet of their respective zone first, and then pass the timing carpet at the starting point to be valid.

2. It is not allowed for the rear area to enter the front area for registration and starting. However, the front area can enter the rear area for starting. Any violation will result in the cancellation of the athlete's result and ranking, and an additional one-year ban will be imposed.

3. Participants must wear clothing suitable for the sport to participate. They must wear the number tag as required and are not allowed to bring items unrelated to the competition (such as flags, banners, baby carriages, etc.) to participate. Those who do not meet the requirements will be disqualified from the competition.

(4) The competition number of the participants will be uniformly issued by the organizing committee. All participants must fix the competition number tag (large) on the front chest position. If a participant fails to wear the number tag as required, folds it, or covers it (including but not limited to using clothing, waist bags, etc. to cover the number tag), the organizing committee has the right to cancel their competition result; if a participant privately modifies, makes, transfers, or sells the number tag, they will be punished according to the competition rules of this event.

(5) Starting signal: The method of zone assembly and separate gun starting will be adopted. If a participant fails to start properly, they will not be stopped. During the race and after the race, the chief referee will cancel their participation qualification.

(6) Starting order: Elite marathon athletes will be at the front, and mass athletes will be arranged in order of their results by zone. The zone for the results will be based on the best result of the marathon or half marathon event held on the Chinese Marathon Information Platform between January 1, 2024 and March 1, 2026 for the certified A-level event. Participants must assemble in the designated area. This event does not specifically set up a racing wheelchair category. To ensure the safety of non-racing wheelchair participants and other participants, non-racing wheelchair participants

should follow the specific arrangements of the referees.

(7) Timing method

1. This competition adopts the induction timing method. The induction timing chip starts timing (net timing) when the participant passes the starting point (net timing). The winning athletes of the marathon event will be ranked based on the gun sound timing result, and the winning athletes of the half marathon event will be ranked based on the net timing result.

2. At the starting point, every 5-kilometer point, 21.0975-kilometer point, the turning point, and the finish line, there are timing induction carpets. Participants must pass all the ground timing induction carpets in sequence during their movement. If the race is completed within the closing time but lacks the result of any of the timing points, the completion certificate cannot be obtained and the ranking will not be given.

3. The induction timing chip starts timing when the participant passes the starting line. Participants must uniformly wear the induction timing chips provided by the organizing committee to participate. Otherwise, the participation is invalid. If the participant's result cannot be recorded due to not correctly wearing the induction timing chip, the organizing committee will not be responsible.

4. The induction timing chips are distributed at the registration site along with the number tag and other competition items. This competition uses a one-time induction timing chip and does not charge a chip deposit. The chips will not be retrieved after the race.

(8) Closing distance and time To ensure the safety of the athletes during the competition and maintain the order of urban traffic, once the kilometer markers close, the competition timing sensor carpet will stop functioning. The race track will lift the traffic control and return to normal traffic. Athletes should immediately stop the competition, leave the track, and wait for the organizing committee's recovery vehicle or take public transportation to reach the finish line. Otherwise, any accidents resulting from this will be borne by the athlete himself/herself in terms of legal liability and compensation.

(IX) Clothing Storage

1. This event provides clothing storage and retrieval services for all athletes. After reaching the finish line, go to the corresponding section of the number range to collect your own clothing. The clothing storage area will not inspect the items placed in the storage bags by the participants. It is recommended not to store valuable items such as mobile phones, identification documents, and cash in the storage bags. It is prohibited to store flammable, explosive and prohibited items. Do not casually hand over your clothes to staff or volunteers outside the storage area. The organizing committee will not accept complaints from participants regarding the status of the items when collecting the storage bags and will not be responsible for compensation for loss or damage.

2. On the day of the event (May 24, 2026), the clothing storage service at the starting point will stop 15 minutes before each gun firing. The half-marathon storage vehicle departs from the starting point, and the participating athletes must make time

arrangements. Participants of the half-marathon event should collect their personal stored items at the designated area at the finish line before 11:30 on May 24, 2026, and participants of the marathon event should collect their items at the designated area before 15:00 on May 24, 2026. If they do not collect within the time limit, they can contact the event organizing committee to collect them within 5 days after the event (if mailing is required, the cost will be borne by the athlete). Those who do not collect within the time limit will be handled as unclaimed.

(XX) Rest Areas, Water/Drinking Stations

1. Starting from the starting point, there will be a rest area every 5 kilometers, and a water/ drinking station will be set between each two rest areas.
2. Food supplements will be set at 12.5 kilometers, 17.5 kilometers, 22.5 kilometers, 27.5 kilometers, 30 kilometers, 32.5 kilometers, 35 kilometers, and 37.5 kilometers.
3. Some rest areas on the track will have self-provided supplements for elite athletes. The self-provided supplement tables will use red tablecloths and have full video recording. Only the athletes themselves are allowed to take the self-provided supplements. If an athlete takes the self-provided supplements without returning them in time, their competition qualification will be cancelled, and severe cases will be subject to additional penalties after the event.

(XI) Placement of Water, Beverages, and Energy Supplementation Stations follows the setting in the "Competition Guide of the Chinese Athletics Association for Road Running Events", please refer to the "Official Manual".

(XII) This event conducts doping checks on participating athletes in accordance with the relevant regulations of the World Athletics and the Chinese Athletics Association.

(XIII) Athletes who finish within the specified time limit and without any violations can log in to the event website to query their results, download or print their result certificates after the event.

(XIV) Mobile toilets, garbage disposal

The organizing committee will set mobile toilets at the starting point, along the track (every 2.5 kilometers), and at the end of each event. To protect the environment, athletes are not allowed to defecate randomly at the starting and ending points and non-toilet areas during the race. They are not allowed to discard any masks, packaging papers, bottles, cans and garbage randomly. They should try to put them into the specially set garbage bins or garbage bags set by the organizing committee.

(XV) Elite Athletes

1. Registration

For the marathon event, elite athletes have an independent registration area and a warm-up area before the start. All elite athletes must bring their original identification documents to the elite area for registration and start.

2. Starting and Timing

All elite athletes will start with the first gun. The competition results will be timed using gun sound. If an athlete violates the start, they will not be stopped and the referee will disqualify them from competing.

3. Self-provided Supplements

The event will set self-provided supplement stations every 5 km. Elite athletes can

submit their self-provided supplements at the designated time and location on the day of the event and take them at the corresponding stations during the competition. The detailed settings of self-provided supplements will be announced at the technical meeting.

4. Competition Clothing and Shoes

All elite athletes' competition clothing and accessories must comply with the market and advertising regulations of the World Athletics, and the competition shoes must be listed in the sports shoes list of the World Athletics. Athletes who violate this rule will be disqualified from competing.

5. Technical Meeting The technical meeting was held one day before the competition. All elite athletes were required to bring their original ID cards, competition uniforms and competition shoes to attend the technical meeting. [12]

Reward Measures

According to the latest regulations and requirements of the World Athletics Federation and the Chinese Athletics Association, the following bonuses are set:

(1) Bonus Settings

1. Marathon

(1) Competition Place Awards (based on gun sound results)

The top eight male and female finishers will be awarded the following bonuses (unit: US dollars). Chinese participating athletes will receive the equivalent amount of RMB based on the exchange rate on the day of the competition.

Note: For the top three male and female participants, a trophy, a medal and a set of awarding attire will be awarded respectively.

(2) Special bonuses for Chinese participants in the marathon

According to the gun-shot results, the top eight male and female Chinese participants will be awarded the following bonuses (in RMB):

Note: For the top three male and female participants, a trophy, a medal, and a set of award-winning attire will be awarded.

(2) Athletes who finish the race within the specified closing time can log in to the event's official account after the race to query their results, download or print their certificates of achievement.

(3) Awarding Method

1. The completion results of all winning athletes will be publicly displayed on the event's official website for 10 days after the event. During this period, if there are any objections to the competition results of the winners, they must contact the organizing committee and provide genuine and valid evidence.

2. The prize money will be distributed to the winning athletes within 30 days after the event (Chinese athletes will receive the equivalent amount of RMB). If the athlete is subject to doping test, the prize money must be paid within 60 days after the results are publicized and the doping test is qualified. If there is a problem with the doping test, the ranking will be cancelled and the subsequent rankings will not be increased.

3. The above prize money is subject to a 20% personal income tax in accordance with Chinese tax laws. In addition, according to the World Athletics logo road running event rules, the top eight male and female athletes in the marathon must contribute

2% of the pre-tax prize money to the anti-doping inspection fund for international elite athletes. This amount will be withheld and paid by the event organizing committee on behalf of the athletes.

(4) All participants will receive a commemorative T-shirt, an outfit bag, and a number plate. [12]

Registration Rules

(1) Age Requirements for Participation

1. Marathon: At least 20 years old (born before January 1, 2006).
2. Half Marathon: At least 18 years old (born before January 1, 2008).
3. Athletes aged 65 or above must have the signature of a direct family member and must decide for themselves whether to participate based on their own physical condition.

(2) Physical Requirements

The marathon is a high-intensity long-distance competitive sport and also a high-risk competitive event. Therefore, it requires participants to be in good physical condition. Participants must be healthy, have a foundation of regular running or training, and choose the appropriate event based on their own physical condition and ability, and confirm the relevant terms in the participation declaration.

Those with the following physical conditions are not suitable for this competition:

1. Congenital heart disease and rheumatic heart disease;
2. Hypertension and cardiovascular diseases;
3. Cardiomyitis and other heart diseases;
4. Coronary artery disease patients and severe arrhythmia;
5. Diabetic patients with high or low blood sugar;
6. Pregnant women;
7. Those who have had a cold within two weeks before the competition;
8. Those who drank a large amount of strong alcohol or had insufficient sleep the night before the competition;
9. Those with infectious diseases that have not been cured;
10. Those with symptoms such as fever, dry cough, fatigue, reduced sense of smell or taste, nasal congestion, runny nose, sore throat, conjunctivitis, muscle pain, and diarrhea that are not suitable for intense exercise;
11. Other conditions that are not suitable for exercise.

(3) All participating athletes must sign the "Participation Declaration". [12]

Registration Methods

(1) Registration Fee

1. Marathon: 200 yuan per person.
2. Half Marathon: 180 yuan per person.

(2) The marathon event is limited to 25,000 participants, and the half marathon event is limited to 8,000 participants. After the number of participants in each event exceeds the limit, the qualification for participation will be obtained through a lottery and a waiting list system.

(3) Registration Requirements

1. The successful participants in the marathon and half marathon must submit a

physical examination report from a secondary-level hospital or a "Road Runner Athlete Pre-Examination Form" (either one can be uploaded) issued after May 24, 2025 (inclusive). The examination contents mainly include blood pressure, routine electrocardiogram or 24-hour dynamic electrocardiogram or exercise treadmill test (any one of the three is sufficient), and if the blood pressure is too high or the electrocardiogram is obviously abnormal (such as significant bradycardia), a cardiac color ultrasound must be done.

2. Participants in the marathon event must have a performance record of a full marathon or two half marathons within 24 months before the registration deadline. To register for the half marathon event, you must have two race results of 10 kilometers or longer within 24 months prior to the registration deadline. The completion certificate should include the event date, real name, distance (or the name of the event that reflects the distance), and the completion time.

(4) Process for general participants:

1. Pre-registration period: February 26, 2026, 10:00 - March 4, 2026, 17:00.
2. Announcement of successful registration and lifetime athlete status: March 6, 2026, 10:00.
3. Submission of medical examination reports by successful registered and lifetime athlete participants: March 6, 2026, 10:00 - March 12, 2026, 17:00.
4. Payment by athletes whose applications have been approved: March 15, 2026, 10:00 - March 17, 2026, 17:00. Failure to pay within this period will be regarded as a waiver of the registration.
5. Announcement of the second draw and backup results: March 19, 2026, 10:00.
6. Submission of medical examination reports by athletes who are successful in the second draw: March 19, 2026, 10:00 - March 25, 2026, 17:00.
7. Payment by athletes whose applications have been approved: March 27, 2026, 10:00 - March 29, 2026, 17:00.
8. Backup athletes will be substituted in order. The organizing committee will send text messages to notify them to submit the medical examination report and make the payment starting from March 30.

(5) Registration for elite athletes:

Elite athletes are divided into international elite athletes and domestic elite athletes in China. International elite athletes are non-Chinese athletes who meet the event level standards and competition qualifications. Domestic elite athletes are those registered and checked by the current National Sports Administration Anti-Doping Center. These individuals cannot register as general participants. If elite athletes wish to participate in the competition, they should send relevant information to the official email before May 1, 2026. After approval, they can participate in the events organized by the organizing committee.

(6) Before registration, determine the event you want to participate in based on your own situation. Make sure to check the information you fill in before submitting the registration. Once the registration is successful, you cannot change the event. The registration information cannot be modified.

(7) All participants of all events must complete the payment within the specified time

to be regarded as a successful registration. Those who fail to pay within this period will be regarded as voluntarily giving up the qualification for this competition and their qualification will be randomly assigned to backup athletes until the quota is full.

(8) Retired athletes who wish to return to competition must apply for re-entry in accordance with the relevant requirements of the Chinese Athletics Association. If there is any violation of competition rules, the organizing committee will cancel their results and other related earnings related to the competition and report to the Chinese Athletics Association for additional penalties.

Penalty measures:

(1) To strengthen the management of competition ethics and discipline, the organizing committee strictly prohibits the private transfer (sale) or acceptance of transfer (purchase) of competition qualifications. It is prohibited for any running substitution, 蹭跑, forging number tags, and using non-event number tags to enter the track for competition. Once detected, the offender will be permanently banned from participating in all events organized by the organizing committee and will be reported to the Chinese Athletics Association for additional penalties. All consequences resulting from violations such as running substitution, 蹭跑, forging number tags, etc. shall be borne by the offender themselves. If economic losses and serious impacts are caused, the organizing committee reserves the right to pursue the legal responsibility of the offender.

(2) The organizing committee conducts video surveillance at the starting point, each section timing point, the return point, and the finish line. During the competition and related activities, any of the following issues will be subject to penalties ranging from disqualification and results cancellation, 1-2 years of suspension, to lifetime suspension, and will be reported to the Chinese Athletics Association for additional penalties:

1. Athletes carry the time chip of others or one athlete carries more than two (including two) time chips (including male athletes carrying female athletes' chips) during the competition;
2. Not starting in the prescribed order in the non-registered event area;
3. Not starting at the prescribed starting time or crossing the zone to start;
4. Completing the competition in a relay manner;
5. Continuing to race after being advised not to do so and not stopping the race or withdrawing from the race and then returning to the track;
6. Leaving the track, taking shortcuts or using any means of transportation to enter the track during the race;
7. Repeatedly crossing the finish line without following the required procedures, not completing the entire race and then claiming the finisher's medal and souvenirs;
8. Staying near the starting line and the finish line or on the track (such as dancing, performing, taking photos or other behaviors that affect others' races);
9. Not carrying the number bib as required through the finish line;
10. Falsely forging the number bib or using the number bibs of other events or previous events to claim the finisher's medal and souvenirs;
11. Privately altering or covering the number bib to participate in the race;

12. Using false age, false information or impersonating other athletes to obtain the qualification for the race;
13. Concealing a physical illness when participating in the race;
14. Engaging in uncivilized behavior (such as defecating anywhere, littering, taking photos or other behaviors that affect others' races);
15. Refusing to follow the instructions of the event staff, interfering with the judges' officiating, fighting, brawling, or causing disturbances by gathering to disrupt the competition order;
16. Other behaviors that violate the competition rules and regulations. In addition to the above offenders, for other runners who violate the relevant regulations of the World Athletics and the Chinese Athletics Association, the chief referee has the right to disqualify them from the competition. [12]

Guarantee Measures

(1) Medical Rescue

1. The organizing committee sets up a fixed medical point every 2.5 kilometers along the marathon route. There is a clear sign 100 meters before the medical point.
2. The track is equipped with mobile AED medical rescue service staff. There is an ambulance following the running route of the athletes.
3. Every 100 meters along the track, there is a medical volunteer to assist in medical rescue and maintain the competition order. Athletes can seek help.
4. During the race, the head of the medical and health guarantee department has the right to terminate the athlete's race based on the athlete's physical condition and collect the number bib; if the participating athlete refuses to follow the advice of the on-site medical staff and insists on participating, all consequences and responsibilities arising therefrom shall be borne by the athlete himself/herself. If the athlete loses consciousness, the organizing committee shall automatically entrust all means of emergency treatment to be carried out, including but not limited to CPR, external defibrillation with AED, renting a vehicle or aircraft for rapid transfer.

(2) Insurance

1. The organizing committee insures all participants and staff during the competition period with personal accident insurance (the specific insurance types and coverage amounts are subject to the final insured policy). If the inability to purchase insurance or the inability to claim insurance due to incomplete, inaccurate or false information filled in by the participant during registration results in any legal liability (including but not limited to inability to obtain insurance claims), all such legal liabilities shall be borne by the participant himself/herself.
2. During the competition or related activities, the event judges, medical staff, volunteers and staff have the right to determine the termination of the race for athletes whose physical condition is not suitable for continuing the race. If the participating athlete forcibly continues the race resulting in any consequences, all such consequences shall be borne by the athlete himself/herself. The organizing committee shall not be responsible.
3. During the race, if the participating athlete is caused by his/her own reasons (including but not limited to having chronic diseases, hidden diseases, insufficient

physical endurance, etc.) physical discomfort and related diseases or symptoms (including but not limited to heatstroke, fainting, etc.), if the insurance company ultimately determines that it is not within the scope of insurance claims, all legal liabilities and consequences (including but not limited to medical treatment expenses, loss of work, compensation for disability or compensation, death compensation, etc.) arising therefrom shall be borne by the participant himself/herself, and the organizing committee shall not be responsible. The participant must carefully assess his/her physical condition before registering. 4. During the competition, the organizing committee will provide free, on-site, emergency medical treatment of a non-invasive nature. Any subsequent medical expenses incurred by the participating athletes during their hospital treatment will be settled by the athletes themselves with the hospital and they can then apply for compensation from the insurance company or negotiate directly with the insurance company. The organizing committee can provide necessary information and assistance for coordination.

5. If a participating athlete suffers personal injury or death due to the use of performance-enhancing drugs or other prohibited substances during the competition, all legal responsibilities and consequences (including but not limited to medical treatment costs, loss of work income, compensation for disability or injury, or death compensation) arising therefrom shall be borne by the athlete themselves. The organizing committee will not be responsible.

Event lineup

The 2026 Lanzhou Marathon featured two events: the full marathon (42.195 kilometers) and the half marathon (21.0975 kilometers). The event scale was 33,000 people, including 25,000 for the full marathon and 8,000 for the half marathon. The final pre-registration participants reached 361,356 people, breaking the record for the number of registrants and attracting 33,000 runners from 22 countries and regions around the world and 34 provincial administrative regions of China [12] [15].

Event venue

(1) The starting and ending points of the full marathon were set at Lanzhou Olympic Sports Center.

Olympic Sports Middle Road (start) → Olympic Sports East Street → South Binhai West Road → South Binhai Middle Road → South Binhai East Road → Jinyan Bridge → North Binhai East Road → North Binhai Middle Road → North Binhai West Road → Shen'an Yellow River Bridge near the area (reversal) → North Binhai West Road → Yinan Road Auxiliary Road (north) → Yinan Bridge Yellow River Road → Yinan Road Auxiliary Road (south) → South Binhai West Road → Olympic Sports East Street → Olympic Sports Middle Road (end).

(2) For the half marathon, the starting point was set at Lanzhou Olympic Sports Center, and the ending point was set at South Binhai East Road (near Yanzhai Bridge of Line 2).

Olympic Sports Middle Road (start) → Olympic Sports East Street → South Binhai

West Road → South Binhai Middle Road → South Binhai East Road → Reader Avenue reversal → Pingsha Luo Yan → South Binhai East Road (end).