

2025 Changsha Marathon Competition Regulations

I. Race Date & Location

Date: October 26, 2025 (Sunday), 07:00

Location: Changsha City

II. Events & Categories

- . Men's & Women's Marathon (42.195 km)
- . Men's & Women's Half Marathon (21.0975 km)
- . Fun Run (approx. 5 km)

III. Race Scale

- (1) Marathon Elite Invited Athletes (M/W): Approx. 20
- (2) Marathon General Participants (M/W): 15,000
- (3) Half Marathon General Participants (M/W): 16,000
- (4) Fun Run General Participants (Individual/Family Group): 4,000

IV. Race Routes

Starting Point for All Events: Xiangjiang Middle Road (beside Du Fu Pavilion)

Marathon Finish: Helong Stadium South Square

Half Marathon Finish: East Gate of Xi Lake Park

Fun Run Finish: Kaifu Temple Square

(1) Marathon: 42.195 km

Xiangjiang Middle Rd (beside Du Fu Pavilion) (Start) → Xiangjiang Rd northbound (full lane) → North of Xiangjiang Rd/Wuyi Rd intersection (west half lane) → Xiangjiang Rd northbound (west half lane) → U-turn near southeast ramp

of Yinpenling Bridge → Xiangjiang Rd southbound (east half lane) → Ascend bridge via north ramp of Xiangjiang Rd/Orange Isle Bridge → Orange Isle Bridge westbound (full lane) → Descend north via Orange Isle North Ramp → West Orange Isle Rd northbound → East via south gate of Orange Isle Beach Park → East Orange Isle Rd southbound → U-turn at Orange Isle Head, then north via West Orange Isle Rd → Ascend bridge via Orange Isle South Ramp westbound (full lane) → Aimin Rd southbound (full lane) → Gongshang Rd eastbound (full lane) → Xiaoxiang Middle Rd northbound (west half lane) → U-turn near Huangnihe Rd → Xiaoxiang Middle Rd southbound (east half lane) → Xiaoxiang South Rd southbound (east half lane, past Monkey Stone Bridge) → Yanghu Rd eastbound (counter-flow) → Eastbound via north ramp west of Xiangfu Rd Bridge (counter-flow) → Xiangfu Rd Bridge eastbound (north half lane, counter-flow) → Descend via east north ramp of Xiangfu Rd Bridge (north half lane, counter-flow) → Xiangjiang South Rd northbound (west half lane, counter-flow) → Xiangjiang Middle Rd northbound (west half lane, counter-flow) → Baisha Rd eastbound (south half lane, counter-flow) → Shuyuan Rd northbound (east half lane) → Laodong West Rd eastbound (north half lane, counter-flow) → Tianjian Rd northbound (full lane) → Helong Stadium South Square (Finish).

(2) Half Marathon: 21.0975 km

Xiangjiang Middle Rd (beside Du Fu Pavilion) (Start) → Xiangjiang Rd northbound (full lane) → North of Xiangjiang Rd/Wuyi Rd intersection (west half lane) → U-turn near southeast ramp of Yinpenling Bridge → Xiangjiang Rd southbound (east half lane) → Ascend bridge via north ramp of Xiangjiang Rd/Orange Isle Bridge → Orange Isle Bridge westbound (full lane) → Descend north via Orange Isle North Ramp → West Orange Isle Rd northbound → East via south gate of Orange Isle Beach Park → East Orange Isle Rd southbound → U-turn at Orange Isle Head, then north via West Orange Isle Rd → Ascend bridge via Orange Isle South Ramp westbound (full lane) → Aimin Rd southbound (full lane) → Gongshang Rd eastbound (full lane) → Xiaoxiang Middle Rd northbound (west half lane) → Xianjiahu Road westbound (south half lane) → Qiaowanli Rd southbound (full lane) → East Gate of Xi Lake Park (Finish).

(3) Fun Run: Approx. 5 km

Xiangjiang Middle Rd (beside Du Fu Pavilion) (Start) → Xiangjiang Rd northbound (full lane) → North of Xiangjiang Rd/Wuyi Rd intersection (west half lane) → U-turn near southeast ramp of Yinpenling Bridge → Xiangjiang Rd southbound (east half lane) → Kaifu Temple Rd eastbound (full lane) → Kaifu Temple Square (Finish).

Note: Final routes subject to confirmation by course measurer appointed by Chinese Athletics Association.

V. Competition Rules

(1) Governing Standards

Implemented according to the latest competition rules of Chinese Athletics Association, World Athletics Competition & Technical Rules, World Athletics Label Road Races Regulations 2024, Chinese Athletics Association Road Race Management Measures, and these regulations.

(2) Athlete Verification

All athletes must wear the official bib and wristband correctly.

General participants must arrive at the designated area **60 minutes before start** for verification.

Elite athletes must verify in the exclusive zone with original passport/ID. Failure = Ineligible.

(3) Start Procedure

Wave Start.

General participant start zones determined by best Marathon/Half Marathon result in any Chinese Athletics Association-certified "A-Class Event" between Jan 1, 2024, and Jun 1, 2025, verifiable on the Chinese Marathon website. Timing mats at each zone entrance. Athletes must strictly enter assigned zones. After start signal,

athletes must pass their zone mat, then subsequent zone mats, and finally the start mat for a valid time. Failure = No result.

(4) Start Signal

Multiple-wave start. Specific method notified later based on registration. Invalid starts (wrong zone/false start) will not be recalled but result in disqualification (DQ) and no timing.

(5) Cut-off Times

For safety, roads reopen progressively after cut-off times. Athletes failing to reach distance points within cut-off must exit immediately. Shuttle service provided. Organizers may close early if necessary. Cut-offs below (based on gun time per wave):

Position	Cut-off Time (After Start Signal)
All Events Start (0 km)	15 minutes
Fun Run Finish (~5 km)	1 hour 30 minutes
M/HM - 5 km	1 hour
M/HM - 10 km	1 hour 30 minutes
M/HM - 15 km	2 hours 10 minutes
M/HM - 20 km	2 hours 50 minutes
Half Marathon Finish (21.0975 km)	3 hours 10 minutes
Marathon - 25 km	3 hours 35 minutes
Marathon - 30 km	4 hours 20 minutes
Marathon - 35 km	5 hours 10 minutes
Marathon - 40 km	6 hours
Marathon Finish (42.195 km)	6 hours 15 minutes

(6) Timing

- . Timing service provided for Marathon & Half Marathon only.
- . Top 8 M/W Marathon: Ranked by gun time. Half Marathon: Net time.
- . **Net timing provided.** Timing mats at start, pre-zone entrances, every 5km, 21.0975km, U-turns, and finishes. Missing any mat = DQ & no ranking.
- . Disposable timing chips distributed with bibs pre-race.
- . Timing points have displays and video recording.

(7) Baggage Storage

- . M/HM athletes store bags at designated zones by bib range. **No valuables** (phones, IDs, cash, keys, electronics). No large luggage/strollers. No flammable/explosive items. Organizers not liable for loss.
- . **Pickup:** Half Marathon by 11:30 Race Day; Marathon by 14:30 Race Day. Uncollected items available at Organizing Committee (OC) office Oct 27-31 (9:00-17:00). Later = Discarded.
- . Storage times notified separately.
- . **No baggage service for Fun Run.**

(8) Drink/Water/Energy Stations

Drink stations approx. every 5km from start. Water stations between drink stations. Energy stations at 12.5km, 17.5km, 22.5km, 27.5km, 32.5km, 37.5km.

(9) Apparel & Footwear

General participants select T-shirt size during registration. T-shirts collected at Race Kit Pickup. No exchanges.

Elite athletes: Apparel must comply with World Athletics rules. Shoes must be on World Athletics approved list. Violation = DQ.

(10) Bib Numbers

Bibs assigned by OC.

Elites: One large bib front & back.

General: Large bib visible on front; small baggage tag on bag.

Improperly worn/folded/covered bibs = DQ. Missing chip = No result.

(11) Race Kit Collection

- . Athletes must pre-book collection time via official channels (website/WeChat) and collect within slot.
- . **Must collect in person** with valid ID. No proxies.
- . Wristband applied by volunteer onsite. Removal/damage/transfer = Ineligible.
- . OC may deny kits to ineligible/fraudulent applicants. No refunds.

(12) Results Certificate

Finishers within cut-off can download certificates from official website 24 hours post-race.

(13) Doping Control

Athletes must comply with Chinese Athletics Association & World Athletics rules, including doping control.

(14) Penalties

Strictly prohibited: Bib transfer/sale, bandit running, fake bibs, fraud.

Violators face:

- . 1-3 year or lifetime ban from Changsha Marathon.
- . Reported to Chinese Athletics Association for further penalties.

DQ Offenses (via video monitoring):

1. False age;
2. Concealing illness;
3. Impersonation/fake bibs/fraud;
4. Wrong attire/bib;
5. Wrong start zone;
6. False start/wrong wave start;
7. Using vehicles on course;
8. Shortcutting/vehicle assistance;
9. Pushing/obstructing others;
10. Multiple finish crossings for items;
11. Finishing without completing full distance;
12. Disobeying officials/disrupting order;
13. Abuse/fighting;
14. Passive/unsporting behavior;
15. Inappropriate public comments;
16. Littering/urinating/smoking on course;
17. Other rule violations;
18. Violations of sportsmanship.

All risks/liabilities from fraud (e.g., proxy running) borne by registrant. OC reserves right to pursue legal action.

(15) Event Information

See pre-race Athlete Guide or official website: www.marathonchangsha.com.

VI. Participation Rules

(1) Age Limits

- . Marathon: 20+ (born on/before Oct 26, 2005)
- . Half Marathon: 16+ (born on/before Oct 26, 2009)
- . Fun Run (Individual): 16+ (born on/before Oct 26, 2009)
- . Fun Run (Family Group): No age limit (≥ 1 adult required)

Notes:

Minors (<18) require guardian-signed waiver.

Participants ≥ 65 (born before Oct 26, 1960) require family consent and self-assessment of fitness.

Valid ID required (ID card/passport/Home Return Permit/Taiwan Compatriot Permit).

(2) Health Requirements

Long-distance running carries inherent risks. Participants must be healthy, regularly trained, and understand voluntary assumption of risk. **Medical exam**

within past 12 months at Grade IIA+ hospital required, including:

- . Blood pressure & ECG (standard/24-hour dynamic/exercise stress test - one sufficient).
- . Abnormal BP/ECG (e.g., severe bradycardia) requires echocardiogram (ECG & echo not interchangeable).

Self-assess fitness based on report. **Participants bear all risks.**

Participants ≥ 70 must submit health report (within 1 year) and proof of equivalent distance finish (within 6 months, timing proof required) at kit pickup.

Contraindications:

- . Congenital/Rheumatic heart disease;
- . Hypertension/Cerebrovascular disease;
- . Myocarditis/Other heart disease;
- . Coronary artery disease/Severe arrhythmia;
- . Chest pain (angina) during mild activity;
- . Diabetes (uncontrolled hypo/hyperglycemia);
- . Fever/illness within 2 weeks pre-race;
- . Heavy alcohol consumption/sleep deprivation pre-race;
- . Pregnancy;
- . Other unsuitable conditions.

VII. Registration

(1) Methods

- **General:** Via official website/mini-program, "Digital Heartbeat" APP, or "Mararun" APP. **One event only.**
- **Elites:** By OC invitation per World Athletics/CAA rules. International elites/athletes in 2025 Registered Testing Pool cannot register as general participants.

(2) Process

Enter platform → "Register Now" → Select event → Answer pre-reg questions
→ Read & agree to Waiver, Registration Notes, Risk Warning → Fill info →
Submit & pay → Wait for draw result.

(3) Timeline

- **Pre-registration & Payment:** July 29, 10:00 - Aug 4, 17:00 (2025)
- **Draw Result Release:** August 27, 15:00
- **Bib Number Announcement:** September 30, 10:00 (Check official channels)

(4) Guaranteed Entries

- **Loyal Runners:** Participated in any 5 editions (2015-2024) of Changsha Marathon (M/HM). Select option during registration; OC verifies data.
- **Elite Runners (M/HM):** Achieved below times in CAA "A-Class Event" (Jan 1, 2024 - Jun 1, 2025). Select option during registration. Verification via Chinese Marathon website.

Age Group	Men Marathon	Women Marathon	Men Half	Women Half
≤34	2:50:00	3:10:00	1:20:00	1:30:00
35-39	3:00:00	3:20:00	1:25:00	1:35:00
40-44	3:05:00	3:25:00	1:27:00	1:37:00
45-49	3:10:00	3:30:00	1:30:00	1:40:00
50-54	3:20:00	3:45:00	1:40:00	1:50:00
55-59	3:30:00	4:00:00	1:45:00	1:55:00
60-64	3:50:00	4:20:00	1:50:00	2:05:00
≥65	4:00:00	4:30:00	1:55:00	2:10:00

Marathon & Half Marathon elite criteria are separate.

- **Charity Runners (M/HM only):** 100 slots per event. First-come, first-served.
- **Official Pacers, Medical Runners, Sponsors, Event Winners, etc.**

Unfilled slots by Oct 12 may have supplementary entries (select option during registration).

VIII. Awards

(1) Marathon Awards

- **Top 8 Overall (M/W):** By gun time. Champion-3rd: Trophy + Medal.
- **Top 8 Chinese (M/W):** By net time.

Overall (M/W) Prizes (USD)			Chinese (M/W) Prizes (RMB)		
Place	Prize	Time Condition	Place	Prize	Time Condition
1st	\$70,000	Sub 2:07:00	1st	¥50,000	Sub 2:13:20
	\$45,000	2:07:00+		¥30,000	2:13:20+
2nd	\$30,000	Sub 2:08:00	2nd	¥20,000	-
	\$20,000	2:08:00+			
3rd	\$10,000	-	3rd	¥10,000	-
4th	\$5,000		4th	¥9,000	
5th	\$4,000		5th	¥8,000	
6th	\$3,000		6th	¥7,000	
7th	\$2,000		7th	¥6,000	
8th	\$1,000		8th	¥5,000	

Notes:

Course Record Bonus: ¥30,000 (first breaker only) - (M: 2:09:07 / W: 2:23:13).

National Record Bonus: \$50,000 (first Chinese breaker only) - (M: 2:06:57 / W: 2:19:39).

If eligible for multiple awards, only the highest is awarded. No accumulation.

2% of top 8 prize money withheld for World Athletics Anti-Doping Fund.

All prizes subject to 20% personal income tax (PIT).

- **Hunanese Athletes Top 20 (M/W):** By finish position (ID verified).

Place	Prize (RMB)	Place	Prize (RMB)
1st	3,000	1st	3,000
2nd	2,000	2nd	2,000
3rd	1,000	3rd	1,000
4th	900	4th	900
5th	800	5th	800
6th	700	6th	700
7th	600	7th	600
8th	500	8th	500
9th-20th	300	9th-20th	300

If eligible for multiple awards, only the highest is awarded. Subject to 20%

PIT.

- . All Marathon finishers within cut-off receive finisher bag & medal.

(2) Half Marathon Awards

- . **Top 8 (M/W):** By net time. Champion-3rd: Trophy + Medal.

Place	Prize (RMB)	Place	Prize (RMB)
1st	8,000	1st	8,000
2nd	6,000	2nd	6,000
3rd	4,000	3rd	4,000
4th	3,000	4th	3,000
5th	2,500	5th	2,500
6th	2,000	6th	2,000
7th	1,500	7th	1,500
8th	1,000	8th	1,000

Subject to 20% PIT.

- . All Half Marathon finishers within cut-off receive finisher bag & medal.

(3) Fun Run

- . No cash prizes.
- . Finishers within cut-off receive medal.

(4) Prize Payment

- . **No on-site payment.** Results published online for 10 days. Prizes paid via bank transfer post-verification (no doping issues). Doping violation = disqualification & forfeiture (no bumping).
- . **All prizes subject to 20% PIT.**

IX. Medical Services

- . Medical posts every 2.5km (marked 50m prior). Seek immediate help if needed.
- . Medical vehicles on course. **Yield right of way.**
- . Volunteers every 100m for assistance/order.
- . Medical staff may remove athletes deemed unfit. Non-compliance = athlete assumes all risk.
- . Athletes bear all liability for injuries/death caused by doping/banned substances.

X. Insurance

OC provides personal accident insurance for all participants & staff (coverage details per final policy). **Errors in registration info may void coverage/claims.**

Athlete bears all liability.

Athletes must assess their own health. OC not liable for conditions arising from pre-existing/undiagnosed issues (e.g., heatstroke, fainting) deemed non-claimable by insurer.

Insurance Policy Details available on official website post-bib release.

XI. Voluntary Assumption of Risk

Per Article 1176 of China's Civil Code: Individuals voluntarily participating in activities with inherent risks waive the right to claim damages against other participants (except for intentional/grossly negligent acts). Organizer liability governed by safety obligation rules.