

Estepona Jardín de la Costa del Sol Marathon and Half Marathon

RUNNER'S GUIDE

Sunday, October 11, 2026

maratoncostadelsol.com



MARATÓN *Jardín de la Costa del Sol* ESTEPONA



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EXPO MARATHON



RECINTO FERIA DE ESTEPONA

Urbanizacion Ferial 133, 29680, Estepona, Málaga



OCTOBER 9th, from 4:00 PM to 8:00 PM

OCTOBER 10th, from 10:00 AM to 8:00 PM



BIB NUMBER COLLECTION

- It is mandatory to collect race numbers at the indicated time.
- Come and collect it knowing your race number. You can find it in the email you'll receive or with the QR code on the receipt.
- You will need to identify yourself using your ID card or passport.
- Bib numbers cannot be collected on the day of the event.
- If you cannot collect the race number in person, a third party can collect it with a signed authorization, as well as the necessary documentation (photocopy of the runner's ID and proof of registration).

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ALTIMETRY

A topographic profile showing the elevation changes along a route. The horizontal axis represents distance from -0 m to 42,23 km. The vertical axis represents elevation. The profile is a jagged line with a green shaded area underneath, indicating the terrain's elevation relative to a baseline. The route starts at -0 m, rises to a peak, then fluctuates with several smaller peaks and valleys, ending at 42,23 km.



STREET MAP



KM

STREET

0	Estadio de Atletismo Municipal
1	Av. Juan Carlos I
2	Av. España
3	Av. España
4	Av. Litoral
5	C. del Mare Nostrum
6	Carril Aux. A-7
7	Senda litoral - Punta de la Plata
8	P.o Marítimo Pedro Manrique
9	Paseo Marítimo / casco urbano
10	Paseo Marítimo - Chiringuito Tropical
11	Puerto Deportivo de Estepona
12	Playa del Cristo
13	Playa de Guadalobón (zona giro oeste)
14	Av. del Carmen
15	Av. del Carmen
16	Av. España
17	Paseo Marítimo / casco urbano (Plaza Ortiz - desvío hacia Cancelada)
18	Av. España
19	Av. Litoral
20	C. del Mare Nostrum
21	Senda litoral de Estepona



STREET MAP



KM	STREET
22	Senda litoral de Estepona
23	Senda litoral - Playa del Padrón
24	Senda litoral (Arroyo Vaquero)
25	Senda litoral de Estepona
26	Senda litoral de Estepona
27	Senda litoral de Estepona
28	C. Traiña
29	Senda litoral (Guadalmansa)
30	Senda litoral de Estepona
31	Senda litoral de Estepona
32	Senda litoral de Estepona
33	Senda litoral (Arroyo Vaquero)
34	Senda litoral - Playa del Padrón
35	Senda litoral de Estepona
36	Senda litoral de Estepona
37	Senda litoral - Punta de la Plata
38	P.o Marítimo Pedro Manrique
39	Paseo Marítimo / casco urbano
40	C. Caridad
41	C. Pilar de Farinós
42,195	Estadio de Atletismo Municipal — META



WARDROBE



RECINTO FERIA DE ESTEPONA

Urbanizacion Ferial 133, 29680 Estepona, Málaga



7:30h - 8:20h

TO LEAVE BELONGINGS



9:45h - 15:00h

TO COLLECT BELONGINGS



INSTRUCTIONS

- One bag per runner is allowed. Suitcases and large items (max. 5kg) are not permitted.
- Each participant will be given a wristband, along with the collection of their race number.
- Runners must identify their bag with this wristband, handing it, along with their identification, to our volunteers.
- To collect your bag from the cloakroom service, you will be required to present your race number.
- It is not recommended to put delicate or valuable items in the bag; the organization will not be responsible for any loss or damage that these items may suffer due to the handling that the bags undergo at the hands of our volunteer staff.

START AND FINISH



START



ESTADIO MUNICIPAL DE ATLETISMO DE ESTEPONA

Av. Carlos I, 140, 29680 Estepona, Malaga



7:45 AM to 8:20 AM

ACCESS HOURS

It is recommended to arrive in the area in advance.

The race will start at 8:30 AM for half marathon and marathon runners, except for wheelchair racers, who will start at 8:20 AM

FINISH LINE



ESTADIO MUNICIPAL DE ATLETISMO DE ESTEPONA

Av. Carlos I, 140, 29680 Estepona, Malaga

At the finish line, runners will receive their commemorative medal after completing the race, as well as refreshments and physiotherapy services.

Please note that, for safety and logistical reasons, the finish area will only be open to participating runners.

IN THE RACE...



SUPPLIES

We remind you that aid stations, as well as all race services, are only available to runners participating in the Estepona Costa del Sol Marathon or Half Marathon.

KM POINT	STREET	KM POINT	STREET
KM 5,2	C/ Mare Nostrum 6	KM 25,7	Senda Litoral – Playa Guadalmansa
KM 10	P. M. Pedro Manrique 30	KM 28,4	C/ Trajano 22
KM 15	Avenida del Carmen 63	KM 30,9	Guadalmansa Beach
KM 17,5	Av. España 66	KM 33,5	Senda Litoral – Torre Velerín
KM 20	C/ Mare Nostrum 6	KM 36	Senda Litoral – C/ Las Dunas
KM 23,1	Senda Litoral – Torre Velerín	KM 39	Avenida España 18

PACEMAKERS

The organization provides participants with pacemakers at a suitable pace to complete the course.

The times recorded by these athletes will be: **3h, 3:15h, 3:30h, 3:45h, 4h and 4:15h**. They will also meet the half marathon paces of 1:30h; 1:38h; 1:45h, 1:52h, 2h, 2:08h, according to the corresponding pace.

The athletes in charge of this task will be identified, both by their clothing and by signs recognizable to the rest of the participants.

IN THE RACE...



MEDICAL SERVICES

There will be the following services distributed along the circuit:

- 5 Advanced Life Support ambulances;
- 8 technicians equipped with semi-automatic external defibrillators (AEDs);
- 1 rapid intervention vehicle (RIV), following the race participants.

From these devices, medical services will be able to quickly address any problems that race participants and the public attending the event may have.

In addition, the finish area will have a field hospital and a physiotherapy area available for participants.

TOILETS

The organizers will provide participants with access to the toilets at the Municipal Athletics Stadium in the start/finish area. Portable toilets will also be available for participants along the course.

VOLUNTEERS

More than 550 volunteers from different athletics associations and clubs will be distributed throughout the circuit, aid stations, finish line, wardrobe and expo. All of them coordinated by the Estepona Athletics Club.

Everyone will be on hand to ensure the smooth running of the event and to assist the runners; don't forget to thank them for their incredible work.



RESULTS



CONTROL CLOSURE

A test control closure is established, set at 2:00 PM, this being the official maximum time limit to complete the course.

The mandatory split times, to complete the test, from the initial start will be as follows:

KM POINT	MAXIMUM TIME	KM POINT	STREET
5	00h39:05	25	3h15:25
10	01h18:10	30	03h54:30
15	01h57:15	35	04h33:35
20	02h36:00	40	05h12:40

AWARDS

An awards ceremony will be held on Sunday at 12:00 in the Estadio Municipal de Atletismo de Estepona for the absolute female and male category (marathon and half marathon) and the first 3 of each age category in the marathon.

A designated identification point will be set up in the stadium where winning athletes must present proof of identity (using a national identity card, passport, or other official document). They will then be allowed access to the stage to collect their award and must leave the area afterward.

CLASSIFICATIONS

The results of the Estepona Costa del Sol Marathon will be published on the race website, www.maratoncostadelsol.com, after its completion and after review by the official judges.

*Welcome to the Estepona Jardín
de la Costa del Sol Marathon!*

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42K

MARATÓN

Jardín de la Costa del Sol

ESTEPONA



21K

