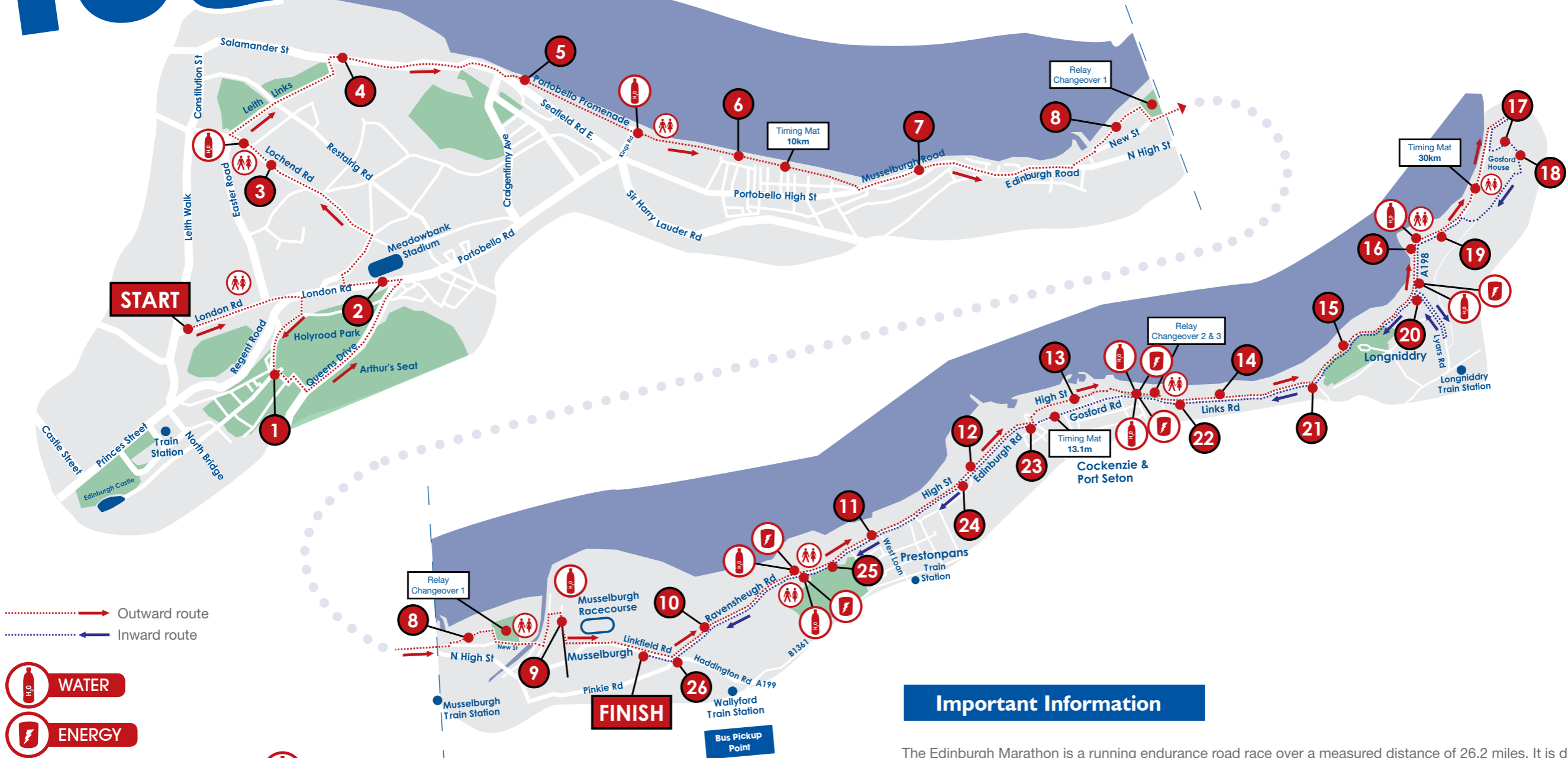


the route!



Please study the route map below. It tells you where the race starts, where the race finishes, toilet locations around the route and hydration locations.



→ Outward route
← Inward route



WATER



ENERGY



TOILET



26 MILE MARKERS



All water stations will be stocked with 250ml bottles of Strathmore Spring mineral water.



All energy stations will have 330ml bottles of Lucozade Sport.

Important Information

The Edinburgh Marathon is a running endurance road race over a measured distance of 26.2 miles. It is delivered under a permit from Scottish Athletics. The Race will be run and refereed under the rules of Scottish Athletics.

The Edinburgh Marathon is not a fun run or a walk.

An endurance road race of this distance is a serious athletic undertaking and should only be undertaken after doing the appropriate level of training. If you are under prepared, unwell or injured you should seriously consider seeking medical advice. The time limit for the course is 6 hours and 30 minutes, which is approximately 15 minutes per mile.

There will be a sweeper vehicle travelling at this speed. If you are passed by the sweeper vehicle you will have 2 options: you can continue however you must move on to the pavements or the side of the road as we will have to reopen the roads at this time. Please continue with caution as live traffic will be permitted on the roads when this happens. Your second option is to board the sweeper vehicle and it will take you to the finish.