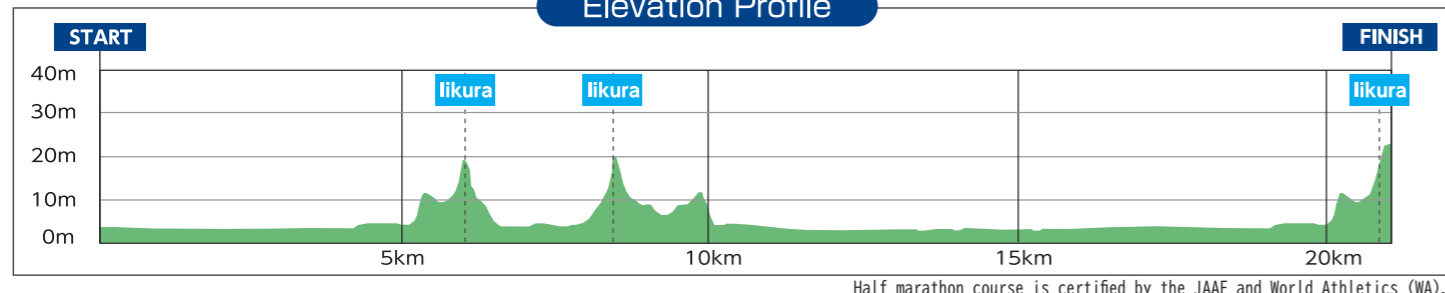


Course Map



Access to the Starting Area

JR Line / Tokyo Monorail ▶ 10-minute walk from Hamamatsucho Station North Exit
 Toei Subway Mita Line ▶ 3-minute walk from Onarimon Station Exit A1
 3-minute walk from Shibakoen Station Exit A4
 Toei Subway Asakusa Line / Oedo Line ▶ 5-minute walk from Daimon Station Exit A6
 Toei Subway Oedo Line ▶ 7-minute walk from Akabanebashi Station Akabanebashi Exit
 * There are no car or bicycle parking spaces for participants.

Inquiries

Minato City Marathon Secretariat
 Akasaka Community Plaza 2F, 4-18-13 Akasaka, Minato-ku, Tokyo 107-0052
 Minato Sports, Community, Culture and Health Foundation, Marathon Section
 Tel:03(5770)1400 Fax:03(5770)6884 (8:30 am to 5:15 pm Mon. to Fri.)



Running through the heart of Tokyo



MINATO City Half Marathon 2026

— 80th Anniversary of Minato City Administration —

2026.11.15 (日)

START Half Marathon **8:40**
 Youth Run **8:30**
 Fun Run **9:10**

Entry

7.1 9:00 Wed. →

General Registration (Lottery Selection)	7.13	17:00 Mon.
Charity Registration (First 100 people) *Registration closes once capacity is reached.	8.17	17:00 Mon.

START Minato City Shiba Park > **FINISH** Tokyo tower Half Marathon Youth Run Metropolitan Shiba Park No. 4 Fun Run

Half Marathon	Fun Run	Supporter
 TV personality Mr.SUGIYAMA Harry	 Paralympian for Japan representative Ms.TAKADA Chiaki Deaflympian for Japan representative Mr.TAKADA Yuji	 Running comedian Mr.Ganbale Yusuke The most runner among announcers in Japan Ms.Hasegawa Tomoka

World Athletics World Ranking Competition/Japan Association of Athletics Federations certified Competition

Organizers Minato City Marathon Executive Committee, Tokyo Athletics Association **Managing Organization** Minato City Athletics Association
Supporting Organization Sports Nippon Newspapers
Event Collaborators Shiba Toshogu, Zojoji, Tokyo Tower Co.,Ltd., Tokyo Prince Hotel / The Prince Park Tower Tokyo, JMJA : Japan Medical Joggers Association, Japan Airlines Co., Ltd.

Race Category

Divisions	Half Marathon (21.0975km) [JAAF Certified Competition] [World Athletics World Ranking Competition]						Youth Run (approx. 3.6km)		Fun Run (approx. 800m)
	JAAF-registered Division	Non-JAAF Registered Division *1					Junior High School Division	High School Division	—
Capacity	Under 30	30-39	40-49	50-59	60-69	70+	Junior High School Division	High School Division	—
Start method	5,000 *Priority given to Minato City residents. (General: 4,800, Disabled persons: 100, Charity registration: 100)						200 *Priority given to Minato City residents or students. (General:190 / Disabled persons: 10)		500 *Minato City residents (General: 450, Disabled persons: 50)
Time limit	Runners are assigned to 4 corrals and start at 3-minute intervals (wave start) *2						Simultaneous start		Simultaneous start
Start time	2 hours 30 minutes after the start of the last corral.						25 minutes		30 minutes
Registration	8:40 am						8:30 am		9:10 am
Eligibility	General Registration:10000yen Charity Registration:40000yen *3						2,000 yen		500 yen
Awards	Persons who are 18 years or older on the day of the event, and can finish within the time limit. *4						Junior High School Division Those born between April 2, 2011 and April 1, 2014 who can complete the race within the time limit. *4	High School Division Those born between April 2, 2008 and April 1, 2011 who can complete the race within the time limit. *4	Minato City residents *5 (No age limit)
Records	Minato City 80th Anniversary Commemorative Special Award *6						Junior High School Division	High School Division	No awards presented
Participation Prize	JAAF-registered Division	General Division *1				Junior High School Division	High School Division	No awards presented	
Records	Gross time *7	Gross time *7	Net time *8		Gross time *7		No awards presented		
Records	1st to 8th place by gender	1st to 8th place by gender	1st to 8th place by gender and age group		1st to 3rd place by gender	1st to 3rd place by gender	No awards presented		
Records	Minato City residents : 1st to 3rd place by gender *9	Minato City residents : 1st to 3rd place by gender *9	Oldest finishers by gender *10				No awards presented		
Records	Runners who complete the race within the time limit can download an official certificate with finish time and their time for 5km.						Runners who complete the race within the time limit can download an official certificate with finish time and their time for 3km		No timed
Participation Prize	Shirt (Those who complete the race will also receive a finisher's towel)								Hand towel

- *1 Foreign nationals who are not registered with the JAAF will be entered in the Non-JAAF registered division.
- *2 The assignment to corrals in the half marathon will be based on the order of the times self-reported by applicants (General applications only).
- *3 Applications submitted using RUNNET or Run Japan will be subject to a handling fee in addition to the participation fee. Charity registration runners shall pay a handling fee for the 10,000 yen participation fee, but the handling fee for the 30,000 yen donation will be waived.
- *4 Those who have difficulty running alone may be accompanied by one runner. Also, competition racing wheel chairs are not allowed to be used in the event.
- *5 Pre-school participants must be accompanied by an adult guardian. Those who have difficulty running alone may be accompanied by an escort runner. Participants who are capable of running alone and are old enough to be in school may not be accompanied by a runner, racing wheel chairs and strollers for daily use are allowed. However, competition wheelchairs are not allowed.
- *6 To commemorate the 80th anniversary of Minato City Administration, the Minato Ward Marathon Executive Committee will present a special award to the selected runners.
- *7 Gross time refers to the time from the starting gun until the runner crosses the finish line.
- *8 Net time refers to the time from when the runner crosses the start line to when the runner crosses the finish line.
- *9 Regardless of age, 1st to 3rd places will be awarded to Minato City residents by gender based on the gross times of JAAF registrants and the Non-JAAF registrants.
- *10 Awards will be given to the oldest finishers by gender for net time.

Health Management & Medical Check

Chairman of Medical Affairs Committee, Tokyo Athletic Association
Toshitake Mitsuhashi, M.D.

The recent marathon (running) boom has led to an increase in the number of runners, and while it is an easy sport to start, it can also be dangerous. Especially when it comes to the actual race, it is easy for runners to overdo it even though they feel unwell, which can lead to unexpected injury. When competing in a marathon, one must take into consideration one's age and physical condition, as well as one's usual preparation, and pay close attention to safety.

Get a Medical Checkup

Many people run marathons or jog for their health. However, if marathon running ends up harming your health, those efforts may be wasted. Most cases of cardiac arrest during marathons are caused by ischemic heart disease, such as angina pectoris or myocardial infarction (heart attack). In some cases, ischemic heart disease can be detected through a medical checkup. To help reduce accidents caused by heart disease during marathons, we strongly encourage all participants to undergo a medical examination. According to the "Overview of Vital Statistics" published by the Ministry of Health, Labour and Welfare, heart disease (excluding hypertensive disease) was the second leading cause of death after malignant neoplasms (cancer) in terms of the total number of deaths by cause in one year. In addition, reports indicate that, compared with people who have none of the risk factors for heart disease — obesity, high blood sugar, high blood pressure, and hyperlipidemia — the risk increases 5.1 times for those with one risk factor, 5.8 times for those with two risk factors, and 35.8 times for those with three or four risk factors.

Health Checklist Before Entry

If any of the following items apply to you, please consult your physician before participating.

- Has been diagnosed with or is undergoing treatment for cardiovascular disease (heart attack, angina pectoris, cardiomyopathy, valvular disease, heart failure, congenital heart disease, arrhythmia, aortic aneurysm, etc.).
- Has experienced sudden fainting spells (syncope).
- Has experienced chest pain or lightheadedness during exercise.
- Has a blood relative who died suddenly of 'cardiac arrest' (sudden cardiac death).
- Has not had a physical examination in the last year or more.
- Is a man over 60 years of age.
- Has high blood pressure (hypertension).
- Has high blood sugar (diabetes).
- Has high LDL cholesterol and triglycerides (dyslipidemia).
- Smokes cigarettes.

A family doctor is a doctor close to you who takes care of your health and physical condition. Make sure you have a family doctor and consult with him or her about various examinations and race participation.

About
Goal setting and
Training



Created in 2013.4.11, rewritten 2024.11.30
Japan Association of Athletics Federations Medical Council

Entry Process

Please access the official event website from your PC or smartphone using the URL or QR code below and follow the instructions on the entry page. First-time RUNNET users must register in advance (free of charge).

<https://minato-half.jp/>



Race Category Application Category	Half Marathon Charity registration	Half Marathon General registration (Priority given to Minato City residents.)	Youth Run (Priority given to Minato City residents or students.)	Fun Run (Minato City Residents Only)
Registration Period	Application Period: Wednesday, July 1, 2026, 9:00 am – Monday, August 17, 2026, 5:00 pm	Application Period: Wednesday, July 1, 2026, 9:00 am – Monday, July 13, 2026, 5:00 pm		
Participation Confirmation	First-Come, First-Served (Capacity: 100 participants)	Lottery Selection Lottery results will be announced on Monday, August 3. Please check your RUNNET MyPage.		
Payment Period	Participation confirmed after payment completion by Monday, August 17. Registration closes once capacity is reached.	Entry fee payment deadline: Monday, August 17. Participation will be confirmed after payment completion.		

In-Person Registration (Minato City Residents Only)

Those who have difficulty applying online can apply at the following application counters during the application period via paper application (Minato City residents only) (cannot be done by mail). Payment of the participation fee for charity entry (first-come, first-served) is by cash only. The lottery results will be announced from Friday, 1 August, by mail. The payment method for the participation fee will be a postal payment slip sent to the winner or cash payment at the application counters (payment handling fees etc. will be borne by the lottery winner).

[Application counters are open from 9 am to 5 pm on weekdays during the application period]

- Minato City Sports, Community, Culture and Health Foundation Marathon Section Akasaka Community Plaza 2F, 4-18-13 Akasaka, Minato-ku, Tokyo
- Lifelong Learning Sports Promotion Section, Minato City: 7F (Counter No. 710), Minato City Hall 1-5-25 Shibakoen, Minato-ku, Tokyo
- Minato City Council of Social Welfare: 2F, 5-16-45 Roppongi, Minato-ku, Tokyo *Only for disabled persons registration

- * Selected applicants who fail to complete payment within the payment period will be regarded as having withdrawn.
- * Duplicate entries will be disqualified.

Entry Rules & Regulations

Please read and agree to the following terms before applying for registration.

- Change of race category, cancellation, transfer of rights or change of name due to a participant's personal circumstances will not be allowed after participation has been confirmed.
- There will be no refund of participation fees (including charity donations) after they have been paid, including in circumstances where the event is downsized or canceled due to an earthquake, flood, snow, incident, accident, illness, etc.
- Participants shall be aware of their health, including heart disease and other illnesses, such as by having a physical examination by a doctor in advance, and train sufficiently before participating in the event. Entrants shall participate in the event at their own risk with regard to injury, illness, accidents, etc.**
- Participants may be stopped during the event to allow emergency vehicles to pass, or be asked to give emergency vehicles priority passage. Further, the organizers may stop the event if they determine that there is a hindrance to its continuance. Participants shall follow the organizers' instructions with regard to safety management and the operation of the event.
- If a participant suffers illness or injury during the event, the participant shall receive first aid from the organizers.
- Participants will be compensated for any accidents or injuries arising during the event within the scope of the coverage of the insurance policy purchased by the organizers. The organizers will provide first aid to a participant's injury or illness, but will not have any liability for such, and participants shall not make any claims for compensation against the organizers.
- When registering for the event, participants shall obtain permission to participate in the event from their parents, family or guardians if the participant is a minor, or from their teammates if registering as the representative of a team.
- Fraudulent applications regarding age, sex, records, etc., participation by a person other than the registrant (i.e., participating on behalf of another person), or disseminating information of ill intent will not be allowed. If such dishonesty is discovered, the organizers' decision shall be followed regarding the revocation of participation and awards, and disqualification from future participation, etc. Further, the organizers shall not have any liability for providing first aid or refunds to fraudulent applicants or alternate runners.
- Registrants may be unable to apply due to the device, operating system or internet browser they use. The organizers shall not be liable for any delayed applications caused by internet service failures, etc.
- If notification regarding the results of the entry lottery is not received due to a problem with the email address used for registration, the notification will not be re-sent (make sure to permit receipt of emails from our domains. @minato-marathon.jp, @runnet.jp, @runpassport.jp). The organizers will not be liable for the non-payment of participation fees due to the notification email not being received or being overlooked.
- The handling of participants' personal information shall be in accordance with the provisions of the Race Regulations.
- Participants shall comply with the above Terms of Application as well as the organizers' separately defined Race Regulations (in case of discrepancy, the Race Regulations shall prevail).

About shoes

The Half Marathon will be run in accordance with the 2026 World Athletics (WA) and Japan Association of Athletics Federations (JAAF) Rules and Regulations.

Please note the following points.

(1) The thickness of the soles of the shoes worn shall be in accordance with WA Rule TR5 (Article 5 of the Technical Rules) and the "Regulations Concerning Athletic Shoes." Shoes that do not conform to these rules may not be used.

(2) Please check the following URL, or scan the QR code for the shoes that can be used.

<https://certcheck.worldathletics.org/FullList>



(3) Shoe soles will not be checked before the start of the race, but if the Referee has any doubts about the shoes used during the race, he/she may ask the competitor to submit his/her shoes after the competition is over. If shoes marked as "N (No)" on the WA list are found to be used, the runner will be disqualified.

Notes for people with disabilities

[Half Marathon and Youth Run]

- People with disabilities who would have difficulty running alone are allowed to have an escort runner (guide dogs are not allowed as escorts). The escort runner's participation fee is free, but the escort runner's time will not be recorded unless the escort runner also registers as a participant. Participation in wheelchairs is not permitted.

[Fun Run]

- People who would have trouble running alone are allowed to have an escort runner (guide dogs are not allowed as escorts).
- Participation using regular wheelchairs and baby strollers is also allowed, however, competition wheelchairs are not allowed.

Volunteer recruitment !!

Entry is through the official website.

Thursday, July 2 - Friday, September 25