

Running through the heart of Tokyo

# MINATO City Half Marathon 2025

## 11.16sun

*new!!*

### Runner entry

<b>7.1</b>	9:00	<b>7.11</b>	17:00
	TUE	General	FRI
<b>8.18</b>		Charity	17:00
			MON

### © Internationalization !

WA Certified Course  
WRK Target Competition

### © Youth Run is now an official event !

For junior high and high school students




Event Information	
Name	Minato City Half Marathon 2025
Date	Sunday, 16 November 2025 *Rain or shine
Organizers	Minato City Marathon Secretariat, Tokyo Athletics Association
Managing Organization	Minato Ward Athletics Association
Supporting Organization	Sports Nippon Newspapers
Event Collaborators	Zojoji, Tokyo Tower Co., Ltd., Tokyo Prince Hotel / The Prince Park Tower Tokyo, Shiba Toshogu
Competition Rules	The half marathon of this event will be conducted in accordance with the 2025 World Athletics (WA) and JAAF rules and regulations and the Race Regulations.
Start Venue	In the vicinity of Minato City Shiba Park
Finish Venue	Half Marathon & Youth Run: Tokyo Tower / Fun Run: Tokyo Metropolitan Shiba Park (north side of Minato City Library)

Race Categories, Maximum Number of Participants, Qualification Requirements, Participation Fees, etc.	Race Category	Half Marathon (21.0975km) [JAAF Certified Competition] [WRK Target Competition]						Youth Run (approx. 3.6km)		Fun Run (approx. 800m)	
	Divisions	JAAF-registered Division	General Division *1						Junior High School Division	High School Division	—
	Max. no. of participants	5,000 (General: 4,800, Disabled registration: 100, Charity registration: 100) *Priority given to Minato City residents.						200 (General:190,Disabled persons: 10) *Priority given to Minato City residents or students.	500 Minato City residents (General: 450, Disabled persons: 50)		
	Start method	Runners are assigned to 4 corrals and start at 3-minute intervals (wave start) *2						Simultaneous start		Simultaneous start	
	Time limit	2 hours 30 minutes after the start of the last corral						25 minutes		30 minutes	
	Start time	8:40 am						8:30 am		9:10 am	
	Participation fee	10,000 yen (Charity registration: 40,000 yen *3)						2,000 yen		500 yen	
	Qualification requirements	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	High School Division	Minato City residents (*5) No age limit	
								Those born between April 2, 2010 and April 1, 2013 who can complete the race within the time limit *4	Those born between April 2, 2007 and April 1, 2010 who can complete the race within the time limit *4		
	Awards	JAAF-registered Division	General Division *1				Junior High School Division	High School Division	No awards presented		
		Gross time *6	Gross time *6		Net time *7		Gross time *6	Gross time *6			
		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			
		Minato City residents : 1st to 3rd place by gender *8	Minato City residents : 1st to 3rd place by gender *8		Oldest finishers by gender *9						
	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		Not 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 General Category.  
 \*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 wheelchairs 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. Wheelchairs and strollers for daily use are allowed. However, competition wheelchairs are not allowed.  
 \*6 Gross time refers to the time from the starting gun until the runner crosses the finish line.  
 \*7 Net time refers to the time from when the runner crosses the start line to when the runner crosses the finish line.  
 \*8 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 general participants.  
 \*9 Awards will be given to the oldest finishers by gender for net time.



## Entry Methods

Race Category	① Half Marathon		② Youth Run	③ Fun Run
Divisions	Charity registration	General registration	General registration	General registration (Minato City residents only)
Application Periods	9:00 am Tues. 1 July ~ 5:00 pm Mon. 18 August 2025	9:00 am Tues. 1 July ~ 5:00 pm Mon. 11 July 2025		
Application Method	<div>RUNET (entry page)</div> <div>Please access the URL for the official website below or the QR code using your computer or smartphone and follow the instructions on the race entry page to apply. *If you are using RUNNET for the first time, you need to register as a member in advance (free). Official website <a href="https://minato-half.jp/en/guidance/">https://minato-half.jp/en/guidance/</a></div> <div></div>			
Participation Decision	First-come, first-served basis (Max. no of participants: 100)	Lottery (Priority given to Minato City residents)	Lottery (Priority given to Minato City residents or students)	Lottery
	Pay the participation fee within the payment deadline	Fri. 1 August Lottery result announcement (check “Run Japan My Page” )		
	The deadline for payment is Monday August 18th Participation will be determined after payment has been completed. ※ Ends as soon as capacity is reached.	The deadline for payment is Monday August 18th Participation will be determined after payment has been completed.		
Application Counters (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). <ul style="list-style-type: none"><li>● Application counters are open from 9 am to 5 pm on weekdays during the application period</li><li>● Kiss Port Foundation (Marathon Section): Akasaka Community Plaza 2F, 4-18-13 Akasaka, Minato-ku, Tokyo</li><li>● Lifelong Learning Sports Promotion Section, Minato City: 7F(Counter No. 710), Minato City Hall 1-5-25 Shibakoen, Minato-ku, Tokyo</li><li>● Minato City Council of Social Welfare: 2F, 5-16-45 Roppongi, Minato-ku, Tokyo *Only for disabled persons registration</li></ul>			

- \* If payment of the specified registration fee from applicants selected in the lottery is not completed within the payment period, the applicant will be deemed to have declined to participate.  
 \* Duplicate entries will be declined.

## Terms of Application

- \* 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 decided.
  - 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).

Notes for people with disabilities	<p>【Half Marathon and Youth Run】</p> <ul style="list-style-type: none"><li>• People with disabilities who would have trouble 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.</li></ul> <p>【Fun Run】</p> <ul style="list-style-type: none"><li>• People who would have trouble running alone are allowed to have an escort runner (guide dogs are not allowed as escorts).</li><li>• Participation using regular wheelchairs and baby strollers is also allowed, however, competition wheelchairs are not allowed.</li></ul>																								
About shoes	<p>The Half Marathon will be run in accordance with the 2025 World Athletics (WA) and Japan Association of Athletics Federations (JAAF) Rules and Regulations.</p> <p>Please note the following points.</p> <p>(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.</p> <p>(2) Please check the following URL, or scan the QR code for the shoes that can be used.</p> <div><a href="https://certcheck.worldathletics.org/FullList">https://certcheck.worldathletics.org/FullList</a></div> <div></div> <p>(3) Shoe soles will not be checked before the start of the race, but if the Chief 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.</p>																								
Information on Partnership Events	<div><div></div><div>Finishers of Minato City Half Marathon 2025 who meet the nomination criteria will be selected by lottery, and selected runners will be awarded the right to run in the Tokyo Marathon 2027.</div></div> <div><div></div><div>Selected TEAM ONE TOKYO members and Tokyo Athletics Association registrants who have completed the race in the JAAF registrant division, and who wish to be selected for the [Tokyo Athletics Association Recommendation], will be granted the right to run in the Tokyo Marathon 2027.</div></div> <div><div></div><div>The top male and female finishers of Minato City Half Marathon 2025 who meet the nomination criteria will be granted the right to attend to the 17th Iwaki Sunshine Marathon. (Participation and accommodation will be free of charge)</div><div>*Minato City residents only.</div></div> <div>Details about the number of participants selected and the contact information will be announced in the official program to be sent to those whose participation has been in early November.</div> <div><div>RUNasONE and TEAM ONE TOKYO nominees will be granted the right to run in the <b>"Tokyo Marathon 2027."</b></div><div>*Please note that this is not the Tokyo Marathon 2026.</div></div>																								
Information on Partnership Program	<div><div></div><div>The MCC (Marathon Challenge Cup) series is a project to "support all those who challenge marathon running" by linking about 100 popular full marathons (MCC), half marathons (HMCC), and ultramarathons (MCC100) across Japan.</div></div> <p>(1) The MCC Annual Grand Prize, with a total prize money of 2 million yen, will be awarded. It could even go to a supporter or volunteer!</p> <p>(2) "HMCC Special Record Certificates" will be issued to those who achieve personal best times, who achieve annual personal best times, who complete their first half marathon, and who achieve sub-80 for men or sub-90 for women.</p> <p>(3) "Age-group rankings by individual events" will be announced! The top male and female runners in each age category will be awarded Runner's Points (RUNPO).</p>																								
Guest Runners	<table><tr><th>Half Marathon</th><th>Youth Run</th><th>Fun Run</th><th>Supporter</th></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td>Mr. SUGIYAMA Harry TV personality</td><td>Mrs. YASUDA Misako Actress and TV personality</td><td>Mrs. INAMURA Ami TV personality</td><td>Mrs. TAKADA Chiaki Paralympics Japanese representative</td></tr><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td>Mrs. TANI Mami Paralympics Japanese representative</td><td>Mr. Ganbale Yusuke Comedian</td></tr></table>					Half Marathon	Youth Run	Fun Run	Supporter					Mr. SUGIYAMA Harry TV personality	Mrs. YASUDA Misako Actress and TV personality	Mrs. INAMURA Ami TV personality	Mrs. TAKADA Chiaki Paralympics Japanese representative							Mrs. TANI Mami Paralympics Japanese representative	Mr. Ganbale Yusuke Comedian
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Official social media	<div><div><div>#minatocityhalfmarathon #MCHM</div></div><div><div>Watch the event, while it's happening</div></div><div><div>Official community page open!</div></div></div>																								

# MINATO City Half Marathon 2025

## ～ Starting Now: The Path to Completion

### 1 Physical Condition and Medical Checkups

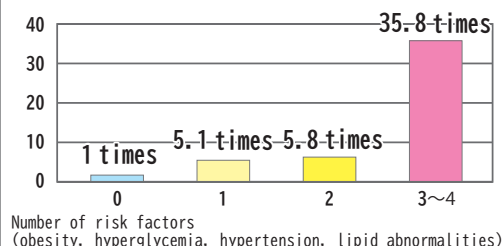
Chairman of Medical Affairs Committee, Tokyo Athletic Association  
Toshitake Mitsuhashi, M.D. 2 About goal setting and training

The recent marathon 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

Most cardiac arrest during marathons are caused by ischemic heart disease (angina pectoris, heart attack, etc.). Ischemic heart disease can be detected during a medical checkup. To reduce the number of accidents caused by heart disease during a marathon, please undergo a medical checkup. According to the "Summary of Vital Statistics" published by the Ministry of Health, Labour and Welfare, heart disease (excluding hypertensive) was the second most common cause of death annually, after malignant neoplasms (cancer). It is also reported that the risk of heart disease is 5.1 times higher for those with one risk factor, 5.8 times higher for those with two risk factors, and 35.8 times higher for those with three to four risk factors, compared to those with no risk factors such as obesity, hyperglycemia, hypertension, and hyperlipidemia.

Risk of developing cardiac disease



#### Health Checklist at the time of application

If any of the following items (1-10) apply to you, please consult your family physician.

- ☐ 1. 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.).
- ☐ 2. Has experienced sudden fainting spells (syncope).
- ☐ 3. Has experienced chest pain or lightheadedness during exercise.
- ☐ 4. Has a blood relative who died suddenly of 'cardiac arrest' (sudden cardiac death).
- ☐ 5. Has not had a physical examination in the last year or more.
- ☐ 6. Is a man over 60 years of age.
- ☐ 7. Has high blood pressure (hypertension).
- ☐ 8. Has high blood sugar (diabetes).
- ☐ 9. Has high LDL cholesterol and triglycerides (dyslipidemia).
- ☐ 10. 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.

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

### 2 About goal setting and training

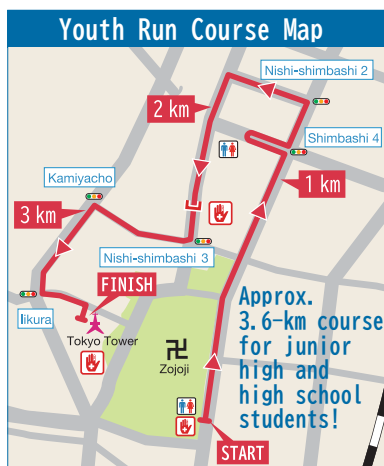
Marathon running is a very demanding sport. If you enter a marathon without a plan and without any idea of what you are doing, you may not be able to finish the race, but rather you may end up worsening your physical condition. To avoid such a situation, it is important to first set a goal and make a plan to achieve it.

The time limit for the MINATO CITY HALF MARATHON is 2 hours and 30 minutes; you can finish the race if you run at 7 minutes and 6 seconds/km. If you are aiming to finish the marathon, please check your daily running pace. Working backwards from the competition date, make a training plan that allows you to gradually improve your pace, starting with 1 km, then 5 km, then 10 km, and so on. When training, please refer to the following materials.

Approximate Finish Time Table

Distance	1km	5km	10km	15km	20km	Finish
Time	7min6sec	35min32sec	1hour11min05sec	1hour46min38sec	2hour22min21sec	2hour30min00sec

Running regularly	You do not have to run every day, but the key is not to miss three days in a row.
Increase the distance and frequency of runs.	Rather than speed, gradually increase the distance and frequency of your runs so that you can run longer and more often.
Focus on sustained runs	Practice will focus on "sustained runs" such as timed runs (running for a fixed time, e.g., 30 minutes) and distance runs (running a fixed distance, e.g., 5 km).
Devise a place to run, make changes to where you run	Set up some varied jogging trails around your home or along your commuting route. Also, don't always run on paved roads or you may get hurt. Try running on grass or dirt trails in parks, or even trail running in the mountains. Your running world will expand.
Make a practice plan	Make a weekly or monthly practice plan. The trick is to make the plan easy to follow so that you don't overdo it and fall behind. It is important to take small, steady steps to achieve your goals. If you include an entry to a running race in your plan, it will also become a "goal." If you have a goal, you will naturally get more into your training. It is a good idea to incorporate a 5-km running event into your running program around two to three months after you start running. You should find that running is fun in a new way.



### Volunteer Recruitment

**[Activity date and time]**  
11/16 (Sun) 6:30-12:00 (planned)

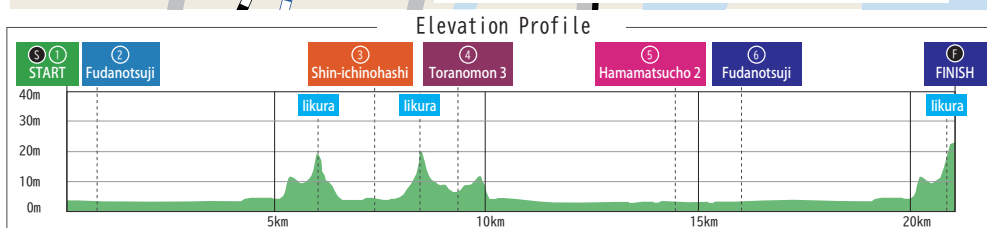
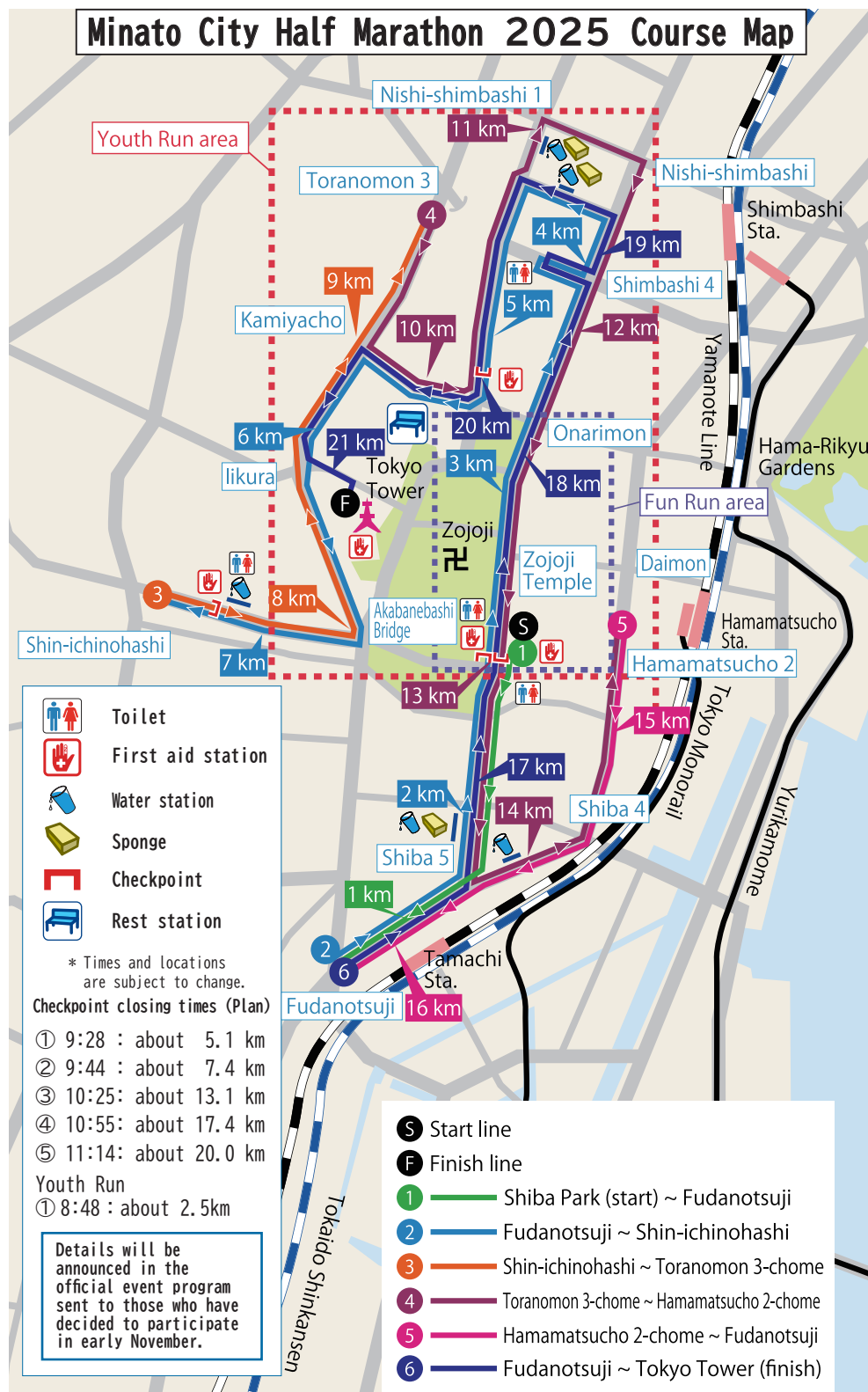
**[Activity location]**  
Around the half marathon course

**[Activity content]**  
Course management, guiding runners, storing bags, handing out water, etc.

**[Eligibility]**  
15 years old or older (high school students or older)

**[Number of people]**  
1,000 people (first-come, first-served)

**[Application]**  
Applications will be accepted on the official website from 2 July (Wed)



### 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 (Kiss Port Foundation), Marathon Section

Tel: (03) 5770-1400 Fax: (03) 5770-6884 (8:30 am to 5:15 pm Mon. to Fri.)