



# TOKYO NEW YEAR 2026

## HALF MARATHON

2026.1.11

Sun  
day

Venue

Shin-Arakawa Ohashi Baseball Field

(Kita Ward, Tokyo)

### Event information

Thank you for registering for the Tokyo New Year Half Marathon 2026.  
Please read the event information carefully. We look forward to welcoming you.

#### Advance registration

**Date** Saturday, January 10, 2026, 10:00 AM — 5:00 PM

**Place** General Information inside the venue (Shin-Arakawa Ohashi Baseball Field)

\*Please refer to the Event Map on page 4.

#### Items you will receive \*Please make sure everything is in order.

<input type="checkbox"/> Two Mono-tags (measurement tags)	<input type="checkbox"/> Instruction manual about Mono-tag
<input type="checkbox"/> Athlete bib (Number card)	<input type="checkbox"/> Baggage drop-off bag
	<input type="checkbox"/> Sticker for baggage drop-off

\*There is no distribution for safety pins.

#### ! Things to bring on the day of the race

<input type="checkbox"/> Two Mono-tags (measurement tags)	<input type="checkbox"/> Athlete bib (Number card)	<input type="checkbox"/> Baggage drop-off bag
<input type="checkbox"/> Sticker for baggage drop-off	<input type="checkbox"/> Safety pins *Please bring your own safety pins	

★To mark the milestone of our previous event—the first held under the new event name—  
we will be offering 300 limited-edition original bib holders featuring the 2025 design.  
They will be available for 500 yen (tax included) at the General Information Desk on the day of the event. (Cash payment only.)

#### There is no registration on the day of the race.

Please remember to bring the enclosed athlete bib (number card) and Mono-tags!

If you lose or forget your athlete bib or Mono-tag on the day of the race, please come to the Reissue tent 30 minutes before the start of each race. We will reissue them for a fee (1,500 yen). \*Payment is by cash only

For Half Marathon participants

- For those who register for the half marathon, please arrive by 9:00 a.m.
- Changes to waves or blocks other than those registered are not permitted.

\*There is no entry on the day of the race.

#### Race schedule

8:00	Opening time
9:30	Half Marathon 1st Wave start time
9:40	Half Marathon 2nd Wave start time
9:50	Half Marathon 3rd Wave start time
10:00	Half Marathon 4th Wave start time
10:10	Half Marathon 5th Wave start time
11:25	Cut-off Time at the Half Marathon Turnaround Point
12:40	End time of Half Marathon race
13:00	10km start time
13:40	Cut-off Time at the 10km Turnaround Point
14:20	End time of 10km race
14:50	2km Pair run start time
15:10	2km Pair run end time
15:20	Closing time

Entry Categories	Wave	Line-up time	Start time	Athlete bib (Number card)
Half Marathon	1st Wave	9:00~9:15	9:30	Blue
	2nd Wave	9:15~9:30	9:40	Pink
	3rd Wave	9:25~9:40	9:50	Green
	4th Wave	9:35~9:50	10:00	Yellow
	5th Wave	9:45~10:00	10:10	Orange
10km		12:40~12:50	13:00	White
2km Pair run		14:30~14:40	14:50	Purple

#### Start wave distribution of Half Marathon athlete bib (number card)



\*Female runners are marked in red letters.  
Check the color of the athlete bib (see above) for the start time (wave).

★The half marathon and 10 km runners will be divided into Blocks A-D for lineup.

( "For the half marathon category, each wave (wave 1 to wave 5) contains Blocks A-D." )

Please check your assigned block printed on your bib number in advance.

## Record measurements with tags that do not need to be collected

Record measurements are taken using Mono-tags. (measurement tags)

- There is no need to return the Mono-tag (measurement tag) after the race or in case of non-participation.
- Please be sure to attach Mono-tag to both left and right shoes.
- For the 2km Pair run, either one of the contestants must wear both Mono-tags (For detailed attachment instructions, please refer to the enclosed) [Instruction Manual about Mono-tag](#)
- If you participate without Mono-tags (Time measurement tags), no records are measured.
- Please attach the Mono-tags (Time measurement tags) with dry hands when attaching them, as wet hands may cause the sticker to become less adhesive.



Mono-tags.  
(measurement tags)



## Athlete bib (Number card)

- Please attach the enclosed athlete bib to the front, easily visible portion of your clothing before the race.

\*Two athlete bibs are enclosed for JAAF registered runners. Please attach them so that they are visible on your chest and back.

## Finish

- Please be sure to pass over the mats (recording and measurement mats) at the measurement points.
- For the 2km Pair run, please make sure to finish the race together, holding hands in pairs.

## Cut-off time • Time limit

[ Half Marathon ] ■ Time limit 12 : 40 ■ Cut-off time 11 : 25 [ 2 km Pair run ] ■ Time Limit 15 : 10  
[ 10 km ] ■ Time limit 14 : 20 ■ Cut-off time 13 : 40

- Buses will depart from the turnaround point after the gates are closed for each race.

If you are caught up by a pickup bus, you must board the bus regardless of your intention to continue the race for safety reasons.

\*Please note that if you are caught up by the pickup bus, you will not be allowed to continue the race (even when the athlete bibs are removed.)

\*Please refer to the course map for the location of each pickup point.

\*After the time limit has passed, time measurement will end for each race.

## Baggage drop-off

■ Baggage drop-off hours : 8 : 00 AM ~ 3 : 20 PM \*Please pick up the items in time.

■ Location : Baggage drop-off area inside the venue

- When you drop off your baggage, please stick a baggage drop-off sticker with the same number as the athlete bib (number card) on the enclosed baggage drop-off bag (plastic bag) and tie the baggage tightly. **Please leave your baggage at the place where there is a sign with the last digit number of the athlete bib (number card).**
- Organizer will not be responsible for any lost baggage.
- Organizer will not be responsible for any defacement or damage to any baggage.
- Umbrellas, carry-on bags, etc. that extend beyond the baggage drop-off bag cannot be placed.
- Valuables, fragile items, animals, plants, etc. cannot be placed.



Please leave your baggage at the place where there is a sign with the last digit number of the athlete bib (number card).

## Timing rules

- The official record (gross time) will be measured based on the starting gun at each wave.
- Net time is measured from the moment you cross the start line.
- Official record (gross time) will be used for rankings.
- If you start from an earlier wave than your assigned wave, you will not be recorded.
  - Example: If a runner in the third wave starts in the second wave, no record will be displayed.
  - No one will be allowed to start the race after the start point is closed.
  - You cannot change your wave and block.
  - Even if a runner in the second wave is late for the race time and starts in the third wave, the gross time will be measured from the start time of the second wave.
- The half marathon and 10 km runners will be divided into Blocks A-D for lineup.

## Online Finisher Certificate



**Please visit this website to download the Finisher Certificate.**

[https://athlete-finiser.com/event/tokyo\\_new\\_year/runner/](https://athlete-finiser.com/event/tokyo_new_year/runner/)

\*There will be no Printed Finisher Certificate issued on the day of the race.

\*Finisher Certificate will be updated at 15:30. Please note that there may be delays depending on the situation.

## Award Certificate

**Men's and women's 1st to 6th place in each overall category will be eligible.**

\* Only overall category finishers will be awarded on stage.

\* Award Certificate for up to 6th place in each of the other categories will be handed out at the general information tent in front of the stage.



## Health Condition Check

- If you feel any physical abnormality during the race, please do not push yourself too hard and be courageous enough to retire from the race.
- If you are infected with a coronavirus, influenza, or other infectious disease, please refrain from coming to the event for your own health and the consideration of others.

## Important Notes

- Please take good care of yourself on the day before the race. If you are not feeling well, please do not push yourself and stop the race.
- If a Proxy Runner (Illegal Substitute) is discovered, the competitor will be disqualified.
- In the event of injury or illness during the race, the organizer will provide first aid only. The organizer will not be responsible for the method, progress, or results of such treatment.
- When crossing the course, please check both sides of the road and cross with caution.
- Please do not enter "restricted areas" (ponds, flower beds, etc.)
- Disposing of trash except of the designated trash can is not allowed. Please take your garbage home with you.
- Relieving yourself outside the toilet is prohibited. In case of malicious behavior, you will be disqualified and will not be allowed to participate in the next and subsequent races. In addition, we may report it to the police.
- Runners may be asked to pause when emergency vehicles (ambulances, etc.) are traveling or when vehicles entering the riverbed parking lot cross the course.
- Please note that there are some areas on the course where there are entrances and exits for vehicles. Please note that we may stop runners at such areas even during the race and give priority to cars.
- Please use the riverbed in cooperation with other users (pedestrians and bicycles).
- Photography with drone is prohibited.
- Pets are not allowed inside the Shin-Arakawa Ohashi Baseball Field, the event venue. (Please contact us regarding guide dogs.)

## A request to promote good manners

### ●Do not cut in at the starting line!

Please be sure to arrive at the designated start time.

### ●Use the designated restrooms!

Please be sure to use the portable restrooms.

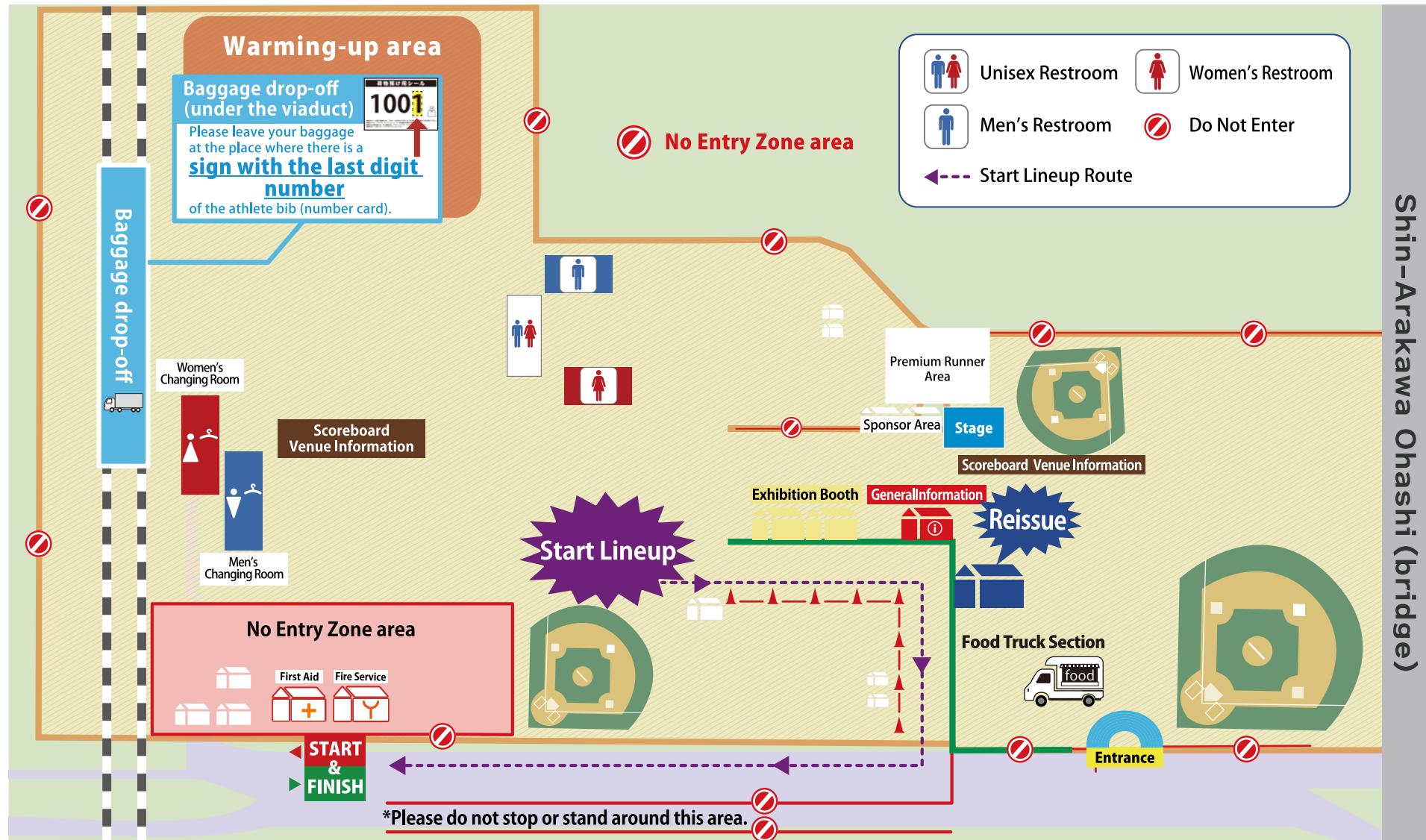
### ●Littering is prohibited!

Please use the designated trash cans.

### ●For safety reasons, refrain from using earphones!

Please cooperate so that you can hear the instructions of the staff and the footsteps of the runners following you.

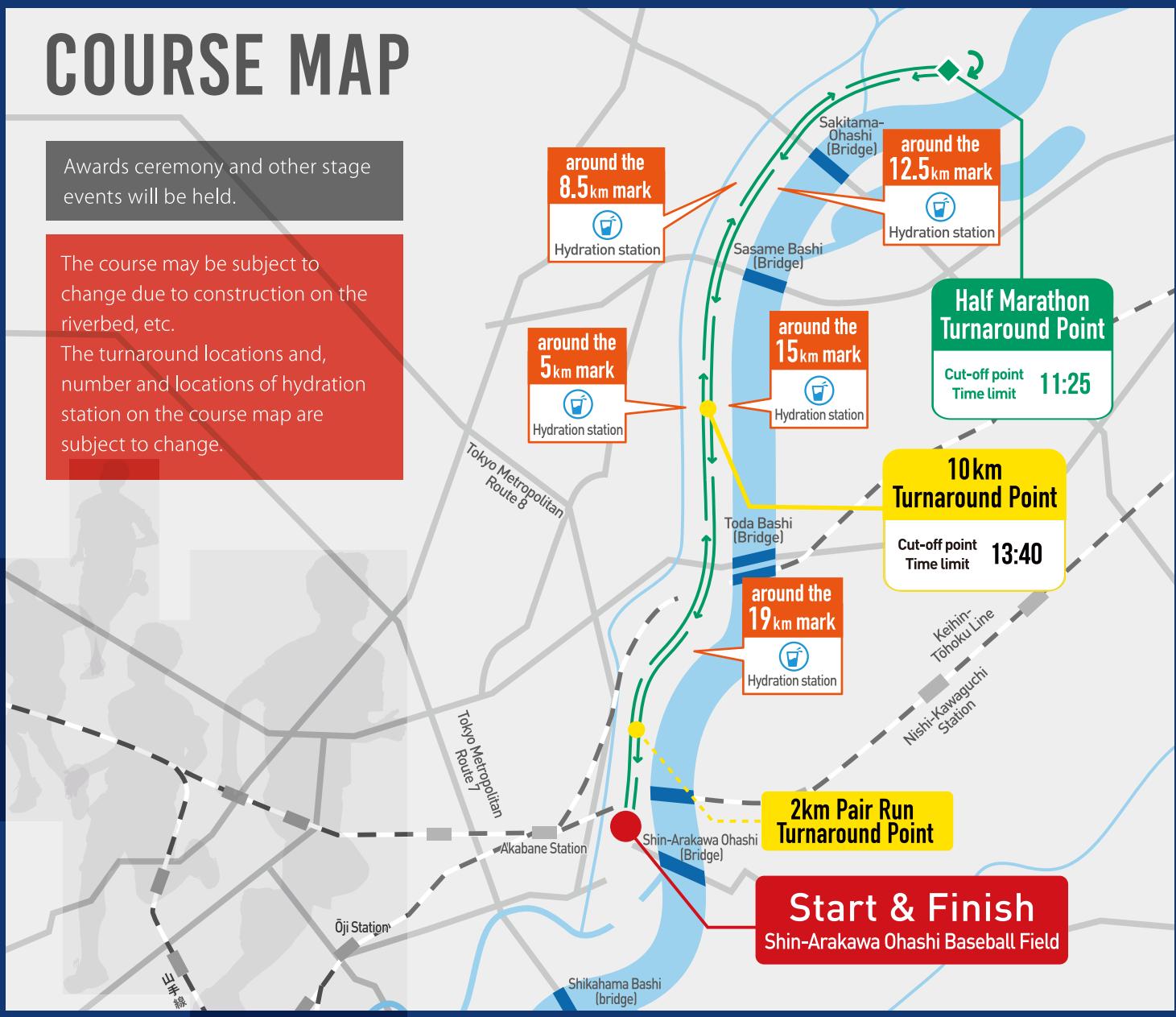
# Event Map (Venue Map)



# COURSE MAP

Awards ceremony and other stage events will be held.

The course may be subject to change due to construction on the riverbed, etc.  
The turnaround locations and, number and locations of hydration station on the course map are subject to change.



## ACCESS

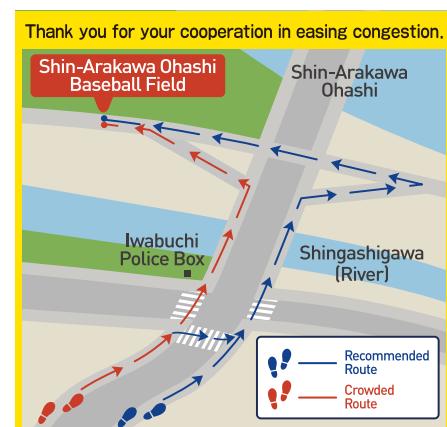
**Venue: Shin-Arakawa Ohashi Baseball Field** ► 3-29 Akabane, Kita-ward, Tokyo 115-0045, Japan (within the riverbed area)

Akabane Station (JR Keihin-Tohoku Line, Saikyo Line, Takasaki Line, etc.) about 15-minute walk / Akabane-Iwabuchi Station (Tokyo Metro Namboku Line) about 7-minute walk

\*Please use public transportation as there is no parking lot near the venue on the day of the race.

\*Please refrain from changing clothes inside the train station.

\*Please also use Kita-Akabane Station (JR Saikyo Line) during busy times.



## Regarding the decision to cancel the event on the day

The decision will be made at 5:00 AM on Sunday, January 11, 2026.

In the event of cancellation, we will provide updates on the official event website and Facebook page.

Official event website



Official Facebook page





# Efforts toward the SDGs

Tokyo New Year Half Marathon 2026 will promote the following initiatives to achieve the Sustainable Development Goals (SDGs) being addressed by the international community.



## Ensure healthy lives and promote well-being for all at all ages



### ■Eco Mark labeling

The Eco Mark is an environmental label attached to products that are recognized as having a low environmental impact throughout their life cycle, from production to disposal, and that help protect the environment. The purpose of this label is to create a sustainable society, and we believe that this mark will help participants to become more environmentally conscious.



### ■Initiatives to promote physical activity

In addition to the half marathon, we also offer "10 km" and "2 km Pair run" to promote physical activity, in order to make the event accessible to men and women of all ages, and to beginners as well as experienced runners.



## Ensure sustainable consumption and production patterns



### ■Paperless system

We are contributing to the reduction of CO<sub>2</sub> emissions by issuing event flyers and marathon finisher certificates on the web instead of printing them.

【Approximately 16,000 sheets of A4 paper】 64 kg × 【standard value】 0.34=21.76kg  
This leads to a reduction of approximately 21 kilograms of CO<sub>2</sub> emissions.



## Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss



### ■Installation of Eco Station (waste separation)

We have set up Eco Stations as collection points where all participants can sort and bring their waste at the venue. By installing (Eco Station) at the venue instead of having participants take waste home, we can further promote waste reduction and recycling, which we believe also helps prevent littering.



#### ■ Use of Biomass OPP

Biomass is renewable organic material derived from living or recently living organisms, excluding fossil fuels like petroleum and coal. The CO<sub>2</sub> released by burning biomass is considered "carbon neutral" because it is the same CO<sub>2</sub> that was absorbed from the atmosphere through photosynthesis during the growth of the biomass. Therefore, using biomass contributes to the reduction of CO<sub>2</sub> emissions, a major greenhouse gas. For the sending of athlete bibs and related materials sent in advance, we use biomass OPP packaging.

## Request for your cooperation



■ Ensure sustainable consumption and production patterns

■ Conserve and sustainably use the oceans, seas and marine resources for sustainable development



#### ■ Elimination of safety pins

We have decided to stop including safety pins in shipments and will now provide them only to those who need them. It also helps reduce environmental damage, such as water pollution, caused by the development of nickel as a raw material. We kindly ask for the cooperation of all runners.

### ● Original bib fastener ●

Due to the discontinuation of safety pins, we will be selling reusable bib holders featuring the original design from the previous event. A limited quantity of 300 will be available at the General Information Tent on the day of the event. Be sure to get one as a keepsake! \*Price: 500 yen (tax included).



■ Reduce inequality within and among countries.

■ Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development



#### ■ Participation in charity

We provide support to organizations working for the environment and peace. We would greatly appreciate your understanding and support for the charity activities.



◀ If you have any questions about the event, please reach out to us here.  
Tokyo New Year Half Marathon Organizing Committee

建装工業は東京ニューイヤーハーフマラソンに協賛しています

# マンション大規模修繕の 専門工事会社を ご存知ですか？

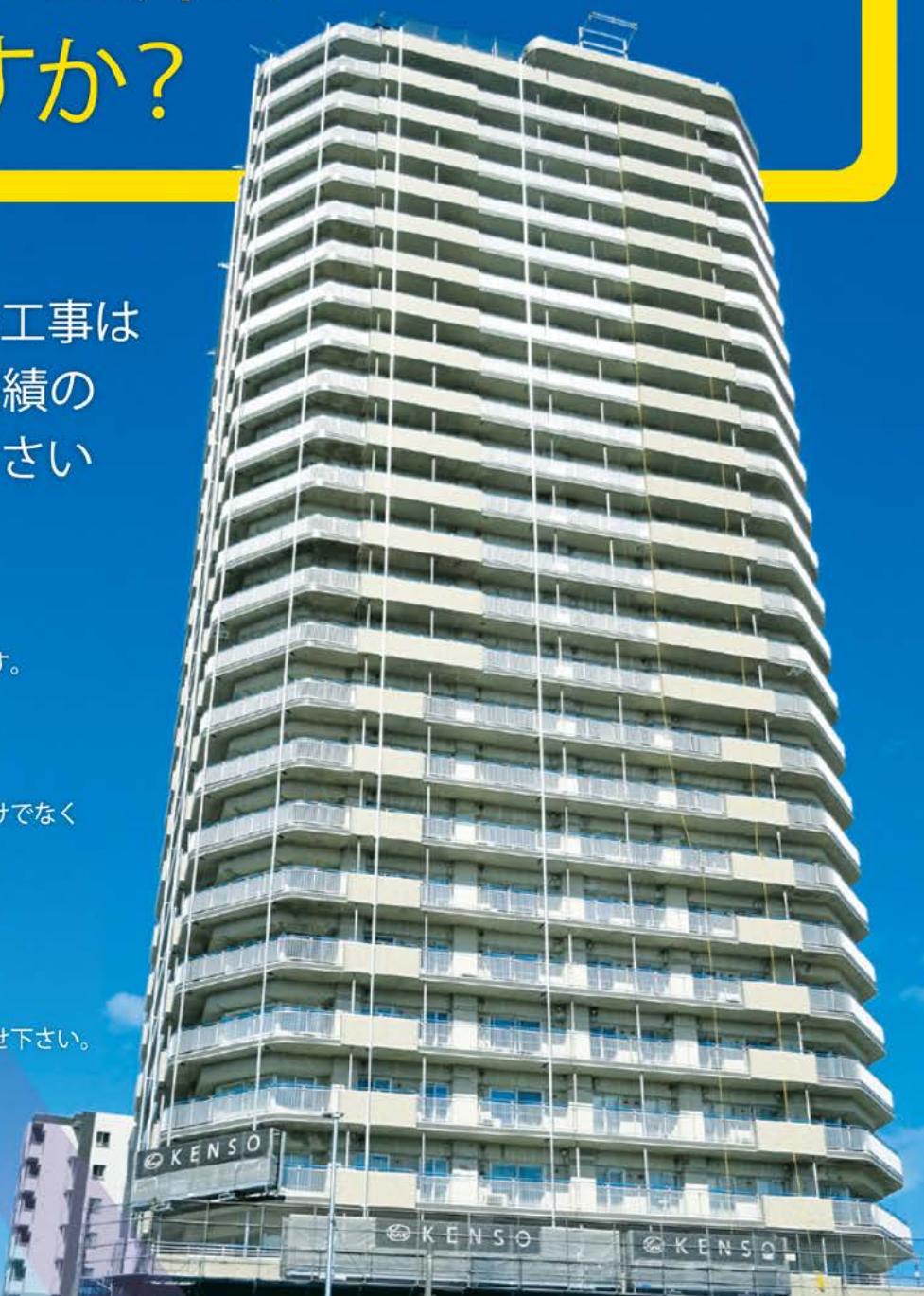
マンション大規模修繕工事は  
毎年4万戸を超える実績の  
建装工業におまかせ下さい

※2023年度の実績

マンション大規模修繕工事が  
一般的な建設工事と異なるのは、  
居住者が生活している中で工事を行うことです。  
そのために建装工業では  
居住者への配慮を大切にした工事を行います。

また、外装改修や屋上防水などの外まわりだけでなく  
エントランスや廊下などの共用部内装、  
給排水設備、外構、駐車場、専有部内装まで  
トータルで工事をお請けいたします。

超高層マンションでの実績も豊富です。  
マンション大規模修繕工事は建装工業にお任せ下さい。



建装工業

首都圏マンションリニューアル事業部  
TEL:03-3433-0503 FAX:03-3433-0535

〒105-0003 東京都港区西新橋3丁目11番1号

URL: <https://www.kenso.co.jp/>

支店: 北海道・東北・京葉第一・京葉第二・横浜・中部・関西・九州

# ランチパック は 東京ニューイヤー ハーフマラソン 2026 を 応援しています！

おいしさいろいろ「ランチパック」。  
いつでもどこでもおいしく手軽に食べられます！



／ がんばる毎日に ／

★一部地域・店舗によっては取り扱っていない商品がございます。パッケージは変更になる場合があります。

新商品情報やランチパックに関する楽しい情報を発信中！  
詳しくはこちらをチェック▶▶





***Movement is life.***

動くこと、それが人生。

 MOBILITY HUB  
PRODUCED BY PHARO

PHARO



# あなたの雄姿を インターネットで見られます!!



閲覧  
無料

東京ニューイヤーハーフマラソン2026の写真はココから購入できます。

オールスポーツ

検索

イベントID: E1704351

注文期限: 2026年2月25日(水) 24:00まで

注文期限後は、価格が変動(1.5倍~)いたしますので、ご注意ください。

写真公開通知メール  
の登録はこちら!

写真の公開をお知らせしますので、  
この機会にぜひ登録ください♪



写真公開開始まで本紙を大切に保管してください!

※限られた数のプロカメラマンでお伺いしているため、すべての方々を撮影できない場合もございます。ご理解いただきますようお願い申し上げます。

■弊社は、写真販売(写真データおよび写真データの印刷物を含む)の目的で、本会場で撮影した写真を弊社が運営するウェブサイト上に掲載し、

希望するお客様に写真を販売するサービスを提供しております。

■写真の掲載の停止、削除、掲載位置等の変更を希望するお客様は、<https://www.photocreate.co.jp/privacy>を確認のうえ、手続きをおこなってください。

■弊社ウェブサイト上に掲載され、購入することができる写真は、本会場において撮影されたお客様自身の写真、写真データ、写真データの印刷物となります。

■本会場に来られた皆さまは、本チラシに記載してある閲覧パスワードを入力し(閲覧パスワードを入力する必要がない場合もあります。)、弊社ウェブサイトを閲覧していただいたうえで、

弊社に対して、弊社ウェブサイト上からオンラインでの注文、電話・FAXでの注文をおこなうことにより写真を購入することができます。

感動をカタチにしてすべての人へ ご不明な点は以下連絡先までお問い合わせください (TEL: 平日10:00~17:00/FAX&E-mail: 24時間受付中)





JOUNETSU HALF MARATHON

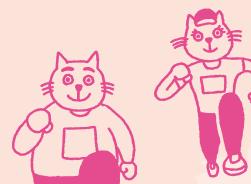
# 春の情熱 ハーフマラソン

2026年4月29日(水・祝)

速さを競うだけじゃない! 参加者みんなが楽しめる大会!



NYA  
NYA  
NYA...



ハーフ

猫ひろしと  
鬼ごっこだニャー!

30分後にスタートする  
猫ひろしさんに抜かれず  
ゴールすれば、  
賞品とメッセージカードをプレゼント!  
※数に限りがございますので、先着100名様限定とさせていただきます



大会初心者から、  
記録を狙う  
ランナーまで!



5km  
西谷綾子を  
追っかけラン!  
(西谷綾子さんが  
30秒前にスタート)



親子ランの  
競技終了後に  
お菓子の詰め合わせが  
当たる抽選会を  
実施します



ハーフ2名 / 5km1名

ベストコスチューム賞  
グレードアップ!

ディズニーの  
ペアチケットなど  
選べるペアチケットが  
参加者投票で  
当たります!



親子ランは  
ペアでたったの  
1,000円!!  
※別途、エントリー  
手数料が掛かります

2026年

情熱ハーフ(21.0975km)

笑顔で5km

スマイル親子ラン1km

公式HP  
最新情報はここ!

4月29日(水祝)  
荒川戸田橋 陸上競技場

エントリー締め切り

~2026年3月22日(日)

開催日 2026年4月29日(水・祝)

会場 荒川戸田橋陸上競技場(東京都板橋区)

定員

【情熱ハーフの部】1,000名 【笑顔で5kmの部】500名  
【スマイル親子ラン】100組(200名)

種目 情熱ハーフの部 / 笑顔で5kmの部 / スマイル親子ランの部

主催 一般財団法人 アスリートスマイル



情熱ハーフマラソン

# 中野ランニングフェスタ NAKANO RUNNING FESTA 2026

2026.3.8

9:20-16:30

Sun. 中野四季の森公園

笑 しめる!  
遊 べる!  
みんなが  
集 まる!



スペシャルゲスト  
サンプラザ中野くん  
パッパラー河合



スペシャルゲスト  
猫ひろし



スペシャルゲスト  
沙央くらま

エントリー期間

2025.12.1 Mon.

2026.2.1 Sun.

※各種目、定員になり次第  
締め切ります。

# 中野ランニングフェスタ NAKANO RUNNING FESTA 2026

楽しめる！遊べる！みんなが集まる！

中野ランニングフェスタは、中野区のニューシンボル「中野四季の森公園」を爽やかに駆け抜けるランニングイベント。ランニング初心者、上級者、応援団みんな大歓迎！地元のお店が多数出店する飲食ブースや、ご家族で楽しめる参加型イベントなど遊べるコンテンツも盛りだくさん。豪華ゲストも登場予定！

日時 2026年3月8日 [日] 9:20-16:30

会場 中野四季の森公園

## ●エントリー方法

WEB ランネット(<https://runnet.jp/>)より  
「中野ランニングフェスタ」で大会検索

店舗 東京アスレティッククラブ(TAC中野)フロント

## エントリー期間

2025年12月1日(月)から  
2026年 2月1日(日)まで

※各種目、定員になり次第締め切ります。

大会公式サイト  
[www.nakano21.jp/run](http://www.nakano21.jp/run)



種目	1,500mペアラン (1,500m×1周) (子1&伴走保護者1)	1,500mラン (1,500m×1周)	3,000mラン (1,500m×2周)	レースリレーマラソン (1,800m×5区間)	エンジョイリレーマラソン (1,800m×5区間)	10kmラン (2km×5周)
スタート時刻 (制限時間)	9:45 (30分)	10:20 (20分)	10:45 (30分)	11:20 (60分)	12:25 (90分)	14:00 (90分)
対象	小学生以下 伴走保護者	小学校低学年 小学校高学年	小学校高学年・中学生 高校生・一般(18歳以上) 一般(65歳以上)	小学生以上(組合せ自由) 1組最大5名	小学生以上(組合せ自由) 1組最大5名	小学校高学年・中学生 高校生・一般(18歳以上) 一般(65歳以上)
参加費	5,500円	2,500円	3,500円 4,500円 (小学校高学年・中学生)	20,000円	20,000円	4,000円 5,500円 (小学校高学年・中学生)
募集定員	400組(800名)	800名	600名	100組(500名)	200組(1,000名)	1,000名

## ●会場案内・コース



## ●参加賞

中野ランニングフェスタ2026  
オリジナルTシャツ  
(サイズ:140,150,160,S,M,L,XL)



※Tシャツ画像はイメージ用です。実際の物とはデザイン・仕様が異なることがあります。

仲間や家族と楽しめるイベントやグルメが満載！大満足の一日を遊びつくそう！



会場に駐車場・駐輪場がございませんので、公共交通機関をご利用ください。禁止事項: 航空法に基づき、原則無人航空機(ドローン等)の飛行は禁止です。中野ランニングフェスタは、年齢や性別・障害の有無に関わらず参加可能ですが、合理的な配慮に関する対策として、障害の有無に関わらずイベントを楽しんでいただくために、筆談ボードと手話通訳をインフォメーションに配置します。

■主催: 中野ランニングフェスタ実行委員会(東京商工会議所中野支部、中野法人会、中野区商店街連合会、中野工業産業協会、中野区観光協会、東京中野ライオンズクラブ) ■後援: スポーツ振興中野区議会議員連盟、中野区教育委員会、中野区体育協会、中野区立中学校PTA連合会、中野区立小学校PTA連合会、中野区じんきん協議会、中野区町会連合会、他 ■協力: 野方警察署、中野警察署、中野消防署、野方消防署、東京商工会議所中野支部中野21の会、中野法人会青年部会、中野区商店街連合会青年部会、明治大学、帝京平成大学、早稲田大学、関東バス、JR東日本中野駅、J:COM、中野セントラルパーク、中野ミュージックフェス実行委員会、中野経済新聞 ■運営協力: 東京アスレティッククラブ

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