

わざわざ高知で走ろう

第10回記念大会

# 高知龍馬マラソン 2024

# 10周年



こじゃんと笑顔がRUNまんに



大会公式サイト  
<https://www.ryoma-marathon.jp>



大会ゲスト  
 滝古 利彦さん



大会ゲストランナー  
 井 哲彦さん



大会ゲストランナー  
 和田 正人さん



大会ゲストランナー  
 山下 俊輔さん



大会ゲストランナー  
 SUIさん



大会ゲストランナー  
 西谷 暎子さん



大会ゲストランナー  
 高谷川 郁加さん



大会ゲストランナー  
 リアン・センゾン



大会ファンラングスト  
 武藤 敬司さん



百神選手  
 龍馬 賢さん

## Saturday, 17 February

10:00-18:00 Pre-event Check-in at Kochi Chuo Park

(1-11-27 Obiyamachi, Kochi)

## Sunday, 18 February

- 6:00-8:00 Check-in
- 6:30-8:15 Baggage Drop at Josei Park (1-8 Marunouchi, Kochi)
- 7:30-8:30 Assembling at the Start Pens
- 8:35-8:45 Move to the Starting Line at the Start Pens
- 8:45-8:55 Opening Ceremony
- 9:00 Start
- 13:00 Awards Ceremony at Haruno Athletic Stadium
- 16:00 Closing the Event

<https://www.ryoma-marathon.jp>





## Runners Check-in ~Start

### Check-in

- 10:00-18:00 on Saturday, 17 February at the Help Desk in Kochi Chuo Park (1-11 Obiyamachi, Kochi)
- 6:00-8:00 on Sunday, 18 February at the Help Desk in Kochi Josei Park (1-8 Marunouchi, Kochi)

\*Please be aware that runners are only able to check-in during these times.

### Things to Bring for Runners Check-in

- Please present the QR code following the instructions sent via email.

\*T-shirt size cannot be changed



### Check-in Procedure for Runners

You will receive the following items upon check-in:

- 1) Athlete bibs, runner's chips, baggage claim stickers
- 2) Participation T-shirt
- 3) Gear bag
- 4) Special feature issue of Kochi Newspaper on the previous day



### START

9:00 on Sunday, 18 February at the intersection at the "Kencho mae" tram stop.

### Closure

Time limit is 7 hours. The event will be closed at 16:00 at Haruno Athletic Stadium.

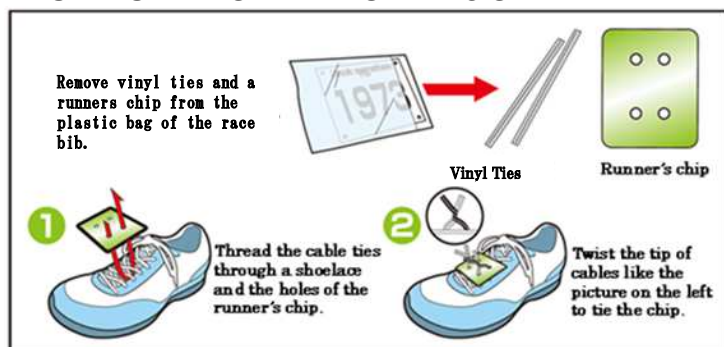
### Race Bib

- A race bib will be provided to each runner. You must pin your race bib to the front of your shirt with the safety pins provided. Your race bib must be viewable.
- Your name and category are printed on your race bib. Please ensure that you collect the correct bib. It is prohibited for another person to race under your name or for you to race under another person's name.
- The letter beside the bib number indicates your start pen. Please wait at the appropriate start pen.
- If runners wear raincoat or some other rainwear, please make sure we can see your race bib clearly.
- Please ensure that the "Emergency Contact" information to be provided on the back of the athlete bib is that of someone other than the participant, such as a family member, to facilitate prompt assistance in case of emergencies.
- Please be aware that the information recorded on the back of the athlete bib constitutes personal data, so handle it with caution.

### Runners Chip (Time Measurement Device)

- Your time will be recorded by the runners chip.
- Please be sure to tie the runners chip on your shoes by the time you will assemble at the start pen. Otherwise, your time will not be recorded.
- If you drop out or cancel the race, please make sure to return the runners chip to the event staff.
- Measuring points are at the starting point, the halfway point, the finishing point, and every 5 kilometres.
- In the event of forgetting the athlete bib and chip, there will be a 500 yen fee for each.
- If you are not participating in the race, please return them to the event office.

### HOW TO ATTACH THE RUNNERS CHIP



### RACE BIB





## Changing Room

Please come in runner's wear. There will be no changing rooms at the venue.

## Baggage Drop (6:30 - 8:15)

The bag that you drop off at the beginning of the race will be delivered to the end point. (Male: Haruno Athletic Stadium / Female: The 5th Parking Zone). There are vehicles on the baggage drop area in Josei Park. The vehicle has the number from 1 to 10 on it. Your vehicle number for baggage drop is shown as the number (1 or 2 digits) under the letter of the start pen on your race bib. Runners are to pack all your stuff in the gear bag and put the provided gear bag sticker on the specified space of the white-side of the gear bag. Then please take your gear bag to the vehicle which corresponds with the number on your race bib.

\*Please also see the below picture of the map.

## ★Note★

- Runners must use the official gear bag provided. No other bag or suitcase will be accepted at the baggage drop.
  - Valuables are not accepted. Please take care of them by yourself.
  - Please do not bring items which do not fit in or are bigger than the gear bag.
  - Please also do not put breakable or fragile items into your gear bag.
- \*We do not take any responsibility for loss or damage.



## Start Pen

Assembling at the Start Pens: 7:30 - 8:30

Opening Ceremony: 8:45 - 8:55

- Line up at the start pen as indicated by the letter on the bib.
- The entrance of each start pen is located at back of the pen.
- Runners must be at the starting line by the start pen by 8:35.
- If the runner does not reach his/her own start pen in time, he/she must start from the last pen (Pen G).
- Please make sure to assemble and start at the appropriate pen for safety reasons.
- Please note that the runner might not be able to participate in the race if he/she is significantly late.

## Help Desk

The desk will handle lost athlete bibs (number cards), runners chips, and so on.

- 17 February on Saturday: Kochi Chuo Park (Reception venue on the previous day)
- 18 February on Sunday : Josei Park

\*It will be busy on the day of the marathon. If possible, please visit the desk on the day before the marathon.



**Shuttle Bus Stop**

**Race Day (11:30-18:00)**  
 \*11:30-13:00 ••• Every 30 minutes  
 \*After 13:00 ••• Every 5 minutes  
**<Bound for JR Kochi Station>**  
**(Free)**  
**Stop at: Kochi Prefectural Office, Ohashi-dori Street, Kochi Chuo Park, and JR Kochi Station**  
**Required Time: Approximately 30 minutes**  
**<Bound for Kochi Racecourse>**  
**(Free)**  
**Required Time: Approximately 15 minutes**



**Omotenashi Booth Area**

We will provide hospitality through the sale of local products from Kochi Prefecture, as well as complimentary offerings such as Kochi's famous katsuo tataki and tsukimire soup. Additionally, there will be running gear and various food items for sale. Supporters are also encouraged to join us.

**Awards / Awards Ceremony**

The awards ceremony will be held at the ceremony area in Haruno Athletic Stadium at 13:00. Awards will be given to the top 10 male and female runners. If you are an award winner, please come to the meeting point for winners by 12:45.

**●Award winners**

Male and female finishers placing 1<sup>st</sup> to 10<sup>th</sup> overall. The 1<sup>st</sup> to 3<sup>rd</sup> place winners in each age group (Under 29, 30s, 40s, 50s, 60s, and 70 and above) for both men and women will be awarded prizes at the prize distribution area from 13:00. Please confirm your ranking with your completion certificate. Certificates of commendation will be sent later.

**Special Prize**

In the Kochi Ryoma Marathon 2024, we will conduct a lottery among the runners who have completed the race, and present Kochi Prefecture's specialty products as gifts. After finishing, please check the bulletin board, and if you are selected, come to the prize distribution area with your completion certificate to receive your prize.

**Runners Area**

Finishers will collect:

- Finishers Towel
- Finishers Certificate
- Finishers Medal
- Drink and Snacks

\*Please make sure to return the runners chip to the staffs.



All distances mentioned are for the full marathon.

Water Station					
	Location	Water Station	Barley tea	Sports drink	Local specialty
1	5.1km	○		○	
2	7.2km	○			
3	9.8km	○		○	Tomato
4	11.8km	○			
5	15.1km	○	○	○	Chikuwa, Cucumber
6	17.3km	○			Bread
7	19.0km	○		○	Banana
8	22.1km	○			Yuzu Juice, Eggplant Jelly, Pickles
9	24.5km	○		○	Chocolate, Yokan (sweet bean jelly)
10	27.1km	○	○		Bread
11	29.4km	○		○	Gokkun UMAJI Village Yuzu Drink
12	32.2km	○	○		Boiled rice with bonito
13	35.1km	○		○	Umeboshi, Chocolate
14	37.9km	○			Bread, Cola
15	39.7km	○		○	Banana

First Aid Stations					
	Location	Distance		Location	Distance
1 A	Kochi Prefectural Government Office	Start	11	Boundary Dam	24.5 km
1 B	JOSAI Park	Start	12	Kondo Intersection	25.8 km
2	Compass Development Support Center Kochi	5.1 km	13	HARUNO Town Fishermen's Cooperative	27.1 km
3	SAKANOMATSU Tunnel North Side	9.8 km	14	Bunko Hana Tunnel West Side	28.3 km
4	TAKONOMORI Tunnel North Side	11.4 km	15	NIYODO River Estuary Bridge East End	29.4 km
5	TOSANO HYAKUSHO-KE Intersection	13.2 km	16	Inui Green Park Front	31.1 km
6	GOHAN-YA	15.1 km	17	Sanyo Kogyo Front	39.7 km
7	Kochi Shinko Entrance West	17.3 km	18	HARUNO Sports Park Multipurpose Plaza	Finish
8	Lawson NIITAIKUBO Store	19.0 km	19	HARUNO Sports Park Athletics Field	Finish
9	Sakamoto RYOMA Memorial Museum	Relay Exchange Point	20	HARUNOSPORTS Park Gymnasium	Finish
10	Before HANAKAIDO restroom	22.1 km	21	HARUNO Sports Park Parking Lot 5	Finish

restroom	
Location	Location
1	0.8km
2	1.8km
3	2.5km
4	4.2km
5	5.1km
6	7.2km
7	8.8km
8	9.8km
9	12.3km
10	13.2km
11	15.2km
12	16.9km
13	17.1km
14	18.9km
15	22.2km
16	23.4km
17	24.5km
18	25.8km
19	27.1km
20	29.6km
21	30.6km
22	31.8km
23	33.8km
24	35.1km
25	35.7km
26	37.8km
27	38.7km
28	39.7km

checkpoint	
Location	Closure Time
1	5.02km 10:00
2	8.6km 10:31
3	13.2km 11:11
4	17.0km 11:45
5	18.9km 12:04
6	22.0km 12:38
7	25.8km 13:17
8	29.6km 13:56
9	33.8km 14:40
10	37.5km 15:19
11	41.2km 15:58



## [Full Marathon] WEB Service

Support  
NAVI

Not compatible with non-smartphone mobile phones.

This is a service that allows you to check the predicted location information of runners on a map on the website based on measurement data. For detailed instructions, please refer to the event's official website.

Enter the number or name of the runner you want to support, and upon selection, the predicted information will be displayed on the course. In the free version, you can display up to 4 people, while those registered with the premium plan (¥500/month) can display up to 50 runners simultaneously.



PC QR code

## Runner's Update



This is a service that allows you to check real-time split times every 5 kilometers and finishing times on the website.

Simply enter the athlete bib number or name to easily confirm the split times.

**PC site** <http://update.runnet.jp/2024kochiryoma/>



QR code for PC and smartphone

## LAN Photo Plus

Web completion  
certificate with photo

You can create a web completion certificate with a photo using smartphone operations. After the event, scan the QR code on the right with your smartphone and register on the creation site (accessible only until the day of the event). You can also choose photos taken by yourself from the photo folder on your smartphone.



## Others

**Final Go/No-Go Announcement**

Cancellation of the race due to bad weather or a natural disaster will be announced at the specified time on the website below.

**Final Decision: 5:30 on Sunday, 18 February**

● Kochi Ryoma Marathon 2024 Official Website (<https://www.ryoma-marathon.jp>)

## General Information

## &lt;&lt;Kochi Ryoma Marathon Office&gt;&gt;

Address: 1-7-52 Marunouchi, Kochi City, Kochi 780-0850, Japan

**【By the day before the marathon】**TEL: 088-823-3971 (Japanese Only) Available Time & Date: 8:30-17:15 (JST)

**【Day of the marathon】** TEL: 088-837-9050

## &lt;&lt;JTB Sports Station&gt;&gt;

Address: 6F 2-1-25 Kyutaro-cho Chuo-ku, Osaka, Japan 541-0056

Available Time: 9:30-17:30 (JST) on Weekdays

E-mail : [jtbss@jtb.com](mailto:jtbss@jtb.com)