



**ATHLETE**

# **ATHLETE GUIDE**

**LONG COURSE WEEKEND BELGIUM**

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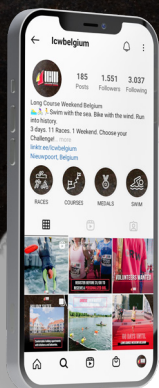
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## LONG COURSE WEEKEND 2024



 **FIND US ON INSTAGRAM**  
*FIND US ON INSTAGRAM*

**@LCWBELGIUM**



Welcome to **the third edition of Long Course Weekend Belgium.**

After the unexpected great success of the first and second editions, we are more than ready to welcome all of you once again to our unique Long Course Weekend Belgium festival grounds at the fish market in Nieuwpoort.

We are incredibly proud to host over 3000 athletes for our third edition, who will swim, bike and/or run in and around Nieuwpoort and along our unique courses.

We've used the feedback from participants in our past editions to refine our organization and we hope to provide you with an unforgettable weekend, where everyone can achieve or surpass their own athletic goals.

The swim will take place at the familiar location in the inner harbour, in the shadow of the King Albert I Memorial. For our 180km athletes, we're adding a special feature to the time trial at the end of the bike course: a "King of the Mountain" classification, where the winner will receive the unique BAVET polka dot jersey! The passage through France, the hilly zone, the plugstreets and the numerous war monuments are already considered classics.

The running courses, which we completely redesigned from the previous edition, proved to be a great success and remain largely unchanged this year. Prepare yourself for the unique sights of the polders, the endless Frontzate path and the finish line at the King Albert I Memorial.

And remember, no matter how many races and distances you participate in during the Long Course Weekend: **someday, you'll complete the Full Long Course Weekend** and go home with the unique 4th Long Course Weekend Belgium medal! Be sure to join us all for the medal ceremony on Sunday, September 24th at 4:00 PM.

Enjoy the experience and good luck!

Madelon, Simon, Fien, Casper, Matthias, Karo, Lena  
**TEAM Long Course Weekend Belgium**





Athletes,

May I offer all athletes and supporters a very warm welcome to Long Course Weekend Belgium. Now in its 3rd year, LCW Belgium will witness over 3000 athletes from 34 countries to Nieuwpoort.

Thank you to the Council and the City for the warm welcome they always offer us and the athletes. Your support has inspired so many people to race this weekend, many of them doing an event like this for the very first time.

This event has become a firm favourite for Long Course Weekend athletes globally. Not only because of its unique finish line, the incredibly historic and scenic bike day and the quick and fast run courses on offer. But, also for the way the city has embraced and welcomed athletes from all over the world.

I know the LCW Belgium team have worked tirelessly to put on the best event and the atmosphere in the square will be incredible this year. I am sure many memories, personal goals and new friendships will be made.

On behalf of the Long Course Weekend team, I wish you and your families an incredible weekend, thank you for choosing LCW and we will see you on the start line!

Regards

**Matthew Evans**

CEO & Founder  
Long Course Weekend Global



# LCW

LONG COURSE WEEKEND

**MALLORCA**  
COLONIA DE SANT JORDI  
20TH - 21ST APRIL 2024



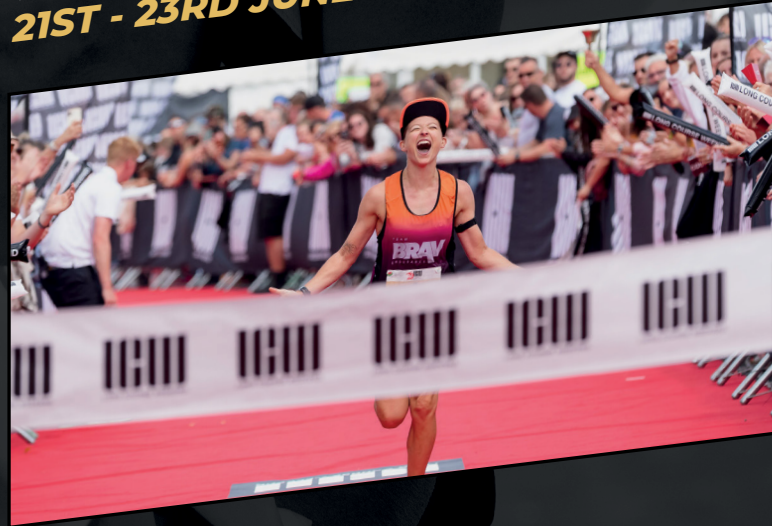
**BELGIUM**  
NIEUWPOORT  
20 - 22 SEPTEMBER 2024



**NEW ZEALAND**  
LAKE KARAPIRO  
12TH - 14TH APRIL 2024



**WALES**  
TENBY  
21ST - 23RD JUNE 2024



[LONGCOURSEWEEKEND.COM](http://LONGCOURSEWEEKEND.COM)

**NEW FOR 2024**  
**LCW YORKSHIRE**  
6TH - 8TH SEPTEMBER 2024

As #sportersbelevenmeer-city, the City of Nieuwpoort is making every effort to encourage residents and visitors to stay active. Our extensive sports offerings play a significant role in this endeavor. Additionally, the organization of high-quality sports events is a crucial component of our sports policy.

One of those major sporting events is **the Long Course Weekend Belgium, taking place from Friday, September 22nd to Sunday, September 24th, 2023**. Many participants will swim, run and cycle their way to the finish line at this grand sports festival.

Nieuwpoort is exceptionally proud to host Long Course Weekend. This event motivates both professional and amateur athletes to push their limits in a challenging manner. We are providing the participants with a beautiful competition backdrop: **swimming in the Harbour Channel in the shadow of the King Albert I memorial, cycling through and among the World War heritage and running in the Nieuwpoort polders** on a course designed for true endurance athletes.

I wish all participants in the Long Course Weekend 2023 a successful and enjoyable sports experience!

Mayor

**Geert Vanden Broucke**



# LONG COURSE WEEKEND

## The concept

The concept of Long Course Weekend is a unique sports festival. For three days straight, you have the option to choose from competitions in three disciplines (swimming, cycling, running) and across various distances. **This allows you to participate in a sports weekend tailored to your preferences.** You can opt for a swimming competition, a cycling tour or a running race. Or even a combination of multiple sports and distances.

For the true die-hard athletes, there's the Long Course Weekend option: **a complete triathlon spread over three days.** Every athlete who successfully completes the Long Course receives a 4th medal in addition to the medals they earn for each discipline. The special medal ceremony for all full LCW finishers on Sunday afternoon, held in Wales where the Long Course Weekend originated, has become a moment that no one wants to miss!

The Long Course Weekend events are renowned for their unique and fantastic atmosphere at the finish line. Long Course Weekend had its first edition in Tenby, Wales, twelve years ago and has since grown into a competition with over 10.000 participants. Long Course Weekend appeals to a wide audience, making it the premier sports event for athletes, families, friends and businesses alike.



# LONG COURSE WEEKEND APP

**Stay up-to-date with everything and download the Long Course Weekend app!**

Discover the Long Course Weekend Belgium app! The all-in-one guide for this exciting event, packed with useful information, schedules, course maps, race results, weather updates and networking features. All your questions answered in one place!

- **Event Info:** All the essential information about Long Course Weekend Belgium, including the schedule, locations, festival area, and practical information. Stay informed about the latest news and announcements.
- **Results:** Whether you're a participant or a spectator, stay updated with the latest standings.
- **Connect with participants:** Connect with fellow participants and make your event experience complete. The app provides a platform to connect and chat with other athletes.
- **Course maps:** Navigate through detailed course maps for all the races at Long Course Weekend Belgium.
- **Notifications:** Receive timely notifications about race updates, program changes and important announcements. Stay well-informed and don't miss a thing.
- **Media:** Share photos and videos of your Long Course Weekend experience directly with the organizers through the app.
- **Partners:** Discover our official partners and enjoy exclusive benefits!

Don't hesitate and **download the app** today to elevate your Long Course Weekend adventure to the next level.



## Thursday 21 September

16h00 - 18h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

## Friday 22 September

13h00 - 17h30 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

15h00 - 21h00 Festival Square Open - Fonteinplein Nieuwpoort

15h00 - 21h00 Expo open - Fonteinplein Nieuwpoort

16h45 Start Box Open The Nieuwpoort Swim open - Fonteinplein

17h00 Race Briefing The Nieuwpoort Swim

17h15 The Nieuwpoort Swim Rolling Start

17h35 First Finisher - The Nieuwpoort Swim 1,9km

18h00 First Finisher - The Nieuwpoort Swim 3,8km

19h15 Last Athlete Cut Off

19h30 Podiums The Nieuwpoort Swim

## Saturday 23 September

06h30 - 17h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

07h00 - 18h00 Festival Square Open - Fonteinplein Nieuwpoort

07h00 - 18h00 Expo open - Fonteinplein Nieuwpoort

07h30 Departure Cycling - Top 5 Swimming FULL LCW

07h35 Departure 180km Cycling

09h30 Departure 90km Cycling

11h30 Departure 45km Cycling

11h45 Expected first athlete 90km

12h00 Expected first athlete 180km

12h45 Expected first athlete 45km

14h00 Podiums Cycle Flanders Fields

## Sunday 24 September

07h30 - 13h00 Athlete Registration Open - Vismijn (Fish Market) Nieuwpoort

08h00 - 17h00 Festival Square Open - Fonteinplein Nieuwpoort

08h00 - 17h00 Expo open - Fonteinplein Nieuwpoort

09h00 Kids Run

10h00 Start Marathon

10h30 Start 5k Run

11h30 Start Half Marathon

12h00 Start 10k Run

16h00 Medal Ceremony Full Long Course Weekend

**SKODA**  
We **Love** Cycling

JE ŠKODA ENYAQ iV  
BEDRIJFSWAGEN



**AUTOBEDRIJF**  
**Lagrou**  
DIKSMUIDE IEPER TORHOUT



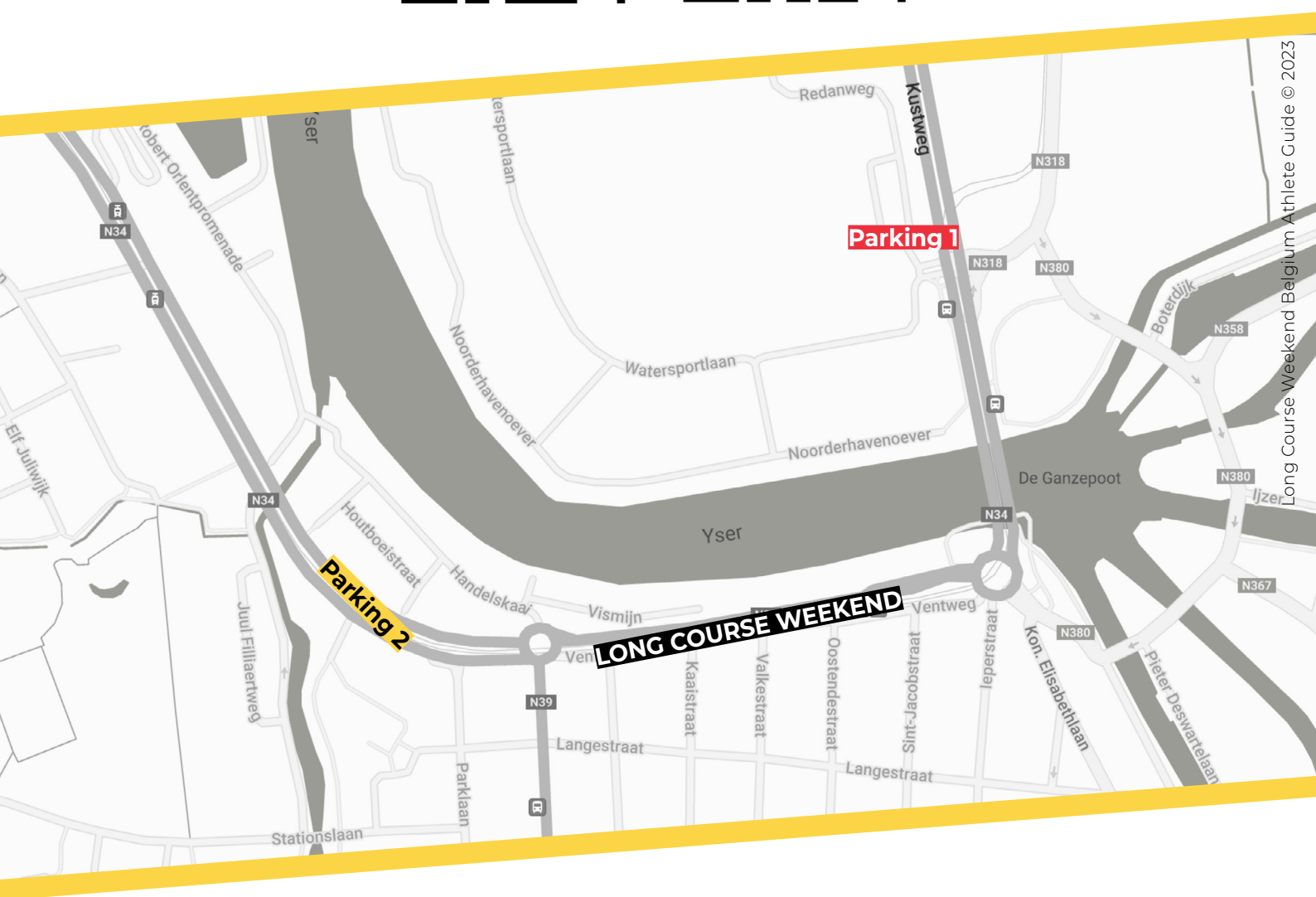
Audi Approved  
:plus



# PARKINGS

Parking 1

Parking 2



Long Course Weekend Belgium Athlete Guide © 2023





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Discover our Sportzot!



# IMPORTANT PLACES

## Athlete Registration

The athlete registration is located on the first floor of the Vismijn (Fish Market) building and is only accessible to athletes participating in one of the Long Course Weekend competitions. Each participant must register individually at the athletes' reception. Pre-ordered merchandise can also be collected at the athlete registration area.

There is a guarded cloakroom at the athletes' registration.

## Festival Square

The festival square next to the Vismijn is where all Long Course Weekend races start and finish. There will be food trucks and a large bar.

## Showers and dressing rooms

Athletes who want to shower can do so in the municipal swimming pool of Nieuwpoort:

### Pool

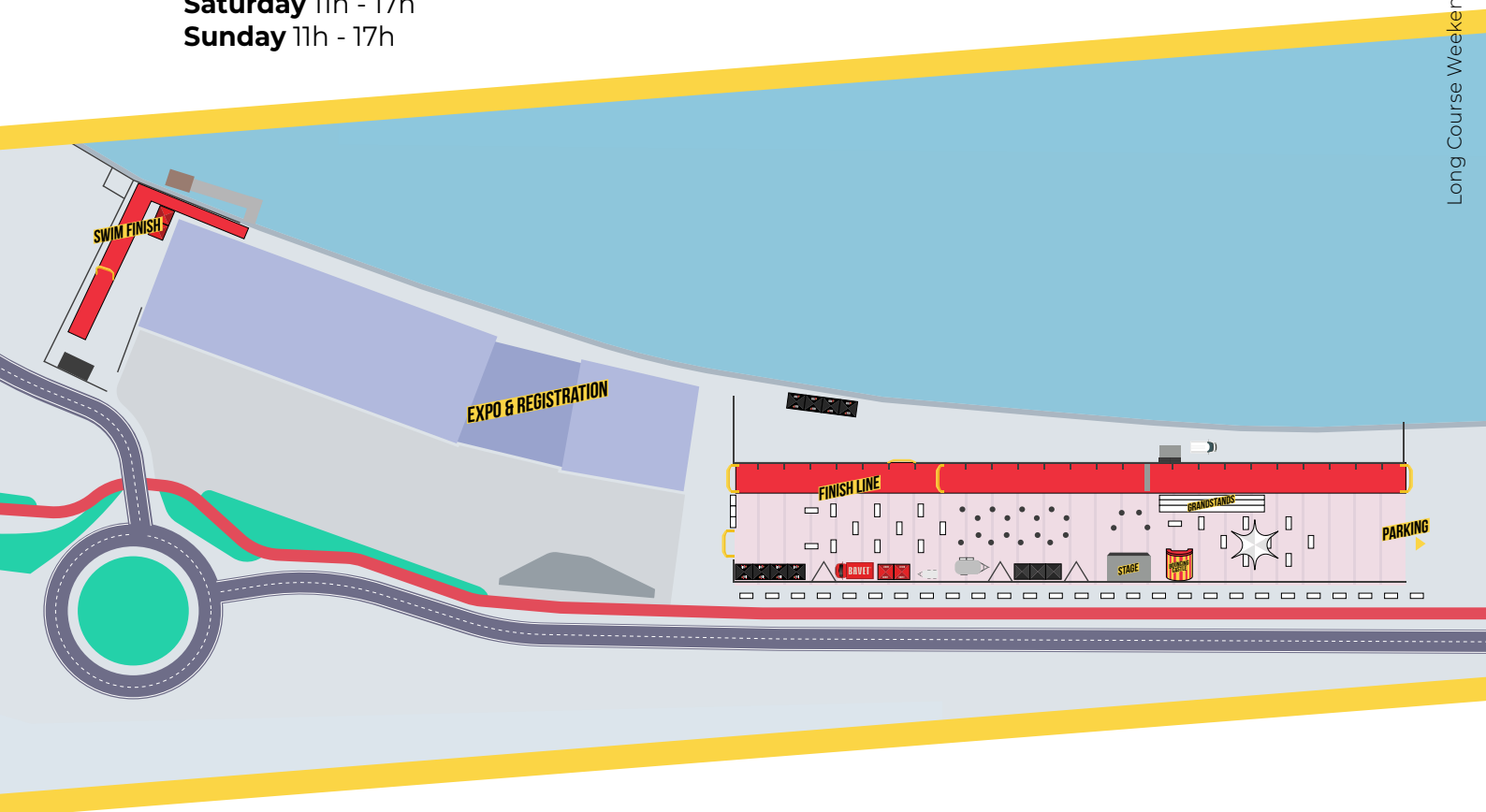
City of Nieuwpoort  
Stationslaan - Leopold II Park  
8620 Nieuwpoort

### Opening hours

**Friday** 15h - 21h

**Saturday** 11h - 17h

**Sunday** 11h - 17h



# ADVENTURE *QUEST*

PUSHING YOUR LIMITS WITH MATHIEU BONNE

MATTHIEU BONNE IS AN ULTRARUNNER AND WORLD RECORD HOLDER IN CYCLING, SWIMMING, AND TRIATHLON. HE EMBRACES EXTREME CHALLENGES AS A WAY OF LIFE AND ACCOMPLISHES FEATS THAT NO ONE HAS EVER DONE BEFORE.

TO ACHIEVE HIS GOALS, MATTHIEU SEEKS HARMONY IN BOTH BODY AND MIND, IMMERSSES HIMSELF IN NATURE, AND EXPERIENCES ALL ITS ELEMENTS. DURING THE ADVENTURE QUEST WEEK, MATTHIEU WILL ALLOW YOU TO DISCOVER HIS UNIQUE WAY OF LIFE AND ATTEMPT TO OUTLINE HIS MINDSET FRAMEWORK FROM WHICH PARTICIPANTS CAN LEARN.

[READ MORE HERE.](#)

18 UNTIL 25 NOVEMBER  
[WWW.ADVENTUREQUEST.BE](http://WWW.ADVENTUREQUEST.BE)

NOVEMBER 2023

# REGISTRATION

You will need the following to register and to collect your Race Pack:

- Your identity card.
- The QR code you received in the mail.
- On-site registration will be done by last name.

**Athletes participating in multiple races on different days need to register only once to get their Race Pack.**

You can register and collect your Race Pack at these times:

**Thursday 21 september** 16h00 - 18h00

**Friday 22 september** 13h00 - 17h30

**Saturday 23 september** 06h30 - 17h00

**Sunday 24 september** 07h30 - 13h00

You can collect your Race Pack for any discipline on any day.

We strongly recommend that all runners who are already present on Friday or Saturday, to pick up their race packs on one of those days. We anticipate a large number of participants on Sunday and this will help avoid long wait times.

**Without an identity card you can NOT register. You are not permitted to register on someone else's behalf.**

## **Distance Changes - Adjusting Your Challenge?**

We understand that athletic plans can sometimes change, and that's why we want to give our participants the opportunity to modify their chosen distance. Whether you're looking for more of a challenge or need to adjust your goals, we're here to support you. Please note that there is an administrative fee of €10 for each distance change. Additionally, there may be additional costs if you decide to switch to a more expensive distance.

You can request a distance change in two ways:

- In advance: Send an email to [info@lcwbelgium.com](mailto:info@lcwbelgium.com).
- On-site: Visit the athletes' reception at the event itself.

# RACE PACK

Each participant in any Long Course Weekend competition receives a goodie bag from the town of Nieuwpoort containing:

- LCW Belgium sunglasses (1,9 - 3,8 SWIM / 90 - 180 BIKE / 21,1 - 42,2 RUN)
- A LCW Belgium wrist sweatband (45 BIKE/ 5-10 RUN)
- Goodie from Etixx

Athletes who participate in the **HALF Long Course Weekend** also get:

- A LCW Belgium windbreaker
- A HALF LCW Belgium Polo

Athletes who participate in the **FULL Long Course Weekend** also get:

- A LCW Belgium windbreaker
- A FULL LCW Belgium Polo
- 4th medal on Sunday at 16h00



# RACE PACK

Make sure you get the following things at the athletes' registration per discipline:

## **The Nieuwpoort Swim**

LCW Swim cap  
Timing chip

## **Cycle Flanders Fields**

Bike plate  
Straps to fix your bike plate  
Cycling helmet sticker  
Timing chip sticker for the helmet.

## **The Nieuwpoort Marathon**

Chest number incl. timing badge  
Buckle pins to attach your number

## **HALF Long Course Weekend**

LCW Swim cap  
Timing chip  
Bike plate  
Straps to fix your bike plate  
Timing chip sticker for the helmet  
Chest number incl. timing badge  
Cycling helmet sticker

## **FULL Long Course Weekend**

LCW Swim cap  
Timing chip  
Bike plate  
Straps to fix your bike plate  
Timing chip sticker for the helmet  
Chest number incl. timing badge  
Cycling helmet sticker



# LAST MINUTES & DAY REGISTRATIONS

## Bring a friend

There's nothing more enjoyable than exercising together and creating memories with friends!

Do you have any sportive friends who haven't registered for Long Course Weekend yet? Encourage them to join! They can still register online or even on the day of the event. However, please note that for on-site registrations, there will be an additional administrative fee of €10. So, for a cost-effective registration, it's best for your friends to sign up now!

**Exercising together, cheering together and crossing the finish line together - that's what Long Course Weekend is all about!**



# FINISHERPIX

## Your personal race memories with FinisherPix

With **FinisherPix** you can order all the photos taken of you during your race(s)! This way, you'll have a beautiful memory of your athletic achievements.

Professional photographers are stationed at the most scenic spots along the courses to capture your action shots. And, of course, they're ready to snap that epic red carpet finish photo!

From the smile on your face at the start, to the determination during the race and the emotion at the finish line, everything is captured for you. With these photos, you can relive those unforgettable moments time and time again!

Share away! Whether it's in the family WhatsApp group or your Instagram, you now have the coolest photos to share. Your precious race memories are just a scan away! Scan the QR code to order FinisherPix and preserve the magic of your Long Course Weekend forever.

PS. Some tips for **great race photos**:

- Ensure your race number is always visible at the front.
- Say cheese on the track! Keep an eye out for FinisherPix photographers and show off that big smile!
- Keep your eyes on the prize! As you approach the finish line, look ahead and shine for that perfect photo!!



# GUINNESS WORLD RECORD ON LONG COURSE WEEKEND

## Participant in the spotlight

Meet **Timothy Van Tomme** from Zottegem, 30 years old and a true adventurer! But that's not all! Timothy has set his sights on the **Guinness World Record** for the **fastest half marathon** and he's attempting it in nothing less than a **supervillain outfit** of 'The Riddler'. In 2021, during the Amsterdam Marathon, he saw the current record holder running in a 'Venom' suit. After running the half marathon of Nieuwpoort faster than the current record holder the year before, his goal now is to break this record. His determination and eye-catching costume make him an indispensable part of this epic event.

When you spot him, don't hesitate to cheer him on!



**Good luck Timothy!**



***RENT YOUR WETSUIT FOR  
THE NIEUWPOORT SWIM***



# THE NIEUWPOORT SWIM

The Nieuwpoort Swim is one of the few **open water swimming competitions** in Belgium and this year it can count on a field of more than 350 swimmers. In the inner harbour of Nieuwpoort, in the shadow of the Westfront monument and **next to the largest marina in Northern Europe**, The Nieuwpoort Swim offers a unique setting. Spectators can walk along the entire length of the course and you will arrive at the already **legendary Long Course Weekend Belgium festival square!**



# RACEFLOW

## THE NIEUWPOORT SWIM



### Registration

Thursday 21 September: 16h00 - 18h00

Friday 22 September: 13h00 - 16h45

**Wetsuits are allowed (and strongly recommended!)** and are mandatory if the temperature is below 15.9 degrees Celsius. Boots and gloves are not allowed.

Wearing **the swim cap provided by the organization is mandatory.**

The organization will measure the water temperature on Wednesday, September 21st, and Friday, September 23rd. The temperature will be communicated through social media channels and the LCW app.

The **timing chip must be worn above the wetsuit.** If you lose the chip during the swim, you must report it to a member of the organization when you exit the water. Please return your chip to the organization after you finish. Buoys will be provided for this purpose. Failure to return the swimtag may result in a fine of €50.

At The Nieuwpoort Swim, athletes from both distances (1.9 and 3.8) start together. There is no opportunity to warm up in the water.

If you decide not to start after your registration, you **MUST** inform a member of the organization before the start.

Before the start of the race (from 4:45 PM onwards), you should position yourself in the pace group that matches your expected performance. To have a comfortable race, it's in your best interest to choose the right pace.

#### Pace group 1:

<30min (1,9km)  
<60min (3,8km)

#### Pace group 2:

<40min (1,9km)  
<75min (3,8km)

#### Pace group 3:

<50min (1,9km)  
<90min (3,8km)

#### Pace group 4:

>50min (1,9km)  
>90min (3,8km)



# RACEFLOW

## THE NIEUWPOORT SWIM

We use a rolling start where swimmers start in groups of 5. Your real time is measured, so you don't need to rush before or at the start. Each distance has a different colored swim cap.

Participants in the 1.9km swim complete 1 lap, while participants in the 3.8km swim exit the water after completing 2 laps.

Once you exit the water, walk or run to the finish arch at the LCW Belgium festival area. After crossing the finish arch, you will receive water and your medal!

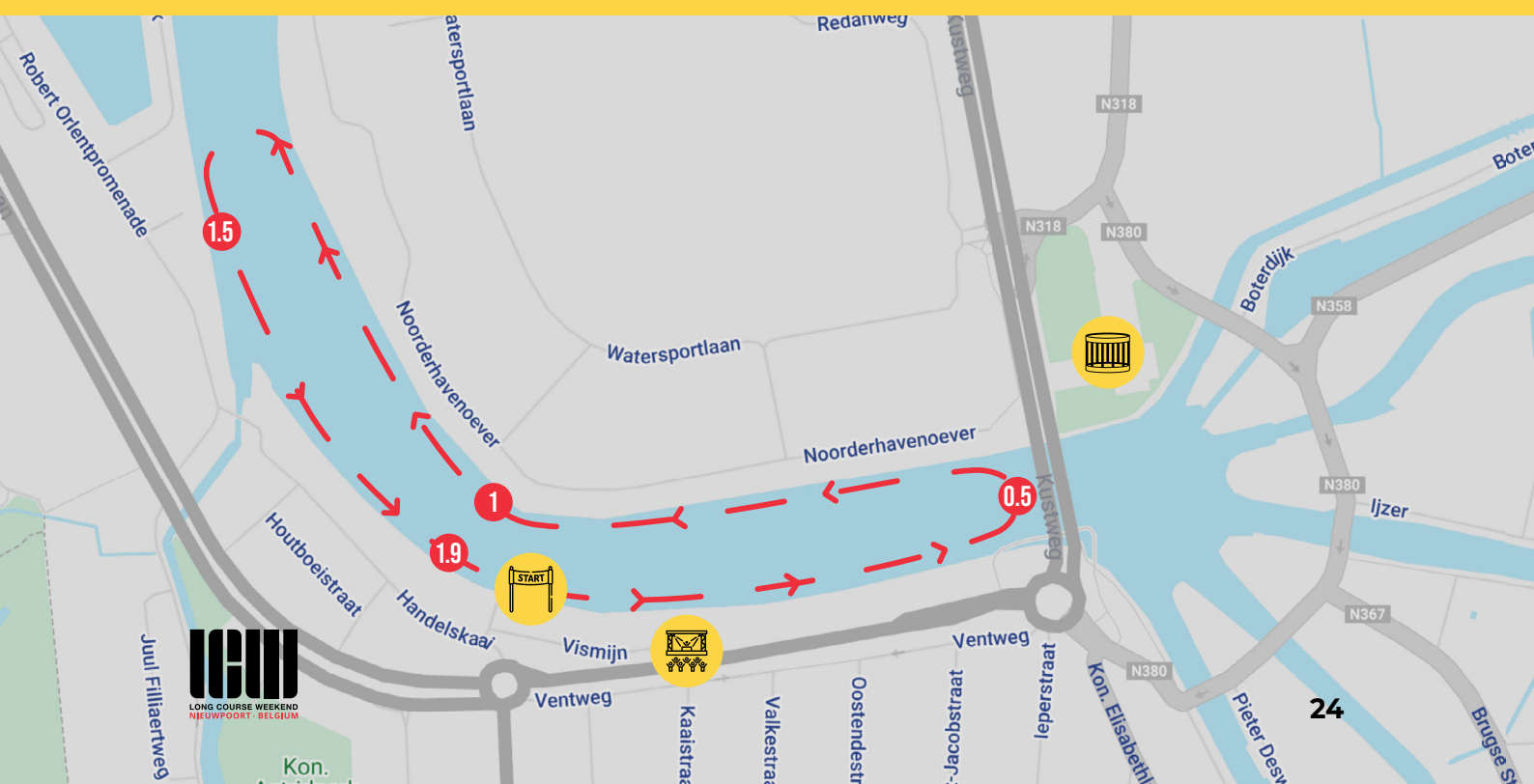
### Rules and Safety

Long Course Weekend is a sporting event where fair play is a top priority. We expect everyone to participate in the races in the fairest manner possible, with respect for other participants.

You must always follow the instructions of the organizers and lifeguards. Keep the buoys on your left side at all times.

**The organizers and lifeguards can decide at any time to remove swimmers from the water if they believe that the swim cannot be completed safely.**

**If you are in distress, signal to one of the lifeguards in the boats on the course.**



# RACEFLOW

## THE NIEUWPOORT SWIM

### Bag Drop

There is a cloakroom at the athlete reception (1st floor of the fish market) where you can securely leave your belongings. However, we recommend, as a first option, leaving your personal items with your supporters, friends or family!

### Timing

Timing chip above your wetsuit.

### Showers and Changing Rooms

There are changing rooms and showers available for those who wish to use them.

### Swimming Pool

City of Nieuwpoort  
Stationslaan - Leopold II Park  
8620 Nieuwpoort

Opening Hours

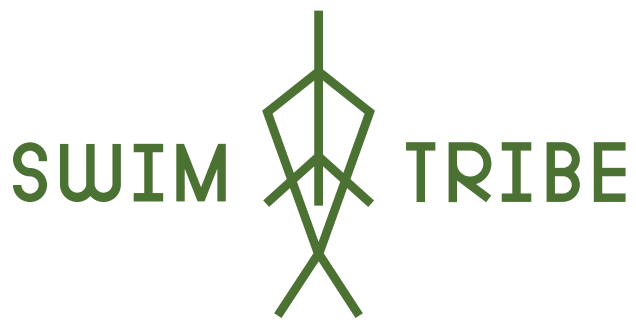
Friday: 15h00 - 21h00

### Pasta Party

Hungry after the race? Enjoy a BAVET spaghetti on Friday evening during our pasta party to refuel your body and aid in quick recovery.

[Scan the QR code.](#)





EXPLORE  
EXPERIENCE  
ENJOY

[WWW.SWIMTRIBE.BE](http://WWW.SWIMTRIBE.BE)



Enjoying crawl swimming,  
excelling in the pool or  
in open water!

- ✓ *individual session*
- ✓ *group session*



Swim  
Technique



Long  
Distance



Open  
Water



# CYCLE FLANDERS FIELDS

Cycle Flanders Fields is part of Long Course Weekend Belgium and is a unique cycling event featuring 3 distances: 45km, 90km and 180km.

Starting in Nieuwpoort, the routes head towards the Westhoek. The 180km route includes a portion of the **World Tour Classic Gent-Wevelgem course**, including a passage over the Kemmelberg. After the start at **the fish market in Nieuwpoort**, the route takes you towards Veurne, **crosses the French border**, enters the hilly area and travels through the plugstreets and under the Menenpoort, passing by **dozens of war monuments** before heading back to Nieuwpoort.



# COURSE MAPS

CYCLE FLANDERS FIELDS 

45K



90K



180K



FIETSEN | FIETSONDERDELEN | FIETSACCESSOIRES  
FIETSKLEDING | SPORTVOEDING | SPORTVOEDING  
FIETSLEASING | FIETSHERSTELLINGEN

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- ✓ **THUISLEVERING**
- ✓ **GRATIS VERZENDING VANAF € 50 (BE & NL)**
- ✓ **RUIM ASSORTIMENT**
- ✓ **SCHERPE PRIJZEN**



### **AALST**

Gentsesteenweg 89  
9300 Aalst

### **GEEL**

Waterstraat 31  
2440 Geel

### **DADIZELE**

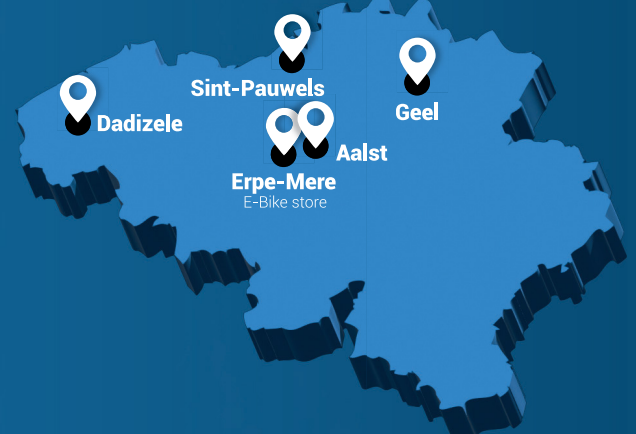
Meensesteenweg 168 B  
8890 Dadizele

### **SINT-PAUWELS**

Potterstraat 125  
9170 Sint-Pauwels

### **ERPE-MERE (E-BIKE)**

Oudenaardsesteenweg 391  
9420 Erpe-Mere



# RACEFLOW

## CYCLE FLANDERS FIELDS

### Registration

Thursday, September 21st: 16h00 - 18h00

Friday, September 22nd: 13h00 - 17h30

Saturday, September 23th: 6h30 - 11h30

All participants in Cycle Flanders Fields should report to the Long Course Weekend festival area at the designated time block for their respective start. Your helmet and bike will be checked and then you can start at your own pace. The starting times vary by distance:

**180km departs at 07h30**

**90km departs at 09h30**

**45km departs at 11h30**

**It's important that you are present at the correct starting time for cycling. You cannot start 'between' the different starting times.**



# RACEFLOW

## CYCLE FLANDERS FIELDS

### Bag Drop

There is a cloakroom at the athletes' registration (1st floor of the fish market) where you can securely leave your belongings. However, we recommend, as a first option, leaving your personal items with your supporters, friends or family (if that option is available)!

### Timing

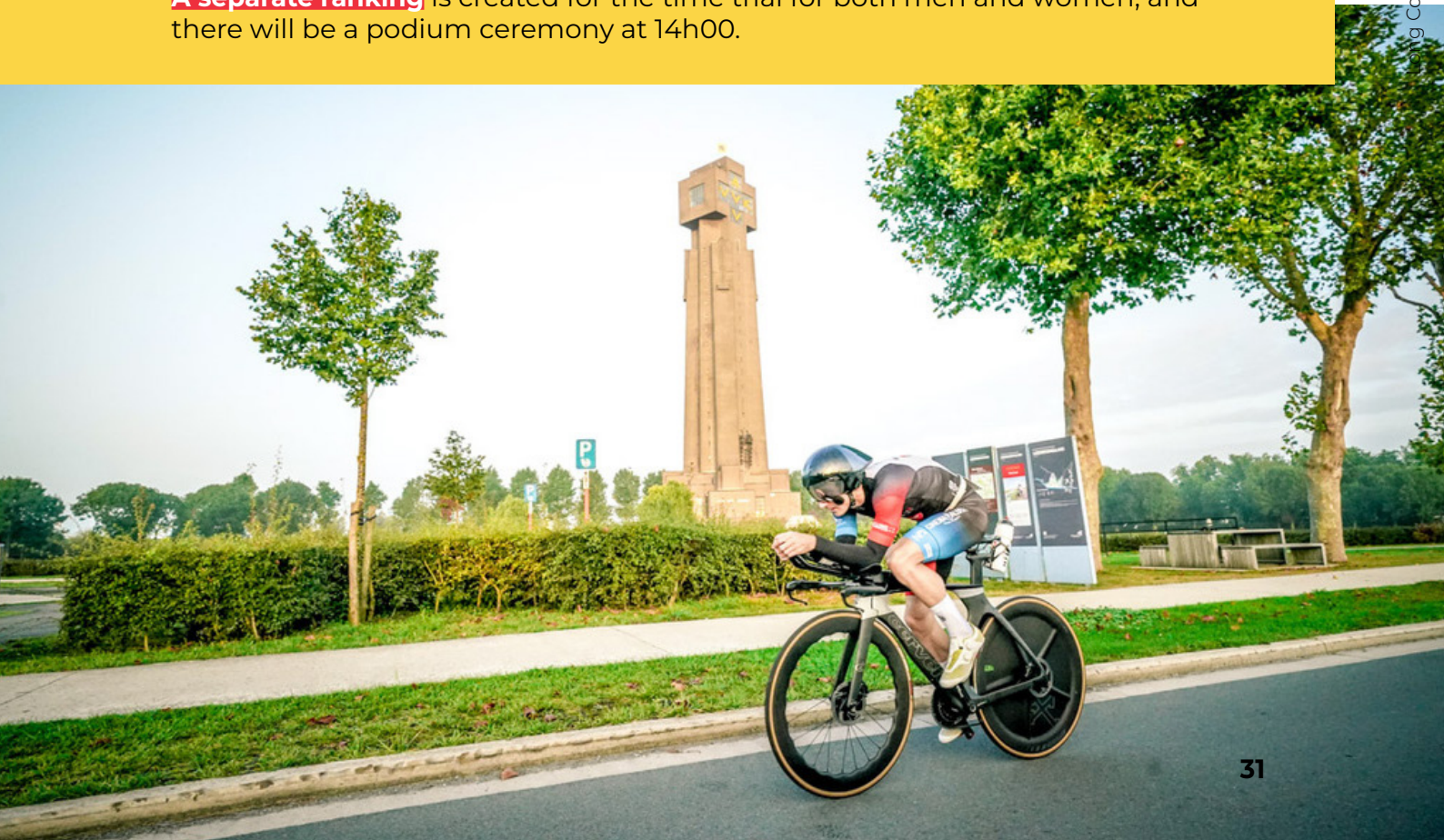
According to Belgian legislation, Cycle Flanders Fields is a recreational tour ride and no rankings may be published. Athletes must adhere to traffic regulations at all times, including stopping at traffic lights (which are kept to an absolute minimum on the entire course). Please ensure that your timing chip remains securely attached to your helmet at all times. This way, we can be sure that everyone has safely reached the finish line!

Furthermore, there is a Cycle Flanders Fields **TIME TRIAL** 7km before the finish. The time trial will be clearly marked on the course well in advance.

This is a **section of the course** that is closed to all traffic.

So, make sure to save some energy in your legs to give it your all over this 3-kilometer stretch.

**A separate ranking** is created for the time trial for both men and women, and there will be a podium ceremony at 14h00.



# KING OF THE MOUNTAIN

POWERED BY BAVET 

## Conquer the Kemmelberg

A second time is being added to the 'ranking'!  
We have added a second timing point on the Kemmelberg for the 180km route!

This course is low-traffic but not entirely car-free! The same rules apply here:  
traffic regulations must be respected.

The start and end of the timing will be clearly marked!  
The podium ceremony for the King of the Mountain will take place at 14h00.



# RACEFLOW

## CYCLE FLANDERS FIELDS

### Van Eyck: No worries, just pure cycling enjoyment

Are you participating in Cycle Flanders Fields and worried about the chance of getting a flat tire? Don't worry! Our partner, Van Eyck Sport, is here to help. With their convenient **mobile bike repair service**, they will be ready at the festival area and along the cycling routes.

Whether you encounter issues on the road, need to lubricate your chain, or require minor bike repairs and adjustments, **Van Eyck Sport** has got you covered. Their dedicated and experienced team offers professional service, allowing you to embark on your cycling challenge (and finish it!) with complete peace of mind. This means you can fully concentrate on enjoying your bike ride through the beautiful locations you'll encounter, without the burden of unexpected technical obstacles.

In summary, Van Eyck Sport is here to elevate your experience and support you through every pedal stroke of your adventure!



# etixx

sports nutrition

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[www.etixxsports.com](http://www.etixxsports.com)

# AID STATIONS

## CYCLE FLANDERS FIELDS

For the 90km route, there is one aid station provided after approximately 40 kilometers.

For the 180km route, there are three aid stations provided, approximately every 45 kilometers.

### 90 km

#### 45km

Water  
Etixx Sports drink  
Etixx Gels  
Etixx Bars  
Candy/snacks

### 180 km

#### 47,3km

Water  
Etixx Sports drink  
Etixx Gels  
Candy/Snacks

#### 98,8km

#### Toilets available

Water  
Etixx Sports drink  
Etixx Gels  
Etixx Bars  
Candy/Snacks  
Bananas

#### 135,2km

Water  
Etixx Sports drink  
Cola  
Etixx Gels  
Candy/Snacks  
Oranges





The new BMC Speedmachine was born from our insatiable desire to deliver speed to riders in ways they can use.

# THE NIEUWPOORT MARATHON

The Nieuwpoort Marathon is the concluding running event of the Long Course Weekend, a fast-paced race featuring **an international field** of over 2500 runners.

The course initially takes you along the shipping channel and after a brief passage through Nieuwpoort city, it heads towards the polders. A long journey along the Frontzate path is interrupted by winding roads leading to the Ijzer River. Just before the finish line, everyone passes under the Albert I memorial, right before the Long Course Weekend Belgium festival area where the finish is located.

The Nieuwpoort Marathon offers running races in **4 distances**: 5km, 10km, Half Marathon, and Marathon. Additionally, there is a kids' race with various age categories.



# COURSE MAPS

THE NIEUWPOORT MARATHON 

5K



10K



21,1K



42,2K





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YOUR  
LIMITS™**

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**BODYCROSS, THE  
FRENCH RUNNING  
AND TRAIL BRAND  
PARTNER OF THE  
LONG COURSE  
WEEKEND**

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# RACEFLOW

## THE NIEUWPOORT MARATHON

### Registration

Thursday, September 21st: 16h00 - 18h00

Friday, September 22nd: 13h00 -17h30

Saturday, September 23th: 06h30 - 17h00

Sunday, September 24th: 07h30 - 13h00

All participants in the Nieuwpoort Marathon should report to the Long Course Weekend festival area fifteen minutes before the start of their respective race. Your bib number will be checked and then the race will begin. The starting times vary by distance:

**The kids' run starts at 09h00**

**The 42.2km race starts at 10h00**

**The 5km race starts at 10h30**

**The 21.1km race starts at 11h30**

**The 10km race starts at 12h00**

**We suggest that all capable runners register on Friday or Saturday to avoid long queues.**



# RACEFLOW

## THE NIEUWPOORT MARATHON

### Rules and Security

The course is not entirely closed to traffic but is considered **low-traffic**. This means that runners have the right of way over other traffic. There will be marshals at all intersections and locations where side streets intersect with the course. We request all participants to remain cautious despite the presence of marshals, walk on the sidewalk as much as possible and when necessary, obey traffic rules. There is one location where tram tracks must be crossed. Police officers will be present to ensure a smooth crossing. All participants must follow the instructions of the police at all times.

### Bag drop

There is a cloakroom at the athletes' registration (1st floor of the fish market) where you can securely leave your belongings. However, we recommend, as a first option, leaving your personal items with your supporters, friends or family (if that option is available)!

### Timing

Timing is recorded through the **chip in your bib number**. Results will be compiled for each distance and by gender.



# RACEFLOW

## THE NIEUWPOORT MARATHON

### Achieve your running goal with our pacers!

A pacer is someone who volunteers their own race time to help others achieve a specific finishing time. Pacers run the race at an even pace and finish just slightly ahead of their predicted time. This helps you finish at your desired time without having to worry too much about your pace. All you need to do is keep up with your pacer.

This year, we are collaborating with 'Het Pacingteam' to support you in both the half marathon and the full marathon. You can recognize them by the Polar pacer flags displaying their finish times. The scheduled pacers are:

#### The scheduled pacers per pace

Marathon	Half Marathon
3:30	1:30
3:40	1:40
3:50	1:50
4:00	2:00
4:10	2:10
4:20	
4:30	



# AID STATIONS

## THE NIEUWPOORT MARATHON

**Aid stations every 5 kilometers**

### MARATHON

1.

Water  
Etixx Sports drink

2.

Water  
Etixx Sports drink  
Etixx Bars

3.

#### Toilets available

Water  
Etixx Sports drink  
Etixx Bars  
Etixx Gels  
Oranges

4.

Water  
Etixx Sports drink  
Etixx Gels  
Bananas  
Snacks

5.

Water  
Etixx Sports drink  
Etixx Bars  
Etixx Gels  
Candy

6.

#### Toilets available

Water  
Etixx Sports drink  
Etixx Bars  
Etixx Gels  
Oranges

7.

#### Toilets available

Water  
Etixx Sports drink  
Etixx Gels

8.

Water  
Etixx Sports drink  
Cola

### HALF MARATHON

1.

Water  
Etixx Sports drink

2.

Water  
Etixx Sports drink  
Etixx Gels

3.

#### Toilets available

Water  
Etixx Sports drink  
Etixx Gels

4.

Water  
Etixx Sports drink  
Etixx Bars  
Etixx Gels  
Cola

### 10 km

1.

Water  
Etixx Sports drink



Long Course Weekend Belgium Athlete Guide © 2023

# KIDS RUN

## Welcome kids!

The Long Course Weekend warmly welcomes young and sporty children with their very own fantastic kids run. The running race will take place on Sunday morning at the same starting and finishing zone where the 5k, 10k, half marathon and marathon events will also be held. Our promising young athletes will cross the epic finish line with their loyal supporters and parents cheering from the sidelines.

- Red carpet start & finish
- Fun medals
- Sports & enjoyment

### 4 Distances:

- 3-5 years: 300m
- 6-8 years: 600m
- 9-11 years: 1200m
- 12-14 years: 1500m



# FULL LONG COURSE WEEKEND

For athletes looking to take on the ultimate **challenge!** A full triathlon over three days in a stunning setting: that's the Full Long Course Weekend.

The event kicks off on Friday, September 22nd, with the swimming competition. **The 3.8km swimming course** takes you along one of the few open-water swimming courses in Belgium! The start is at the Oude Vismijn, and you'll swim towards the entrance of the largest marina in Northern Europe. Despite the seawater, you'll swim in calm waters due to protection from the current in the fairway. Spectators can walk along the entire course.

On the second day, it's time to hop on the **bikes**, covering an impressive **180km** route. Both the start and finish are located in the center of Nieuwpoort. You'll cycle through the polders and the various waterways that were part of the front line during World War I. Along the way, you'll pass numerous impressive monuments and cemeteries. This promises to be a truly remarkable cycling experience.

Finally, the **running race** concludes the Long Course Weekend. Athletes embark on a **42km** journey, starting and finishing once again in the heart of Nieuwpoort. Expect an exciting and celebratory atmosphere at the start and finish, complete with a red carpet for every finisher.



# RACEFLOW

## FULL LONG COURSE WEEKEND

### **Raceflow**

The FULL LONG COURSE WEEKEND athletes must follow the agreements and rules described above for the three disciplines. However, we request that FULL athletes adhere to the following agreements:

- Be present at the **bike start at 07h30** so that all FULL athletes can depart at 07h30. We will allow the top 5 swimmers to start separately with a 1-minute interval.
- Be present at the **marathon start at 09h45** FULL athletes can start together at the front for the marathon start.

### **Medal Ceremony**

On Sunday afternoon at 16h00, there is a special medal ceremony for all participants in the Full Long Course Weekend. We request that ALL participants in the Full Long Course Weekend follow the following instructions:

1. After completing the marathon, put on your Full Long Course Weekend Polo, which is included in your Race Pack and your 3 medals!
2. Take your position under the archway located furthest from the finish line at the beginning of the red carpet.
3. One by one, the Full Long Course Weekend athletes will be called to the finish line, where they will receive their special 4th medal.
4. After receiving your **4th medal**, take your place between the start of the red carpet and the finish line, forming a guard of honor with other athletes for those who are still being called.
5. The top 3 athletes will come forward last and take their place on the podium.

# HALF LONG COURSE WEEKEND

**A challenge** for athletes seeking to push their limits! A half triathlon over three days in a stunning setting: that's the Half Long Course Weekend.

The event kicks off on Friday, September 22nd, with the swimming competition. **The 1.9km swimming course** is one of the few open-water swimming courses in Belgium!

On the second day, it's time for **cycling**, where athletes get to cover a whopping **90km** route. Both the start and finish are located in the center of Nieuwpoort.

Finally, the **running race** wraps up the half triathlon. Athletes embark on a **21.1km** journey, starting and finishing once again in the heart of Nieuwpoort. Expect an exciting and celebratory atmosphere at the start and finish, complete with a red carpet for every finisher!



# RACEFLOW

## HALF LONG COURSE WEEKEND

### Race Progression

The HALF LONG COURSE WEEKEND athletes must follow the agreements and rules outlined above for the three disciplines. However, we request HALF athletes to adhere to the following agreements:

- Be present **at the bike start at 09h20** so that all HALF athletes can depart at 09h30 as the first group.

### Medal ceremony

On Sunday afternoon at 16h00, there will be a special medal ceremony for all participants in the Full and Half Long Course Weekend. We kindly request that ALL participants in the Half Long Course Weekend follow the following instructions:

1. After completing the half marathon, put on your Half Long Course Weekend Polo, which is included in your Race Pack and your medals. Take your position under the archway located further ahead from the finish line at the beginning of the red carpet.
2. The Half Long Course Weekend athletes are called to the finish line **in groups**.
3. The athletes then take their place on the red carpet and form a guard of honor for the FULL Long Course Weekend athletes.



\*For the Half Long Course Weekend athletes, there is NO 4th medal; it is reserved exclusively for the FULL Long Course Weekend athletes.

# PODIUMS

There are 18 podiums spread out over the weekend:

## Friday evening 19h30

- Women's 1.9km swimming
- Men's 1.9km swimming
- Women's 3.8km swimming
- Men's 3.8km swimming

## Saturday afternoon 14h00

- Fastest time by women
- Fastest time by men
- King of the mountain

## Sunday afternoon

- Women's 5km run - 11h15
- Men's 5km run - 11h15
- Women's 10km run- 13h00
- Men's 10km run - 13h00
- Women's half marathon running - 13h00
- Men's half marathon running - 13h00
- Women's marathon running - 13h30
- Men's marathon running - 13h30

## Sunday afternoon 16h00

- Half Long Course Weekend Women
- Half Long Course Weekend Men
- Full Long Course Weekend Women
- Full Long Course Weekend Men

We call upon all athletes from all running races to be present in **large numbers** for the **various podiums** and especially for **the special medal ceremony** for the Full Long Course Weekend!



# BAVET<sup>®</sup>

## PASTA PARTY



**STILL HUNGRY AFTER YOUR PERFORMANCE, OR DO YOUR SUPPORTERS WANT TO EAT SOMETHING WHILE THEY WAIT FOR YOU AT THE FINISH LINE?**

**THE BAVET FOOD TRUCK WILL BE PRESENT AT **THE LONG COURSE WEEKEND** FESTIVAL SQUARE THROUGHOUT THE ENTIRE WEEKEND!**





4<sup>TH</sup> EDITION

# LONG COURSE WEEKEND

20 - 22 SEPTEMBER 2024

20/09



**THE NIEUWPOORT SWIM**  
1.9KM - 3.8KM

21/09



**CYCLE FLANDERS FIELDS**  
45KM - 90KM - 180KM

22/09



**THE NIEUWPOORT MARATHON**  
5KM - 10KM - 21.1KM - 42.2KM

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