

The logo features the Vodafone speechmark icon in white on a red background, followed by the text 'vodafone 10k' in white lowercase letters. The background of the entire page is a red-tinted aerial view of a suspension bridge with a large crowd of runners on the deck, overlooking a city and a stadium.

vodafone 10k

RUNNER'S GUIDE

March 9th
2025

AGENDA

RUNNER'S GUIDE

Thursday 06

BIBs & participation kits delivery

📍 Sport Expo ⌚ 10am – 8pm

Friday 07

BIBs & participation kits delivery

📍 Sport Expo ⌚ 10am – 8pm

Saturday 08

BIBs & participation kits delivery

📍 Sport Expo ⌚ 10am – 8pm

Hyundai 7K

📍 Estádio Nacional, Jamor ⌚ 9:30am

Mimosa Family Walk

📍 Estação Fluvial de Belém ⌚ 10am

EDP New Generation

📍 Mosteiro dos Jerónimos ⌚ 4pm

Sunday 09

EDP Lisbon Half Marathon

📍 25 de abril bridge ⌚ 9:30am

Vodafone 10K

📍 25 de abril bridge ⌚ 10:05am

HIGHLIGHTS

RUNNER'S GUIDE

 **vodafone 10k**



DATE:
Sunday 9th



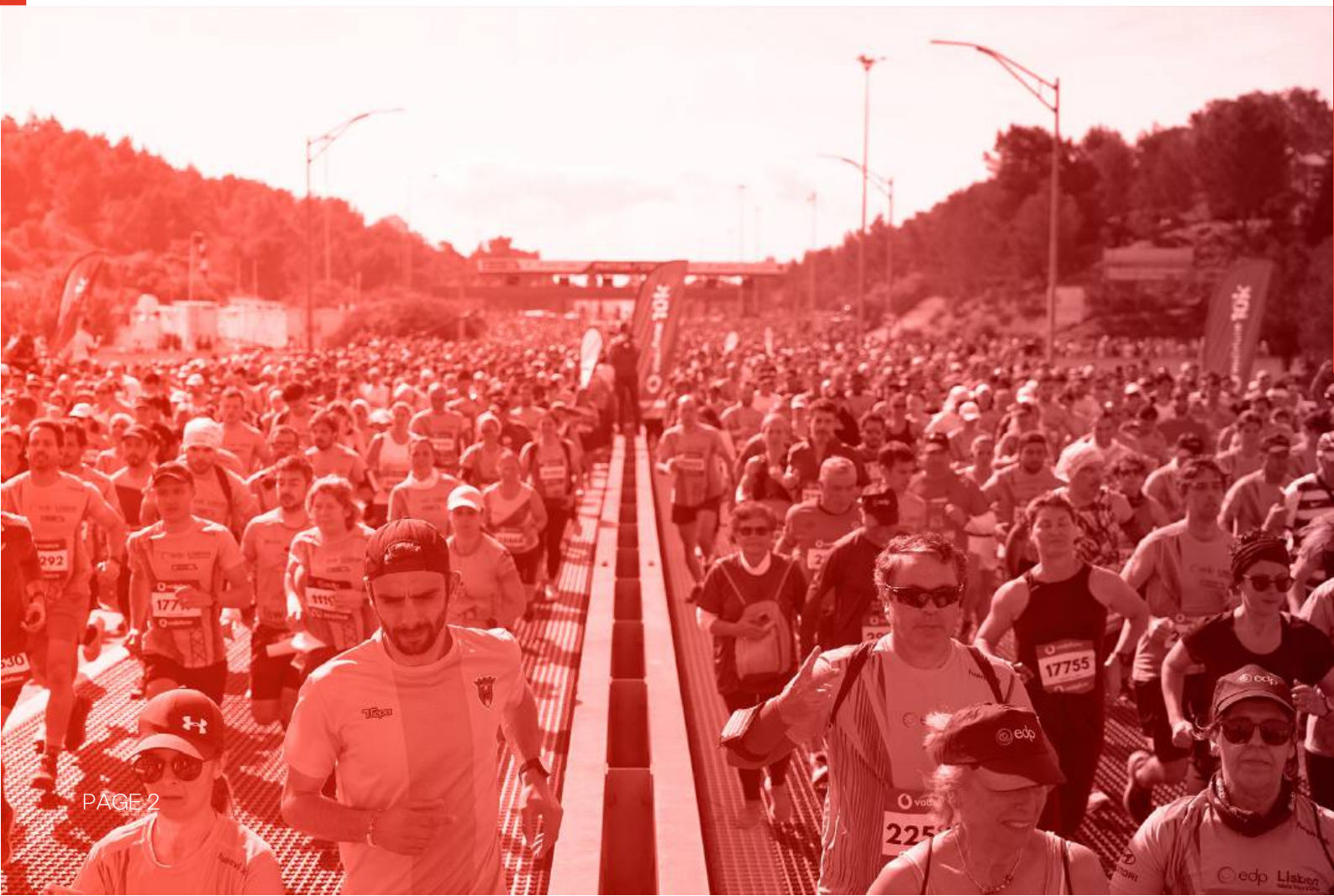
START SHOT:
10:05am



TIME LIMIT:
02h20



PARTICIPANTS:
12.000



BIBS AND PARTICIPATION KITS DELIVERY

Important!

Registration document (PDF) to be presented when picking up the BIB



PDF
Example

At the Sport Expo, runners can pick up their BIBs and Participation kits and visit the sponsors' stands. They can also get all the information about the race, such as how to reach the start line, the course details, and other information.

Information

Where: Sport Expo is located at **Sala Tejo - MEO Arena**, in Lisboa (Parque das Nações).

When: 6th, 7th and 8th of March, from 10am to 8pm. (No BIBs or participation kits will be delivered at the race day).

How: to pick up their BIB and participation kit, runners must present their **registration document** (PDF sent by email). The PDF can be presented directly from a mobile phone. Runners who don't have their registration document can ask for it at the "Solutions" booth at the Sport Expo.

Who: BIBs and participation kits can be picked up **by the runner or by another person** presenting their registration document (PDF sent by email).

What: runners will receive a **personalized BIB**, one **official adidas t-shirt**, one **official bag**, and other **offers from sponsors**. Runners must remember to pick up the **safety pins** to attach the BIB to the t-shirt.

BIBS

The runner's BIBs are personal and non-transferable and must be used correctly (placed on the chest) from the start to the finish of the race and when using the public transportation system on the race day. **Runners with their BIB can use the Lisbon transportation system, buses, trains and subway for free until 4 pm.**

The 2025 Vodafone 10K BIB will include the **recommended train time** to arrive at the start line.

To assure the athlete's safety in case of an accident, physical indisposition or any other emergency, during the race, **the organization asks to all runners to fill in their personal data in the back of the BIB.**

Under any circumstances, the BIBs can be reproduced, replicated, or modified, or used by a third party. Runners with a fake or modified BIBs will be disqualified and prevented from participating.

FRONT OF BIB

Recommended train

Bag drop service status

Race year

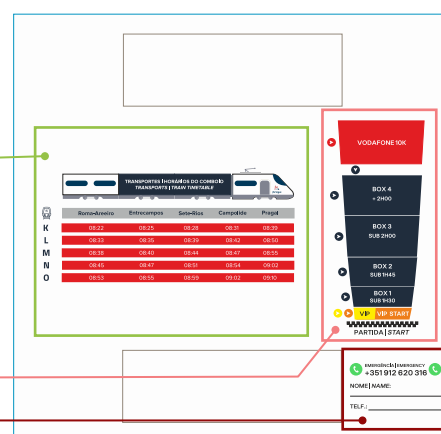


BACK OF BIB

Fertragus trains timetable

Start boxes from

Emergency contacts



PARTICIPATION KIT

All runners are intitle to an **official race adidas t-shirt** delivered when picking up their BIBs. **The t-shirt size must be asked when picking it up.** There will be five sizes available (S, M, L, XL and XXL). **It's not possible to exchange t-shirts.**

1.



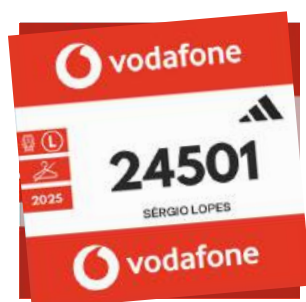
Gear check service

There's no gear check service for the Vodafone 10K.

Medal engraving service

Runners who have subscribed to the medal engraving service, just need to present their BIBs at the medal engraving tent at the finish area. Runners who haven't subscribed to the medal engraving service can subscribe to the service on site.

2.



3.



4.



START

The start of the Vodafone 10K is scheduled for Sunday, **March 9th at 10:05 am**. The time limit to finish the race is 2h20 (two hours and twenty minutes).

Although the start of the Vodafone 10K is scheduled at 10:05 am, all participants must be at the start area before 09:30 am. **After the start of the EDP Lisbon Half Marathon there's no train crossing the bridge to the start.**

To ensure that each participant has a hassle-free departure, the organization strongly advises participants to arrive early at the start area. Runners' BIB will advise the best train time each runner should take to the start line.

How to reach the start

The start line is at the beginning of the "25 de Abril" bridge. To reach it, **runners must use the Fertagus trains and leave at the Pragal station** (there's no other way to reach the start line). At **Pragal station**, runners need to follow the instructions and move to their starting box.

At 9.30am, trains stop running between Lisbon and the departure.

Fertagus has a total of 14 train stations, including **Pragal station**. To reach Pragal station from Lisbon center, runners can choose from four train stations: Roma-Areeiro, Entrecampos, Sete-Rios and Campolide. From the south margin of Tejo river, runners can choose from nine train stations: Corroios, Foros de Amora, Fogueteiro, Coima, Penalva, Pinhal Novo, Venda do Alcaide, Palmela and Setúbal.

Runners can travel for free by showing their BIBs.

At the next page you will find the Fertagus train timetable for the race day

→ → →

The journey from the train station to the start takes about 10 to 15 minutes, but runners should consider that **there will be thousands of runners moving to the start** and that there will be security checks along the way.



TRAINS TIMETABLE

RUNNER'S GUIDE

TRAINS



K

L

M

N

O

Station

Roma-Areeiro	Entrecampos	Sete-Rios	Campolide	Pragal
08:22	08:25	08:28	08:31	08:39
08:33	08:35	08:39	08:42	08:50
08:38	08:40	08:44	08:47	08:55
08:45	08:47	08:51	08:54	09:02
08:53	08:55	08:59	09:02	09:10

*Last train for runners of the Vodafone 10K

START AREA

Located at the beginning of the 25 de abril bridge, the starting area welcomes runners to the race with special offers and services. At the starting area, runners will find WCs, the and the race pacers.

The gear check service is exclusive for the half marathon runners. There's no gear check service for the Vodafone 10K runners.



Any bags or equipment left at the start line from Vodafone 10K runners won't be collected and won't be transported to the finish line!

PACERS

4:00/KM (finish time: 40m)

5:00/KM (finish time: 50m)

6:00/KM (finish time: 60m)

Walk rhythm





Meia Maratona
de Lisboa

PARTIDA / START LINE
09.03.2025



PONTE 25
DE ABRIL

EDP HALF MARATHON

VODAFONE 10K

ESTAÇÃO DO PRAGAL
TRAIN STATION

LEGENDA / KEY

- BOX | VIP | VIP Start / VIP | VIP Start / Half Marathon Box
- Tenda convidados / Guests Tent
- Entrada Meia Maratona / Half Marathon entry
- Entrada Vodafone 10K / Vodafone 10K entry
- WC
- Bengaleiro * / Gear Check *
- EDP Half Marathon / Percurso / Race course
- Vodafone 10K / Percurso / Race course
- Acesso à partida / Access to the start

CAIXAS / BOXES

- 1 CAIXA 1 / BOX 1: SUB 1h30
- 2 CAIXA 2 / BOX 2: SUB 1h45
- 3 CAIXA 3 / BOX 3: SUB 2h00
- 4 CAIXA 4 / BOX 4: + 2h00

* O serviço de bengaleiro é exclusivo aos participantes da EDP Meia Maratona de Lisboa que subscreveram este serviço no ato da inscrição. Os participantes que não subscreveram o serviço ou que vão participar na Vodafone 10k não poderão deixar qualquer material na partida.

* The gear check service is exclusive to the EDP Lisbon Half Marathon participants who subscribed to the service at the registration form. Participants who have not subscribed this service, or are running the Vodafone 10K, cannot leave any equipment at the start.

RACE

The Vodafone 10K has a very special course. It starts right at the beginning of the 25 de abril bridge and runs into the Lisbon riverside finishing at the historic **Mosteiro dos Jerónimos**.

Along the course, runners will find **2 (two) aid stations** (offering Vitalis water), **3 (three) WC areas** (most of them next to the aid stations), and **1 (one) medical station at the finish line**.

Supplies

-  Vitalis Water
-  Powerade
-  Music bands
-  WC
-  Medical station
-  Mimosa proteína
-  Madeira bananas
-  Olá Ice cream

Aid stations

START



KM 5



KM 7



FINISH



vodafone 10k

ALGÉS

LISBOA



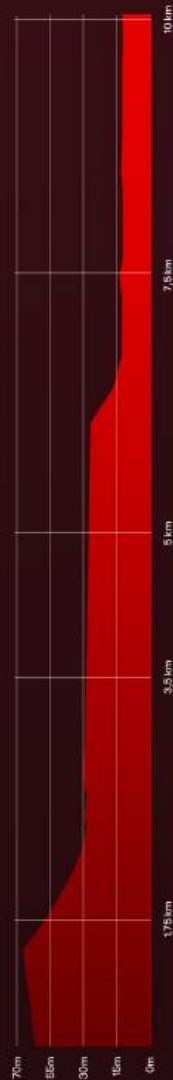
LEGENDA / KEY

- Água Vitalis *Vitalis Water*
- Banana da Madeira *Madeira bananas*
- Gelado Olá *Ice cream*
- Mimosas Proteína *Muscle bands*
- WC
- Posto Médico *Medical station*

PONTOS DE INTERESSE / POI

- A** Cristo Rei
- B** Lx Factory
- C** Santos
- D** Cais do Sodré
- E** MAAT
- F** Padrão dos Descobrimentos
- G** Torre de Belém
- H** Mosteiro dos Jerónimos

ALTIMETRIA / ELEVATION



FINISH LINE

Supplies



Vitalis Water



Mimosa Proteína Milk



Banana from Madeira



Olá Ice cream

Located right next to the Mosteiro dos Jerónimos, the finish line welcomes all finishers with very special gifts and supplies. After crossing the finish line, finishers will receive an exclusive medal that they can engrave with their time at the engraving tent. Runners that haven't subscribed to the medal engraving service, can do it on site.

To recover from the effort, all runners will receive **Vitalis water**, one **Banana from Madeira Island**, an **Olá Ice Cream** and a **Mimosa Proteína milk**.





Meia Maratona
de Lisboa

META / FINISHLINE
09.03.2025



MOSTEIRO DOS
JERÓNIMOS

JARDIM DA
PRAÇA DO IMPÉRIO

HOSPITAL
RACE HOSPITAL

GUEST
LOUNGE

META / FINISH

BANCADAS
SUPPORTERS/BENCHES

TENDA MÉDICA
MEDICAL TENT

JARDIM VASCO
DA GAMA

GRAVAÇÃO DE MEDALHAS
MEDAL ENGRAVING

SUPERHALFS

PATROCINADORES
SPONSORS

BENGALEIRO
GEAR CHECK

VODAFONE 10K

EDP LISBON HALF MARATHON

**PADRÃO DOS
DESCOBRIMENTOS**

LEGENDA / KEY

Bancadas
Supporters/Benches

Tenda VIP
VIP Tent

Serviços médicos
Medical services

Ativações patrocinadores
Sponsors activations

SuperHalfs

Bengaleiro
Gear Check

Gravação de medalhas
Medal engraving

WC

EDP Half Marathon
Percourse / Race course

Vodafone 10K
Percourse / Race course

Acesso à meta
Access to the finish line

LINKS

Please click to see the most relevant race contents.



COURSE MAP



COURSE VIDEO



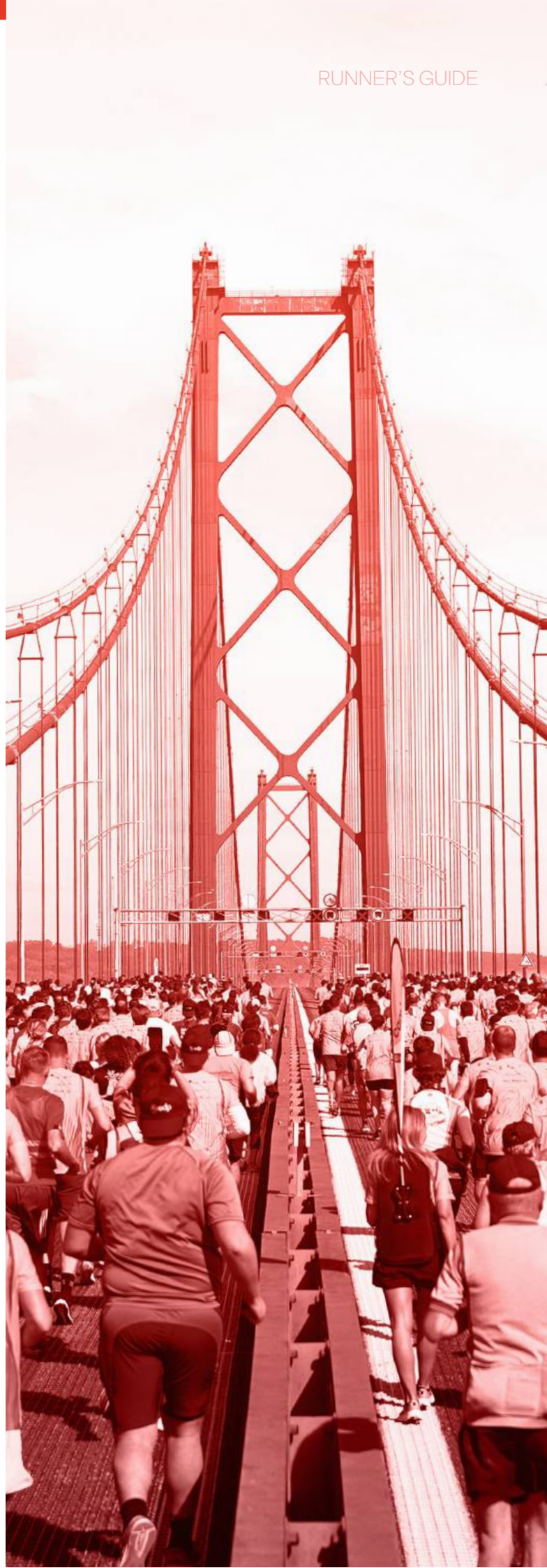
GOOGLE MAPS



LIVE TRACKING



RESULTS



SPONSORS

Thank you!

These weekend's races were only possible thanks to the contribution and efforts of different brands, organizations and individuals, to whom we would like to say a big thank you!

Institutional Partners



Naming sponsors



Official sponsors



International Partners



Medical support



Event Partners



Technical Sponsor



Timing Partner



Media Partners



Official transports

