



# PROGRAM BOOKLET



BƯỚC CHẠY VÌ MỘT VIỆT NAM  
**VƯỢT TRỘI**

# TABLE OF CONTENT

<b>OPENING MESSAGE</b>	4
Mr. Pham Xuan Tai - Deputy Director Ha Noi Department of Culture and Sports	5
Ms. Thai Minh Diem Tu - Chief Marketing Officer Techcombank	6
Mr. Rob Zamacona - General Manager Sunrise Events Viet Nam	7
Ms. Le Viet Phuong - Race Director Sunrise Events Viet Nam	8
<b>GENERAL INFORMATION</b>	9
Athlete Journey	10
Event Schedule	11-13
<b>BEFORE THE RACE</b>	<b>14</b>
Marathon Village	15
Check-in Procedure	16
BIB Introduction	17
How to wear your BIB	18
Race kit	19
<b>RACE DAY</b>	<b>22</b>
Getting to Start Line and Parking Area	23
Bag Drop Area	24
Starting Pen	25
Start Line Map	26
Course Map	27-28
Cut-Off-Time	29
Outstanding Landmarks on the Race	30-32
Pacer	34-36
Hydration Station	37
Medical Station Location	38
Hydration Station Location	39-40
SAG Wagon & Rules and Regulations	41
<b>AFTER THE RACE</b>	<b>43</b>
Finish Line Area	44
Recovery Area	45
Prize / Award Structure	46-48
Bag Pick Up Area	49
Shuttle Bus, Taxi Area	50
Lost & Found	51
FAQs	52
<b>KIDS RUN Presented by ILA</b>	<b>53</b>
General Information	54
Race kit for young athletes	56
Event Schedule for young athletes	57
Course Maps of KIDS RUN Presented By ILA	58
<b>COMMUNITY</b>	<b>59</b>
Partners joining Corporate Challenge & Run Club Challenge	60
Corporate Challenge	61-62
Run Club Challenge	63
<b>SPONSORS &amp; PARTNERS</b>	<b>64</b>
Thank You Note by Organizers	65
<b>ABOUT US</b>	<b>66</b>
Sunrise Events Vietnam (SEV)	67
Other events of SEV	68-75



AN TOÀN  
LINH HOẠT



SINH LỜI  
TỰ ĐỘNG

**SINH LỜI TỰ ĐỘNG  
TRỢ LỰC CHO MỖI KHÁT VỌNG  
CỦA DOANH NGHIỆP**

VỚI TÀI KHOẢN TECHCOMBANK PHIÊN BẢN VƯỢT TRỘI



VƯỢT TRỘI  MỖI NGÀY

\*LỢI SUẤT CÓ THỂ THAY ĐỔI THEO TỪNG THỜI ĐIỂM



# OPENING MESSAGES





**Mr. Pham Xuan Tai**

Deputy Director  
Ha Noi Department of Culture and Sports

First of all, I would like to extend my warmest and most sincere greetings to you.

On this special occasion of the 70th anniversary of the Liberation of Hanoi (October 10, 1954 - October 10, 2024), the 3rd Edition of the Techcombank Hanoi International Marathon has officially returned, bringing with it excitement and profound significance. It can be said that this event is not just a sports race but also an opportunity for us to honor the heroic history of our nation.

Over the past 70 years, Hanoi has continuously developed and risen strongly. This year's Marathon is a testament to the spirit of solidarity, resilience, and the aspiration to reach new heights of the people. The large presence of athletes from all over is a clear testament to the ever-growing spirit of sportsmanship and the dynamic, positive lifestyle of the community.

This race will take you through 39 scenic spots in Hanoi, where the ancient beauty intertwines with modernity. This is an opportunity for us to explore and promote the culture and sports tourism of the capital to international friends, contributing to spreading pride in the spiritual and cultural values of Vietnam. Besides, I also sincerely acknowledge the efforts and dedication of each athlete. Your sports spirit and determination are precious encouragement and a driving force for the event's success.

In conclusion, I wish the athletes a day full of emotions and outstanding achievements.

Sincerely,



**TECHCOMBANK**

**Ms. Thai Minh Diem Tu**

Chief Marketing Officer, Techcombank

**Join us and the community as we spread spirit and STRIKE TO MY OWN GREATNESS!**

Welcome to the 3rd Edition of the Techcombank Hanoi International Marathon 2024 - where every step you take not only conquers miles but also opens new horizons of growth and ambition.

Over the years, with a vision to "Change Banking, Change Lives", Techcombank has consistently created and shared real value for the community. We believe that every action and investment we make today contributes to building a GREATER Vietnam.

For Techcombank, the Techcombank Marathon - a symbol of the capital city - is more than just a sporting event. It's a community where unity, resilience, and passion thrive. Every stride you take reaffirms our commitment to progress, overcoming challenges, and becoming greater every day.

In 2023, with the enthusiastic participation of over 23,500 athletes from across Vietnam and the world, the Techcombank Marathon became an icon of perseverance and the spirit of "Greater Everyday". The people, stories, and steps on that track created meaningful narratives and inspired a healthy lifestyle.

As we enter the 3rd Edition of the Techcombank Hanoi International Marathon in 2024, we are proud to join and contribute to the series of activities commemorating the 70th anniversary of Capital's Liberation Day. This is not just a race but also a community-building event where every athlete, whether a seasoned runner or a first-timer, has the opportunity to surpass themselves, break limits, and work together towards a more perfect version of themselves.

Furthermore, the 3rd Edition of the Techcombank Hanoi International Marathon will take us through the city's heritage trail, showcasing countless landmarks and cultural treasures. This is an opportunity for us to promote the beauty of Hanoi to Vietnamese people and international friends.

Join us, not just to run but to experience, inspire, and affirm that we all have the potential to do great things. On September 13-15, we look forward to seeing all athletes shine as we together STRIKE TO MY OWN GREATNESS!

We wish all athletes good luck and hope you will experience and show us your greatness!

See you at the Start Line.



**Mr. Rob Zamacona**

General Manager, Sunrise Events Vietnam

Dear athletes, family, and friends,

We are excited and grateful, not only to welcome you to the 3rd Edition of the Techcombank Hanoi International Marathon but also to celebrate this momentous point in our city's history – the 70th anniversary of the Capital's Liberation Day (October 10, 1954 - October 10, 2024). This convergence of sport and remembrance makes this year's Marathon an extraordinary occasion, where the spirit of athleticism intertwines with the indomitable spirit of Vietnam and its people.

We extend our deepest appreciation to the Hanoi City People's Committee, the Department of Culture and Sports, other concerning Departments, and the People's Committees of district Hoan Kiem, Ba Dinh, Long Bien, Tay Ho and Dong Anh. Your unwavering support has been instrumental in making this event a reality.

As more than 10,000 runners prepare to embark on this remarkable journey, let us remember the courage, resilience, and sacrifices of those who fought for freedom 70 years ago. May each stride echo the footsteps of those who paved the way for the future.

The Techcombank Hanoi International Marathon is more than just a race, it is a reflection of the progress the city and country have made. This race demonstrates Sunrise Events Vietnam's vision to inspire 100 million Vietnamese to embrace their full potential through the power of sports and healthy habits. To the runners, we express our sincere gratitude. Your dedication and perseverance inspire us all. To our international runners, welcome! Your presence helps showcase Hanoi's beauty and charm to the world, and it is a privilege to kick off the running edition in Hanoi with all of you.

We invite everyone to join us at the Marathon Village to cheer on the runners, celebrate their accomplishments, and share in the camaraderie of this special day. Let us make this a Marathon to remember: one that honors our past, celebrates our present, and inspires our future.

We thank the city of Hanoi and all its citizens for your unwavering support. And to all the athletes, we wish you a safe and exhilarating race. See you at the Finish Line!

Sincerely,



**Ms. Le Viet Phuong**

Race Director, Sunrise Events Vietnam

Warmly welcome all athletes to the 3rd Edition of the Techcombank Hanoi International Marathon!

This year's event holds special significance as it coincides with the 70th anniversary of the Liberation of Hanoi – a tremendously proud historical milestone for our nation. This season is not only a challenge of physical strength and willpower but also an occasion to reflect on the glorious journey and great achievements over the past 70 years.

We provide you with the most important and necessary information about the race, including detailed route maps and regulations to follow, in this handbook. Please note that "Safety and Quality" are always our top priorities to ensure an excellent experience for all athletes and participants.

In celebration of the 70th anniversary of the Liberation of Hanoi, let the spirit of sportsmanship, unity, and mutual respect spread throughout the race. Every step you take now is not just a personal challenge but a symbol of the development and bright future of Hanoi in particular and Vietnam in general.

Sunrise Events Vietnam hopes that the athletes will have a wonderful experience at the 3rd Edition of the Techcombank Hanoi International Marathon. Let's beat as one heart, stride along the historic routes of Hanoi, and contribute to spreading the spirit of unity, showcasing national pride, and aiming for a bright future for our country.

We wish you great success in completing the race!

Sincerely,



# GENERAL INFORMATION

# ATHLETE JOURNEY

## ATHLETE 5-10 km

Hoi xa,  
in front of  
Marathon  
Village

PARKING  
AREA

## ATHLETE Half Marathon - Marathon

Hanoi Young  
Pioneer  
Palace

PARKING  
AREA

### BAG DROP

Dong Kinh Nghia Thuc  
Square  
Marathon: 3:00 - 4:00  
Half Marathon: 3:00 - 4:25

### BAG DROP

Marathon Village,  
Vinhomes Riverside Long Bien  
10KM: 5:00 - 6:30  
5KM: 5:00 - 6:45

## START

4:00 | Marathon  
(42,195km) Dong Kinh  
Nghia Thuc Square  
4:30 | Half Marathon  
(21,1km) Dong Kinh Nghia  
Thuc Square  
6:30 | 10km Vinhomes  
Riverside Long Bien  
6:50 | 5km Vinhomes  
Riverside Long Bien

# ATHLETE JOURNEY 15 SEPTEMBER 2024

AWARDS  
CEREMONY

Bag pick up tent,  
opposite Marathon  
Village

BAG PICK UP

SHUTTLE BUS  
Long Bien  
Hoan Kiem

RECOVERY AREA

MEDAL RECEIVING  
(\*All distances) and  
Finisher Shirt (\*only  
for Marathon athletes)

FINISH LINE  
Vinhomes Riverside  
Long Bien



# EVENT SCHEDULE

FRIDAY | 13.09.2024

FROM	TO	ACTIVITY	LOCATION
08:00	09:30	Opening Ceremony - Press Conference	Stage - Marathon Village
09:00	20:00	Marathon Village opens	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi
		Athlete Check-in opens (Race Kit Pick Up)	Race kit pick up tent
		KIDS RUN Presented by ILA Check-in opens (Race Kit Pick Up)	Race kit pick up tent
10:00	11:00	Race briefing rolling video	Stage - Marathon Village
11:00	11:30	KIDS RUN Presented by ILA Race briefing rolling video	
11:30	14:00	Race briefing rolling video & TVC from sponsors	
15:00	16:00	Race briefing rolling video	
20:00		Marathon Village closes	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi

Schedule is subject to change based on the actual situation.  
Please visit our Fanpage regularly to update.



NHÀ TÀI TRỢ BẠC

SILVER SPONSOR



# EVENT SCHEDULE

## SATURDAY | 14.09.2024

FROM	TO	ACTIVITY	LOCATION
8:00	20:00	Marathon Village opens	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi
		Athlete Check-in opens (Race Kit Pick Up)	Race kit pick up tent
	15:00	KIDS RUN Presented by ILA Check-in opens (Race Kit Pick Up)	Race kit pick up tent
11:00	11:30	Race briefing rolling video	Stage - Marathon Village
11:30	12:00	KIDS RUN Presented by ILA Race briefing rolling video	
13:00	14:00	Race briefing rolling video & TVC from sponsors	
14:00	14:30	ILA Workshop	
15:30	15:45	KIDS RUN Presented by ILA Race briefing rolling video	
15:50	16:00	KIDS RUN Presented by ILA athletes warm up	Start Line of KIDS RUN Presented by ILA, Vinhomes Riverside Long Bien, Long Bien, Ha Noi
<b>16:00</b>	<b>KIDS RUN Presented by ILA 1.5km and 3km start</b>		
17:00	18:00	Race briefing rolling video	Stage - Marathon Village
18:00		KIDS RUN Presented by ILA Finish Line closes	Finish Line of KIDS RUN Presented by ILA, Vinhomes Riverside Long Bien, Long Bien, Ha Noi
20:00		Marathon Village closes	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi

Schedule is subject to change based on the actual situation.  
Please visit our Fanpage regularly to update.

# EVENT SCHEDULE

## SUNDAY | 15.09.2024

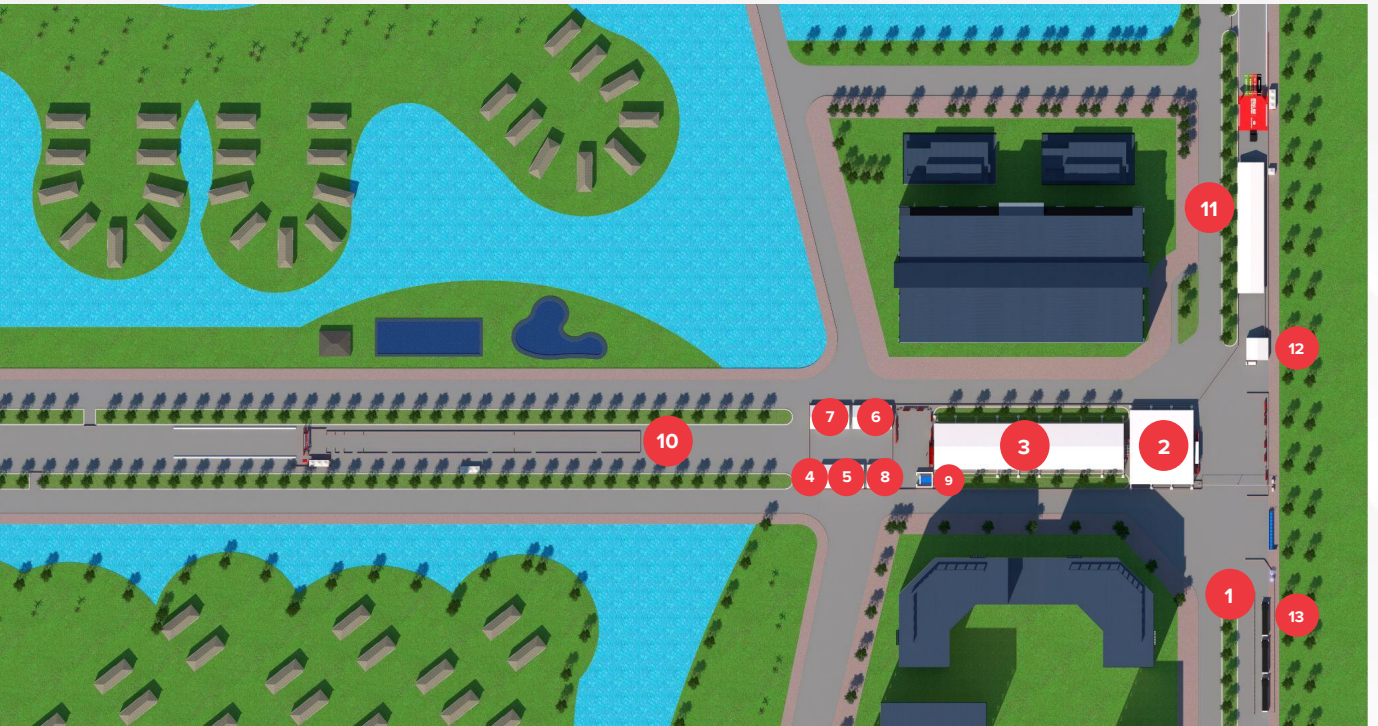
FROM	TO	ACTIVITY	LOCATION
3:00		Parking lots at Hanoi Young Pioneer Place opens	36 Ly Thai To Street, Hoan Kiem, Ha Noi
3:00	4:00	Bag Drop opens for Marathon (42,195km)	Start Line, Dong Kinh Nghia Thuc Square, Hoan Kiem, Ha Noi
	4:25	Bag Drop opens for Half Marathon (21,1km)	
5:00		Hoi Xa & Chu Huy Man Junction parking lot opens	Junction of Hoi Xa & Chu Huy Man streets
5:00	6:30	Bag Drop opens for 10km	Marathon Village, Chu Huy Man street, Long Bien, Ha Noi
5:00	6:45	Bag Drop opens for 5km	
<b>START TIME</b>			
<b>4:00</b>	<b>Start Marathon (42,195km)</b>		Start Line, Dong Kinh Nghia Thuc Square, Hoan Kiem, Ha Noi
<b>4:30</b>	<b>Start Half Marathon (21,1km)</b>		
<b>6:30</b>	<b>Start 10km</b>		Start Line, Chu Huy Man street, Long Bien, Ha Noi
<b>6:50</b>	<b>Start 5km</b>		
<b>CUT-OFF TIME</b>			
<b>Marathon (42,195km):</b>		<b>6 hours 30 minutes</b>	
<b>Half Marathon (21,1km):</b>		<b>4 hours</b>	
<b>10km:</b>		<b>2 hours</b>	
<b>5km:</b>		<b>1 hour</b>	
<p>The slowest time for an athlete to start is 15 minutes from the designated start time. Athletes starting after 15 minutes will be disqualified (unable to meet requirements) on the official results board.</p> <p>Athletes who fail to finish the race distance within the time frames set out above for their event will be removed from the course and will register a DNF (Did Not Finish). While on the course, ALL athletes must comply with race officials at all times.</p>			
6:30	11:00	Bag pick up opens for Marathon & Half Marathon distances	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi
7:00		Bag pick up opens for 10km & 5km distances	
		Shuttle Bus opens	
6:00	11:00	Recovery Area Opens	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi
<b>9:30</b>	<b>11:00</b>	<b>Awards Ceremony</b>	Stage - Marathon Village
<b>10:45</b>		<b>Race course and Finish Line area closes</b>	Finish Line, Vinhomes Riverside Long Bien, Long Bien, Ha Noi
<b>11:30</b>		<b>Marathon Village closes</b>	Marathon Village - Chu Huy Man Street, Long Bien, Ha Noi

Schedule is subject to change based on the actual situation.  
Please visit our Fanpage regularly to update.



**BEFORE THE RACE**

# MARATHON VILLAGE



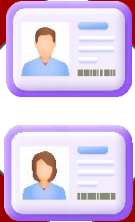
## LEGEND

- |                                 |   |                             |                       |
|---------------------------------|---|-----------------------------|-----------------------|
| <b>1</b> PARKING AREA           | <b>2</b> CHECK-IN AND RACE KIT PICK UP TENT (13-14/9) | <b>RECOVERY TENT (15/9)</b> | <b>3</b> EXPO TENT    |
| <b>4</b> VOLUNTEER TENT         | <b>5</b> MEDIA TENT                                   | <b>6</b> SEV OFFICE         |                       |
| <b>7</b> WAREHOUSE              | <b>8</b> TECHCOMBANK OFFICE                           | <b>9</b> TOILET             |                       |
| <b>10</b> START LINE 5KM - 10KM | <b>11</b> FINISH LINE                                 | <b>12</b> MEDICAL TENT      | <b>13</b> SHUTTLE BUS |



# CHECK-IN PROCEDURE

FOR INDIVIDUAL ATHLETES ONSITE



Prepare your ID / Passport  
and QR code



Scan QR  
code



Verify personal  
information



Photo and ID capturing



Sign E-waiver



Pick up  
Race-kit

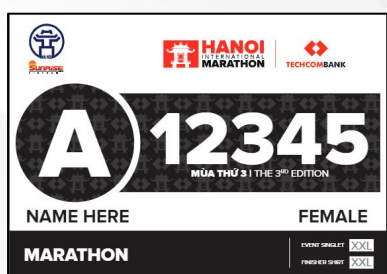
## Note:

- Participants under 18 will need to bring a signed Parent Consent Form.
- We've arranged an exchange area in case your size is not suitable so that athletes can exchange shirt sizes with each other.

# BIB INTRODUCTION

- Identification number (BIB) is a must for athletes participating in the race.
- Athletes will not be able to enter the race and will not receive results without wearing a BIB.
- The different BIB colors and the respective distance categories that they represent

To help avoid confusion, the BIBs for each distance will be colored differently:



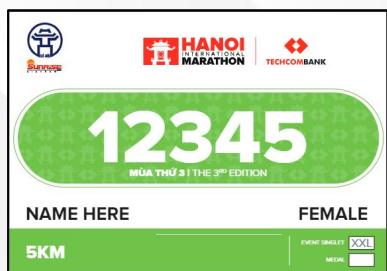
Marathon



Half Marathon



10KM



5KM



Marathon Pacer



Half Marathon Pacer



KIDS RUN 3KM



KIDS RUN 1.5KM



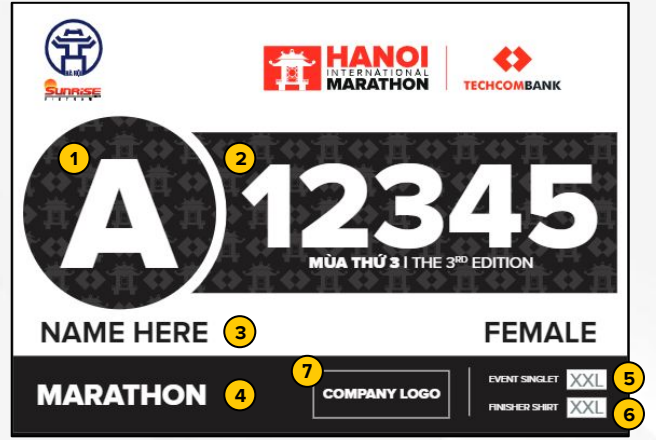
Corporate

## INDIVIDUAL BIB



- 1 Pen
- 2 BIB number
- 3 Name on BIB
- 4 Distance
- 5 Event shirt size
- 6 Finisher Shirt size  
*\*For Marathon distance only*

## CORPORATE/RUN CLUB BIB



- 1 Pen
- 2 BIB number
- 3 Name on BIB
- 4 Distance
- 5 Event shirt size
- 6 Finisher Shirt size  
*\*For Marathon distance only*
- 7 Corporate or Run Club logo

### CÁC CHỈ DẪN AN TOÀN SAFETY INSTRUCTIONS

Xin hãy gắn số BIB của bạn đúng quy định / Please attach your BIB appropriately

#### THÔNG TIN QUAN TRỌNG / IMPORTANT INFORMATION

8 Tên người tham dự : \_\_\_\_\_  
Participant's Name

Số CMND/Passport : \_\_\_\_\_  
NIC/Passport Number

**MEDICAL HISTORY / THÔNG TIN Y TẾ**

Bạn có bất kỳ dị ứng nào không?  
Do you have any known allergies?

CÓ YES     KHÔNG NO

Bạn có bất cứ thông tin thuốc nào cần được biết đến không?  
Do you have any known medical conditions?

CÓ YES     KHÔNG NO

Nếu có, xin hãy ghi rõ: \_\_\_\_\_  
If yes, please specify:

Nếu có, xin hãy ghi rõ: \_\_\_\_\_  
If yes, please specify:

Nhóm máu / Blood Type : \_\_\_\_\_

9 NGƯỜI LIÊN LẠC TRONG TRƯỜNG HỢP KHẨN CẤP / EMERGENCY CONTACT

Tên : \_\_\_\_\_  
Name

Quan hệ : \_\_\_\_\_  
Relationship

Số liên lạc : \_\_\_\_\_  
Contact number

☎ SỐ KHẨN CẤP  
EMERGENCY HOTLINE 0797002115

10

KHÔNG ĐƯỢC VỨT BỎ / KHÔNG ĐƯỢC GẤP B-TAG LẠI!  
DO NOT REMOVE / DO NOT FOLD B-TAG!

- 8 Important emergency contact information is printed on the back of the BIB. Athletes please provide complete information on the back of the BIB. Emergency contact must be available on race day and not competing. If an international number is provided below, please ensure that it has the correct international dial code.
- 9 The emergency phone number is printed on the back of the BIB (the emergency phone number only works on the race day of September 15th, 2024).
- 10 The timing chip area. **Note!** DO NOT fold, remove or damage the timing chip attached to the BIB, otherwise, your achievement will not be recorded.

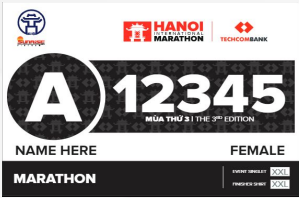
## HOW TO WEAR YOUR BIB

The “BIB is a passport” so the organizer can identify, control and ensure the safety of athletes when you participate in the 3rd Edition of the Techcombank Ha Noi International Marathon.

### \*HOW TO WEAR BIB:

1. Pin down or use a race belt with toggles at all four corners of your BIB and wear it on your chest or belly so the system can identify you, making sure no information is obscured.
2. Ensure emergency contact details are written on the back of your BIB.
3. Do not alter, modify, fold or crumple your BIB.
4. Do not remove the timing chip tag.

# RACE KIT



Race BIB & Timing Chip

Event Shirt



Sponsor Goodies  
(For Male Athletes)



Sponsor Goodies  
(For Female Athletes)

(\*) Note: Actual sponsored goodies may differ from those pictured and may vary between distances.





Bước 1: Sữa rửa mặt



**uno** SỐ 1 NHẬT BẢN CHĂM SÓC DA NAM

**SẠCH SÂU**

**KIỂM DẦU**



Bước 2: Kem dưỡng ẩm 5 trong 1

## Product Sponsor for The 3rd edition of the Techcombank Ha Noi International Marathon

UNO - Japan's No. 1 Brand in men's skincare products, offers men **deeply clean, healthy skin and feeling X4 refreshment.** Ready to conquer every challenge.

Find more information on website: [Unovn.com.vn](http://Unovn.com.vn)



GET HOT PROMOTION NOW



# TSUBAKI

## GIÚP PHỤC HỒI HƯ TỔN TỪ DẦU HOA TRÀ NHẬT



SUNGYOUNG LEE

## Product Sponsor for The 3rd edition of the Techcombank Ha Noi International Marathon

TSUBAKI - Japan's premium hair care products to help repair damaged hair from **Japanese Camellia Oil**. Shining confidently with bouncy, shiny and healthy hair.

Find more information on website: [tsubakivietnam.vn](http://tsubakivietnam.vn)



BUY IT NOW AT **Shopee** HOT PROMOTION



AN TOÀN  
LINH HOẠT



SINH LỜI  
TỰ ĐỘNG



**SINH LỜI TỰ ĐỘNG  
SẴN SÀNG CHO MỌI  
CƠ HỘI TĂNG TRƯỞNG**

VỚI TÀI KHOẢN TECHCOMBANK



VƯỢT TRỘI  MỖI NGÀY

\*LỢI SUẤT CÓ THỂ THAY ĐỔI THEO TỪNG THỜI ĐIỂM



# RACE DAY

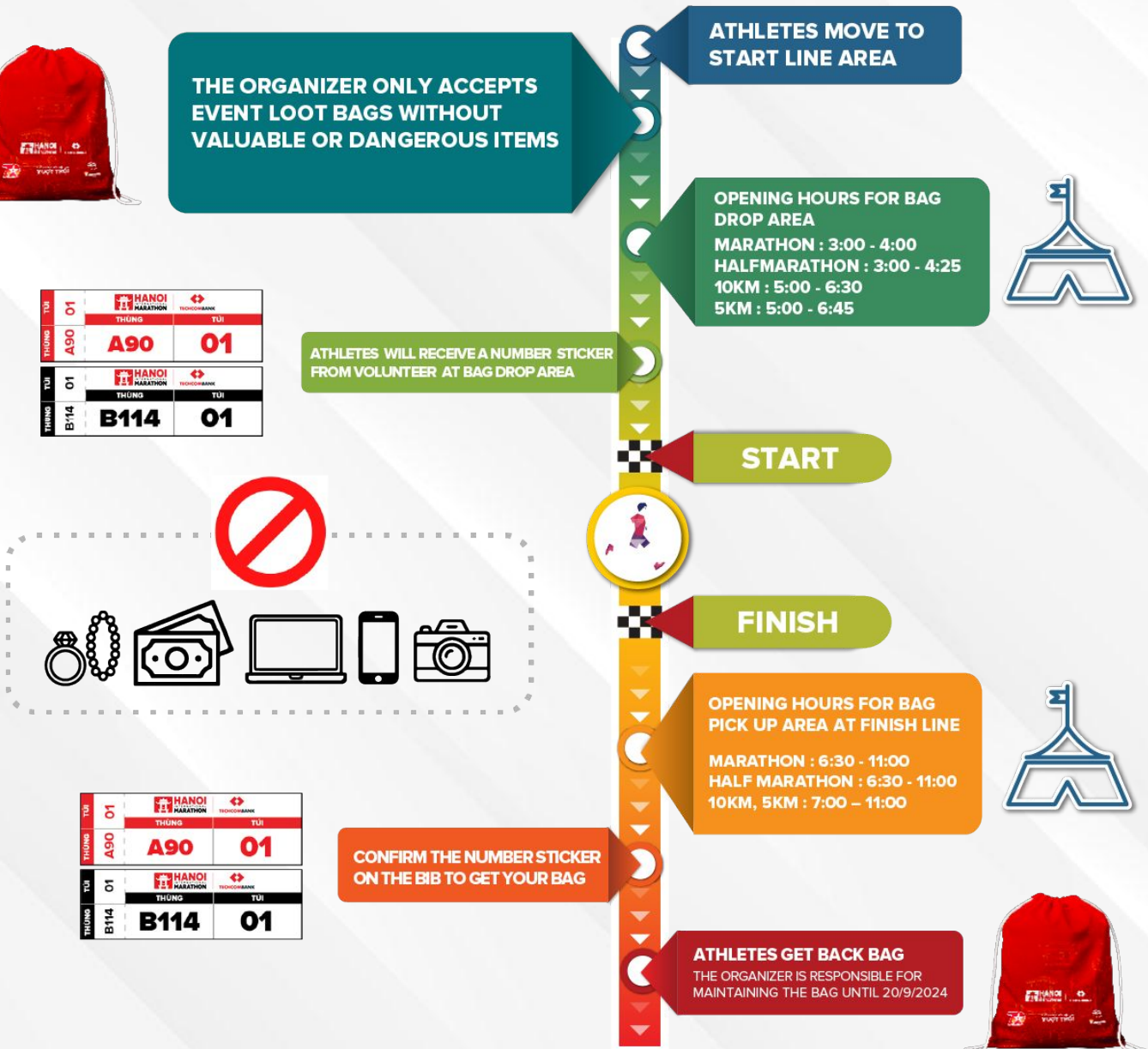




# BAG DROP AREA

Since the Start Line for the Marathon and Half Marathon distance and the Finish Line for the 3rd Edition of Techcombank Hanoi International Marathon being located at different places, runners will need to drop off their event bags at the Start Line and collect them at the Finish Line. Athletes should note to drop/receive their event bags within their designated running time frame. **We will only keep items that are placed in the event loot bag provided by the organizers.**

You will receive a numbered sticker to claim your belongings after completing your race at the Finish Line.



## RULES AND REGULATIONS

- The organizer only accepts event loot bags without valuable or dangerous items.
- Runners should be on site 1 hour before the Start Time to avoid a crowded line up to Bag Drop.
- Items in bags that are dropped and not retrieved after 11:00 AM on September 15, 2024, will be transferred to the Sunrise Events Vietnam office for storage until Friday, September 20, 2024. Please contact email: [marathontcbhn@sunriseevents.com.vn](mailto:marathontcbhn@sunriseevents.com.vn) to get the bag back.
- After December 20, 2024, the organizer has full discretion on the items in these bags.

# STARTING PEN

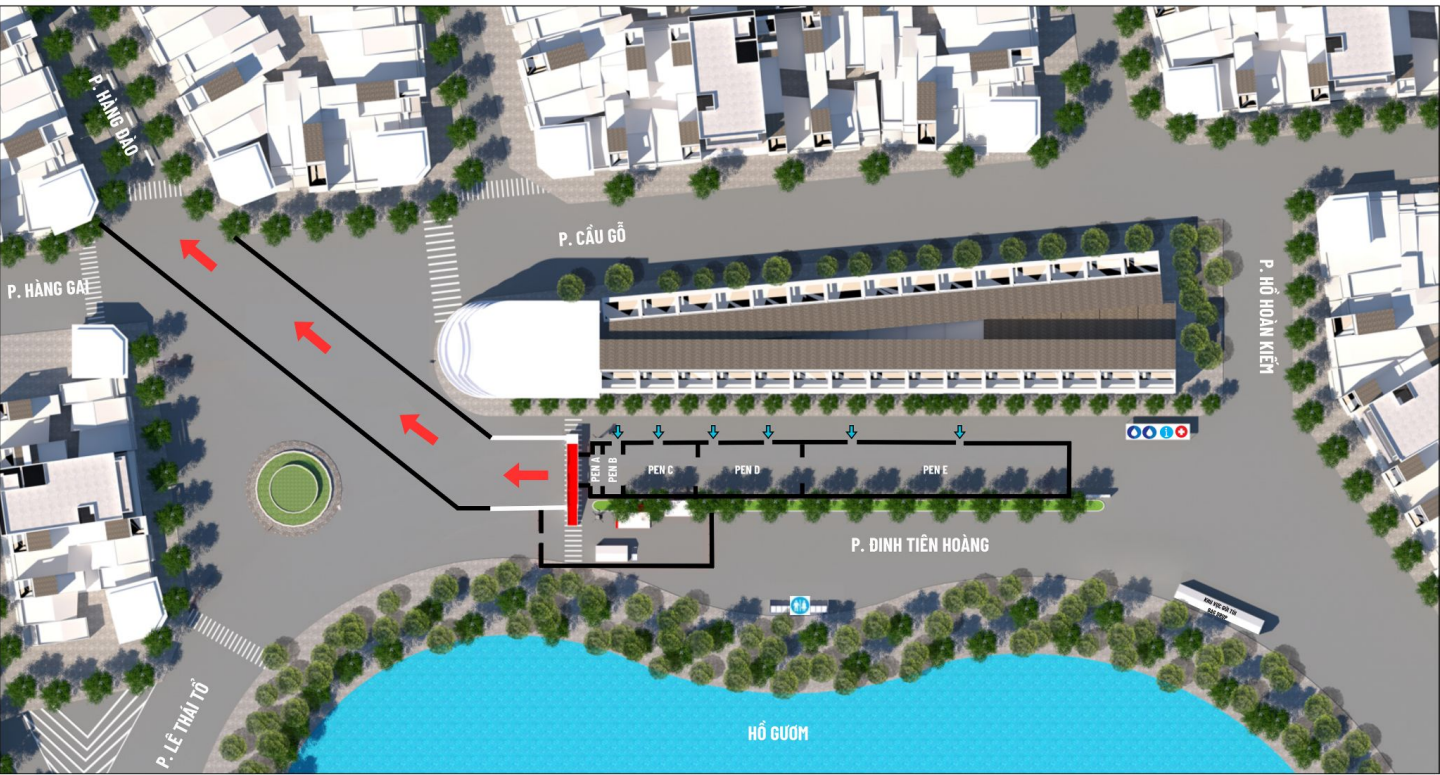
Athletes participating in the Marathon, Half Marathon, and 10KM distances are required to start in different heats and areas (called Pens) marked A, B, C, D, E based on estimated completion time. Athletes must move to the correct Pen printed on the BIB in the Start Line. The organizer has the right to change an athlete's Pen if deemed necessary without prior notice.

PEN	ESTIMATED FINISH TIME		
	MARATHON	HALF MARATHON	10KM
A	Under 2 hours 30 minutes	Under 1 hour 15 minutes	Under 39 minutes
B	Under 3 hours	Under 1 hour 30 minutes	From 40 minutes to 54 minutes
C	From 3 hours 01 minutes to 4 hours	From 1 hour 31 minutes to 2 hours	From 55 minutes to 01 hour 09 minutes
D	From 4 hours 01 minute to 5 hours	From 2 hours 01 minutes to 2 hours 30 minutes	From 01 hour 10 minutes to 01 hour 25 minutes
E	Over 5 hours	Over 2 hours 30 minutes	Over 1 hour 25 minutes

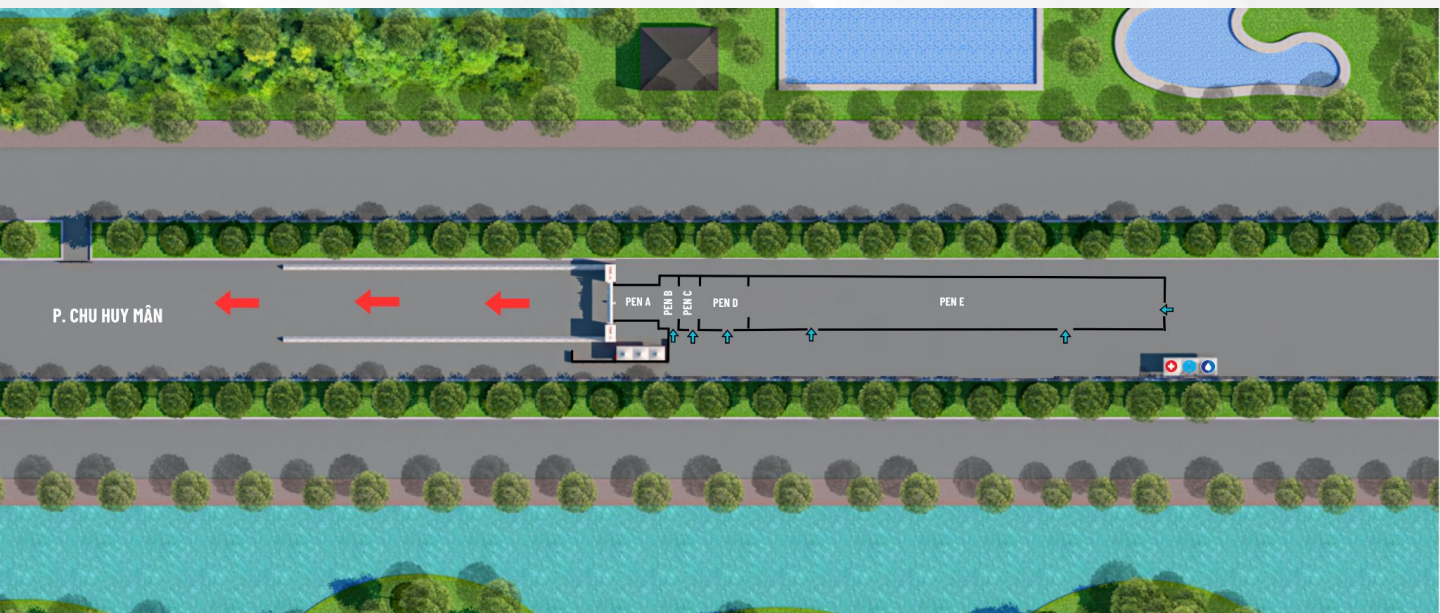


# START LINE MAP

FOR MARATHON AND HALF MARATHON ATHLETES



FOR 10KM AND 5KM ATHLETES



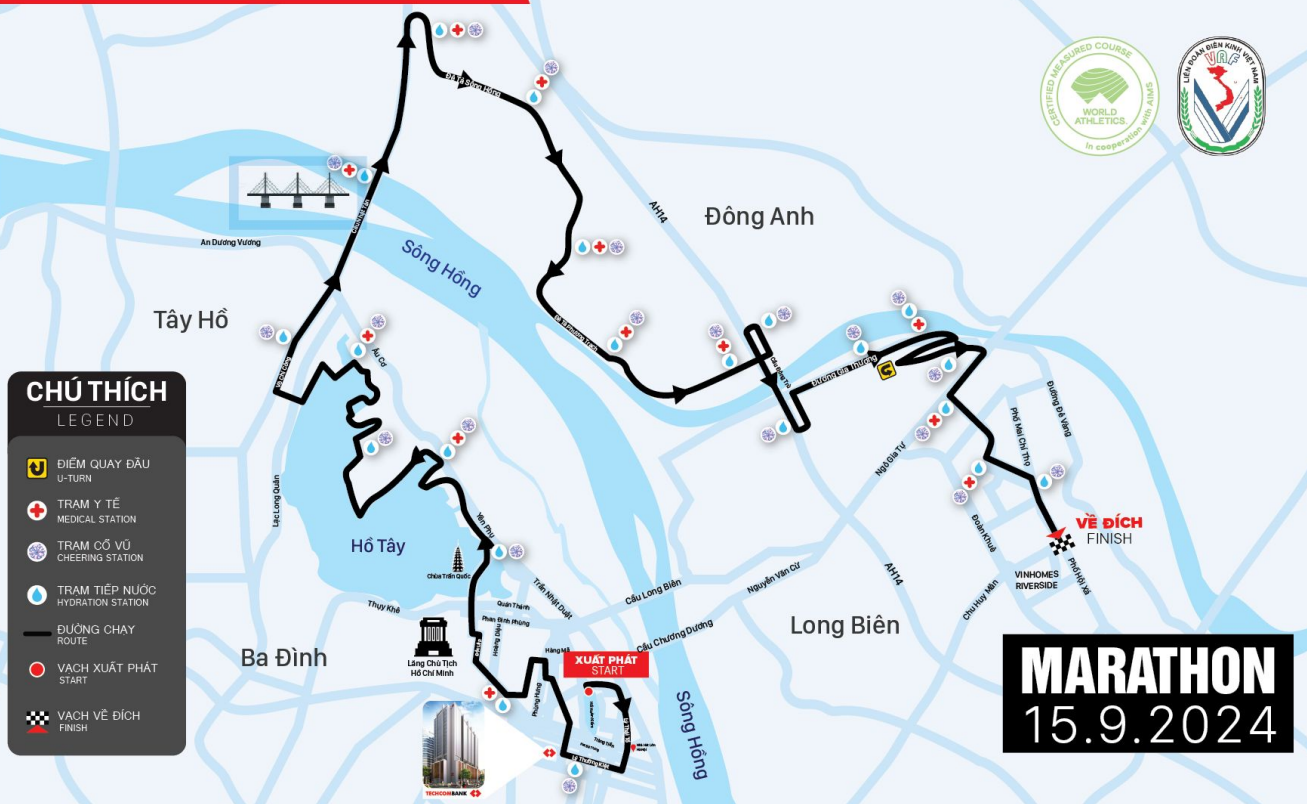
## LEGEND

-  PEN ENTRANCE
-  INFORMATION TENT
-  MEDICAL TENT
-  AID STATION
-  TOILET

# COURSE MAP



## ĐƯỜNG CHẠY | COURSE MAP



**CHÚ THÍCH**  
LEGEND

- ĐIỂM QUAY ĐẦU  
U-TURN
- TRẠM Y TẾ  
MEDICAL STATION
- TRẠM CỜ VŨ  
CHEERING STATION
- TRẠM TIẾP NƯỚC  
HYDRATION STATION
- ĐƯỜNG CHẠY  
ROUTE
- VẠCH XUẤT PHÁT  
START
- VẠCH VỀ ĐÍCH  
FINISH

**MARATHON**  
15.9.2024

**START**



**FINISH**

**HANOI INTERNATIONAL MARATHON** | **TECHCOMBANK** | **ĐƯỜNG CHẠY | COURSE MAP**

**CHỦ THÍCH**  
LEGEND

- ĐIỂM QUAY ĐẦU U-TURN
- TRẠM Y TẾ MEDICAL STATION
- TRẠM CỐ VỮ CHEERING STATION
- TRẠM TIẾP NƯỚC HYDRATION STATION
- ĐƯỜNG CHẠY ROUTE
- VẠCH XUẤT PHÁT START
- VẠCH VỀ ĐÍCH FINISH

**HALF MARATHON**  
15.9.2024

**HANOI INTERNATIONAL MARATHON** | **TECHCOMBANK** | **ĐƯỜNG CHẠY | COURSE MAP**

**CHỦ THÍCH**  
LEGEND

- ĐIỂM QUAY ĐẦU U-TURN
- TRẠM CỐ VỮ CHEERING STATION
- TRẠM Y TẾ MEDICAL STATION
- TRẠM TIẾP NƯỚC HYDRATION STATION
- ĐƯỜNG CHẠY ROUTE
- VẠCH XUẤT PHÁT START
- VẠCH VỀ ĐÍCH FINISH

**10KM**  
15.9.2024

**HANOI INTERNATIONAL MARATHON** | **TECHCOMBANK** | **ĐƯỜNG CHẠY | COURSE MAP**

**CHỦ THÍCH**  
LEGEND

- TRẠM CỐ VỮ CHEERING STATION
- TRẠM Y TẾ MEDICAL STATION
- TRẠM TIẾP NƯỚC HYDRATION STATION
- ĐƯỜNG CHẠY ROUTE
- VẠCH XUẤT PHÁT START
- VẠCH VỀ ĐÍCH FINISH

**5KM**  
15.9.2024

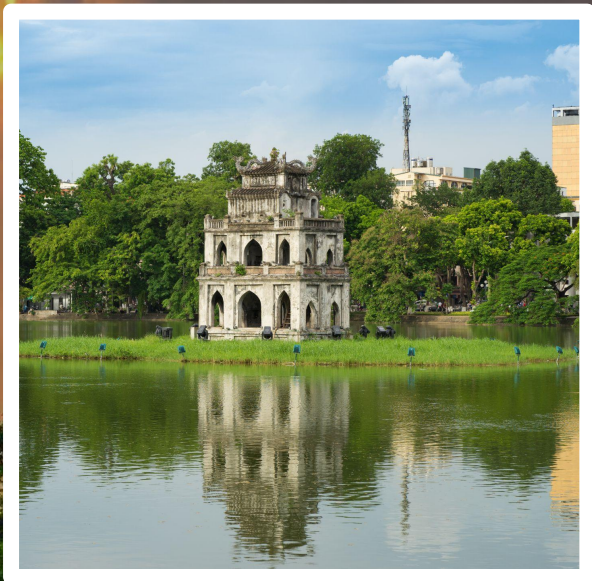
## CUT-OFF TIME

Cut-Off Time is the longest time limit for participants to complete the race with previously registered distance by passing at the end of the race route (Finish Line). The Cut-Off Time of each distance will be completely different from the others. Time for each participant will begin as soon as they cross the timing line at the Start Line. Any participant who does not complete the race course before the Cut-Off Time will receive a **DNF result (Did Not Finish)**, and the organizers will provide transportation for the athletes to the Finish Area.

DISTANCE	START TIME	CUT-OFF TIME	COURSE CLOSURE
<b>Marathon</b>	<b>4:00</b>	<b>6 HOURS 30 MINUTES</b>	<b>10:45</b>
<b>Half Marathon</b>	<b>4:30</b>	<b>4 HOURS</b>	
<b>10KM</b>	<b>6:30</b>	<b>2 HOURS</b>	
<b>5KM</b>	<b>6:50</b>	<b>1 HOUR</b>	

No.	Cut-off points	Marathon		Half Marathon	
		KM	CUT-OFF-TIME	KM	CUT-OFF-TIME
1	East Gate and Ly Nam De Intersection	4.3		4.3	<b>5:25</b>
2	Start of West Lake (Yen Hoa Street)	7.5	<b>5:25</b>		
3	Nguyen Hoang Ton and Vo Chi Cong Intersection (End of West Lake, prepare to enter Nhat Tan Bridge)	16.6	<b>6:50</b>		
4	End of Nhat Tan Bridge	23.1	<b>7:50</b>		
5	Midpoint of Hong River Dike	27.5	<b>8:30</b>		
6	End of Hong River Dike (Start of Dong Tru Bridge)	32.3	<b>9:15</b>		
7	Half Marathon and Marathon cross points	34.4	<b>9:35</b>	14.2	<b>7:25</b>
8	U-turn Marathon - Nam Duong Street	37.7	<b>10:05</b>		
9	Start of Long Bien Bridge			8.3	<b>6:20</b>
10	End of Long Bien Bridge			10.1	<b>6:40</b>
11	U-turn Half Marathon - Nam Duong Street			17.1	<b>8:00</b>

# OUTSTANDING LANDMARKS ON THE RACE



## HOAN KIEM LAKE

Hoan Kiem Lake, the heart of the capital, is a profound cultural and historical symbol of Hanoi city. Nestled in the heart of the Old Quarter, Hoan Kiem Lake exudes a peaceful beauty and the legendary tale of the sacred turtle returning the sword. Coming to Hoan Kiem Lake, you will admire the bright red The Huc Bridge leading to the sacred Ngoc Son Temple, enjoy the fresh green space and clean air, helping you recharge your energy and gain inspiration to overcome the challenges ahead.

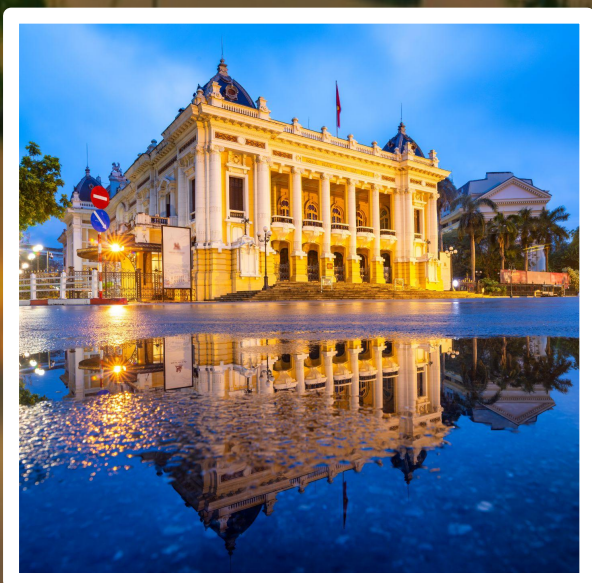
## ST. JOSEPH'S CATHEDRAL

Hanoi Cathedral, with its characteristic Gothic architecture and nearly 140-year history, is a spiritual and cultural symbol in the heart of the capital. Built in the late 19th century, this cathedral is not only a place of worship for Catholics but also a popular tourist destination for its ancient beauty and peaceful atmosphere. Located on Nha Chung Street, the Cathedral not only preserves religious values but is also a witness to many historical events, creating a Hanoi that is both ancient and modern.



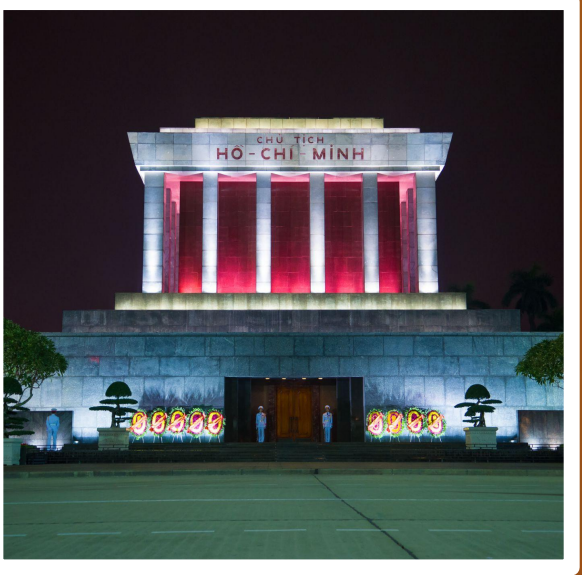
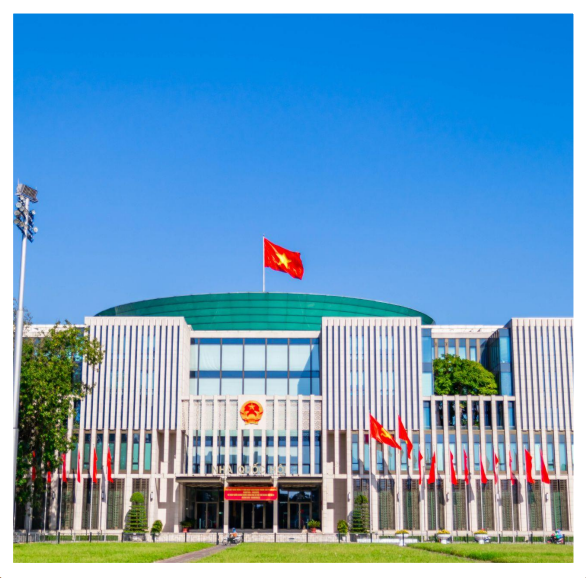
## HANOI OPERA HOUSE

Hanoi Opera House, a masterpiece of architecture and rich in cultural value, is a convergence of art and history. Located in the heart of the capital, the opera house was built in the early 20th century with classical French architecture, offering a magnificent and sophisticated beauty. You will be immersed in an atmosphere of high art, where history and the present intertwine in every rhythm when watching art performances at the Hanoi Opera House.



## HO CHI MINH MAUSOLEUM

Located in the heart of the historic Ba Dinh Square, the Ho Chi Minh Mausoleum is a sacred symbol of the Vietnamese people. This is the resting place of the beloved father of the nation, Ho Chi Minh, who dedicated his life to the cause of national liberation and construction. With its solemn architecture and serene atmosphere, the Ho Chi Minh Mausoleum evokes in visitors a sense of emotion, pride, and immense gratitude for the immense contributions of the Great Uncle to the cause of national liberation and construction.



## NATIONAL ASSEMBLY BUILDING OF VIETNAM

The National Assembly Building, a place where the quintessence of intellect converges and the destiny of the nation is decided. With its majestic and magnificent architecture, this building is not only the center of power of the government but also an image of the unity, strength, and aspirations of the people. Each meeting, each decision here is aimed at building a prosperous, free, and happy Vietnam.

## HANOI FLAG TOWER

Hanoi Flag Tower, the majestic symbol of the capital, stands as a testament to the resilience and indomitable spirit of the Vietnamese people. Erected in the early 19th century, the Flag Tower is not only a unique architectural structure but also a silent witness to countless historical upheavals. Standing tall amidst the heart of the city, the Hanoi Flag Tower serves as a poignant reminder of a glorious past, a source of pride for Hanoians, and kindles a patriotic spirit within every heart.



## HANOI NORTH GATE

Hanoi North Gate, one of the capital's grand historical landmarks, holds within it legendary tales of the Vietnamese people's valor and unwavering loyalty. Standing stoically amidst Hanoi, the gate has weathered centuries of historical upheavals. Its ancient and majestic architecture not only captivates the heart but also stands as a symbol of resilience and indomitable spirit. Visiting the North Gate, you will feel the breath of the past, where glorious pages of history are etched and inspiration is kindled for future generations.

## LONG BIEN BRIDGE



Spanning over 120 years of existence, Long Bien Bridge has become an integral part of the spiritual life of Hanoi's inhabitants. Embracing a unique architectural beauty, harmoniously blending classic European features with the essence of traditional East Asian aesthetics, the bridge is intertwined with countless memories, recollections, and serves as a source of inspiration for numerous artistic creations. Today, Long Bien Bridge stands not only as a national cultural heritage but also as a captivating destination for domestic and international tourists, contributing to the promotion of Hanoi's image to friends around the world.

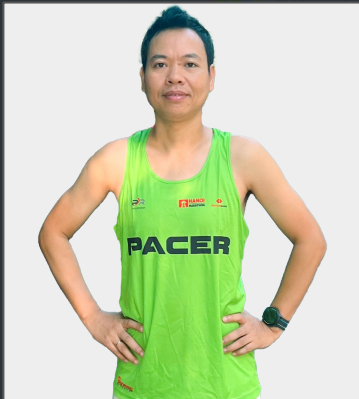
## NHAT TAN BRIDGE



As the largest cable-stayed bridge in Vietnam, Nhat Tan Bridge stands as a steadfast symbol of Hanoi's development and prosperity. With its unique architecture and exquisite blend of technology and artistry, Nhat Tan Bridge appears from afar as a soft silk ribbon draped across the Red River, adding to the beauty of the capital city's landscape. Beyond its transportation value, Nhat Tan Bridge also serves as a popular tourist destination, captivating visitors with its picturesque natural scenery and refreshing ambiance. Tourists can come here to sightsee, take souvenir photos, breathe in the fresh air.



84RACE is an online running platform (84race.com) and a professional service provider. We are committed to providing the best and most professional pacers to lead the pace for the 3rd Edition of the Techcombank Hanoi International Marathon.



**Mr. Nguyen Quang Chien**



**Mr. Dinh Huu Toan**

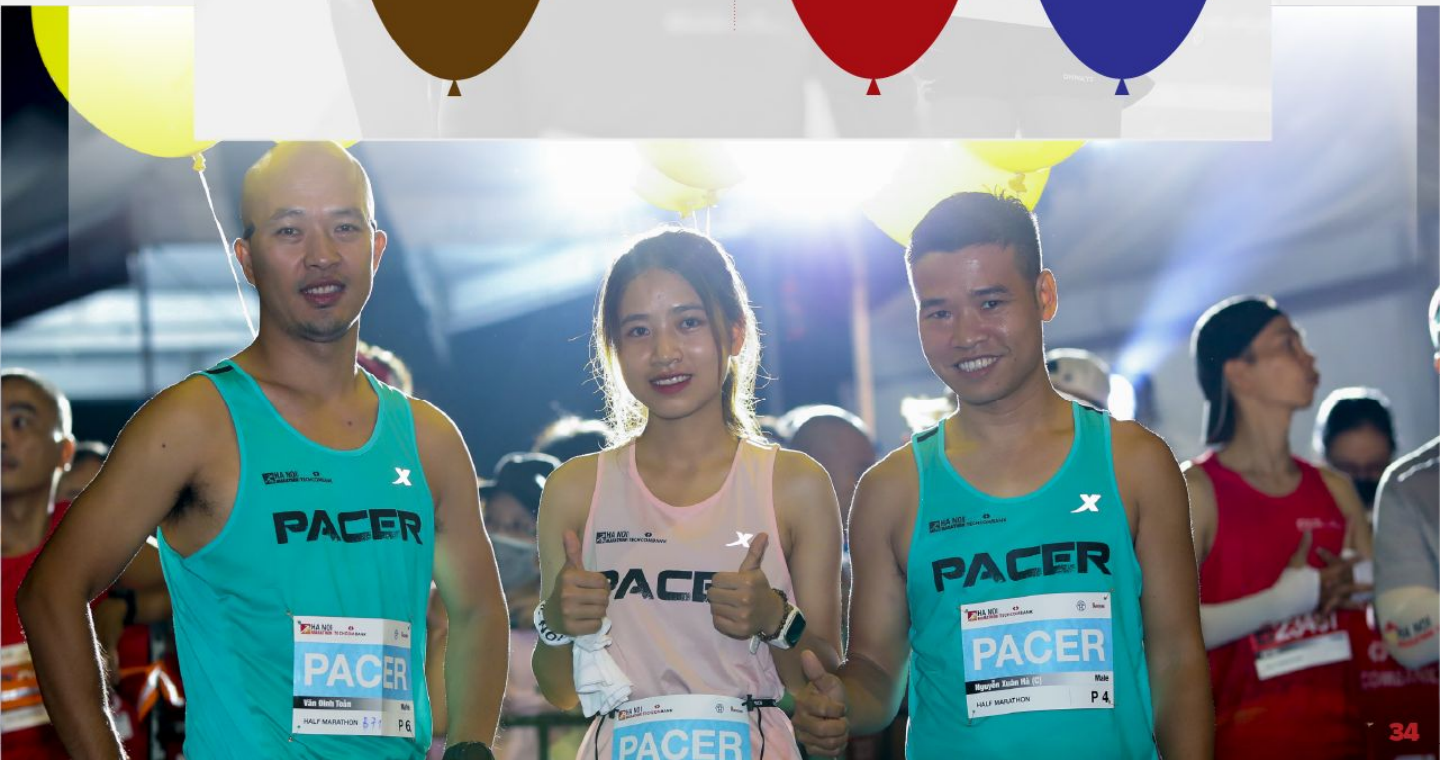
Established by seasoned runners Nguyen Quang Chien and Dinh Huu Toan from Hanoi's running community, 84RACE has provided specialized services to enhance the running experience for over 6 years. With a deep understanding of the sport, 84RACE offers professional services, including route consulting and design, pacing, course management, and refereeing. They have successfully supported numerous races across Vietnam such as Tien Phong Marathon (2019-2022), VPBank Hanoi Marathon (2020), Ha Long Bay Heritage Marathon (2018-2023), VnExpress Marathon series (2020 - Aug 2023), Techcombank Ha Noi Marathon (1st Edition and 2nd Edition), Aqua Warriors Halong Bay 2024, and Quang Binh International Marathon 2024.



# PACER

The concept of Pacers is introduced to help participants track their desired time for the Marathon and Half Marathon. It is an addition for athletes focusing on improving their performance, so we recommend you experience it.

On race day, you will find official Pacers of the race wearing colored balloons at the Start Line. The colors represent the corresponding race finish times. See the colors and times listed below.



# MARATHON PACERS

**03:30**

**MARATHON**  
BLUE BALLOON



Nguyễn  
Hồng Quyến



Dương  
Minh Quốc



Phạm  
Minh Huỳnh

**03:45**

**MARATHON**  
BLACK BALLOON



Bùi  
Văn Trọng



Phạm  
Tiến Minh



Lê  
Anh Dũng

**04:00**

**MARATHON**  
PURPLE BALLOON



Nguyễn  
Xuân Hà



Trịnh  
Phan Thịnh



Trần  
Quang Phát

**04:15**

**MARATHON**  
RED BALLOON



Dương  
Thị Thủy Hằng



Trần  
Văn Chiến



Nguyễn  
Tuấn Hùng

**04:30**

**MARATHON**  
NAVY BLUE BALLOON



Ngô  
Thùy Duyên



Dương  
Hữu Long



Trịnh  
Vũ Hoàng

# HALF MARATHON PACERS

01:45

HALF MARATHON  
NAVY GREEN BALLOON



Nguyễn  
Triều Dương



Nguyễn  
Tất Thắng



Nguyễn  
Hoàng Hải

02:00

HALF MARATHON  
GRAY BALLOON



Mai  
Thị Vân Anh



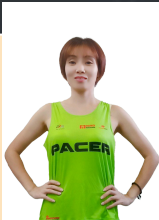
Phạm  
Hoài Linh



Bùi  
Văn Thành

02:15

HALF MARATHON  
PEACH PUFF BALLOON



Đinh  
Thị Hiền



Nguyễn  
Anh Tuấn



Nguyễn  
Văn Thạch

02:30

HALF MARATHON  
BROWN BALLOON



Bùi  
Thị Huyền Thương



Nguyễn  
Thanh Thủy



Nguyễn  
Thị Huệ

PACER  
COORDINATOR



Nguyễn  
Quang Chiến

BACK UP



Nguyễn  
Hồng Hùng



Nguyễn  
Mạnh Hùng

# HYDRATION STATION



## HYDRATION STATION

The 3rd Edition of the Techcombank Hanoi International Marathon has 31 hydration stations included 2 stations at Start Line (1 for the Marathon - Half Marathon distance and 1 for the 5km - 10km distance) and 1 station at Finish Line.

The functions of hydration stations include an aid station and a medical station, or solely an aid station. The locations of the stations below are only expected. The actual locations may be changed by the organizers without prior notice.

Each hydration station will have 3-4 designated waste disposal areas. These areas are for discarding paper cups, gel wrappers, banana peels, and so on. Please dispose of items in the appropriate bins to maintain the urban aesthetic and uphold the image of the competition.

Note: Discarding items on any other part of the course except at designated drop zones may result in littering infringement or disqualification.



## MEDICAL STATION

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, we highly recommend you seek medical advice from your doctor. Basic first aid is available throughout the event. If you require medical attention, we recommend that you visit our Information Booth or Medical Station.

Medical staff will be situated in a variety of positions on race day. Basic first aid can also be obtained at medical stations. We recommend that you have full personal insurance for this event.



## AID STATION

Aid Station will offer:

- Water
- Electrolyte
- Ice
- Fruits (Banana and Watermelon)
- Toilets
- Energy Gel (Marathon and Half Marathon)

The race course has 28 aid stations for all distances located approximately 1.8 km; there are 2 aid stations at Start Line (1 for 5-10KM and 1 for Half Marathon - Marathon) and 1 aid station at Finish Line.



## NOTE WHEN APPROACHING AID STATIONS

Slow down when entering Aid Stations. If you do not require any products from an Aid Station please avoid running too closely to it and blocking other athletes getting what they need.

There will be signs along the Aid Station listing what items are on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs.

# MEDICAL STATION LOCATION

No.	MEDICAL LIST	DISTANCE			
	LOCATION	MARATHON	HALF MARATHON	10KM	5KM
1	Start Line Marathon and Half Marathon	0	0		
2	Medical Station No. 1	5,3	5,3		
3	Medical Station No. 2	10			
4	Medical Station No. 3	15			
5	Medical Station No. 4	19,4			
6	Medical Station No. 5	22,3			
7	Medical Station No. 6	24,5			
8	Medical Station No. 7	26,9			
9	Medical Station No. 8	28,9			
10	Medical Station No. 9	31			
11	Medical Station No. 10		7,8		
12	Medical Station No. 11		10,3		
13	Medical Station No. 12		12,8		
14	Medical Station No. 13	34,4	14,3		
15	Medical Station No. 14	36,7	16,6		
16	Medical Station No. 15	39,5	16,6		
17	Start Line 5KM and 10KM			0	0
18	Medical Station No. 16			2,4	
19	Medical Station No. 17			4,6	
20	Medical Station No. 18	40,4	19,3	8,4	3,4
21	Finish Line	42.195	21.1	10	5

# HYDRATION STATION LOCATION

No.	HYDRATION STATION LIST	DISTANCE			
	LOCATION	MARATHON	HALF MARATHON	10KM	5KM
1	Start Line Marathon and Half Marathon	0	0		
2	Hydration Station No. 1	2,8	2,8		
3	Hydration Station No. 2	5,3	5,3		
4	Hydration Station No. 3	7,6			
5	Hydration Station No. 4	10			
6	Hydration Station No. 5	12,5			
7	Hydration Station No. 6	15			
8	Hydration Station No. 7	16,8			
9	Hydration Station No. 8	19,4			
10	Hydration Station No. 9	22,3			
11	Hydration Station No. 10	24,5			
12	Hydration Station No. 11	26,9			
13	Hydration Station No. 12	28,9			



HHẨM PHẢ NGAY



## Bí kíp Yên. Đa Giác Quan

Dành riêng cho bạn



SCAN NGAY

CÔNG TY TNHH LA VIE

(+84 272) 3511801

VNInfo@laviewater.com

<https://www.facebook.com/LaVie>

No.	HYDRATION STATION LIST	DISTANCE			
	LOCATION	MARATHON	HALF MARATHON	10KM	5KM
14	Hydration Station No. 13	31			
15	Hydration Station No. 14	32,2			
16	Hydration Station No. 15	33,3			
17	Hydration Station No. 16		7,8		
18	Hydration Station No. 17		10,3		
19	Hydration Station No. 18		12,8		
20	Hydration Station No. 19	34,4	14,3		
21	Hydration Station No. 20	35,6	15,5		
22	Hydration Station No. 21	36,7	16,6		
23	Hydration Station No. 22	38,4	17,3		
24	Hydration Station No. 23	39,5	16,6		
25	Start Line 5KM and 10KM			0	0
26	Hydration Station No. 24			2,4	
27	Hydration Station No. 25			4,6	
28	Hydration Station No. 26			6,6	1,6
29	Hydration Station No. 27	40,4	19,3	8,4	3,4
30	Hydration Station No. 28	41,3	20,2	9,1	4,1
31	Finish Line	42.195	21.1	10	5

# POCARI SWEAT

NHÀ TÀI TRỢ ĐỘC QUYỀN

## THỨC UỐNG BỔ SUNG ION

ION SUPPLY DRINK (EXCLUSIVE SPONSOR)



## SAG WAGON

The Sag Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Athletes will be taken by car to the Finish Line. Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact the organizer for Sag Wagon deployment. Alternatively advise volunteers at the nearest Hydration Station.

**Please note** delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location for the organizers. If you wish to jump out and take a taxi or motorbike back, we will take a photo of you being observed as healthy and well. If there is a problem outside the course, we WILL NOT ASSUME any liability in this regard.

## RULES & REGULATIONS

1. Athletes may run, walk, or crawl.
2. It is the sole responsibility of each athlete to know well and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the athlete's final Race time).
3. Running with a bare torso is prohibited. Athletes must wear shirts throughout the entire race.
4. Athletes are required to dispose of all used items on the course, such as water bottles, paper cups, and energy bar wrappers, in designated waste bins at each hydration station.
5. Athletes must wear their issued bib number in front of the athlete's person and the bib must be clearly visible at all times on the run course. Bib numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear bib number is prohibited and may result in disqualification.
6. Arrive at least 30 minutes before your start time.
7. Run across all timing mats. Failure to do so will result in DID NOT FINISH (DNF) or DISQUALIFIED (DQ).
8. Do not finish in cut off time or do not run across the timing mat at the finish line, the result will be in DID NOT FINISH (DNF). Queue in the pen according to your estimated finish time.
9. Start running within 15 minutes after start time. Failure to do so will lead to disqualification (DQ).



AN TOÀN  
LINH HOẠT



SINH LỜI  
TỰ ĐỘNG

SINH LỜI TỰ ĐỘNG  
TỐI ƯU CHO MỌI  
NỖ LỰC CỦA BẠN

VỚI TÀI KHOẢN TECHCOMBANK PHIÊN BẢN VƯỢT TRỘI



VƯỢT TRỘI  MỖI NGÀY

\*LỢI SUẤT CÓ THỂ THAY ĐỔI THEO TỪNG THỜI ĐIỂM



# AFTER THE RACE

# FINISH LINE AREA

The Finish Line Mat Area is divided into 4 colors according to the BIB colors:

- The BLACK line is for Marathon runners
- The RED line is for Half Marathon runners
- The YELLOW line is for 10km
- The GREEN line is for 5km

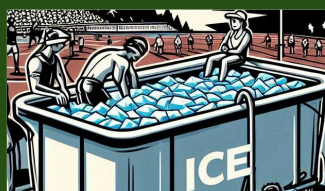
WE PREPARED EVERYTHING FOR YOU AT THE FINISH LINE.



BEVERAGE



FRUITS



ICE POOL



MASSAGE AREA



MEDAL



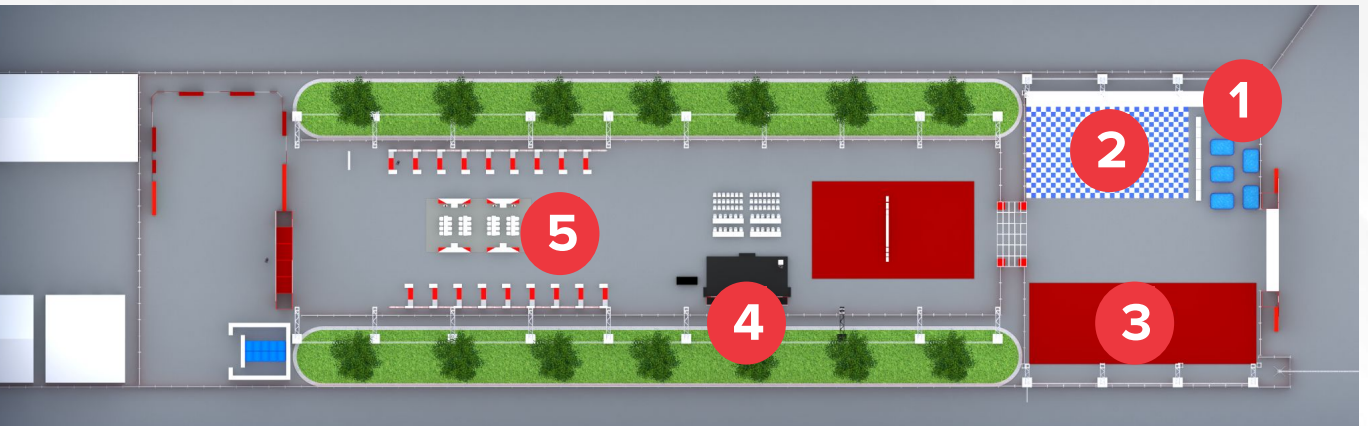
FINISHER SHIRT

(For Marathon Distance Only)



SHUTTLE BUS, TAXI

# RECOVERY AREA



## LEGEND

- 1** FOOT SOAK AREA
- 2** MASSAGE AREA
- 3** TECHCOMBANK'S RECOVERY AREA
- 4** STAGE
- 5** EXPO AREA



# PRIZE / AWARD STRUCTURE

In addition to the world-class experience in our running event, athletes compete for attractive prizes at the Marathon Distance.

**With a TOTAL CASH PRIZE OF UP TO 498.000.000 VND, in which 70.000.000 VND goes to Marathon 1st Place Male Winner and Marathon 1st Place Female Winner.**

This causes the level of competition to increase. Additionally, athletes who participate and complete the registered distance within the limited time frame will receive medals from the organizers.



MARATHON - AGE GROUP OVERALL			
GENDER		PRIZE	PRIZE MONEY (VND)
MALE	FEMALE	1st Prize	70.000.000 VND
		2nd Prize	35.000.000 VND
		3rd Prize	28.000.000 VND
		4th Prize	21.000.000 VND
		5th Prize	17.500.000 VND
MARATHON VIETNAMESE CATEGORY			
GENDER		PRIZE	PRIZE MONEY (VND)
MALE	FEMALE	1st Prize	15.000.000 VND
		2nd Prize	7.500.000 VND
		3rd Prize	6.000.000 VND

# PRIZE / AWARD STRUCTURE

HALF MARATHON OVERALL			
GENDER		PRIZE	PRIZE MONEY (VND)
MALE	FEMALE	1st Prize	15.000.000 VND
		2nd Prize	7.500.000 VND
		3rd Prize	4.500.000 VND
10KM OVERALL			
GENDER		PRIZE	PRIZE MONEY (VND)
MALE	FEMALE	1st Prize	8.000.000 VND
		2nd Prize	4.800.000 VND
		3rd Prize	3.200.000 VND
5KM OVERALL			
GENDER		PRIZE	PRIZE MONEY (VND)
MALE	FEMALE	1st Prize	3.000.000 VND
		2nd Prize	1.800.000 VND
		3rd Prize	1.200.000 VND

# PRIZE / AWARD STRUCTURE

## Awards by Marathon and Half Marathon

Age Group 18-29	From 1st Place to 3rd Place Male/Female
Age Group 30 - 39	From 1st Place to 3rd Place Male/Female
Age Group 40 - 49	From 1st Place to 3rd Place Male/Female
Age Group 50 - 59	From 1st Place to 3rd Place Male/Female
Age Group 60+	From 1st Place to 3rd Place Male/Female

## Awards by Distances 21KM, 10KM, 5KM

From 1st Place to 3rd Place Male/Female

## Award by Corporate Challenge

Total Kilometers	Champions from Division 1 - 4
Average pace	Champions from Division 1 - 4

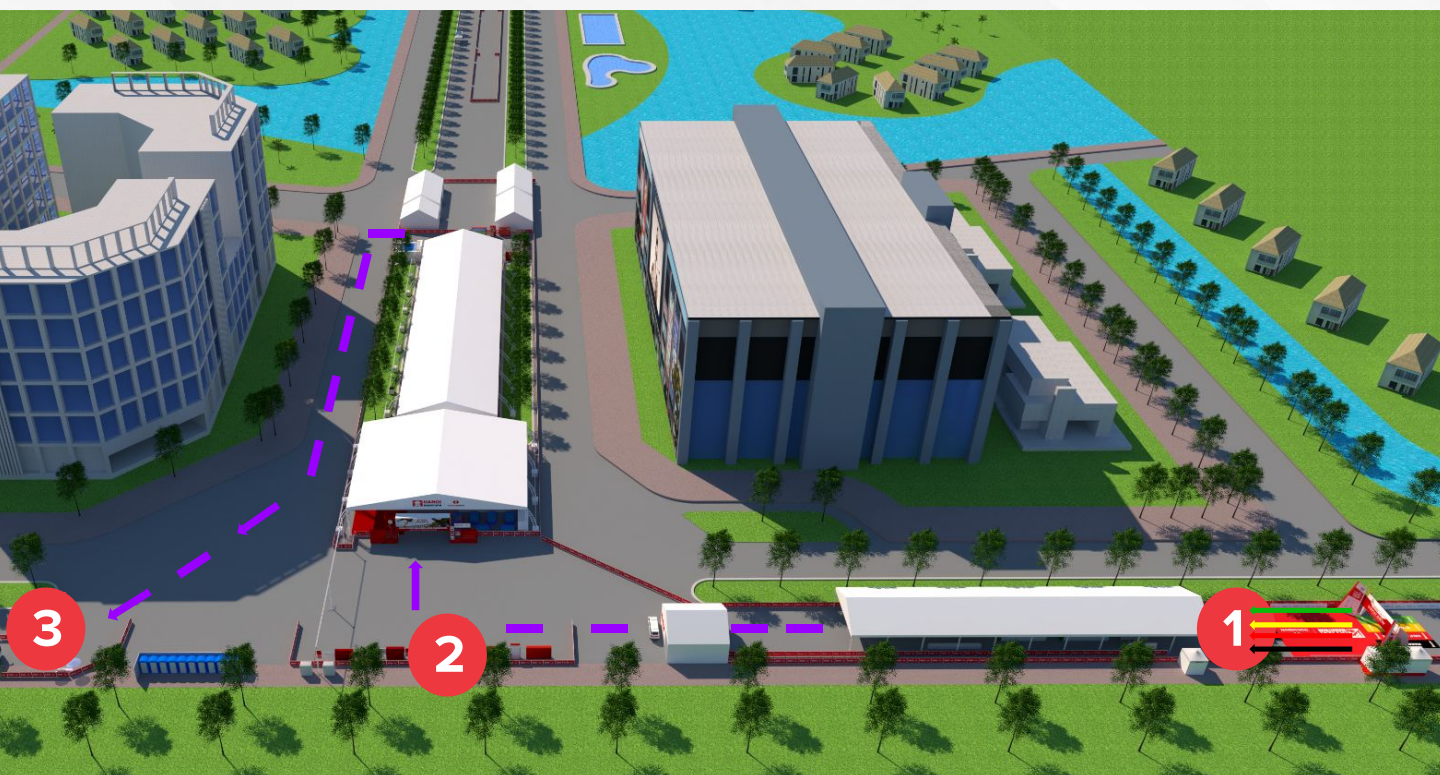
## Award by Run Club Challenge

Average Pace/Finishers

### Note:

- Overall age group award: applies to all participants
- Marathon Vietnamese Award: only for Vietnamese citizens
- Vietnamese athletes who win the overall Marathon distance award will not receive the Marathon Vietnamese Award.
- Cash prizes excluded personal income tax (PIT) and other taxes.
- The Corporate Challenge and Run Club Challenge awards will be provided after the race when final data is gathered
- The award ceremony will NOT present age group awards. We will send trophies to the winning athletes after the race.

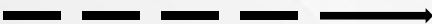
# BAG PICK UP AREA




## LEGEND


- 1** FINISH LINE AREA      **2** BAG PICK UP AREA      **3** PARKING AREA

### ATHLETE'S FLOW TO FINISH LINE

42.195KM    

21.1KM      

10KM        

5KM         

### ALL ATHLETE'S FLOW



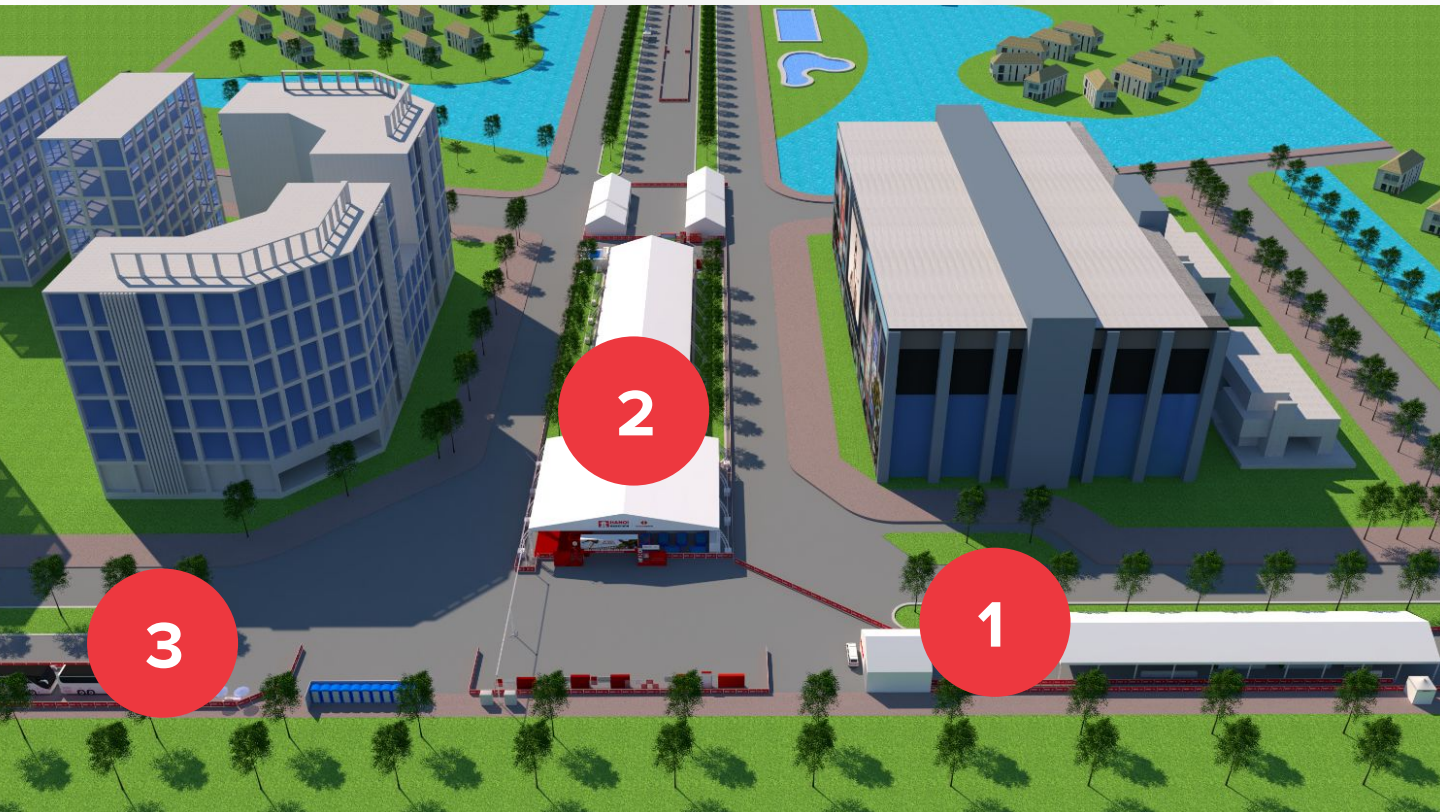
## RULES AND REGULATIONS:

- Items in bags that are dropped and not retrieved after 11:00 am on September 15th, 2024 will be transferred to the Sunrise Events Vietnam office for storage until the end of Friday, September 20th, 2024. Please contact email: [marathon tcbhn@sunriseevents.com.vn](mailto:marathon tcbhn@sunriseevents.com.vn) to retrieve your items.
- After September 20th, 2024, the organizers will have full authority to make decisions regarding these event bags.

# SHUTTLE BUS, TAXI AREA

As the Marathon in Vietnam with a Start Line and Finish Line in two different locations, we have arranged transportation for athletes from Finish Line to the Hanoi Young Pioneer Palace (near the Start Line) after the race between 07:00 and 11:00 on September 15th, 2024.

Additionally, we also have a designated area for shuttle buses and taxi at Finish Line.



## LEGEND

- 1** FINISH LINE AREA
- 2** MARATHON VILLAGE
- 3** SHUTTLE BUS, TAXI AREA

# LOST & FOUND

## STEP 1

GO TO THE INFORMATION BOOTH FOR REPORTING AND VERIFYING NECESSARY INFORMATION ABOUT LOST ITEMS

## STEP 2

SCAN QR CODE AND FILL IN THE INFORMATION ON THE FORM



## STEP 3

RECEIVE FEEDBACK INFORMATION FROM THE ORGANIZING COMMITTEE WITHIN 5 WORKING DAYS.



# FAQs

## 1. WHAT IF I HAVE A QUESTION ON THE DAY OF THE EVENT?

Please look for our volunteers in PINK shirts to ask for support. We also have an information desk in the event area: Marathon Village, Start Line, Finish Line to further answer any question you may have.

## 2. WHAT IF I LOSE SOMETHING DURING THE EVENT?

Please go to the information booth in the event area to receive support from the organizers. Any Lost & Found items will be stored for picking up at the Sunrise Events Vietnam office within 5 working days and the recipient will pay for any shipping costs (if required).

**Note: The organizer is not responsible for any damage to your items.**

Please contact us at:

Marathonhnh@sunriseevents.com.vn or our hotline:

098 902 4825.

## 3. IS THERE A BAG DROP AT THE EVENT?

Yes, we have arranged storage for the athletes and **will move your items to the Finish Line (with Marathon and Half Marathon distance)**. Please note that the number of slots for check-in bags is limited; therefore, this service is a first-come, first-served service, and we only accept the race kit bags of the event. Please do not put valuable or dangerous items in the bag.

## 4. WHERE DO I PARK BEFORE AND DURING RACE DAY?

Please refer to the Marathon Village map on page 15 for September 13-14th, 2024, when you go to collect your race kit.

And for the Race Day (September 15th, 2024), please see page 23 for directions to the Start Line and Parking Area.



## 5. WHAT IF I DON'T FEEL WELL DURING THE RUN?

We have arranged Medical stations along the course, or you can stop at any Hydration Station or seek our volunteers/marshal for assistance and to connect with the closest Medical station. At the same time, we also have a mobile medical team to provide the best possible healthcare support.

## 6. WHERE DO I GET MY RESULT AFTER THE RACE?

After the race, we will provide a link on our website to the database where runners can search for their results based on their BIB numbers or names.

## 7. WHERE CAN I FIND ADDITIONAL RACE RULES?

You can find more results on our website under Rules and Regulations:

<https://marathonhn.com/en/rules-regulations-2/>

## 8. WHAT DO I NEED TO BRING TO PICK UP MY RACE KIT?

Please read the content on page 16 about Check-in procedure for individual athletes onsite. If you are collecting for a Corporate Challenge, please visit our website:

<https://marathonhn.com/en/race-kit-pick-up-process>

L

# KIDS RUN

PRESENTED BY **ila**  
education for life



14. 09. 2024  
**HANOI**

14. 09. 2024  
**HANOI**

**KIDS  
RUN**  
PRESENTED BY **ila**  
education for life

**SUNRISE**  
VIETNAM EVENTS

We are thrilled to welcome ILA, Vietnam's leading educational organization, as the official presenting sponsor of the KIDS RUN event.

Together with ILA, we believe that running not only promotes physical health but also nurtures essential qualities such as confidence, resilience, teamwork, adaptability, and more. These attributes play a crucial role in the learning and development of young minds.

**LOCATION: VINHOMES LONG BIEN**

**TIME: 14/9/2024**

**Distance (divided by age group)**

**5 - 10 years  
old**

**7 - 14 years  
old**

**1.5 KM**

**3 KM**

# BÚT PHÁ ANH NGỮ CHINH PHỤC TƯƠNG LẠI



ƯU ĐÃI HỌC PHÍ ĐẾN

**35%**

+ QUÀ TẶNG  
VUI ĐẾN TRƯỜNG



**ĐĂNG KÝ NHẬN NGAY**  
Hotline: **1900 6965**



# RACE KIT FOR YOUNG ATHLETES



Race BIB



Event Shirt



Sponsor Goodies



Sponsor Goodies

(\*) Note: Actual sponsored goodies may differ from those pictured and may vary between distances.



# EVENT SCHEDULE FOR YOUNG ATHLETES

## FRIDAY | 13.09.2024

FROM	TO	ACTIVITY	LOCATION
09:00	20:00	Marathon Village opens	Marathon Village, Chu Huy Man Street, Long Bien, Ha Noi
		KIDS RUN Presented by ILA Check-in opens (Race Kit Pick Up)	Race kit pick up tent
11:00	11:30	KIDS RUN Presented by ILA Race briefing rolling video	Stage - Marathon Village
20:00		<b>Marathon Village closes</b>	Marathon Village, Chu Huy Man Street, Long Bien, Ha Noi

## SATURDAY | 14.09.2024

FROM	TO	ACTIVITY	LOCATION
8:00	20:00	Marathon Village opens	Marathon Village, Chu Huy Man Street, Long Bien, Ha Noi
	15:00	KIDS RUN Presented by ILA Check-in opens (Race Kit Pick Up)	Race kit pick up tent
11:30	12:00	KIDS RUN Presented by ILA Race briefing rolling video	Stage - Marathon Village
14:00	14:30	ILA workshop	
15:30	15:45	KIDS RUN Presented by ILA Race briefing rolling video	
15:50	16:00	KIDS RUN Presented by ILA athletes warm up	Start Line of KIDS RUN Presented by ILA, Vinhomes Riverside Long Bien, Long Bien, Ha Noi
16:00		<b>KIDS RUN Presented by ILA 1.5km and 3km start</b>	
18:00		KIDS RUN Presented by ILA Finish Line closes	Finish Line of KIDS RUN Presented by ILA, Vinhomes Riverside Long Bien, Long Bien, Ha Noi

# COURSE MAPS OF KIDS RUN Presented by ILA





# COMMUNITY

# CORPORATE CHALLENGE

## DIVISION 1



## DIVISION 2



## DIVISION 3



## DIVISION 4



# RUN CLUB CHALLENGE

## DIVISION 1



## DIVISION 3



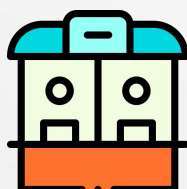
# CORPORATE CHALLENGE

Corporate Challenge – The 3rd Edition of the Techcombank Hanoi International Marathon aims to connect employees through a healthy lifestyle, enhancing teamwork and unity at work. It also serves as an opportunity to introduce healthy lifestyles and the spirit of unity from corporations in the capital city to the entire country in particularly and Vietnam to the world in general.

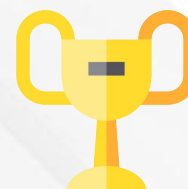
## BENEFITS FOR CORPORATES WHEN JOINING IN THE CHALLENGE:



**DISCOUNT TICKET**



**DISCOUNT FOR RENTING  
BOOTHS AT THE  
MARATHON VILLAGE**



**CORPORATE AWARDS  
BASED ON TIME  
CHALLENGE AND  
DISTANCE CHALLENGE**

## CHALLENGES & REWARDS

By participating in the 3rd Edition of the Techcombank Ha Noi International Marathon, corporates in the same group will compete against each other to win two challenges:

- Distance challenge
- Time challenge

Corporates will be classified into groups based on the number of registrations. The more registrations, the more benefits and opportunities to win the Corporate Challenge rewards.

DIVISION	Division 1	Division 2	Division 3	Division 4
Number of athletes (including KIDS RUN ticket)	100+	50-99	20-49	10-19
Ticket from the next edition of Techcombank Hanoi International Marathon	10	5	3	2

– Besides the Corporate Challenge Trophy, the winning corporate from each group will receive ticket for the next Edition of the Techcombank Hanoi International Marathon.

– The champions will keep the trophy for year-round until the next Marathon event.

# CORPORATE CHALLENGE

## ACCEPTING CHALLENGES – PROMOTING YOUR BRAND

The logo of corporates participating in the Corporate Challenge – The 3rd Edition of the Techcombank Hanoi International Marathon will appear on the following:

- The official event website.
- The official event Facebook page.

## AND ALSO

- Company logo on the race number (BIB) of all Corporate Athletes\*
- Company logo on the Program Booklet\*
- Communication on media channels (for group I)\*
- Announcing as winning team on media channels throughout the year\*

*\*Depends on registration time and production time of publications*



# RUN CLUB CHALLENGE

This is a challenge for run clubs in Vietnam and the region to create friendly and attractive competition between clubs. Run club members simply need to identify their club in the online registration form from the organizers, the challenge will be based on the results of the race.

Each participant who participates and completes the 3rd Edition of the Techcombank Hanoi International Marathon will be scored as listed in the table below.

MARATHON	HALF MARATHON	10KM	MALE	FEMALE
Under 3 hours 30 minutes	Under 1 hour 45 minutes	Under 45 minutes	100	150
Under 4 hours	Under 2 hours	Under 50 minutes	80	100
Under 5 hours	Under 2 hours 15 minutes	Under 55 minutes	40	80
Under 6 hours	Under 2 hours 30 minutes	Under 1 hour	20	40
Under 7 hours	Under 2 hours 45 minutes	Under 1 hour 10 minutes	10	20
Over 7 hours	Over 2 hours 45 minutes	Over 1 hour 10 minutes	5	10

\*Runners who do not specify their running club in the online registration form from the organizers will not be counted for club points.

- The winning club in the Run Club Challenge is the team with the highest accumulated points from all members. The winning run club will receive:
- 10 tickets to the next Edition of Techcombank Hanoi International Marathon
- Announcement of the winning run club on the event's media channels

**NOTE:** Each individual registrant can only compete in one of either the Run Club Challenge or the Corporate Challenge. If you have registered for the Corporate Challenge, your race result will not be counted in the Run Club Challenge, and vice versa.





# SPONSORS & PARTNERS

# THANK YOU NOTE BY ORGANIZERS

Dear our Valued Sponsors,

On behalf of the Organizing Committee, Sunrise Events Vietnam would like to express our appreciation to each of the Sponsors for taking part in and making the 3rd Edition of the Techcombank Hanoi International Marathon a special event for our community.

We have no words to thank every one of you for extending your full support in contributing to this event a successful one. Because of your kind endorsements, we are able to host this event on such a large scale where we organize so many activities and benefit all the runners, their families and their friends so well.

All your sponsorships are crucial to our efforts to make better events every year. We will always be grateful, and it is our sincere hope that we can continue our collaborations for all the upcoming editions.



# ABOUT US

# SUNRISE EVENTS VIETNAM

Sunrise Events Vietnam (SEV) was established in 2015 and is the exclusive licensee of the World Triathlon Corporation for IRONMAN 70.3 and IRONKIDS events in Vietnam. SEV's vision is inspiring individuals to embrace their full potential through the power of sports and healthy habits. Starting with Vietnam, the company's mission is to create the most sought-after mass participatory events, expand the health and wellness ecosystem and deliver transformative and sustainable impact to individuals, businesses, and communities we serve. SEV also organizes leading endurance sports events and one-of-a-kind experiences, including VinFast IRONMAN 70.3 Viet Nam, Techcombank Hanoi International Marathon, BIM Group IRONMAN 70.3 Phu Quoc and Techcombank Ho Chi Minh City International Marathon.



RACE DATE  
**17 NOV 2024**  
**PHU QUOC**

BIM Group  
**IRONMAN**  
**70.3** PHU QUOC



**OPEN NOW!**  
**REGISTRATION**  
**OF THE 2ND EDITION**



BIM Group  
**IRONMAN**  
**70.3** PHU QUOC

RACE DATE  
**17 Nov 2024**

**PHU QUOC ISLAND**  
**VIETNAM**

RACE DATE  
**16 NOV 2024**  
**PHU QUOC**



**OPEN NOW!**  
**REGISTRATION**



RACE DATE  
**16 Nov 2024**

**PHU QUOC ISLAND  
VIETNAM**



# IRONKIDS<sup>®</sup>

PHU QUOC

RACE DATE  
**16 NOV 2024**  
**PHU QUOC**

**OPEN NOW!**  
**REGISTRATION**



## IRONKIDS<sup>®</sup>

PHU QUOC

**AQUATHLON**  
(BƠI - CHẠY)

**05 - 10 TUỔI (YRS)**  
SWIM 75M  
RUN 1KM

**11 - 15 TUỔI (YRS)**  
SWIM 150M  
RUN 2KM

**TRIATHLON**  
(BƠI - ĐẠP - CHẠY)

SWIM 75M  
BIKE 3KM  
RUN 1KM

SWIM 150M  
BIKE 6KM  
RUN 2KM

**16 NOV 2024, PHU QUOC**

ORGANIZED BY **SUNRISE**

[f ironkidsvietnam](https://www.facebook.com/ironkidsvietnam)

[@ironkidsvietnam](https://www.instagram.com/ironkidsvietnam)

[ironkids@sunriseevents.com.vn](mailto:ironkids@sunriseevents.com.vn)

**CHƯA ĐẦY 4 THÁNG  
ĐẾN NGÀY ĐUA**

**ĐĂNG KÝ NGAY**

**LESS THAN 4 MONTHS TO GO  
REGISTER NOW**

**NGÀY ĐUA  
RACE DATE**

**8 DECEMBER 2024**

# KIDS RUN

PRESENTED BY **ila**  
education for life

## PRESENTING SPONSOR

NHÀ TÀI TRỢ ĐỒNG HÀNH



# ila

education for life

KIDS  
RUN  
PRESENTED BY **ila**  
education for life



**SUNRISE**  
VIETNAM  
EVENTS

**07.12.2024**  
HO CHI MINH city

VINFAST  
**IRONMAN**  
**70.3** VIETNAM

9TH EDITION'S REGISTRATION  
IS **NOW OPEN!**

**REGISTER NOW**



VINFAST  
**IRONMAN**  
**70.3** VIETNAM



RACE DATE  
**11 MAY 2025**  
**DA NANG**



**REGISTRATION IS  
NOW OPEN!**

**REGISTER NOW**



**Race date**

**10/5/2025**

**DA NANG  
VIET NAM**



**IRONKIDS**<sup>®</sup>  
V I E T N A M

REGISTRATION IS  
**NOW OPEN!**

**REGISTER NOW**



**IRONKIDS**<sup>®</sup>  
V I E T N A M

**RACE DATE**  
**10/5/2025**

**DA NANG**  
**VIET NAM**

