

ROAD BOOK



baloise namur marathon

**Saturday 5th and
Sunday 6th April 2025**

WELCOME TO THE BALOISE NAMUR MARATHON, SEMI-MARATHON & 10K KickCancer

In the heart of Belgium's Walloon capital, the Baloise Namur Marathon, Half-Marathon and 10K KickCancer offers a unique opportunity to discover the city while taking part in a legendary race.

It is simultaneously a sporting challenge in a unique setting at the confluence of the Meuse and Sambre rivers, a family and popular event, and a tourist attraction through the discovery of a historic and cultural capital with many faces.

This year, all the starts will be decentralised. The marathon will start in Wépion, the half-marathon in Profondeville and the 10K KickCancer in the Parc de la Plante in Namur, finishing at Namur Expo where you'll find all the facilities you need.

Feel free to consult our website and its FAQ:

www.baloisenamurmarathon.com



🏃❤️🏃❤️ **A huge thank you to our volunteers!** ❤️🏃

The Baloise Namur Marathon is a major sporting event in Wallonia run by a highly motivated team (Anthony, Caroline, Damien, Louis, Nicolas, Pascal). It is also, and above all, an event that can count on the support of no fewer than 500 volunteers: youth movements, safety schools (Andenne and Namur), sports clubs, friends and families.

Without them, there would be no marathon, no refreshments, no encouragement at every turn! Our volunteers are the soul of the Baloise Namur Marathon, the people who welcome you with a smile, guide you along the route and make this day possible.

Dear runners, we're counting on you to return the smile! A small thank you, a kind glance in passing... It costs nothing, and it makes all the difference.

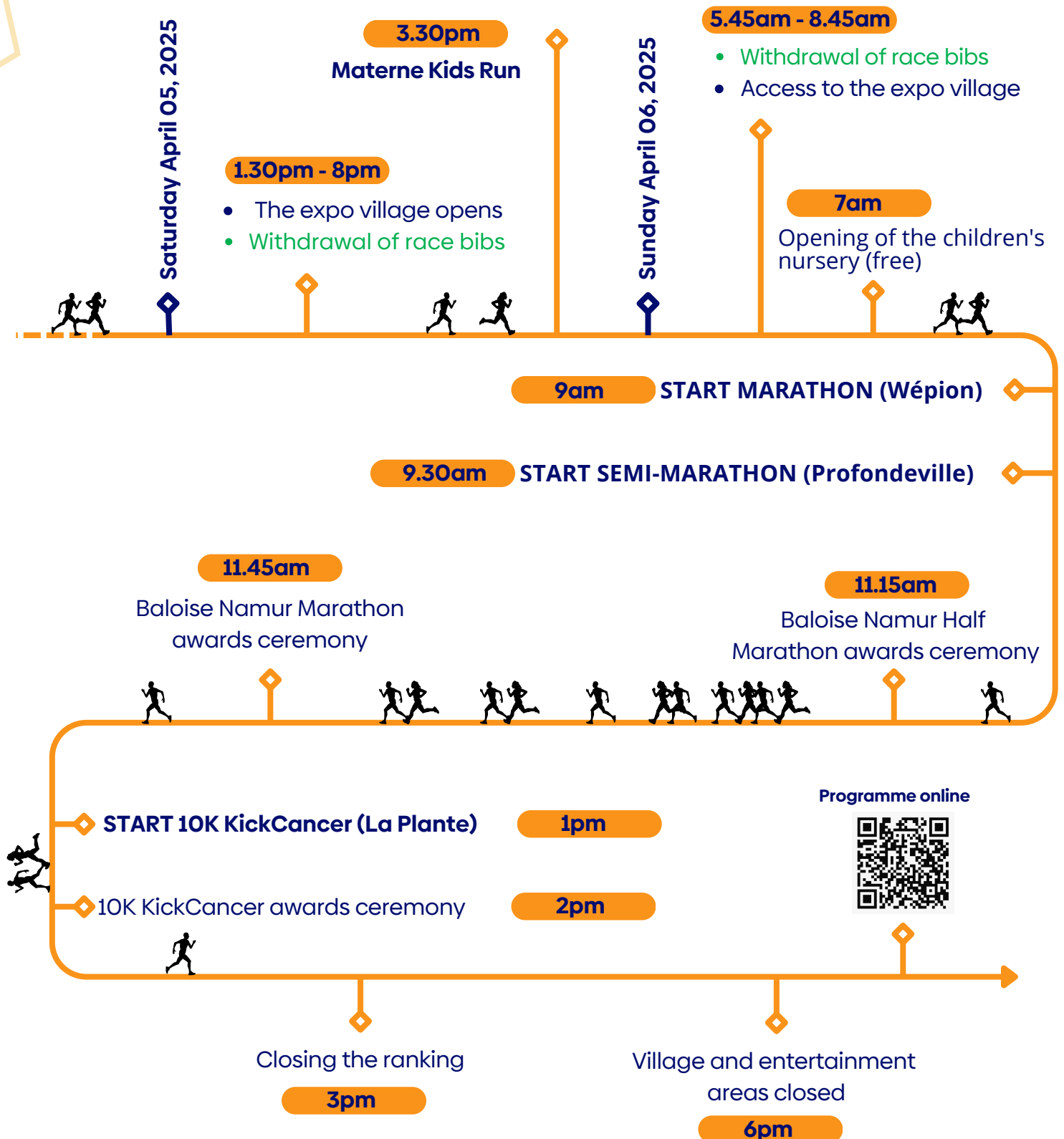
We look forward to seeing many of you at the starting line... and always in good spirits! 😊



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1. PROGRAMME



Addresses

- **Expo village & arrival** : Avenue Sergent Vrithoff 2, 5000 Namur
- **Start Baloise Namur Marathon** : Ecluse de Wépion ([Promenade de la Meuse 5, 5100](#) Namur)
- **Start Baloise Namur Semi-Marathon** : Chaussée de Dinant 106, 5170 Profondeville
- **Start 10K KickCancer** : Parc de la Plante, Namur

2. PACER

Pacers, or pacemakers, play a crucial role in a marathon by helping runners to maintain a steady pace and manage their energy. They act as visual and motivational cues to help runners reach specific time targets or finish the race without overworking themselves.

—◇ MARATHON: 3.00 - 3.15 - 3.30 - 3.45 - 4.00 - 4.15 - 4.30 - 4.45 - 5.00 - 5.30

—◇ HALF-MARATHON: 1.35 - 1.45 - 2.00 - 2.15 - 2.30 - 2.45

—◇ 10K: 40' - 50' - 1.00

3. Materne Kids Run

—◇ **Time and place of departure** : 3.30pm [Quai de l'Abbaye 31, 5000 Namur](#)

—◇ **Withdrawal of race bibs** : Race bibs can **only** be collected at Namur Expo on **Saturday 5 2025** from 1.30pm.

—◇ There will be a medal for everyone and a refreshment area at the finish with Materne compotes.

—◇ Parents can run with their children

4. BALOISE NAMUR MARATHON

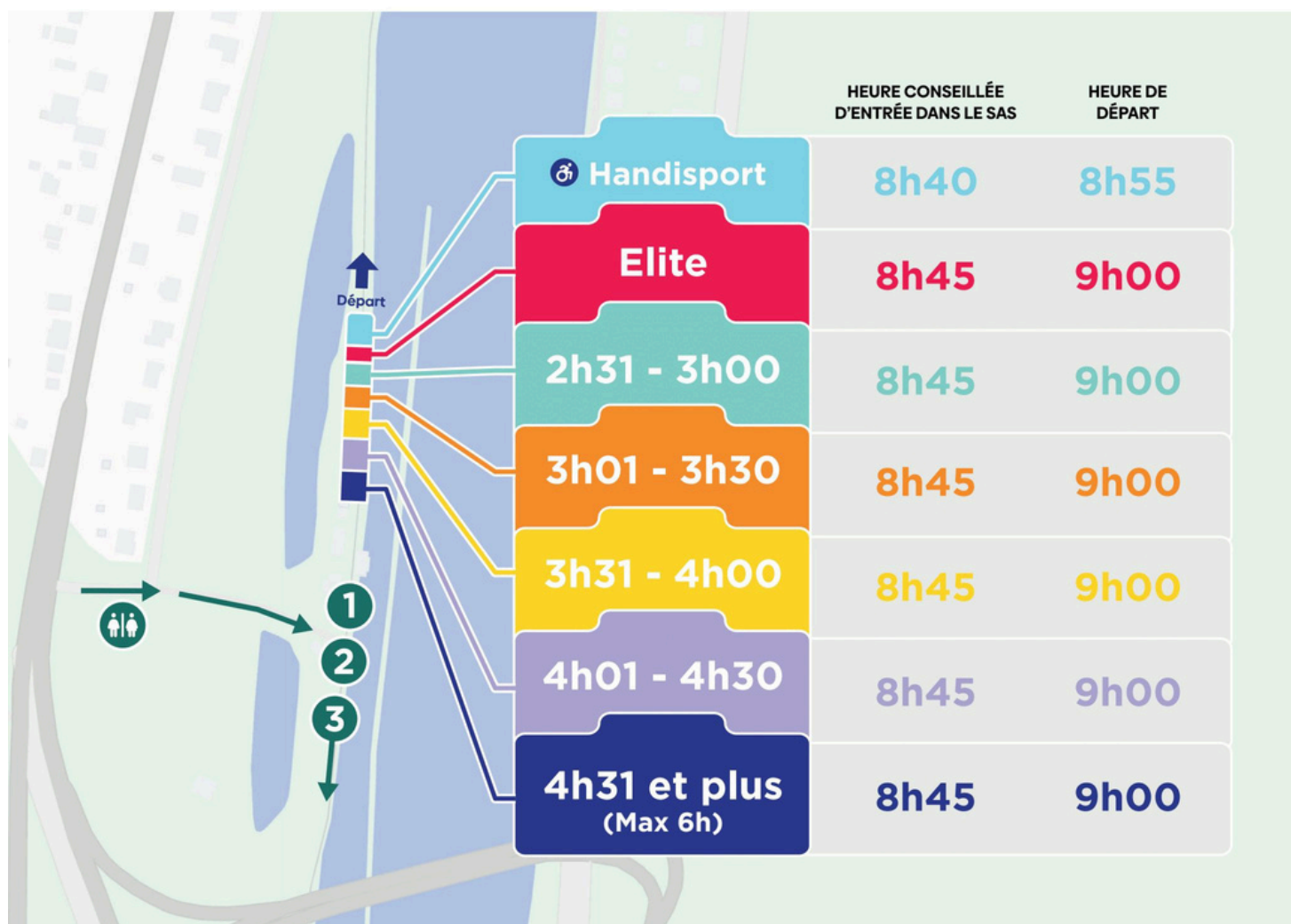
—◆ Departure point : [Promenade de la Meuse 5,5100](#) Namur

—◆ ARRIVAL IN THE AIRLOCKS

Baloise Namur Marathon

Promenade de Meuse (Écluse) - 5101 Namur

1. Consigne (1-1000)
2. Consigne (1001-2000)
3. Zone d'échauffement



How do I get to the start of the Baloise Namur Marathon?

—◆ **OPTION 1** : I've chosen the shuttle bus

The TEC shuttles for your departure will be in front of Namur Expo, Avenue Sergent Vriethoff 2. The choice of shuttle is indicated by a pictogram on your race number. There are two shuttle times: **Tortue** at 7.15am and **Lièvre** at 8.05am.

—◆ **OPTION 2** : I don't take the shuttle bus

See the mobility point

—◆ **Instructions**

There is a detachable tab on your race number. It must be attached to your bag before being placed in the lorry that will take your bag to the finish. The maximum bag size is 30 litres. Only bags will be accepted at the drop-off point (no clothes, no suitcases).

If you are thinking of taking a piece of clothing to keep warm, you can drop it off at an ASBL TERRE container. The clothes will then be recycled. You can pick up your bag in the runners' area after the finish. It will be stored in the file corresponding to your race number.

—◆ **Lockers**

The men's and women's changing rooms with showers are located at the Tabora sports centre Tabora sports centre, 500m from Namur Expo (follow the arrows from Namur expo).

Supplies



5. BALOISE NAMUR SEMI-MARATHON

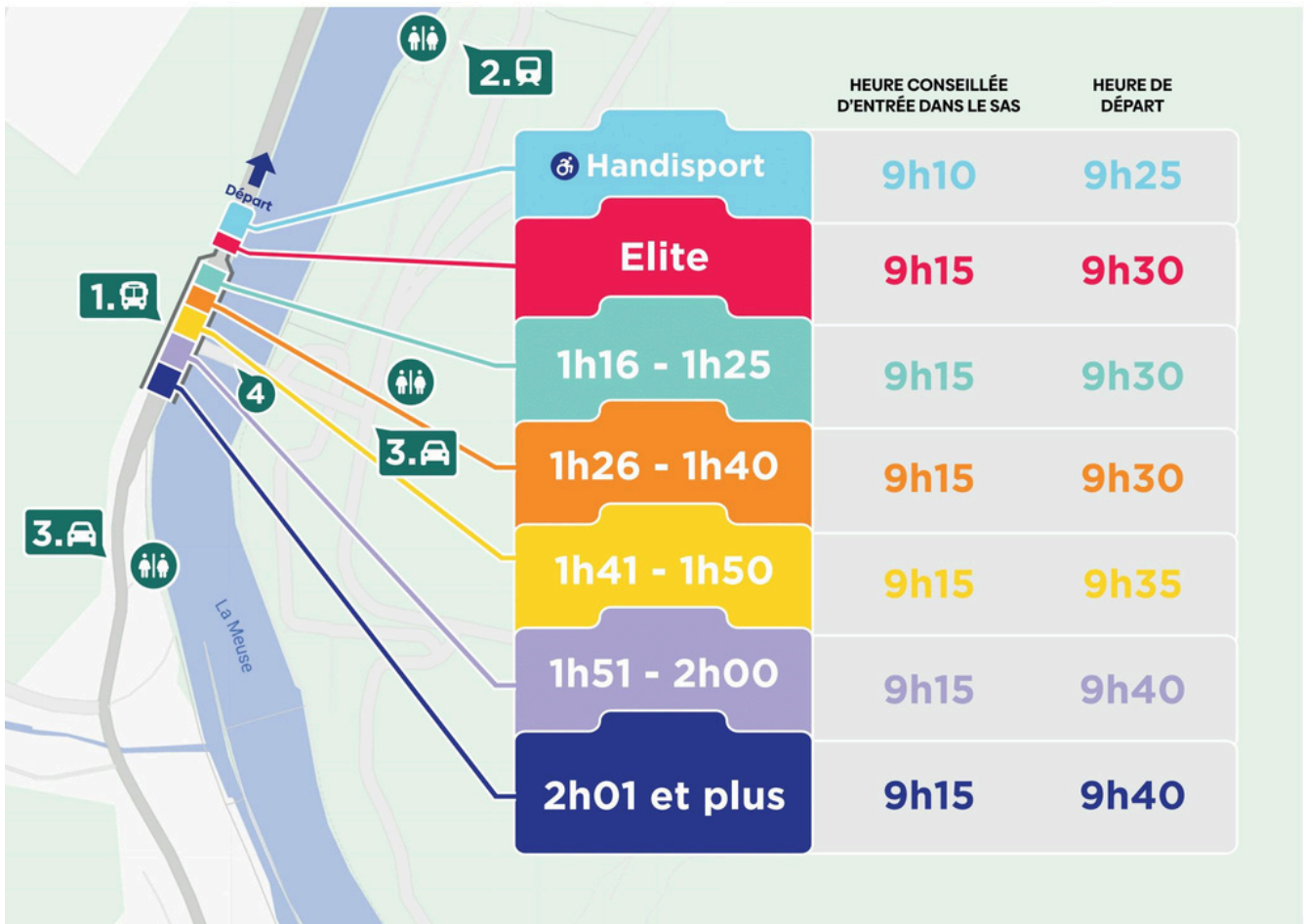
— Departure point : Chaussée de Dinant 105, 5170 Profondeville

— Departure time and SAS :

Baloise Namur Semi-Marathon

Chaussée de Dinant - 5170 Profondeville (Rivière)

1. Zone dépôt Bus
2. Zone dépôt SNCB
3. Zone dépôt voiture
4. Consignes



For everyone's convenience, we'll be using the 'bottleneck' method for the start of the Half Marathon. This consists of starting a reduced number of runners by reducing the width of the start line. The aim of this method is to make the start of the race more fluid and to avoid too large a pack forming during the race and at the feed stations. It's important to note that your stopwatch doesn't start until you cross the start line.

How do I get to the start of the Baloise Namur Half Marathon?

—◆ **OPTION 1** : I chose the train shuttle

Two train shuttles will take you to the start of the Half Marathon. Shuttle buses are also organised to take you to the start of the Half Marathon. The train shuttle leaves from **Namur station** (Place de la Station 1, 5000 Namur). It takes about 10 minutes on foot to get to the station from Namur Expo. There are two train departure times: **Tortue** and **Lièvre**. It is possible that the trains are full, we will have a fleet of private buses. You will then receive information by **email**.

Turtle train :

- Arrival at station: 7.00 am
- Departure from station: 7.22 am
- Arrival at Lustin: 7.34 am

Lièvre train :

- Arrival at station: 8.16 am
- Departure from station: 8.23 am
- Arrival at Lustin: 8.34 am

—◆ **OPTION 2** : I don't take the shuttle bus

See the mobility point

—◆ **Instructions**

There is a detachable tab on your race number. It must be attached to your bag before being placed in the vehicle that will take your bag to the finish. The maximum bag size is 30 litres. Only bags are accepted at the locker (no clothes, no suitcases). If you plan to take a piece of clothing to keep warm, it will be possible to deposit it in a container of the ASBL TERRE. The clothes will then be recycled. You collect your bag in the runners' area after the finish. It will be stored in the file corresponding to your race number.

—◆ **Lockers**

The women's and men's changing rooms with showers are located at the Tabora sports centre, 500m from Namur Expo (follow the flèche from Namur expo).

Supplies



6. BALOISE NAMUR 10K KickCancer

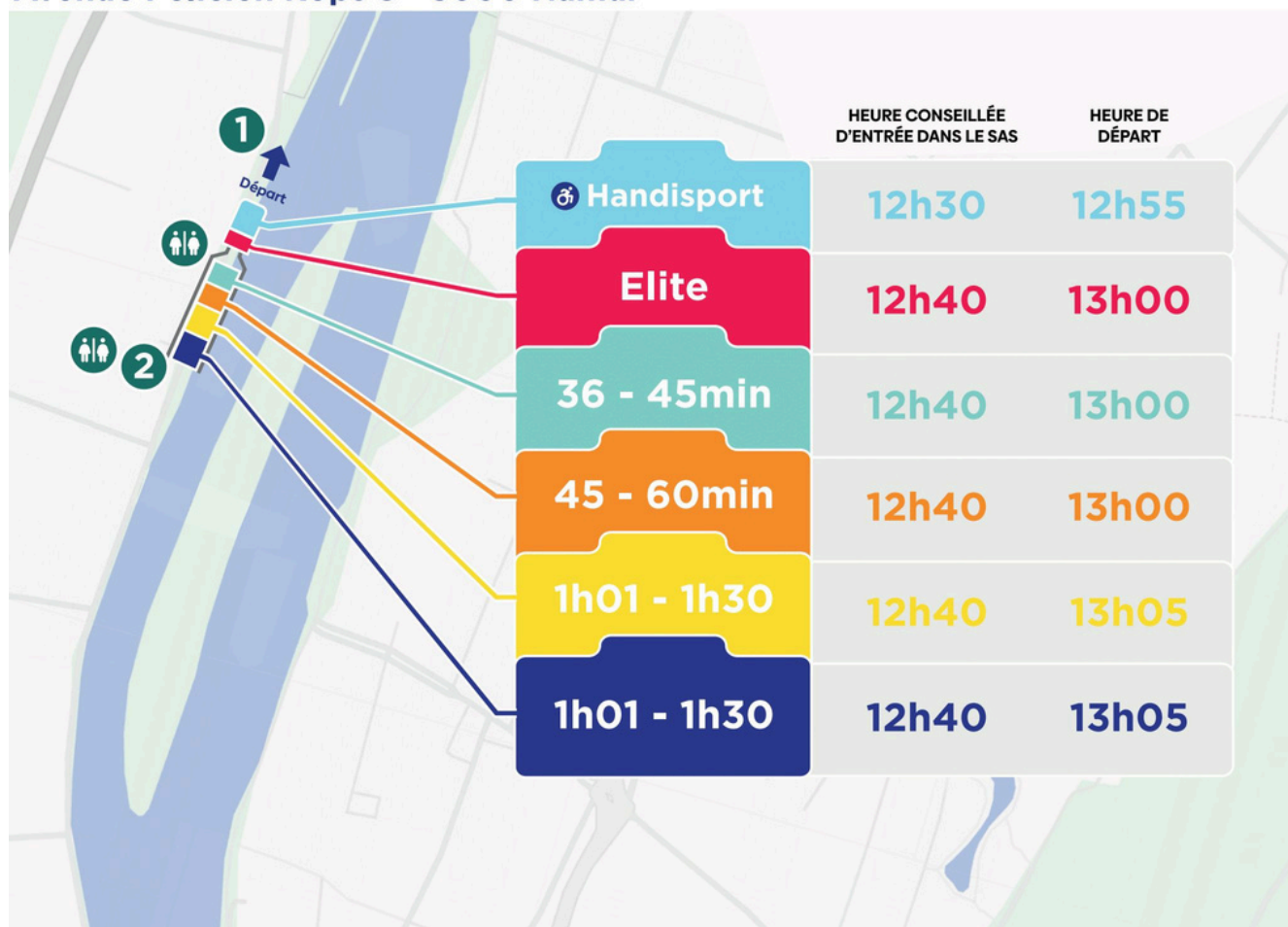
—◇ **Departure point** : Auberge de jeunesse de Namur
[Avenue Félicien Rops 8, 5000 Namur](#)

—◇ **Star time** : for the 10K KickCancer : 1pm

Baloise Namur 10k KickCancer

Avenue Félicien Rops 8 - 5000 Namur

1. Consignes
2. Espace d'attente
"Auberge de Jeunesse" (Café, Thé, Eau)



For everyone's convenience, we'll be using the 'bottleneck' method for the start of the Half Marathon. This consists of starting a reduced number of runners by reducing the width of the start line. The aim of this method is to make the start of the race more fluid and to avoid too large a pack forming during the race and at the feed stations. It's important to note that your stopwatch doesn't start until you cross the start line.

How do I get to the start of the Baloise Namur 10K KickCancer?

—◆ **OPTION 1** : I have chosen the shuttle bus to get to the start

Les navettes TEC pour votre départ se trouveront devant Namur Expo, Avenue Sergent Vrithoff 2. Le choix de la navette est indiqué par un pictogramme sur votre dossard. Il y a deux horaires de navette : **Tortue** à 11h50 et **Lièvre** à 12h20.

—◆ **OPTION 2** : je ne prends pas la navette

See the mobility point

—◆ **Instructions**

There is a detachable tab on your race number. It must be attached to your bag before being placed in the vehicle that will take your bag to the finish. The maximum bag size is 20 litres. Only bags are accepted at the locker. If you plan to take a piece of clothing to keep warm, it will be possible to deposit it in a container of the ASBL TERRE. The clothes will then be recycled. You collect your bag in the runners' area after the finish. It will be stored in the file corresponding to your race number.

—◆ **Supplies**

10k Kick Cancer baloise namur marathon

Ravitaillements - Bevooradingen - Supplies

2,5 k Water , Iso Hight 5 Lemon,
7,5 k Banana, Orange, Dried fruits,
Salted chips, Hight 5 bar

BIO-planet **Croky** **NUTRI-BAY.COM** **POWER ADE**

Arrival 21,097 k Powerade, Electrolyte, Water , Iso Hight 5 Lemon, Banana, Orange, Dried fruits, Salted chips.

7. ARRIVAL

- Once you have crossed the finish line, you will receive a bottle of POWERADE and you will be invited to enter the runners' area to receive your medal (see point 9), to access the fin refreshment area and to the bag check.
- It is forbidden to remain in the space just after the finish line, you must **absolutely** move forward to collect your Powerade and your medal.
- Medal engraving takes place outside the runners' area, just outside the exit.
- The **physio** area is outside the runners' area, on the right.
- Complimentary drinks will be distributed on presentation of your race number at the organisers' bar (see map below).
- An advanced medical post (AMP) is organised on arrival. Emergency number: **112**
- It is possible to engrave your medal on site without reservation (payment on site) in the exhibition village.

8. ADDITIONAL INFORMATIONS

—◇ Where and when can I collect my race bib ?

If you were invited to collect your number from Trakks and did not do so before 3 April 2025, your number will be at Namur Expo. It will be at the race number stand from 1.30pm to 8pm on Saturday 5 April and from 5.46am on Sunday 6 April.

Race numbers can be collected for **ALL** on 5 April from 2pm until 8pm and on Sunday 6 April from 5.45am at Namur Expo in the race number area. Race numbers for the KickCancer 10K can be collected until 12 noon at their own stand (see map).

—◇ When and where can I collect my T-shirt?

On 5 April from 2 p.m. to 8 p.m. and on Sunday 6 April from 5.45 a.m., you can collect your race number at the race number office.

If you already have your race number, the t-shirt will be available on April 5 and 6, 2024 before (at the number pick-up area) and after the race (at the organization stand in the Village expo).

For ALL others, you must collect your race number in the race number area.

—◇ I want to change SAS.

Applications can be made at the Info-Point (see map below) during Exhibition Village opening hours on Saturday 5 April and until 8am on Sunday 6 April.

—◇ I want to take the shuttle.

Applications can be made at the NAVETTE point (see map below) during the opening hours of the exhibition village on Saturday 5 April and until 8am on Sunday 6 April.

—◇ **Time barrier:** all riders must cross the line by 3 p.m. at the latest

—◇ **Engraving of the medal:** at the exit of the runners' area

—◇ Are there any toilets?

Yes, at the starting points and feed stations.

—◇ Results

The results will be posted on our website. (on 8 April 2025). The ranking will be based on real time.

—◇ Pictures

You will receive an email allowing you to view your photos on the course. These photos are taken by [Sportograf](#).

Personal attendant/ravito :

Bicycles, scooters and other vehicles are strictly forbidden on the course under penalty of exclusion.

It is forbidden to cross the line with a third party (the officials will disqualifier).

You can refuel outside the designated areas, while respecting the environment and the people around you.

It is forbidden to dispose of rubbish outside the feed zones, under penalty of exclusion.

Race transfer

For any race transfer, it is **compulsory** to present yourself on Saturday at Namur Expo to make the race change. **NO TRANSFERS ON SUNDAY.**

Race bib

Bib transfers will only take place on **Saturday 5 April 2025**. If an option is not printed on your race number, you did not choose it at registration.

The race bib is made up of a tab that can be removed and attached to the bag that you leave at the cloakroom on the start line.

The image shows a red and white design for a marathon bib. At the top left, it says "Marathon" in large white letters, with "SAS ELITE" in yellow and white at the top right. Below "Marathon" is the text "The color of you bib is your entry pass for your SAS". In the center, there is a white silhouette of a runner with a bicycle, labeled "PROFONDEVILLE". Below this is "baloise namur marathon" in white. To the right of the runner is "BIB NUMBER" in large yellow letters. Below "BIB NUMBER" are several options in yellow text: "free drink (soft ou autre)", "Caution", "Shuttle Picto BUS ou TRAIN", "T-shirt", and "Medal engraving". At the bottom left is the "baloise" logo. Below the logo is a row of icons: a beer mug, a soft drink can, a bus, a t-shirt, and a medal. At the bottom of the bib is a white bar with logos for "NAMUR CAPITALE", "SUDINFO", "SERVICE PUBLIC FEDERAL MONDRE ET TRANSPORTS", "FÉDÉRATION WALLONIE-BRUXELLES", "Adeps", "PROFONDEVILLE", "Infrasports", and "Wallonie". At the very bottom left is a white circle with a plus sign and a horizontal line, and at the bottom right is the text "Deposit bracelet" in yellow.

10. Spectators

There's plenty of entertainment along the marathon route (brass band, drums, DJ, bagpipes, etc.).

◆ POINTS OF INTEREST

36K approx: Confluence, Baloise Cheering Lane with DJ.

◆ ENTERTAINMENT AND LOCATIONS

In the order of the Marathon route with GPS points.

ANIMATIONS 2025	LIEUX	POINT GPS	Lien
Fanfare d'Ohey	Village de Dave	50.414952, 4.885012	https://maps.app.goo.gl/YK6iXHSfPGqstaqH8
Cheerleaders	K10	50.445198, 4.862282	https://maps.app.goo.gl/jmnYtwoc3e1Gswna7
Tauti's band	Ecluse de la Plante	50.450627, 4.860303	https://maps.app.goo.gl/CdrDBSSNbQH5j6an7
Tam Tam	Wépion	50.396569, 4.883146	https://maps.app.goo.gl/xE4asE1975HmkoeN8
DJ	Bord de Meuse Profondeville	50.380887, 4.867244	https://maps.app.goo.gl/fgman6C4mXaKkp4q7
Cornemuse	Bord de Meuse Wépion	50.403580, 4.881756	https://maps.app.goo.gl/4HBN38oqDRmyuPYB7
Fanfare de Thon	Place Albert 1er	50.420320, 4.878019	https://maps.app.goo.gl/M5Bs1V7jqZUbhMYa6
Accordéonistes Marchois	Pâtisserie Dumont	50.436283, 4.862366	https://maps.app.goo.gl/vyQMFD5A2PXocfUw6
Mr Sampler	Confluence Baloise Lane	50.461254, 4.868994	https://maps.app.goo.gl/3gEqNJFu6fNTusMJ7
Les sonneurs	Enjambée (Glacetrone)	50.460012, 4.870984	https://maps.app.goo.gl/tGzJpL69LgPfmNm69
Karaoké	Brasserie de l'écluse	50.465530, 4.895538	https://maps.app.goo.gl/7FUEdj2rsjQkdfjMA
Namur 2030	Maison de la Culture de Namur	50.462211, 4.869061	https://maps.app.goo.gl/P5eV3uJKSoFZKYqD6
DJ	Night & Day	50.461759, 4.865048	https://maps.app.goo.gl/74g24HEBteF3CKZp6
DJ Victor Mathieu	Passerelle Saint-Aubain	50.464442, 4.856444	https://maps.app.goo.gl/3o4arqBK2WUyEnp6A
DJ VASCO	Ecluse de Salzinnes	50.469347, 4.848725	https://maps.app.goo.gl/iHVeF4hap5sSmc5AA

THANK YOU FOR RESPECTING THE HIGHWAY CODE AND POLICE MEASURES.

11 ELITES

- ◆ Vous pouvez déposer votre matériel personnel le samedi 5 avril 2024 entre 14h00 et 20h00 à Namur Expo ou le dimanche 7 avril 2024 de 05h30 à 06h00 au point info.
- ◆ Les fournitures personnelles seront placées sur la table Elite prévue à chaque ravitaillement, l'étoile jaune illustrée ci-dessous (à la fin du poste de ravitaillement).

11. Mobility info

We strongly advise you to :

- use the public transport provided
- encourage car-sharing
- use the [WAZE](#) application to find the departure points and Namur Expo
- Don't use the Meuse valley to get to the start of the half-marathon by car.
- All of these informations can be find on our website ([mobility](#))

Plane: the nearest airports are Brussels Airport and Charleroi Airport. From these airports, there are rail and road links to Namur.

By train: Namur is served by its main railway station. International connections via TGV/Eurostar are at Brussels-Midi, with a direct connection to Namur.

By car: Namur is accessible by motorway depending on where you are coming from.

- From Liège: E411, exit 13 Bouge
- From Charleroi, Mons, Tournai : E42, exit 12 Namur-Ouest
- From Bruxelles : E411, exit 14 Namur-Centre
- From Luxembourg and the south of the province of Namur: E411, exit 15 Loyers

Parking in Namur



- Hôtel de ville, Free (160 places) ([Namur expo, 1,5k](#))
- Place Joséphine Charlotte (90 places) ([Namur Expo, 2,5k](#))
- Place Saint-Aubain (80 places) ([Namur Expo, 1,1k](#))
- Parking du centre EFFIA (160 places) ([Namur Expo, 1,4k](#))
- Parking GIFAR (440 places) ([Namur Expo, 1,7k](#))
- P+R Saint-Nicolas (276 places, 16 PMR) ([Namur Expo, 2,6k](#))
- P+R Namur Expo, Free
- Confluence (617 places, 17 PMR) ([Start 10k, 1,8k](#) - [Namur-Expo, 1,8k](#))
- Parking des Casernes – Palais de Justice (265 places, 7 PMR) ([Namur Expo, 1,8k](#))
- Place d’Armes (Beffroy) (258 places, 5 PMR) ([Namur Expo, 1,7k](#))
- Parking SNCB (P1) Sous-terrain Namur (471 places, 10 PMR) ([Namur Expo, 1,3k](#))
- Parking SNCB (P2) (480 places, 10 PMR) ([Namur Expo, 1,5k](#))
- On-street parking, free on Sundays throughout the municipality of Namur

Marathon

The Marathon starts in Wépion. Go to the start of the Marathon : [HERE](#)

By bus (recommended) :

- The organisers will provide you with BUS TEC shuttles. Please use this mode of transport. It will be possible to add the option of a shuttle bus to Namur Expo on Saturday 5 April 2025.
- The BUS boards opposite Namur Expo, on the TEC platform.

BUS SHUTTLE TIMETABLE :

- BUS TEC MARATHON Tortue 1, 2, 3, 4, 5: departs at 7.15 a.m.
- BUS TEC MARATHON Lièvre 6, 7, 8, 9, 10: departs at 8.05am

The choice of shuttle is firm and final. We do not accept any changes to the departure time. You will be checked before boarding the bus.

By car (strongly discouraged) :

- Drop-off along the N92 at rue de la Justice or rue des Griottes.
- Parking: parking spots are limited, so please respect police restrictions.

Semi-Marathon

To get to Profondeville and the start of the Half-Marathon : [HERE](#)

The start of the half-marathon is in Lustin (Profondeville). We strongly advise you to take the shuttle train to get to the start.

By train :

- By train from all stations in Wallonia: trains will run according to the normal timetable apart from the organisation's shuttle buses, timetable on the [SNCB](#) website.
- Two special 'half-marathon' train shuttles will run from Namur station to Lustin station. It will be possible to add the shuttle option (€4) at Namur Expo on Saturday 5 April 2025.

TRAIN SHUTTLE TIMETABLE :

Turtle train :

- Arrival at station: 7.00 am
- Departure from station: 7.22 am
- Arrival at Lustin: 7.34 am

Lièvre train :

- Arrival at station: 8.16 am
- Departure from station: 8.23 am
- Arrival at Lustin: 8.34 am

The choice of shuttle is firm and final. We do not accept any changes to the departure time. You will be checked before boarding the train.

By **car**

- By highway :

From Charleroi, Mons, Tournai, E42 :

- Exit 12, Namur-Ouest
- Exit ortie 14, Sambreville

From Luxembourg, E411 :

- Exit 18bis, Courrière
- Exit 19, Huy

From Liège, E42 :

- Exit 12, Namur-Ouest
- Exit 14, Sambreville

Parking in Profondeville

On-street parking is free where not prohibited.

Please note that the route de Jambes, de Dave and then de Lustin is closed to traffic from 8.30am!

- Parking de l'église Centre de la commune (30 spaces) (1.6k to the start)
- Centre sportif de la Hulle (30 spaces) (3.7k until the start)
- Parking de la Gare de Lustin (111 spaces) (850m to the start)

—◆ 10K Kick Cancer

To go to the start of the 10k KickCancer : [HERE](#)

The start of the KickCancer 10k takes place at La Plante. We strongly advise you to take the BUS TEC shuttle bus to get to the start.

By **bus** :

The organisers will provide you with BUS TEC shuttles. Please use this mode of transport. It will be possible to add the shuttle option (€4) at Namur Expo on Saturday 5 April 2025.

- The BUS boards opposite Namur Expo on the TEC platform.
- Please respect your choice of shuttle.

BUS SHUTTLE TIMETABLE :

- BUS TEC 10k 1, 2, 3, 4, 5: departs at 11.50 am
- BUS TEC 10k 6, 7, 8, 9: departs at 12.20 p.m.

The choice of shuttle is firm and final. We do not accept any changes to the departure time. You will be checked before boarding the bus.

By **car** :

- Centre sportif de la Plante (60 spaces) Exclusively 10K
- Free on-street parking in Jambes on Sundays

On **foot**:

From Namur Expo : [HERE](#)

—◆ Return shuttles

We are providing free return TEC BUS shuttles for participants in the 10k and 21k who park their cars at the starting point. The return shuttle leaves from the TEC stop in front of Namur-Expo.

From Salzinnes, TEC stop 'Namur EXPO' :

- to La Plante, TEC stop 'Rue Delonnoy',
- to Wépion, 'Grand'Ry' TEC stop,
- to Profondeville, 'Hôtel de Ville' and Lustin Gare stops.

SCHEDULES

- BUS 1: departs at 12.30; 1.30pm; 2.30pm; 3.30pm; 4.30pm.
- BUS 2: departures at 1pm; 2pm; 3pm; 4pm and 5pm

THANK YOU



STEVENY



Besoin d'un bricoleur pro ?
KIFAITOU
est là pour vous !





Special thanks to the City of Namur and the Commune of Profondeville for their strong support.

