

ECOWAS ABUJA INTERNATIONAL MARATHON 2025

RACE INFORMATION

1. HOW TO REGISTER

i. Foreign participants and participants from outside Abuja, FCT, are to register online at www.ecowasabujamarathon.org completing the online ENTRY FORM (click here)

ii. Participants in Abuja, FCT are to register either online or by completing the printed Entry Forms.

iii. Printed ENTRY FORMS can be picked up and dropped off at:

- a. ECOWAS Commission Main Gate, Asokoro, Abuja
- b. FCTA Sports Department, Area 3, Garki, Abuja
- c. Athletics Federation of Nigeria, Moshod Abiola Stadium, Abuja

2. ENTRY FEE

Participation in the 2023 ECOWAS Abuja International Marathon is FREE. No entry fee.

3. ELIGIBILITY

The ECOWAS Abuja International Marathon is open to all fun and professional Road and Marathon runners, who are medically certified fit to run.

4. RACE RULES

i. The marathon race rules will be aligned to the rules and regulations of the World Athletics (WA) and Athletics Federation of Nigeria (AFN)

ii. The race is open to all professional and amateur runners.

iii. Minimum age for participation shall be 18 years.

iv. Officially assigned Marathon race numbers must be worn on the front of the participant's vest.

v. Each race number is linked to only one athlete and their photograph, and will serve to record their individual finishing time. Athletes who allow another person to compete with

their number will be disqualified from the race and excluded from at least two subsequent editions of the ECOWAS Abuja International Marathon.

vi. Official race security band will be distributed at secret locations along the race route. All athletes must arrive at the finish line with all their secret band intact in order for their race and race times to be valid. No results will be recorded for any athlete who does not arrive at the finish line with all their bands.

vii. Road marshals, volunteers, traffic and police officials must be obeyed at all times.

viii. Water and fruits stations will be situated at designated locations along the race route (see below).

ix. No pet animals are allowed during the race.

x. Results of the race will be announced during the medals' presentation. All results not announced during the ceremony will be posted on the race website within 72 hours.

xii. The race organizers reserve the right to accept or reject any entry.

5. Start & Finish

The first race (1/2 Marathon) will be flagged off in front of the ECOWAS Commission on Yakubu Gowon Crescent, Asokoro, Abuja; the second race will start at Kukuba/Independence road (under Sahad Store)

The finish for both races will be at the ECOWAS Commission Abuja.

6. Start Time

a. 1/2 Marathon (race) flags off at 8.am prompt

b. 5km starts at 8.30am

7. Getting to the Flag Off Point (FOP)

The race route, especially around the FOP and the Finish Point, may be closed to vehicular traffic before the race.

Participants are therefore advised to arrive at the Flag Off Point early enough and to avoid the designated race routes.

Parking areas will be designated near the FOP for participants who may need to park their vehicles nearby.

Security operatives will prevent road users from violating the race routes.

8. Collection of Running Numbers and Uniforms

There will be no accreditation on race day.

Running Bibs and Running vests must be collected at the VIO Container Booth, Eagle's Square, Abuja, from February 18-27 from 9am-5pm daily

NB:

Running Bibs may only be collected by participants upon presentation of a valid proof of identification. However, participants wishing to have their running numbers collected on their behalf, must provide the collector with an authority note, a copy of the completed ENTRY FORM, bearing their photograph and a copy of the participant's valid proof of identification. The collector must also show proof of their identity in order to collect the Running Number.

9. Awards, Race Shirts, Medals and Certificates; active participants will receive a race vest, and the 200 first finisher of the Marathon will receive a bronze medal and a certificate of participation.

10. Race Timing

The race will be timed electronically from start to finish. A coded monitoring system will be in place during the race. Participants are advised to stick to the designated race route and to avoid switching, removing or losing their Running Bibs. Participants without a Bib will be disqualified and will not receive the participation medal and certificate.

11. Drink/Water Stations

Water Stations will be provided at Flag Off Point 5km, 7.5km, 10km, 12.5km, 15km, 17.5km, 20km and Finish Point.

12.. Sponges

Sponges will be provided at the following stations on the Marathon route: 10km, 15km and 20km.

13. Toilets

Toilets will be provided at 10km and at the starts of both races and at the finish

14. Medical and First Aid

Race organisers will not provide any pre-medical check-up.

All participants take personal responsibility for their own personal health condition and must sign the race waiver form prior to competing in the marathon. Organisers strongly recommended that each participant undergoes thorough medical check-up before registering to participate in the race.

Race organisers will provide first aid to participants where and whenever necessary, but take no responsibility for any subsequent treatment.

An Ambulance and medical station will be available approximately at designated points along the Marathon route at 5km, 10km, 15km, 20km and at the finish. Medics will also be present at every intermediary station.

15. Hospitality

Entertainment activities will be available at the finish point for participants and others. Food and Beverage will also be available there

16. Volunteers

Volunteering is the selfless provision of service to a cause or to a person, persons, organisation or project, without the consideration of personal financial gain or remuneration.

The ECOWAS Abuja International Marathon organisers welcome volunteers to offer their services to support the organisation of the race.

Volunteers may register at the office of the Athletics Federation of Nigeria (Moshod Abiola-National Stadium, Abuja from February 3-26

Roles will be assigned to volunteer's Manager

All volunteers must stick to and perform the roles assigned to them.

Volunteers shall not be paid for their services; but will receive stipend for transportation and feeding. Moreover, the organiser shall issue an official letter of recognition and acknowledgement to all volunteers.

Volunteers will receive full briefing and debriefing from the race organisers before and after the race.

Roles for volunteers may include, but are not limited to the following areas:

- Medical
- Pre-race logistics and preps
- Race Day: Transportation and logistics
- Race Day: Flag Off Point (FOP)
- Race Day: Traffic and route Marshals

- Race Day: Water Stations
- Race Day: Finish Area
- Post-race logistics and preps

MARATHON HOTLINES:

+2348061504259

+2347051371394

[www. ecowasabujamarathon.org](http://www.ecowasabujamarathon.org)