

第12回 わざわざ高知で走ろう

高知龍馬マラソン2026

Event Guide



Changes for the Kochi Ryoma Marathon 2026

**The location for men's baggage return
(changing room) has been changed.**

大会公式X (旧 Twitter)
@ryomamarathon

大会オフィシャルサイト
<https://www.ryoma-marathon.jp>

大会オフィシャル
サイト



Saturday, 14th February

10:00-16:00 Check-in at Toyo Denka Central Park
(Address: 1-11-27 Obiyamachi, Kochi City)

Sunday, 15th February

6:00-8:00 Check-in at Josei Park

(Address: 1-5-2 Marunouchi, Kochi City)

6:30-8:15 Baggage Drop at Josei Park

7:30-8:30 Assembling at the Start Pens

8:35-8:45 Move to the Starting Line at the Start Pens

8:45-8:55 Opening Ceremony

9:00 Start

13:00 Awards Ceremony at Haruno Athletic Stadium

16:00 Closing the Event

<https://www.ryoma-marathon.jp>

Runners Check-in

Check-in

- February 14th, 2026(Saturday) 10:00 AM - 4:00 PM Venue: Toyo Denka Central Park (All Events)
- February 15th, 2026(Sunday) 6:00 AM - 8:00 AM Venue: Josei Park (Full Marathon)

*Please be aware that runners are only able to check-in during these times.

Things to Bring for Runners Check-in

- Please present the Runner's bibs Number Voucher following the instructions sent via email.

*T-shirt size cannot be changed

Check-in Procedure for Runners

- You will receive the following items upon check-in:

1. Athlete bibs, runner's chips, baggage claim stickers
2. Participation T-shirt
3. Gear bag
4. Special feature issue of Kochi Newspaper on the previous day



START

9:00 on Sunday, 15th February at the intersection at the "Kencho mae" tram stop.

Closure

Time limit is 7 hours. The event will be closed at 16:00 at Haruno Athletic Stadium.

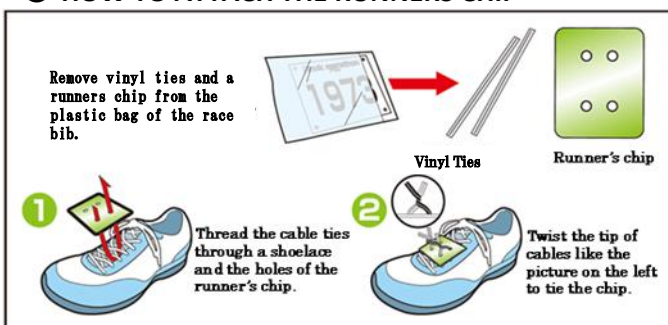
Race Bib

- A race bib will be provided to each runner. You must pin your race bib to the front of your shirt with the safety pins provided. Your race bib must be viewable.
- Your name and category are printed on your race bib. Please ensure that you collect the correct bib.
It is prohibited for another person to race under your name or for you to race under another person's name.
- The letter beside the bib number indicates your start block. Please wait at the appropriate start block.
- If runners wear raincoat or some other rainwear, please make sure we can see your race bib clearly.
- Please ensure that the "Emergency Contact" information to be provided on the back of the athlete bib is that of someone other than the participant, such as a family member, to facilitate prompt assistance in case of emergencies.
- Please be aware that the information recorded on the back of the athlete bib constitutes personal data, handle it with caution.

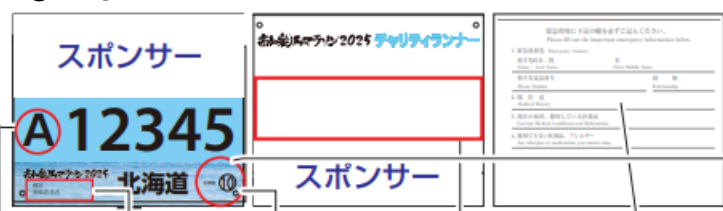
Runners Chip (Time Measurement Device)

- Your time will be recorded by the runner chip.
- Please be sure to tie the runner chip on your shoes by the time you will assemble at the start block. Otherwise, your time will not be recorded.
- If you drop out or cancel the race, please make sure to return the runners chip to the event staff.
- Measuring points are at the starting point, the halfway point, the finishing point, and every 5 kilo metres.
- In the event of forgetting the athlete bib and chip, there will be a 500 yen fee for each.
- If you are not participating in the race, please return them to the event office.

HOW TO ATTACH THE RUNNERS CHIP



RACE BIB



Check the name and category are correct.

Baggage storage truck number

Please be sure to fill it in.

Start block

Please come in runner's wear. There will be no changing rooms at the venue.

On event day, baggage dropped off at the baggage check will be transported to the finish line. Vehicles are stationed at the baggage check area within Josai Park, each marked with a number. Please place your baggage in the designated baggage bag, attach the baggage sticker included with your athlete number bag, and leave it at the vehicle bearing the corresponding number.

*Please also see the map below.

★Note

- Runners must use the official gear bag provided. No other bag or suitcase will be accepted at the baggage drop.
 - Valuables are not accepted. Please take care of them by yourself.
 - Please do not bring items which do not fit in or are bigger than the gear bag.
 - Please also do not put breakable or fragile items into your gear bag.
- *We do not take any responsibility for loss or damage.



Assembling at the Start blocks: 7:30 - 8:30

Opening Ceremony: 8:45 - 8:55

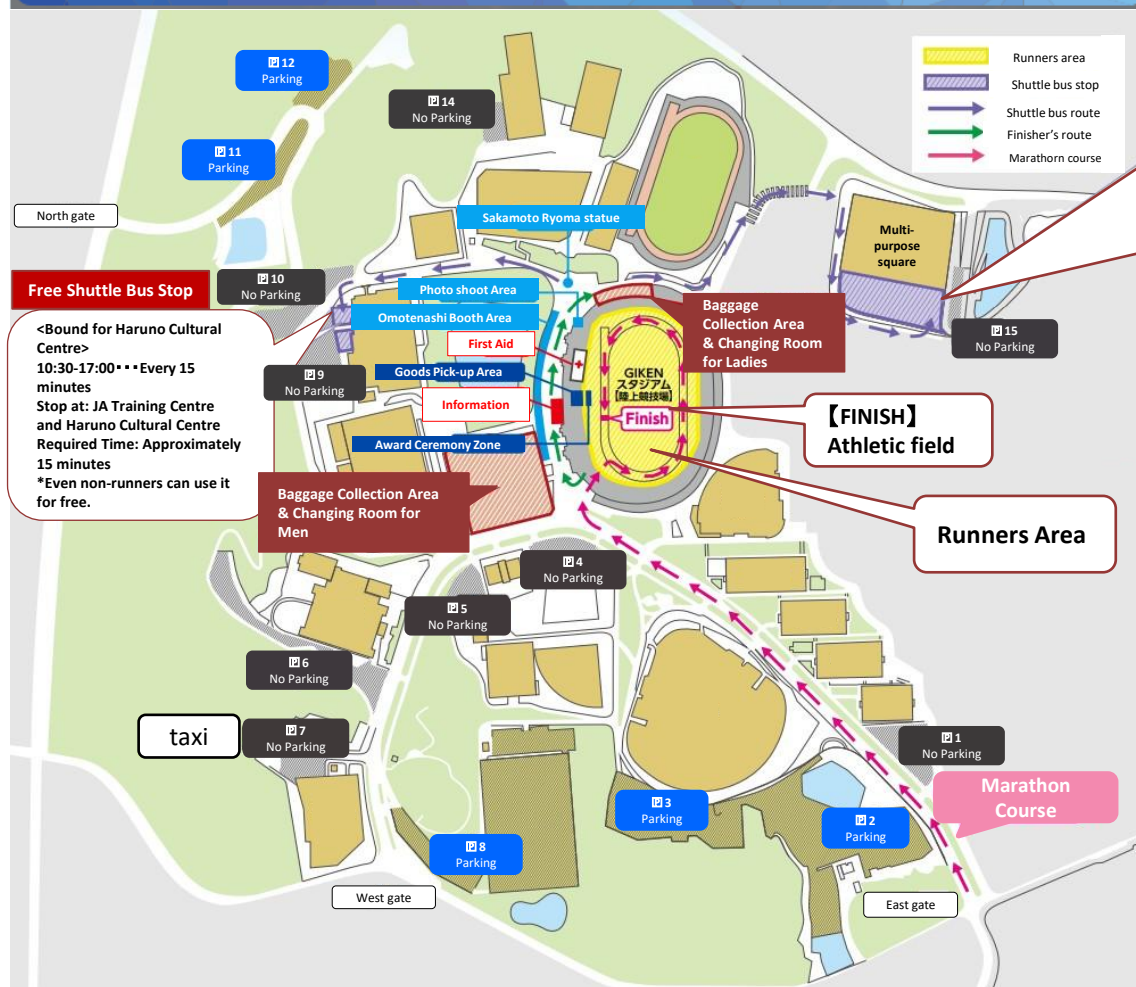
- Line up at the start block as indicated by the letter on the bib.
- The entrance of each start block is located at back of the block.
- Runners must be at the starting line by the start block by 8:35.
- If the runner does not reach his/her own start block in time, he/she must start from the last block (Block G).
- Please make sure to assemble and start at the appropriate block for safety reasons.
- Please note that the runner might not be able to participate in the race if he/she is significantly late.

The desk will handle lost athlete bibs (number cards), runner chips, and so on.

- February 14th, 2026(Saturday) 13:00-18:00 : Toyo Denka Central Park
- February 15th, 2026(Sunday) 6:00-8:30 : Josei Park

*It will be busy on the day of the marathon. If possible, please visit the desk on the day before the marathon.

Free Shuttle Bus Stop



*Race Day

<Bound for JR Kochi Station>

11:30-13:00 ■ ■ ■ Every 30 minutes

13:05-18:00 • • • Every 5 minutes

Stop at: Kochi Prefectural Office, Ohashi-dori Street, Kochi Chuo Park, and JR Kochi Station

Required Time: Approximately 30 minutes

<Bound for Kochi Racecourse>

10:30-17:30 ■ ■ ■ Every 15 minutes

Required Time: Approximately 15 minutes

*Even non-runners can use it for free.

We will provide hospitality through the sale of local products from Kochi Prefecture, as well as complimentary offerings such as Kochi's famous katsuo tataki and tsukimire soup. Additionally, there will be running gear and various food items for sale. Supporters are also encouraged to join us.

In the Kochi Ryoma Marathon 2026, we will conduct a lottery among the runners who have completed the race, and present Kochi Prefecture's specialty products as gifts. After finishing, we will give you either a certificate of completion or a winning notification. If you win, please bring your certificate to the prize distribution area.

The awards ceremony will be held at the ceremony area in Haruno Athletic Stadium at 13:00. Awards will be given to the top 10 male and female runners. If you are an award winner, please come to the meeting point for winners by 12:45.

Male and female finishers placing 1st to 10th overall. The 1st to 3rd place winners in each age group (Under 29, 30s, 40s, 50s, 60s, and 70 and above) for both men and women will be awarded prizes at the prize distribution area from 13:00. Please confirm your ranking with your completion certificate. Certificates of commendation will be sent later.

Finishers will collect:

- Finishers Towel
- Finishers Certificate
- Finishers Medal
- Drink and Snacks

*Please make sure to return the runners chip to the staffs.



[Marathon] Course Map



All distances mentioned are for the full marathon.

Water Station

| | Location | Water | Barley tea | Sports drink | Local specialty |
|----|----------|-------|------------|--------------|---------------------------------|
| 1 | 5.1km | ○ | | ○ | |
| 2 | 7.2km | ○ | | | |
| 3 | 9.8km | ○ | | ○ | Banana, Ripple |
| 4 | 11.8km | ○ | | | Yokan(sweet bean jelly), Candy |
| 5 | 15.1km | ○ | ○ | ○ | Chikuwa, Cucumber |
| 6 | 17.3km | ○ | | | Chocolate, Mix carrot |
| 7 | 19.0km | ○ | | ○ | Bread |
| 8 | 22.1km | ○ | | | Chikuwa, Tomato, Gokkun, Gelly |
| 9 | 24.5km | ○ | | ○ | Tosa noodles |
| 10 | 27.1km | ○ | ○ | | Bread, Cola |
| 11 | 29.4km | ○ | | ○ | Gokkun UMAJI Village Yuzu Drink |
| 12 | 32.2km | ○ | ○ | | Boiled rice with bonito |
| 13 | 35.1km | ○ | | ○ | Umeboshi, Candy |
| 14 | 37.9km | ○ | | | Bread, Cola |
| 15 | 39.7km | ○ | | ○ | Banana |

*This information is as of mid-December. It may change by the day of the event.



restroom

| Location | Location |
|-----------|-----------|
| 1 0.8km | 15 22.2km |
| 2 1.8km | 16 23.4km |
| 3 2.5km | 17 24.5km |
| 4 4.2km | 18 25.8km |
| 5 5.1km | 19 27.1km |
| 6 7.2km | 20 29.6km |
| 7 8.8km | 21 30.6km |
| 8 9.8km | 22 31.8km |
| 9 12.3km | 23 33.8km |
| 10 13.2km | 24 35.1km |
| 11 15.2km | 25 35.7km |
| 12 16.9km | 26 37.8km |
| 13 17.1km | 27 38.7km |
| 14 18.9km | 28 39.7km |



checkpoint

| Location | Closure Time |
|-----------|--------------|
| 1 5.02km | 10:00 |
| 2 8.6km | 10:31 |
| 3 13.2km | 11:11 |
| 4 17.0km | 11:45 |
| 5 18.9km | 12:04 |
| 6 22.0km | 12:38 |
| 7 25.8km | 13:17 |
| 8 29.6km | 13:56 |
| 9 33.8km | 14:40 |
| 10 37.5km | 15:19 |
| 11 41.2km | 15:58 |



First Aid Stations

| Location | Distance | Location | Distance |
|--|----------------------|--|----------|
| 1 Kochi Prefectural Government Office | Start | 11 Boundary Dam | 24.5km |
| | | 12 Kondo Intersection | 25.8km |
| 2 Compass Development Support Center Kochi | 5.1km | 13 HARUNO Town Fishermen's Cooperative | 27.1km |
| 3 SAKANOMATSU Tunnel North Side | 9.8km | 14 Bunko Hana Tunnel West Side | 28.3km |
| 4 TAKONOMORI Tunnel North Side | 11.4km | 15 NIYODO River Estuary Bridge East End | 29.4km |
| 5 TOSANO HYAKUSHO-KE Intersection | 13.2km | 16 Inui Green Park Front | 31.1km |
| 6 GOHAN-YA | 15.1km | 17 Sanyo Kogyo Front | 39.7km |
| 7 Kochi Shinko Entrance West | 17.3km | 18 HARUNO Sports Park Multipurpose Plaza | Finish |
| 8 Lawson NIITAKUBO Store | 19.0km | 19 HARUNO Sports Park Athletics Field | Finish |
| 9 Sakamoto RYOMA Memorial Museum | Relay Exchange Point | | |
| 10 Before HANAKAIDO restroom | 22.1km | | |



Support NAVI



Not compatible with non-smart phone mobile phones.

This is a service that allows you to check the predicted location information of runners on a map on the website based on measurement data. For detailed instructions, please refer to the event's official website.

Enter the number or name of the runner you want to support, and upon selection, the predicted information will be displayed on the course. In the free version, you can display up to 4 people, while those registered with the premium plan (¥500/month) can display up to 50 runners simultaneously.



PCサイト

Final Go/No-Go Announcement

Cancellation of the race due to bad weather or a natural disaster will be announced at the specified time on the website below.

Final Decision: 5:30 AM on Sunday, 15th February 2026

● Kochi Ryoma Marathon 2025 Official Website (<https://www.ryoma-marathon.jp>)



General Information

<<Kochi Ryoma Marathon Office>>

Address: 1-7-52 Marunouchi, Kochi City, Kochi 〒780-0850, Japan

【By the day before the marathon】 TEL: 088-823-3971 (Japanese Only) Available Time : 8:30-17:15 (JST)

【Day of the marathon】 TEL: 088-837-9050

<<JTB Sports Station>>

Address: 5F, Osaka Dojimahama Tower, 1-1-27 Dojimahama, Kita-ku, Osaka-city 530-0004

Available Time: 9:30-17:30 (JST) on Weekdays

E-mail : jtbss@jtb.com