



RUN AS ONE

GO BEYOND

29 NOV — 1 DEC 



RUNNER'S INFORMATION GUIDE

SINGAPOREMARATHON.COM



Patrick Lee
CEO
Singapore and ASEAN
Standard Chartered

Standard Chartered is proud to present the Standard Chartered Singapore Marathon 2024, our signature community event celebrating the spirit of running, performance and resilience.

SCSM 2024 marks our 23rd consecutive year as title sponsor of the region's only World Athletics Gold Label race. This year, we are excited to bring back the Ekiden, a unique relay race that allows teams of five runners to experience the endurance of long-distance racing with the camaraderie of teamwork. To raise funds for a good cause, we have given away complimentary Ekiden slots to corporate teams who commit to support Futuremakers, Standard Chartered's global youth empowerment initiative to tackle inequality and promote greater economic inclusion.

Whether you are a first-time runner or an avid competitor, you will enjoy this year's race route that takes in the best of Singapore's iconic landmarks – from the F1 Pit Building and Gardens by the Bay, to the National Stadium, and the finishing line at the historic Anderson Bridge.

On behalf of all our partners, organising committee, and the many volunteers who have come together make this event possible, we look forward to welcoming you at #SCSM2024. Let the countdown begin.



Alan Goh
CEO
Sport Singapore

As we gear up for the year's highly anticipated Standard Chartered Singapore Marathon, we are thrilled to see thousands of runners preparing to hit the streets of Singapore. Every year, this event is inspiring in so many ways and a clear indication of the growing popularity of running in our local community.

This year's edition brings back the Ekiden Challenge, adding an exciting team relay-style run to the full marathon. Runners can look forward to experiencing the iconic sights of Singapore along the specially curated route, with the majestic Old Supreme Court building providing a stunning backdrop to conclude our participants' run.

My deep appreciation goes out to The IRONMAN Group, title sponsor Standard Chartered Bank, and all our dedicated partners for their unwavering commitment behind this iconic mass participation event for our local and international participants, and our spectators. To all runners, I wish you all the very best – stay safe, stay hydrated and savour every moment of the run!



Melissa Ow
Chief Executive
Singapore Tourism Board

The Standard Chartered Singapore Marathon (SCSM) is one of the most anticipated highlights on Singapore's sports events calendar. This year's marathon promises to be an unforgettable experience for both runners and spectators alike. Starting at the F1 Pit Building, the route will take participants past some of Singapore's most recognisable landmarks, including Gardens by the Bay, the Singapore Flyer, Marina Bay, before making their way to the new finish at the Anderson Bridge. Spectators and supporters can gather along the route and at the Finish to support and cheer the runners!

I would also like to convey my appreciation to IRONMAN Asia, Standard Chartered Singapore, Sport Singapore, and all partners and volunteers who have worked tirelessly to make SCSM happen.

To visitors from all over the world, welcome to Singapore! To all participants, thank you for your commitment and perseverance to run this incredible journey with us. See you at the finish line!



Jeff Edwards
Managing Director
The IRONMAN Group

Welcome to the Standard Chartered Singapore Marathon 2024! The excitement is palpable as we gather once again for what promises to be an unforgettable experience. Runners from around the globe are ready to test their limits at Southeast Asia's only World Athletics Gold Label Race.

This year, the race will start at the F1 Pit Building. Participants will traverse some of Singapore's most scenic landmarks, including the Esplanade, Merlion, National Stadium, Marina Bay Sands, and Gardens by the Bay. The journey will culminate in a spectacular finish at the historic Anderson Bridge, a finish line steeped in heritage, symbolising a gateway to triumph, where every runner will cross not just a physical finish line but a personal milestone.

We are also excited to reintroduce the Ekiden race format. This unique relay race emphasises teamwork and camaraderie, inviting teams to share the marathon journey and pass the sash along Singapore's streets.

I wish to extend my heartfelt thanks to Standard Chartered Bank, Sport Singapore, the Singapore Tourism Board, and all our partners and dedicated volunteers. Your unwavering support is the cornerstone of Singapore's largest marathon, ensuring its continued success.

We hope that the 2024 edition of SCSM inspires you to challenge yourself, celebrate your journey, and take immense pride in your accomplishments. I look forward to seeing each of you at the marathon and let's make this year's race one for the history books!



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RUNNER'S CHECKLIST

Read the Runner's Information Guide in its entirety.

Whether you are a returnee or first-time participant of the Standard Chartered Singapore Marathon, here is a checklist to ensure you are as **prepared as possible** for a great event!

RACE ENTRY PACK COLLECTION

- Present your ACTIVE email confirmation with QR code using your smartphone at REPC.
- Take note of operating hours for REPC:

Thursday, 28 November 9:00am – 8:00pm

Friday, 29 November 9:00am – 8:00pm

Saturday, 30 November 9:00am – 5:00pm

RACE DAY

- Familiarise yourself with the race course.
- If you have purchased the gear bag service, paste the sticker onto your gear bag provided at REPC, and bring it along.
- Ensure that your nominated emergency contact is available.
- Ensure your medical/health insurance details are up to date.
- Monitor your own health. If you are feeling unwell, please avoid participating in the race for your own safety and well-being.





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SC Simply Cash Credit Card



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EVENT SCHEDULE

THURSDAY	28 NOVEMBER
Sands Expo and Convention Centre, Basement 2, Hall F	9:00am – 8:00pm Race Entry Pack Collection (REPC) and Expo
FRIDAY	29 NOVEMBER
Sands Expo and Convention Centre, Basement 2, Hall F	9:00am – 5:00pm Race Entry Pack Collection (REPC) and Expo <i>Last chance for Kids Dash runners to collect</i>
	9:00am – 8:00pm Race Entry Pack Collection (REPC) and Expo <i>Last chance for 5KM and 10KM runners to collect</i>
F1 Pit Building	6:00pm Kids Dash Village Open
	7:00pm – 8:30pm Kids Dash Flag-off
SATURDAY	30 NOVEMBER
Various locations around Singapore	4:30am Shuttle Bus Pick-up
F1 Pit Building	5:00am 10KM Race Village Open Gear Bag Deposit Service Open
Raffles Avenue	5:15am Shuttle Bus Arrival
F1 Pit Building	6:30am 10KM Flag-off
	7:00am 10KM Race Village Close 5KM Race Village Open
Anderson Bridge	7:02am First 10KM Finisher expected
F1 Pit Building	8:30am 5KM Flag-off
	8:45am 5KM Race Village Close
Anderson Bridge	8:47am First 5KM Finisher expected
The Padang	9:50am 10KM Cut-off Time
Sands Expo and Convention Centre, Basement 2, Hall F	9:00am – 5:00pm Race Entry Pack Collection (REPC) and Expo
The Padang	10:15am 5KM Cut-off Time
	11.30am Post-race Venue Close
SUNDAY	1 DECEMBER
Various locations around Singapore	2:30am Shuttle Bus Pick-up
F1 Pit Building	2:30am Half Marathon & Marathon Race Village Open Gear Bag Deposit Service Open
Raffles Avenue	3:15am Shuttle Bus Arrival
F1 Pit Building	4:25am Elite Marathon Flag-off National Championship Marathon Flag-off
	4:30am Pen A Flag-off
	4:32am National Championship Half Marathon Flag-off Pen B Flag-off
	5:15am Race Village Close
Anderson Bridge	5:37am First Half Marathon Finisher Expected
The Padang	6:20am Prize Presentation Ceremony for Half Marathon
Anderson Bridge	6:39am First Marathon Finisher Expected (Male)
	7:02am First Marathon Finisher Expected (Female)
The Padang	7:45am Prize Presentation Ceremony for Marathon
	9:45am Half Marathon Cut-off Time
	1:15pm Marathon Cut-off Time
	2:00pm Post-race Venue and Gear Bag Deposit Close



futuremakers
by Standard Chartered



Nadirah
#SheEmployed Programme Graduate

Nadirah, a single mother and dedicated caregiver, worked tirelessly as a manicurist for 15 years, struggling with low pay and long hours.

Inspired by healthcare workers during the COVID-19 pandemic, she sought a career change and found Generation Singapore's free, short-term #SheEmployed Patient Services Associate programme, supported by Futuremakers by Standard Chartered.

Now working in a hospital's emergency department, Nadirah enjoys a meaningful job with better pay, allowing her to spend more time with her children. She also had the opportunity to enjoy a long-desired overseas holiday with her family.

Your donation can help others like Nadirah achieve similar life-changing transformations through Futuremakers programmes.

Futuremakers by Standard Chartered is our global youth economic empowerment initiative, supporting young people in our communities to learn, earn and grow.

Futuremakers empowers young women in need to gain skills and sustainable employment, as well as supports entrepreneurs to build thriving microbusinesses and create jobs.

In Singapore, 100% of your donations will go towards Community Chest to empower young women in need through local Futuremakers employability programmes.

DONATE NOW



<https://www.giving.sg/donate/campaign/scfuturemakers24>

RACE ENTRY PACK COLLECTION (REPC)



Thursday, 28 November 9:00am – 8:00pm

Friday, 29 November 9:00am – 8:00pm

Saturday, 30 November 9:00am – 5:00pm

- It is compulsory for all runners to check in during these times.
- 5KM and 10KM runners will not be allowed to check in after Friday, 29 November, 8pm.
- You are required to show your ACTIVE email confirmation with QR code in order to check in. We encourage you to provide your email confirmation QR code on your smartphone. If this is not possible, please provide a printed copy.



COLLECTION ON BEHALF OF A RUNNER

While it is preferred for runners to check in in person, we recognise in some cases this may not be possible.

Runners may nominate a person to collect their race pack on their behalf by completing the [Authorisation Form](#). The nominated person must produce the following at REPC in Marina Bay Sands Convention Centre;

- **Authorisation Form signed by runner (printed or digital)**
- **The runner's Confirmation E-mail**

An individual can only pick up **TWO** race pack in addition to their own.

IRONMAN reserve the right to refuse collection should all of the required documentation not be provided.

NOTE: It is prohibited for another person to race under your name, or for you to race under another person's name. Failing to do so will result in suspension from participating in IRONMAN owned and managed events.

DURING REPC, RUNNERS WILL COLLECT:



Race Bib & Timing Chip

You are required to write your Emergency Contact's name and phone number on the back of your bib. Your Emergency Contact must NOT be racing.

Your timing chip will be fixed to the back of your bib.



Official PUMA Running Singlet

You will receive the size ordered during time of online registration. Sizes cannot be changed at point of collection.



Foldable Backpack

The SCSM backpack provided will be allowed on race route, but must not exceed the 5 litre storage capacity.

TIMING INFORMATION

You will collect your race bib with disposable timing chip at REPC. The letter on the bib represents your start pen. Do not fold, cut or alter your race bib in any way.

Ensure you complete the emergency contact and medical information on the back of your bib. Do not remove the timing device from your bib. Make sure you run over the timing mats as opposed to beside them to give the timing technology the best chance of recording your time.

YOUR RACE BIB

You must pin your race bib to the front of your shirt/singlet or use a running belt. Safety pins will be provided with your race bib during REPC. Your race bib will have an alphabet ranging from A to G which will indicate as your start pen. You must assemble at the appropriate pen on race day.

It is prohibited for another person to race under your name, or for you to race under another person's name. This is strictly prohibited for several reasons, with the primary concern being the potential danger and confusion that could arise in the event of an incident during the race. The information you provided during the registration process would include your emergency contact person and your medical information. In the event of an emergency, you will be treated according to those details by our medical staff and emergency services. Incorrect information will lead to distress from your emergency contact person and will waste the valuable time of medical and emergency staff.

Racing under another person's name will result in suspension from participating in IRONMAN owned and managed events.



HOW TO GET TO REPC

Sands Expo and Convention Centre Basement 2, Hall F

10 Bayfront Avenue, Singapore 018956



TRAIN (MRT)

- Bayfront MRT Station (DT16/ CE1) Exit C & D



BUS

- Bayfront Ave, Aft Bayfront Station Exit E (Bus Stop ID 03511)
 - 97, 106, 133, 502, 518 (Everyday)
 - 97e, 502A, 518A (Except on Sat, Sun & Public Holidays)
- Bayfront Ave, Aft Bayfront Station Exit A (Bus Stop ID 03519)
 - 97, 106, 133, 502, 518 (Everyday)
 - 97e, 502A, 518A (Except on Sat, Sun & Public Holidays)



CAR

- Marina Bay Sands Carpark
- South Entrance on Bayfront Link
- North Entrance on Bayfront Ave
- Entrance at Hotel Tower 3



TAXI PICK-UP & DROP-OFF POINT

- Sheares Link, MBS Tower 1 Hotel Lobby
- Bayfront Ave, MBS Tower 3 Hotel Lobby
- Bayfront Ave, Outside Marina Bay Sands Convention Centre
- Bayfront Ave, Outside Marina Bay Sands The Shoppes

ADDITIONAL PURCHASE

GEAR BAG (PAID) SERVICE

Runners who have purchased the **Gear Bag Service** will receive a transparent gear bag at REPC to utilise on race day. **No other bags will be accepted at the Gear Bag Service – you must use the official gear bag provided.**



- Runners must fix the provided **gear bag sticker** to the front of the gear bag in the space indicated. Gear bags without this year’s sticker will be rejected and will not be allowed to be deposited.
- The gear bag sticker must have your **full bib number** written.
- Make sure to bring **items that you require** for the race.

PLEASE DO NOT LEAVE VALUABLE ITEMS IN YOUR GEAR BAG. THESE INCLUDE, BUT NOT LIMITED TO:

- Credit/Debit cards
- Large amounts of cash
- Expensive jewellery
- Handphones
- Prohibited items

IRONMAN will not take responsibility for any missing or loss of items.

The Gear Bag Service will be located at the **Singapore Flyer Coach Bay** at the start venue. Runners are to access Singapore Flyer’s Coach Bay via **Main Entry of F1 Pit Building**. Runners are to drop their gear bag within the mobile bag service trucks on a first come first serve basis.

Only Ekiden runners are to drop off their individual gear bag at a destinated Ekiden truck within Singapore Flyer. All runners are required to deposit their own individual gear bags. (E.g. The first runner is not able to deposit for the third runner).

Post-race, runners will collect their gear bag at **The Padang**. Runners are to show their bib with the truck stickers as proof to collect their bags. Ekiden runners 1-4 are to return to The Padang to collect their bags.



ITAB

You will receive an e-mail with the details closer to event date to redeem your credit and enter your finish time.

Once you have completed your race, go to the link to enter your finish time and confirm your details (name and delivery address). After which, your iTAB will be engraved and it will arrive in the mail within 2 weeks.

For more information, check out www.itab.us.com

SPORTOGRAF

The Sportograf Foto-Flat brings back the memories from your Standard Chartered Singapore Marathon experience.

Runners will receive a redemption code in the email prior to the race from Sportograf. The code will be used in the last step of the checkout to redeem and the price will reduce to \$0 automatically.

EVENT MERCHANDISE

Enhance your SCSM journey with our exclusive merchandise collection, which includes bib magnets, running belt and a water bottle. These will be available for collection (if pre-ordered) and purchase at REPC.

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EXCLUSIVE SCSM2024 OFFER

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On selected memberships & pay-as-you-go
FITPASS packages



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*Valid till 31 Dec 2024. T&Cs apply.



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START VENUE

F1 Pit Building





Run faster, farther, smarter with SCSM+


Track live on race day,
conquer virtual challenges and
supercharge your
training.



 Download SCSM+ now





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App Store

 GET IT ON
Google Play



GETTING TO THE START LINE

F1 Pit Building

1 Republic Blvd, Singapore 038975

TRAIN (MRT)

Saturday, 30 November

MRT STATION	FIRST TRAIN		LAST TRAIN	
	From Bukit Panjang	From Expo	From Bukit Panjang	From Expo
DT15 Promenade	6:00am	6:17am	00:02am	00:20am
DT16 Bayfront	6:02am	6:15am	00:04am	00:18am
	To Dhoby Ghaut	To Harbourfront	To Dhoby Ghaut	To Harbourfront
CC4 Promenade	5:50am	5:43am	11:59pm	10:54pm
CC5 Esplanade	5:52am	5:41am	12:01am	10:51pm

Sunday, 1 December

Please utilise the Shuttle Bus Service on Sunday, 1 December. There will be no train service available before the race starts.

For most accurate information on train and bus services, please visit:

TRAIN www.sgtrains.com/guide-traintiming.html

BUS www.lta.gov.sg/content/ltagov/en/map/bus.html

CAR

- Marina Square Carpark
– Entrance on Raffles Ave
- Centennial Tower Carpark
– Entrance on Temasek Ave
- Millenia Walk Carpark
– Entrance on Raffles Blvd

Limited lots around the F1 Pit Building vicinity

TAXI PICK-UP & DROP-OFF POINT

- Marina Square 7-11 Taxi Stand/Drop-off
- Centennial Tower Taxi Stand/Drop-off
- Esplanade Mall Taxi Stand/Drop-off
- Millenia Walk Taxi Stand/Drop-off

SHUTTLE SERVICE

- Refer to next page for more details

SHUTTLE SERVICE

To ensure a smooth journey to the Start Line, SCSM is working with **ShareTransport** to provide shuttle bus services. The shuttle buses will run from **26 island-wide locations** based on popular demand, towards the Start Venue at F1 Pit Building.

Runners may purchase their shuttle bus ticket at S\$12. All purchase, payment and boarding ticket will be available on the **ShareTransport app** or **www.sharetransport.sg**. You must be at your pick-up location **15 mins prior** to the scheduled time. Refer to the schedule below:

CATEGORY	DESTINATION	EXPECTED ARRIVAL
5KM & 10KM	F1 Pit Building Raffles Ave Drop-off	5:15am
Half Marathon & Marathon		3:15am

LOCATION			Saturday, 30 November 5KM & 10KM		Sunday, 1 December Half Marathon & Marathon	
		Bus Stop No.	Pick-up	Drop-off	Pick-up	Drop-off
Ang Mo Kio	Opp Ang Mo Kio Stn	54399	0415-0445hrs	0515hrs	0215-0245hrs	0315hrs
Bedok	Bedok Stn Exit A	84039				
Bishan	Bishan Stn	53231				
Buangkok	Buangkok Stn Exit B	67601				
Bukit Batok	Bt Batok CC	43391				
Bukit Gombak	Bt Gombak Stn	43579				
Bukit Panjang	Bt Panjang Stn Exit A/LRT	44049				
Canberra	Opp Canberra Stn	58541				
Choa Chu Kang	Lot 1/Choa Chu Kang Stn	44531				
Clementi	Clementi Stn Exit B	17179				
Hougang	Opp Hougang Ctrl Int	64549				
Jurong East	Bef Jurong East Stn	28211				
Khatib	Opp Khatib Stn	59049				
Kovan	Kovan Stn Exit C	63039				
Lakeside	Opp Lakeside Stn	28099				
Pasir Ris	Opp Pasir Ris Stn Exit A	77179				
Pioneer	Pioneer Stn Exit A	22529				
Punggol	Blk 303D Punggol Ctrl	65221				
Sembawang	Opp Sembawang Stn	58219				
Sengkang	Opp Sengkang Stn/Blk 260A	67401				
Simei	Opp Simei Stn	96161				
Tampines	Opp Tampines Stn/Int	76149				
Toa Payoh	Toa Payoh Stn	52189				
Woodlands	Woodlands Civic Ctr	46321				
Yew Tee	Opp Yew Tee Stn	45329				
Yishun	Yishun Stn Exit E	59072				

We would like to encourage all runners to utilise the Shuttle Bus Service or public transportation options to the Start Line when possible.

Terms and Conditions:

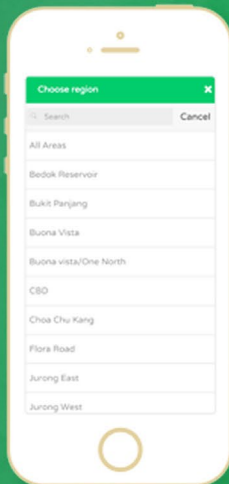
1) Shuttle Bus Ticket is non-refundable and non-transferable. 2) There will be strictly no refunds of any missed trips. 3) All Shuttle Buses will leave at the specified time, and will not wait for late passengers. 4) Shuttle Bus users must pre-purchase their shuttle bus ticket, and show the boarding code on a smartphone to board. Runners who have not purchased the ticket or unable to show the boarding code will not be allowed to board the bus. 5) If you encounter any problem with the app usage or ticket booking, please WhatsApp ShareTransport Customer Service at +65 8838 7557.

CALLING OUT TO ALL RUNNERS

sharetransport

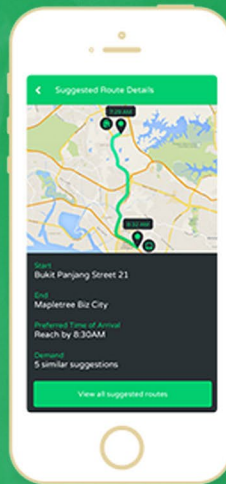
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TO THE MARATHON



SEARCH

Select the marathon
you are participating
in & select your
ideal route



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and proceed to
checkout to
confirm your seat



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START PENS

The **letter** beside the **bib number** indicates your **start pen**.

MARATHON 42.195KM

- Pen A Below 3:00hrs (Male)
- Pen A Below 3:30hrs (Female)
- Pen B 3:01hrs – 3:30hrs
- Pen C 3:31hrs – 4:00hrs
- Pen D 4:01hrs – 4:30hrs
- Pen E 4:31hrs – 5:00hrs
- Pen F 5:01hrs – 6:00hrs
- Pen G 6:01hrs – 7:00hrs



HALF MARATHON 21.1KM

- Pen B Below 1:45hrs
- Pen C 1:46hrs – 2:00hrs
- Pen D 2:01hrs – 2:15hrs
- Pen E 2:16hrs – 2:30hrs
- Pen F 2:31hrs – 3:00hrs
- Pen G More than 3:00hrs



10KM

- Pen A Below 45 minutes
- Pen B 45 minutes – 1:00hr
- Pen C 1:01hr – 1:15hrs
- Pen D 1:16hrs – 1:30hrs
- Pen E 1:31hrs – 2:00hrs



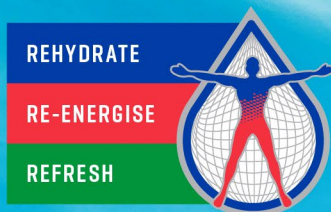
5KM

- Pen F Running
- Pen G Walking



REFRESH AND HYDRATE WITH 100PLUS HYDRATION BAR

- ✓ Lowest sugar content of ONLY 6.7g per 100g
- ✓ Less than 30kcal per serving



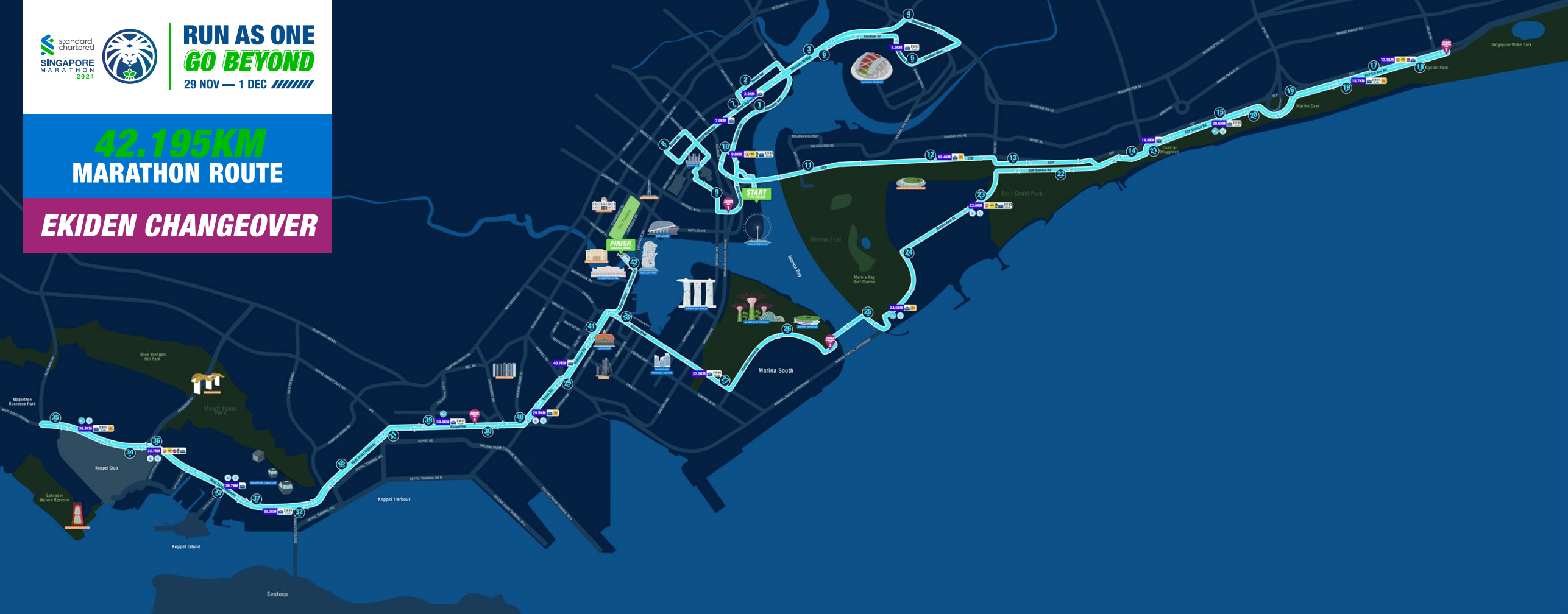
Less Than 200 Calories
Lower in Sugar

25% lower in sugar as compared to
regular ice cream. Eat all foods in moderation.

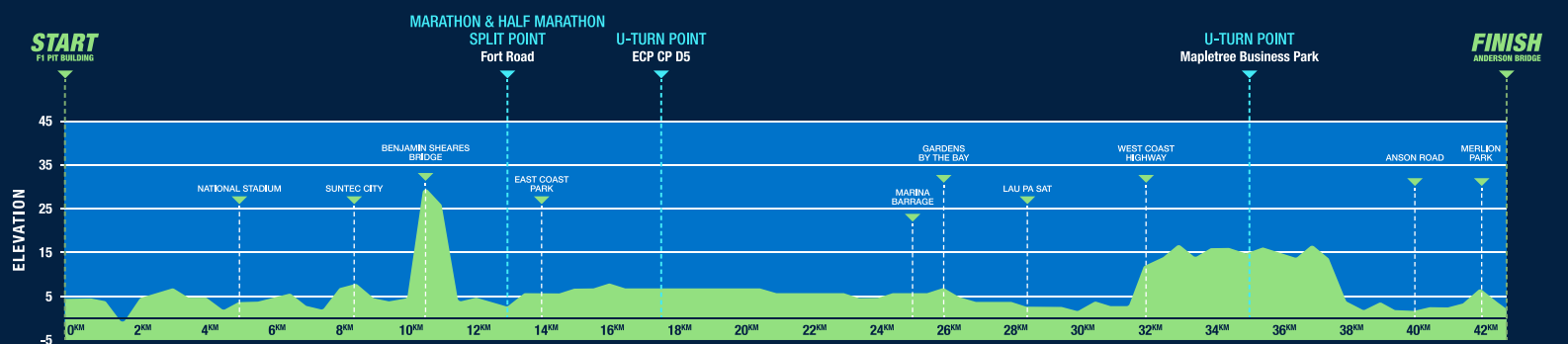


42.195KM
MARATHON ROUTE










EKIDEN CHANGEOVER



COURSE PROFILE



AID STATIONS

STATIONS										
KM MARKER	LOCATION	WATER Ice Mountain	ISOTONIC 100PLUS	BANANA Sunpride	COCONUT Joyvio	ENERGY GEL Shotz	MUSCLE SPRAY Tiger Balm	PRETZEL	SPLASH STATION	ICE CHIPS
2.3	NICOLL HIGHWAY, OPP GOLDEN MILE TOWER	✓								
5.0	STADIUM DRIVE, HOME OF ATHLETICS	✓	✓							
7.0	NICOLL HIGHWAY, BEFORE ERP GANTRY	✓								
9.8	REPUBLIC BLVD, OPP F1 PIT BUILDING TURN 3	✓	✓	✓		✓		✓		
12.4	ECP FORT ROAD EXIT 14A, LAMP POST V38S14	✓					✓			
14.8	ECP OPP ECP OFFICE, LAMP POST 75	✓								
17.1	ECP AFTER CARPARK D1, LAMP POST 164	✓		✓	✓			✓		
18.7	ECP RAINTREE COVE BUS STOP "92199"	✓	✓				✓			
20.6	ECP CARPARK B3, ROAD SAFETY COMMUNITY PARK	✓	✓							✓
23.0	MARINA EAST DRIVE, LAMP POST 4	✓	✓	✓		✓		✓	✓	
24.6	MARINA EAST DRIVE, MARINA EAST PARK	✓					✓			✓
27.0	MARINA BLVD, BUS STOP "03331"	✓	✓							
29.5	ANSON ROAD, M HOTEL	✓					✓		✓	
32.2	WEST COAST HIGHWAY, OPP LAMP POST 17F	✓	✓							
33.7	WEST COAST HIGHWAY, LAMP POST OPP 119F	✓		✓	✓	✓		✓	✓	
35.3	WEST COAST HIGHWAY, LAMP POST 173F	✓	✓				✓			✓
36.7	WEST COAST HIGHWAY, LAMP POST 77F	✓							✓	
39.3	KEPPEL ROAD, BUS STOP "14069"	✓	✓							✓
40.7	ROBINSON ROAD, AFT CAPITOL TOWER BUS STOP "03111"	✓								

COURSE CUT-OFF INFORMATION

MARATHON: 7 hours 30 minutes

Cut-off points are enforced to facilitate road re-opening, ensuring runners' safety and the integrity of SCSM2024 required completion time. Runners who do not meet the respective cut-off timings at each cut-off points, will be disqualified and will be classified as Did-Not-Finish (DNF) runners. They will be ushered via shuttle buses back to the Finish Venue, and they will not be entitled to receive the Finisher shirt and medal.

Runners must complete the entire course within 7 hours 30 minutes from their individual start time or they will receive a DNF*.
(Example: If the flag-off window close at 5:45am, all runners are to complete the race in 7 hours 30 minutes by 1:15pm) .

INTERMEDIATE CUT-OFF POINTS

CP1 – 10.000KM	(Near Ophir Rd Junction, Republic Blvd)	07:39am
CP2 – 17.800KM	(Near ECP CP D5, ECP Service Rd U-turn Point)	08:55am
CP3 – 25.600KM	(Near Marina Barrage)	10:18am
CP4 – 29.600KM	(Near Anson Rd Junction, Keppel Rd)	11:01am
CP5 – 34.700KM	(Near Labrador Park, West Coast Highway U-turn Point)	10:59am
CP6 – 38.700KM	(Near AYE Exit, Keppel Rd)	12:05pm

NOTE: The exact distances of the intermediate Cut-Off Points might differ after official course measurement. Respective cut-off time will be adjusted accordingly should the distances change due to course measurement or any potential race delays.

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Learn more
about Coached
and get **two**
weeks of free
coaching.



BEFORE COACHED

Your training is based on snippets of articles, blogs and books. You're not sure how to structure things, so you make it up as you go and are often tired. Results are hard to come by, and injuries often get in the way of progress.



AFTER COACHED

You have a plan, and you know the purpose of each training session. You enjoy training and execute each session with confidence, knowing that if you have questions, you have coaches and teammates behind you ready to help.

A **Coached**

B



#GETCOACHED

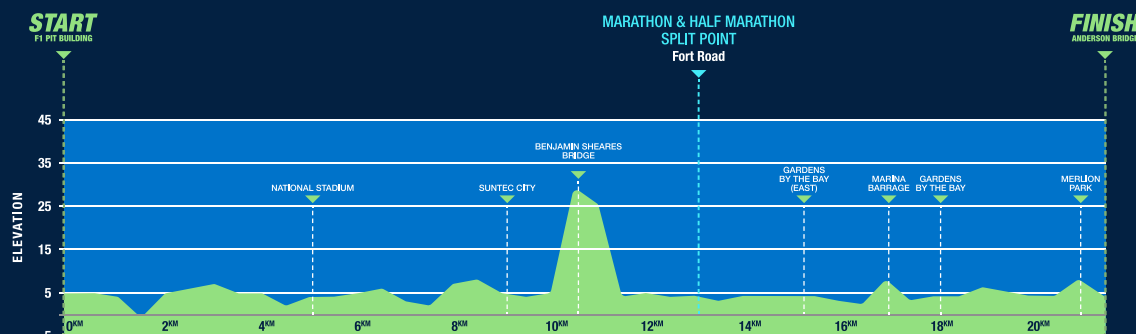
Website: www.coached.fitness

Instagram: [@coached.fitness](https://www.instagram.com/coached.fitness)

21.1KM HALF MARATHON



COURSE PROFILE



AID STATIONS

AID STATIONS									
KM MARKER	LOCATION	WATER Ice Mountain	ISOTONIC 100PLUS	BANANA Sunpride	ENERGY GEL Shotz	MUSCLE SPRAY Tiger Balm	PRETZEL	SPLASH STATION	ICE CHIPS
2.3	NICOLL HIGHWAY, OPP GOLDEN MILE TOWER	✓							
5.0	STADIUM DRIVE, HOME OF ATHLETICS	✓	✓						
7.0	NICOLL HIGHWAY, BEFORE ERP GANTRY	✓							
9.8	REPUBLIC BLVD, OPP F1 PIT BUILDING TURN 3	✓	✓	✓	✓		✓		
12.4	ECP FORT ROAD EXIT 14A, LAMP POST V38S14	✓				✓			
15.2	GARDENS BY THE BAY EAST, UNDER SHEARES BRIDGE	✓	✓						
17.3	MARINA BARRAGE	✓							✓
19.3	GARDENS BY THE BAY SOUTH, BAYFRONT PLAZA CARPARK	✓	✓					✓	

COURSE CUT-OFF INFORMATION

HALF MARATHON: 4 Hours

Runners must complete the entire course within 4 hours from their individual start time or they will receive a DNF*. (Example: If the flag-off window close at 5:45am, all runners are to complete the race in 4 hours by 9:45pm).

INTERMEDIATE CUT-OFF POINTS

CP1 – 10.000KM (Near Ophir Rd Junction, Republic Blvd) 07:39am

CP7 – 20.700KM (Near One Marina Boulevard, Marina Blvd) 09:41am

NOTE: The exact distances of the intermediate Cut-Off Points might differ after official course measurement. Respective cut-off time will be adjusted accordingly should the distances change due to course measurement or any potential race delays.



ACTIVE



Step up. Get Active.

Step up and give your best with Tiger Balm® ACTIVE, the range of muscle rubs, gels and sprays, specially formulated by Tiger Balm®, the name you can trust. Designed for the active individual with an active lifestyle, Tiger Balm® ACTIVE is what you need for warm-ups, cool-downs, as well as relief of your muscular aches, pains and strains.

So go on. Step up and get Active!



ACTIVE is great for warm ups



Relief of muscular aches and pains



Ideal for cool downs and rub downs

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SINGAPORE

MARATHON

2024



RUN AS ONE

GO BEYOND

29 NOV — 1 DEC

10KM ROUTE

The map illustrates the 10KM route starting at the F1 Pit Building and ending at the Anderson Bridge. Key landmarks and locations along the route include the Singapore Flyer, Gardens by the Bay, Marina Bay Sands, Marina East, Marina Bay Golf Course, Marina South, Marina Gardens Dr, Marina Coastal Expressway, Esplanade, National Stadium, and the National Stadium. The route is marked with green arrows and includes key landmarks like the Singapore Flyer, Gardens by the Bay, and the National Stadium.

COURSE PROFILE

The course profile graph shows the elevation (meters) of the 10KM route. The x-axis represents distance in kilometers (0 to 10), and the y-axis represents elevation in meters (-5 to 45). The profile is relatively flat, with a slight rise towards the end. Key landmarks are marked along the route: START (F1 Pit Building), NICOLL HIGHWAY, NATIONAL STADIUM, MERDEKA BRIDGE, ESPLANADE, U-TURN POINT (Collyer Quay), and FINISH (Anderson Bridge).

AID STATIONS

KM MARKER	LOCATION	 ICE MOUNTAIN	 100 PLUS	 JOYVIO
		WATER	ISOTONIC	COCONUT
2.0	REPUBLIC AVENUE	✓	✓	
3.8	STADIUM DRIVE BUS BAY OPP NICOLL HIGHWAY	✓		✓
5.6	NICOLL HIGHWAY BUS STOP, STADIUM (80219)	✓	✓	
7.9	NICOLL HIGHWAY, SUNTEC CITY BUS STOP (80159)	✓		✓

COURSE CUT-OFF INFORMATION

10KM: 2 Hours 30 Minutes

Runners must complete the entire course within 2 hours 30 minutes from their individual start time or they will receive a DNF*. (Example: If the flag-off window close at 7:20am, all runners are to complete the race in 2 hours 30 minutes by 9:50pm).

NO INTERMEDIATE CUT-OFF POINTS

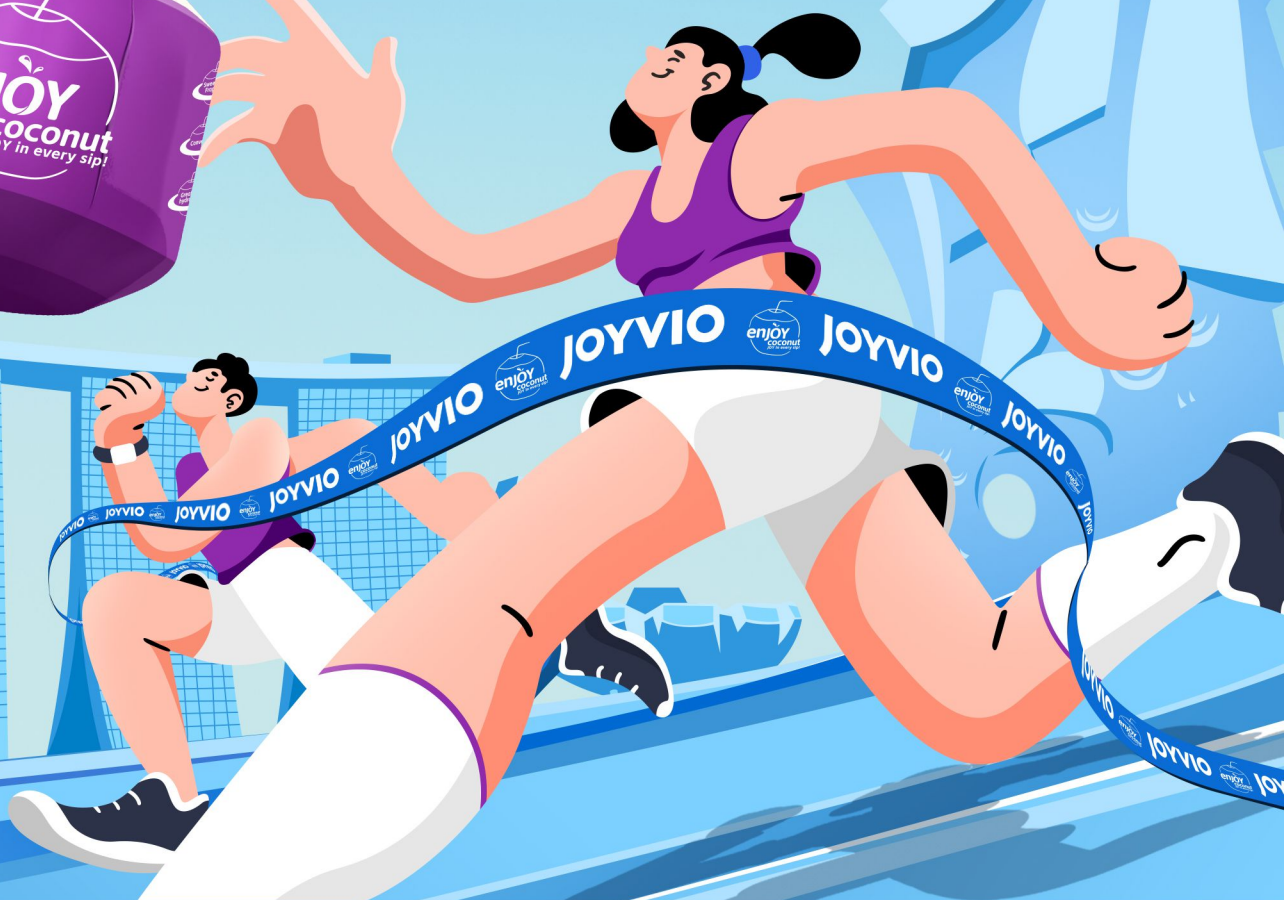
No Intermediate Cut-Off Points

NOTE: The exact distances of the intermediate Cut-Off Points might differ after official course measurement. Respective cut-off time will be adjusted accordingly should the distances change due to course measurement or any potential race delays.



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Joyvio Coconut – Your refreshing Partner

low-calories boost! Naturally sweet and replenishes minerals lost through sweat.

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Let's Rise and Run

At Westin, our signature wellness programs are thoughtfully designed with your well-being in mind. From restorative sleep to active recovery, look forward to a rejuvenating marathon weekend stay at The Westin Singapore.

Elevate your Standard Chartered Singapore Marathon 2024 experience with our **Move Well: Marathon Stay** package. Enjoy convenient access to the race site as well as a post-race recovery massage while our next generation Heavenly® Bed provides superior slumber, leaving you feeling renewed and revitalized.

Move Well: Marathon Stay package includes:

- Daily breakfast at Seasonal Tastes or a Eat Well breakfast to go
- 30-min Normatec Leg recovery massage (Deluxe Room) or 90-min Heavenly Massage (Larger Guest Room) at the Heavenly Spa by Westin™
- Late checkout*
- S\$50 hotel credit per stay
- Exclusive Westin bedroom slippers*

For reservations, visit thewestinsingapore.com

*Subject to availability. While stocks last. Other terms & conditions apply

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PUMA PACERS

On race day, look out for **12 Groups of PUMA Pacers** at the start line! They are here to help you achieve your timing goals for the Marathon or Half Marathon.

MARATHON RUNNERS

Choose from 8 pacing groups to keep you on track:



HALF MARATHON RUNNERS

Choose from 4 pacing groups to keep you on track:



It is a great opportunity to connect with fellow runners and find support in a vibrant community. No matter your pace - whether you are a first-time marathoner or a seasoned runner – **join our PUMA Pacers on race day!**

Founded in 2013, **Running Department** is a no-frills Singapore-based running community fuelled by runners with a strong passion for running. They are not your usual running club or team but a community that welcomes runners of all ages and walks of life to come together to train and support one another while believing strongly in their vision of keeping running free and being accessible to all.

Follow them on instagram [@runningdepartment](#) to get the latest updates!

MEDICAL

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race, or feeling unwell prior to the event, it is highly recommended that you seek medical advice from your doctor. **Medical personnel are easily identifiable wearing red shirts.**

START LINE

There will be a Medical Team available at the F1 Pit Building in the event if you require any medical assistance. The Medical Area will be located inside the F1 Garage accessible from both Race Village and the Start Pens.

DURING THE RACE

There will be static medical posts located approximately every 2km along the race course. Each location will be staffed with a range of medical personnel to offer you basic assistance. There are also a number of medical professionals on motorbikes, bicycles, buggies and ambulances along the course to provide assistance should you require it during your race.

RACE FINISH

There will be two Medical Tents available at the Finish Line. The first Medical Tent is located at the finishing line near Victoria Concert Hall to attend to any runners who will require immediate medical attention upon crossing the finish line.

The second Medical Tent is located in the Post Race Area on the Padang Field along Connaught Drive. This Medical Tent will attend to any runners requiring medical assistance in the Post Race Area in the Padang Field.



LOCATING A FAMILY MEMBER OR FRIEND RECEIVING MEDICAL ASSISTANCE

If you are seeking information on a runner's whereabouts or a runner receiving medical attention, you should proceed to the information point located in the Athlete's Village at F1 in the start precinct.

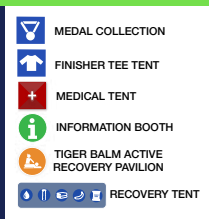
MEDICAL COSTS

All medical care provided by the medical team on site during Standard Chartered Singapore Marathon is free of charge.

Any admission to hospital or treatment provided by medical services other than the event medical team, will incur costs to the participant.

FINISH & POST-RACE VENUE

Anderson Bridge & The Padang



POST-RACE

FINISHER TEE – MARATHON ONLY

Official Marathon Finishers will collect their Puma Finisher Shirt from Shirt collection point after medal distribution.

Volunteers will scan the barcode on your bib to ensure you receive the size ordered at time of registration. Sizes cannot be changed upon collection.

FINISHER MEDALS

Medals will be awarded to official finishers of each category. Please stay in the appropriate category lane to receive your medal from our friendly volunteers.

Upon completion on both races, runners who signed up under the Double Up Challenge category will be able to collect their special medal at the post race information booth on Sunday, 1 December.

RECOVERY REFRESHMENTS

After medal collection, runners will continue to the recovery area to collect 100PLUS towel & isotonic drink, Ice Mountain bottle, potato chips and a banana.

TIGER BALM ACTIVE RECOVERY PAVILLION

Runners can enjoy a complimentary massage at the Tiger Balm Active Recovery Pavillion located within the Post-Race Area of the Finish Venue. This massage service is available on a first-come-first-serve basis.

Each massage lasts between 5-10 minutes for the participant's calf, thigh, and knee only.

300KM Club will be given priority to queue – subjected to accreditation and availability.

FITNESS FIRST COOL DOWN SESSION

Runners can enjoy a 15-min cool down session at the Post-Race Stage area with the following time slots:

30 November – 8:00am and 9:00am

1 December – 8:00am, 9:00am and 10:00am

INFORMATION BOOTH

The information booth will be located in the post-race area. SCSM staff will be available to assist with any questions you may have regarding the event.

LOST AND FOUND

Lost and Found will be located at the Information Booth. Please report the items you have lost or found here. After the event, please contact the race office to locate any missing items and schedule returns. All unclaimed items will be donated to charity 30 days after the event. Shipping fees will apply for all returns.



SAMSUNG

Galaxy Z Fold6 | Watch Ultra

Galaxy AI ✨ is here



TCS CORPORATE CHALLENGE



The TCS Corporate Challenge is specially catered for enterprises to encourage their employees to participate as a team and represent their company in SCSM through any race category. As long as your company has **10 runners participating**, you will be included in the TCS Challenge.

TCS CORPORATE CHALLENGE AWARDS

Best Performing Corporates

Top Corporates are determined based on runners' participation. Companies get additional bonus points if their runners are within the Top 3 positions.

TIER	NO OF PAX	WINNER DETERMINATION	PRIZE
1	10 - 49	PARTICIPATION POINTS + RACE CATEGORY POINTS	TCS CORPORATE CHALLENGE TROPHY
2	50 - 99		
3	100 - 199		

BREAKDOWN OF POINTS ACCORDING TO CATEGORY:				
CATEGORY	PARTICIPATION POINTS	RACE CATEGORY POINTS		
		Top 3 Fastest Male & Female Runners		
	PER RUNNER	1 ST POSITION	2 ND POSITION	3 RD POSITION
MARATHON	100	500	300	200
HALF MARATHON	75	300	200	100
10KM	50	100	75	50
5KM	25	85	50	25
	PER TEAM	1 ST POSITION	2 ND POSITION	3 RD POSITION
EKIDEN	100	500	300	200

Top Individual Corporate Runners

The top 2 male and female runners from all categories will receive a TCS Corporate Challenge Medal after the race, in January 2025. The top male and female Marathon Finishers will be awarded a race entry to the TCS New York City Marathon 2025.

Terms and conditions apply.

TIGER BALM ACTIVE VIRTUAL CHALLENGE

Calling All Running Clubs! Get ready to lace up your shoes and join the **Tiger Balm Active Virtual Challenge**. Show off your club's running prowess by competing for the top spot on our leaderboards and stand to win attractive prizes! The **Top 3 Clubs** with the most accumulated distance will be featured on SCSM social media and on race day.

HOW TO PARTICIPATE:

- Step 1** Download the SCSM+ App to participate in the Virtual Challenge
- Step 2** Create an account and tag your running club if you're part of one
- Step 3** Run and log your distance

3 LUCKY RUNNERS

WIN \$100 SEIKO VOUCHER

Three lucky winners* will be selected at random every month, from now to November to win \$100 SEIKO vouchers.

Winners will be notified in the first week of the following month via email used to sign up for Virtual Challenge. An announcement will also be posted on SCSM social media as well.

TOP 3 RUNNING CLUBS

MONTHLY LEADERBOARD RECOGNITION

The top 3 running clubs with the most accumulated distance will be featured in our monthly leaderboard on SCSM social media platforms.

PRIORITY PASSES**

The top 3 running clubs with the most accumulated distance by 15 November will win priority passes for post-event massage.

1 st Prize: 30 Passes	2 nd Prize: 20 Passes	3 rd Prize: 10 Passes
----------------------------------	----------------------------------	----------------------------------

**Top 3 Running Clubs will be contacted via e-mail regarding their prize



WHAT REWARDS AWAIT MY RUNNING CLUB?

The Tiger Balm Active Virtual Challenge is all about the prestige and recognition your club can earn:

CUSTOMISED BACKDROP ON RACE DAY

Top 3 running clubs from each tier will be awarded with their running Club branded backdrop, which will be displayed at the post-race zone.

RACE SLOTS FOR 2025

SCSM2025 race slots are awarded to running clubs with the highest number of participation based on the tiering system.

30 Nov - 1 Dec 2024

RUN

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AT THE

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SINGAPORE
MARATHON
2024



Standard Chartered Singapore Marathon 2024

ViewQwest is proud to be an official partner of the Standard Chartered Singapore Marathon, and we're inviting you to join us in this fun & rewarding journey!

Whether you're a seasoned marathoner or a first-time runner, this is your chance to challenge yourself, celebrate every stride, and win prizes. There's \$20,000 in cash prizes waiting for you!

Win Big While You Run!

We've got incredible cash prizes worth over **\$20,000** across all race categories – Marathon, Half Marathon, 10KM, and 5KM! The faster you finish, the more entries you'll earn in our raffle draw. So, push your pace, cross that finish line, and you could be one of our lucky winners.

Marathon		Half Marathon		10KM		5KM	
3 Winners	SGD \$1,000	3 Winners	SGD \$1,000	3 Winners	SGD \$1,000	3 Winners	SGD \$1,000
10 Winners	SGD \$200	10 Winners	SGD \$200	10 Winners	SGD \$200	10 Winners	SGD \$200

Every second counts – so lace up and run your way to some fantastic rewards!

Who can join the challenge

This challenge is only open to non-competitive runners who are Singaporeans and Permanent Residents and who have registered to Standard Chartered Singapore Marathon 2024.

How to earn raffle entries

All runners who register to this challenge get a chance to win one of the prizes. Raffle entries will be based on your finish time of your completed race.

[Click here for details](#)

REGISTER NOW

Ready to join the fun? Follow these easy steps.

1

Let us know you're in.
Share your

- Full Name
- Email
- Mobile Number
- Standard Chartered SG Marathon Registered ID



2

Gear Up
Register early to get a free #RunWithVQ shirt. Limited to 1st 1K registrants.

3

Flash your invitation
Visit our booth at the REPC, show your email confirmation, and collect your #RunWithVQ running shirt.

4

Race in style
Don the #RunWithVQ shirt or any red top and race to the finish line!

5

Victory Lap
Snap a picture after the race with your BIB # clearly shown, share it on your socials with your race time!

6

Recover Faster
Get priority access to our Cryo XC Plus cryotherapy chamber, in partnership with O2 Lab Pte Ltd, and bounce back from the race with minimal downtime.



UNLEASH YOUR GREATNESS
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Plans from
\$30/mth*
~~U.P. \$45/mth~~

* For the first 10 months, U.P. thereafter
T&Cs apply

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VIEWQWEST 300KM CLUB

ViewQwest 300KM Club was created to honour our loyal supporters who have been with SCSM since 2010. Runners who have accumulated a **total distance of 300KM or more** will automatically become a member of the ViewQwest 300KM Club.

300KM Club members who have registered for SCSM2024 will receive these **exclusive rewards**:

- Commemorative 300KM Club Coin
- Priority Entry for Post-Race Massage

You may collect these rewards at the **ViewQwest 300KM Redemption Booth** at the Race Entry Pack Collection (REPC).

We can't wait to celebrate with you!



VQ VIEWQWEST
300
KM CLUB

**You know you're
a runner, when
the phrase “It’s all
downhill from here”
is actually
a good thing.**

Shop here!



OATSIDE



RESULTS

Official results will be available within 24 to 48 hours after the event.

You may check and print out your certificate by searching your **name** or **bib number** on www.singaporemarathon.com.

SPECTATORS

Spectators will be allowed to watch the race up close and cheer on their friends and family at the Start and Finish Venues, as well as different areas along the route.

5KM & 10KM

LOCATION	TIMING	
	1ST RUNNER	LAST RUNNER
F1 Pit Building (Turn 3)	6:30am	9:00am
Nicoll Hwy MRT (Street Level)	6:53am	9:43am
Bus Stop outside Esplanade Dr	6:58am	10:06am
Near Anderson Bridge/Empress Pl	7:02am	10:15am

Half Marathon & Marathon

LOCATION	TIMING	
	1ST RUNNER	LAST RUNNER
F1 Pit Building (Turn 3)	4:30am	5:45am
Nicoll Hwy MRT (Street Level)	4:47am	7:04am
Ekiden Zone 1 (Raffles Blvd Coach Bay)	4:54am	7:31am
ECP, Coastal Playgrove (Near Carpark B2)	5:10am	9:29am
ECP, Parkland Green (Near Carpark 1)	5:14am	9:18am
ECP, Marine Cove (Near Carpark C2)	5:16am	9:12am
ECP, Cyclist Park (Near Carpark D3/ Ekiden Zone 2 - Carpark D5)	5:22am	8:56am
Ekiden Zone 3 (Marina Barrage)	5:33am	10:18am
Gardens by the Bay (bet 2 domes)	5:33am	9:10am
Gardens by the Bay (Near Floral Fantasy)	5:37am	9:21am
Capital Tower (Maxwell Rd)	5:57am	12:57pm
Ekiden Zone 4 (TPG Railway Carpark)	6:31am	12:46pm





To our *Amazing* Volunteers...

As we eagerly look ahead to the Standard Chartered Singapore Marathon 2024, we find ourselves on the cusp of an exciting journey. Once again, we have the honor of celebrating Southeast Asia's premier running event. But before the starting gun goes off and the first runners hit the pavement, we want to take a moment to sincerely thank you and all of our dedicated volunteers.

With over **4,000 strong**, our volunteers are the heartbeat of this incredible race. Your hard work, enthusiasm, and unwavering dedication have elevated this marathon to heights we once only dreamed of.

Every contribution, big or small, has shaped countless unforgettable moments along the race course. Throughout SCSM's history, we've seen runners wave to many of you as they push toward the finish line. Your presence and encouragement have been a constant source of inspiration and strength for them. Your smiles and cheers serve as a beacon of hope during those tough miles, reminding runners that they're never alone on this journey.

As we gear up for SCSM2024, please know that your dedication has not gone unnoticed. You are the reason this event continues to be a resounding success year after year, and we are deeply grateful for your unwavering support.

With heartfelt appreciation,
TEAM SCSM





RUN AS ONE
GO BEYOND
29 NOV — 1 DEC **////////**

Thank you
FOR SUPPORTING OUR RUNNERS
IN THEIR #SCSM2024 JOURNEY

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