

# SPECTATOR GUIDE 2025

31 August 2025

tcs  
SYDNEY  
MARATHON  
presented by asics

ABBOTT  
WORLD  
MARATHON  
MAJORS



BE PART OF OCEANIA'S BIGGEST MARATHON! JOIN THE CELEBRATION!



# YOU BRING THE MAGIC. LET'S HELP YOU BRING IT **RIGHT.**

Thanks for being part of something bigger than just a race. Your energy, your cheers, your signs, they're what makes the TCS Sydney Marathon presented by ASICS day unforgettable. With 4 Major Live Sites, 33 Entertainment Zones and 49 passes of live acts on course! From DJs to dance crews to roving bands, it's a celebration from start to finish. Here's everything you need to know to be the ultimate support crew on August 31.

## **BEFORE YOUR ARRIVE, PLAN LIKE A PRO**

### Choose your Cheer Zone in advance

- » Some areas get super crowded so plan ahead, get in early, and claim your turf.

### Agree on a meeting point

- » After 42.195km, runners won't want to wander. Set a specific spot to reconnect and avoid the reception black hole.

### Stay connected (with a backup plan)

- » Reception can get patchy. Have a plan B in case texts or calls don't go through.



# 6 QUICK WINS FOR MAXIMUM IMPACT

## 1. Bring the energy. Big energy.

Loud cheers. Bold signs. Bright colours. Wear the tutu.  
Ring the cow bell. Be extra! Runners feed off the crowd,  
so be the one they remember.

## 2. Know the course. Know your moment.

Check the official event app. Scope out the hot spots and quieter pockets. Find the Meet & Greet Areas. Clock the route Crossing Points. And always check road closures before you head in. Don't drive, catch public transport! Public transport is your best bet on event day. Within our official event app you will find wayfinding options that will get you around the course based on the best public transport options, it's that easy! Thinking of arriving at a certain time? No worries, we've got maps that help plan your day and where best to join in the action.

## 3. Be cool to others.

There's room for everyone. Don't block someone's view. Share the front row. Keep your signs high, but be respectful to your fellow spectators. And if your runner's passed, let someone else take your spot.

## 4. Respect the race.

Stay off the course. No running alongside. No jumping in for a selfie. Supporters belong outside the barriers – always. Need to cross? Use the designated Crossing Points and listen to the marshals.

## 5. Leave nothing but hype.

We love your signs but please take them home with you.  
Bin your rubbish and let's keep this course as clean as we found it.

## 6. Stay flexible. It'll be busy.

There'll be queues. Crowds. Delays. All part of the experience. Keep it light, stay patient, and adapt your plans if an area gets packed. Use the app to track your runner in real-time. The app also allows you to forecast their expected finished time and where they will be on course at anytime.

# RIDE THE METRO. CHASE THE MARATHON

## Use Public Transport

**We strongly encourage you not to drive.**

Road closures start at 2am and run through to 4pm in some areas. Bus routes will be diverted or shortened. For real-time info, check out:

» [Transport NSW TripPlanner](#)

» [Live Traffic](#)

## Seamless Spectator Journey:

The TCS Sydney Marathon utilises the Sydney Metro, enabling spectators to easily follow runners across multiple course points, starting at North Sydney (Victoria Cross Metro Station) and moving to Barangaroo and Martin Place Metro Stations.

**Want to fully immerse yourself in the electrifying atmosphere? Get involved at one of the Spectator Cheer Zones:**

- » **Barangaroo Metro Hub**
- » **Transurban Rocks Zone, Cnr George and Alfred Streets**
- » **Sydney Spirit Zone, Martin Place**
- » **Taylor Square, Darlinghurst**
- » **Sydney Swans HQ, Moore Park**
- » **Art Gallery Road, Royal Botanic Gardens**
- » **Charity Cheer Zone, Macquarie St (North of Bent Street).**

## Multiple Viewing Opportunities:

Spectators can cheer at the start (**6:15-8:15**), see runners pass at Barangaroo (**6:36-9:55**), and watch again at Martin Place (**6:42-10:25**).

## Timings for Key Viewing Areas

### Randwick

First Wheelchair - **6:58am**  
First Runner - **7:31am**  
Last Runner - **12:24pm**

### Moore Park

First Wheelchair - **7:16am**  
First Runner - **7:57am**  
Last Runner - **2:04pm**

### Centennial Park

First Wheelchair - **7:18am**  
First Runner - **8:00am**  
Last Runner - **1:54pm**

### Finish Line

First Wheelchair- approx **7:40am**  
First Runner - approx **8:34am**  
Last Runner - approx **3:14pm**



## Bonus Points

Use Green Travel and take an E-Bike around the city for a more sustainable footprint.

## Accessible Viewing Areas

We have barrier-free zones for wheelchair users and spectators with accessibility needs. They're stewarded, have better visibility, and come with accessible toilets. Each location allows one carer or supporter.

## Meeting Up After the Race - Use the Meet & Greet Area

Use the Reunite Zone within the Royal Botanic Gardens. It's clearly marked with lettered flags A - E, so pick a letter beforehand and meet your runner there! Keep in mind, it takes about 30 minutes for runners to arrive at the Reunite Zone after finishing. See map on Page 16. Spectators at the Sydney Opera House will need to go up Macquarie Street all the way to the HubSpot Fast Track Bridge to cross the course, and enter the Royal Botanic Gardens.



## 1. TRANSURBAN ROCK ZONE, THE ROCKS

### » 11.9km Mark

First Runner: 7:05am | Final Runner: 10:15am

#### GETTING THERE:

Wynyard or Circular Quay Stations.

## CHARITY CHEER ZONE

### » 13.6km & 41.1km Mark

First Runner: 6:30am | Final Runner: 2:50pm

#### GETTING THERE:

Martin Place, St. James, or Wynyard Stations.

## 2. 'SPIRIT OF SYDNEY ZONE', MARTIN PLACE

### » 13.1km Mark

First Runner: 6:42am | Final Runner: 10:26am

#### GETTING THERE:

Martin Place Station or Metro Station. Exit via Castlereagh St.

## 3. RUNNING WITH PRIDE, TAYLOR SQUARE

### » 15.4km & 36.2km Mark

First Runner: 6:47am | Final Runner: 2:15pm

#### GETTING THERE:

Museum, Kings Cross, or Central Stations.

## 4. SYDNEY SWANS LIVE SITE

### » 29.4km & 34.4km Mark

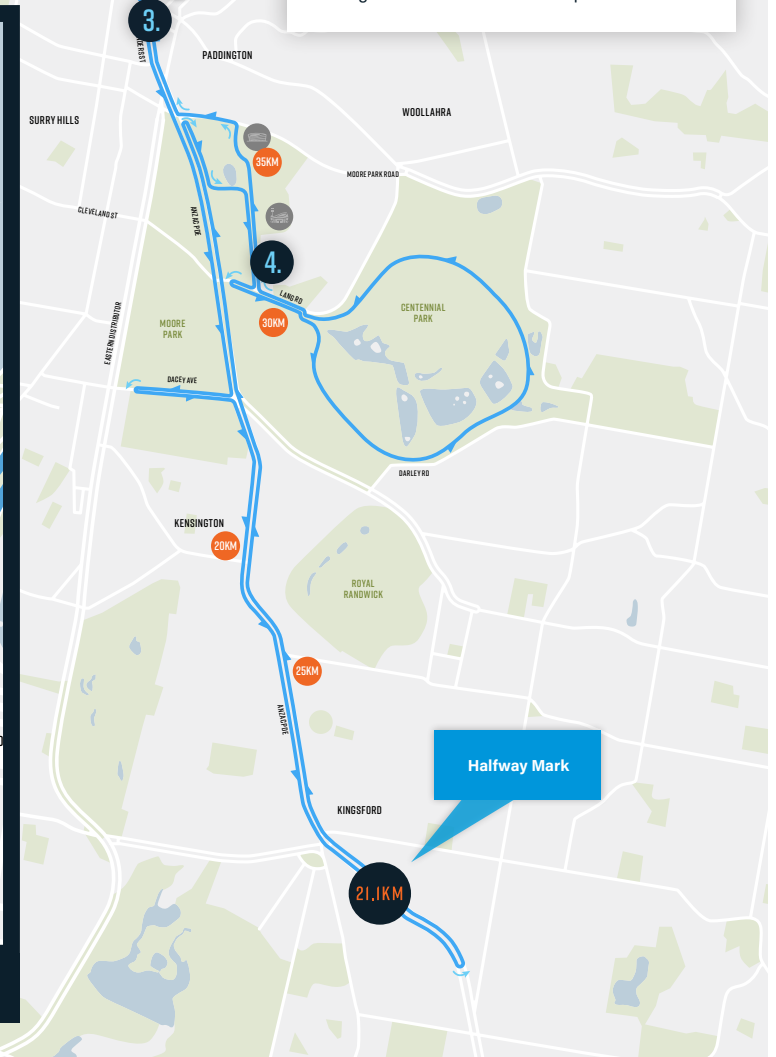
First Runner: 7:58am | Final Runner: 1:58pm

#### GETTING THERE:

Light Rail to Moore Park from the city or south east. **Note:** Services from Kingsford will not run until 1:30pm.



PLAN YOUR TRIP: [TRANSPORTNSW.INFO](https://transportnsw.info)



# THE TRANSURBAN ROCKS ZONE.

## 11.9 KM MARK

### Location:

The Rocks, corner of  
George St & Alfred Street.

### When are the Elite Men & Women due to pass?

You can expect the first male athlete to pass from  
approximately **7:05am**, and the first female athlete  
from approximately **7:09am**. The final runner is due  
to pass at **10:14am**.

### When will the Elite Wheelchairs pass me?

You can expect the first male wheelchair athlete to  
pass at approximately **6:39am**, and the first female  
athlete from approximately **6:43am**.

### Perfect For:

Everyone! With unbeatable views of the Harbour  
Bridge and a pumping playlist to match, this is your  
chance to send runners off in style. Come for the  
throwbacks, stay for the electric atmosphere.

### What's in Store:

Kickstart marathon day in the heart of Sydney's  
most historic precinct. The Rocks will be buzzing  
with high energy as a DJ and MC spin the best of  
the '80s, '90s, and noughties, setting the tone for  
an unforgettable race day. There are amazing  
local businesses offering special and exclusive  
marathon deals – [check out our Local Business  
page](#) on our website for the full list. Plus, enjoy  
prime views from our raised viewing platform,  
the ultimate spot to cheer on your runner!

### How To Get There:

**Train:** The Rocks is only a 4-minute walk  
from Circular Quay Train Station (T3, T4 or  
T8 Line), and a 5-minute walk from Wynyard  
Train Station down George Street.

**Light Rail:** Take the light rail to Town Hall  
and walk 15-minutes to the live site (Light  
Rail terminates at Town Hall until 11am).

**Metro:** You can take the Metro to Martin Place,  
which is a 12-minute walk to The Rocks Zone.

**Ferry\*:** If you're travelling from North Sydney,  
you can also jump on a Ferry to Circular Quay which  
is only a 3-minute walk to The Rocks Zone.

\*please note ferries do not start till after 7am on race morning.





KEY / LEGEND

- 1. Medical Tent
- 2. DJ and MC
- 3. Raised Viewing Platform
- 4. Big Screen

- Marathon Route
- Spectator Crossing Points
- Toilets

Marathon Route

FIRST FLEET  
PARK

ALFRED STREET

Transurban Raised Viewing Platform

DJ and MC Playing the best of  
80's, 90's and today!

LOCATION: THE ROCKS,  
GEORGE ST & ALFRED ST

PITT STREET

# SPIRIT OF SYDNEY ZONE.

## 13.1km MARK

### Location:

Martin Place, Sydney CBD.

### When are the Elite Men & Women due to pass?

You can expect the first male athlete to pass from approximately **7:08am**, and the first female athlete from approximately **7:12am**. The final runner is due to pass at **10:25am**.

### When will the Elite Wheelchairs pass me?

You can expect the first male wheelchair athlete to pass at approximately **6:42am**, and the first female athlete from approximately **6:47am**.

### What's in Store:

Bring the whole crew to the ultimate family-friendly zone right in the city centre! Martin Place will be alive with colourful face painters, live DJ sets, and a charismatic MC keeping the vibe high. Expect kangaroo mascots bouncing around for photo ops, loads of cheer, and plenty to keep little legs entertained. This is the perfect place for spectators of all ages to soak up the fun and support the runners.

### How To Get There:

**Light Rail:** Take the Metro to Martin Place which is a 40-metre walk to the live site.

**Train:** It is a 1-minute walk from Martin Place Train Station. Or you can also take the train to Wynyard station which is an 8-minute walk.







KEY

- 1. DJ and MC
- 2. Big Screen
- 3. Spectator Info Tent
- 4. Sign Making and Face Painting
- 5. Tiered Seating - Local Business Deals

Marathon Route

Toilets

Raised Viewing Platform

Marathon Route

LOCATION: MARTIN PLACE, CBD

# PRIDE IN SPORT ZONE.

## 15.4km & 36.2km MARK

### Location

Taylor Square South –  
Cnr Oxford & Flinders  
Streets, Darlinghurst.

### When are the Elite Men & Women due to pass?

You can expect the first male athlete to pass from approximately **7:15am**, and the first female athlete from approximately **7:19am**. They will pass again from approximately **8:17am** (men) and **8:25am** (women). The final runner is due to pass at **10:49am** at 15.4km, and **2:17pm** at 36.2km.

### When will the Elite Wheelchairs pass me?

You can expect the first male wheelchair athlete to pass at approximately **6:47am**, and the first female athlete from approximately **6:52am**. They will pass again from approximately **7:30am** (men) and **7:38am** (women).

### Perfect For:

The party people! This is the loudest, proudest part of the course! Taylor Square transforms into the Pride in Sport Zone, a joyful celebration of inclusion and colour.

### What's in Store:

Expect fierce Drag Queens, big beats from our DJs, and a crowd that knows how to cheer. Plus, you'll see runners twice at this hotspot! Bring your rainbow flags and your best dance moves, this is where the marathon meets Mardi Gras energy.

### How To Get There:

**Train:** Pride in Sport is 10-minute walk from Museum Station (T3, T4 or T8 Line).

**Light Rail:** 15-minute walk from Surry Hills Light Rail Station (L2 Randwick Line).

**pridein**  
**sport**





# SYDNEY SWANS HQ.

## 29.4km & 34.4km MARK

### Location

Sydney Swans HQ

Driver Avenue, Moore Park

### When are the Elite Men & Women due to pass?

You can expect the first male athlete to pass from approximately **7:57am**, and the first female athlete from approximately **8:03am**. The final runner will pass the 34.4km mark at **1:09pm**.

### When will the Elite Wheelchairs pass me?

You can expect the first male wheelchair athlete to pass at approximately **7:16am**, and the first female athlete from approximately **7:24am**.

### Perfect For:

Diehard Swans supporters or families.

### What's in Store:

Located near Moore Park, this zone offers fans the rare chance to see runners multiple times as they loop through this key part of the course.

The Sydney Swans will be opening up their exclusive indoor training field and running a footy-kick clinic throughout the day as well as merch giveaways. There will also be a FREE sausage sizzle for the first 100 people to kick start the day!

### How To Get There:

**Light Rail:** Take the light rail to Moore Park which is a 5-minute walk, up and cross at the SCG.





# CATCH YOUR RUNNER.

The 2025 TCS Sydney Marathon will be broadcast live on Sunday, 31 August from 6:00am to 10:00am AEST live and free on 7mate and 7plus Sport, with highlights and replays available to stream on 7plus Sport. For a list of international broadcasters, [visit the website.](#)



# YOU'RE NOT JUST SPECTATING – YOU'RE POWERING THE MARATHON.







# tcs SYDNEY MARATHON 10KM

presented by **asics**

## FINISH AREA

**To Recovery Village**  
Public Catering  
Better Beer Bar  
Victory View

### KEY

- 1. 10K Finish Line
- 2. Spectator Viewing Platform
- 3. Kids Wait Zone
- 4. 10K Medals
- 5. Spectator in/out path
- 6. Spectator Entry / Exit Gates
- W Water
- Pedestrian Access
- Sydney Marathon 10K Route
- 🚶 Spectator Crossing Points
- ♻️ Recycling Hub

REUNITE  
ZONE

Marathon Route

10K Finish Route

Exit

CONSERVATORIUM  
OF MUSIC

HubSpot  
BRIDGE

### ENTRY / EXIT GATES

Spectators will need to enter and exit through Conservatorium Gates, south of the finish line.



# tcs SYDNEY MINI MARATHON

presented by **asics**

## FINISH AREA

Mini Marathon Finish Line

TCS Club House

Mini Marathon Walk Off

Public Catering & Family Zone

Mini Marathon Walk Off

Kids Pickup Zone

Sausage Sizzle

Face Painting

Mini Marathon Walk Off

Sponsor Zone

### KEY

- 1. 5K Finish Line
- 2. Corporate Marquees
- 3. Public Catering & Family Zone
- 4. Sponsor Zone
- 5. Medical

- Mini Marathon Route
- Mini Marathon Walk-off Route
- Spectator Crossing Points
- Toilets





Every step  
matters

We believe technology has the ability to transform  
marathons enhancing the running experience for all.

With you for the long run



Marathons are hard.  
**Growing a business  
shouldn't be.**

HubSpot

**WHAT TO DO IN  
AN EMERGENCY-  
CALL 000**



## *Running or donating blood* **CHAMPIONS CHANGE LIVES**

Support runners in more ways than one. Donate blood with the Australian Red Cross Lifeblood and Abbott (and try out their new Mixed Reality experience).

**WHEN:**  
Friday 29 August  
and Saturday 30 August

**WHERE:**  
Sydney York Street Donor Centre,  
Level 1, 1 York St, Sydney NSW 2000

Sunday 31 August

Mobile donation unit at the  
Sydney Marathon Activation Zone  
at Customs House, near Circular Quay

Donate anytime. Find a donor center near you.

See us at our booth for more information.

\*Donating blood is not recommended if you're  
running the marathon

# CHEER HARD. GIVE BLOOD. **SAVE LIVES.**

### Support runners in more ways than one

Donate blood with the Australian Red Cross Lifeblood and Abbott (and try out their new Mixed Reality experience) at the Sydney York Street Donor Centre, Level 1, 1 York St, Sydney NSW 2000 or visit the Big Red Bus at the TCS Sydney Marathon Activation Zone at Customs House, near Circular Quay, on race day - 31 August, 2025.

### Running the marathon yourself?

Ask a friend or family member to roll up their sleeves and donate on your behalf.

Book your appointment and check donation times at [lifeblood.com.au](https://lifeblood.com.au)