ROMA OSTIA 2026

EVENT GUIDE

March 1st, 2026

EURO Spin

Roma Ostia HALF MARATHON 51ST

OUR PARTNER

TITLE AND GDO PARTNER

TECHNICAL PARTNER

SPORT NUTRITION PARTNER

OFFICIAL TIMEKEEPER

FESTINA
Orologi dal 1902

OFFICIAL MINERAL WATER

DAL 1979 Vera.

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www.romaostia.it

WARM UP YOUR MUSCLES AND FEEL THE ENERGY OF OVER FIFTY YEARS OF PASSION!

The Eurospin RomaOstia Half Marathon returns for its 51st edition, ready to carry you along the road that connects the Capital to the sea.

A 21.097 km journey filled with energy, tradition, and dedication, following the path once raced by champions and by thousands of runners who have turned this event into an icon of Italian road racing.

Glide over the asphalt leading to Ostia, take on the course's fast stretches, feel the air change with every kilometer, and let the excitement of the runners around you pull you forward. And when the sea breeze finally meets you, you'll know: the finish line is close... and you are becoming part of a legend.

RomaOstia Half Marathon
The half marathon from Rome/the Eternal City to the sea.

EUROSpin

Roma Ostia HALF MARATHON

TITLE SPONSOR

Buona Eurospin Roma-Ostia a tutti!







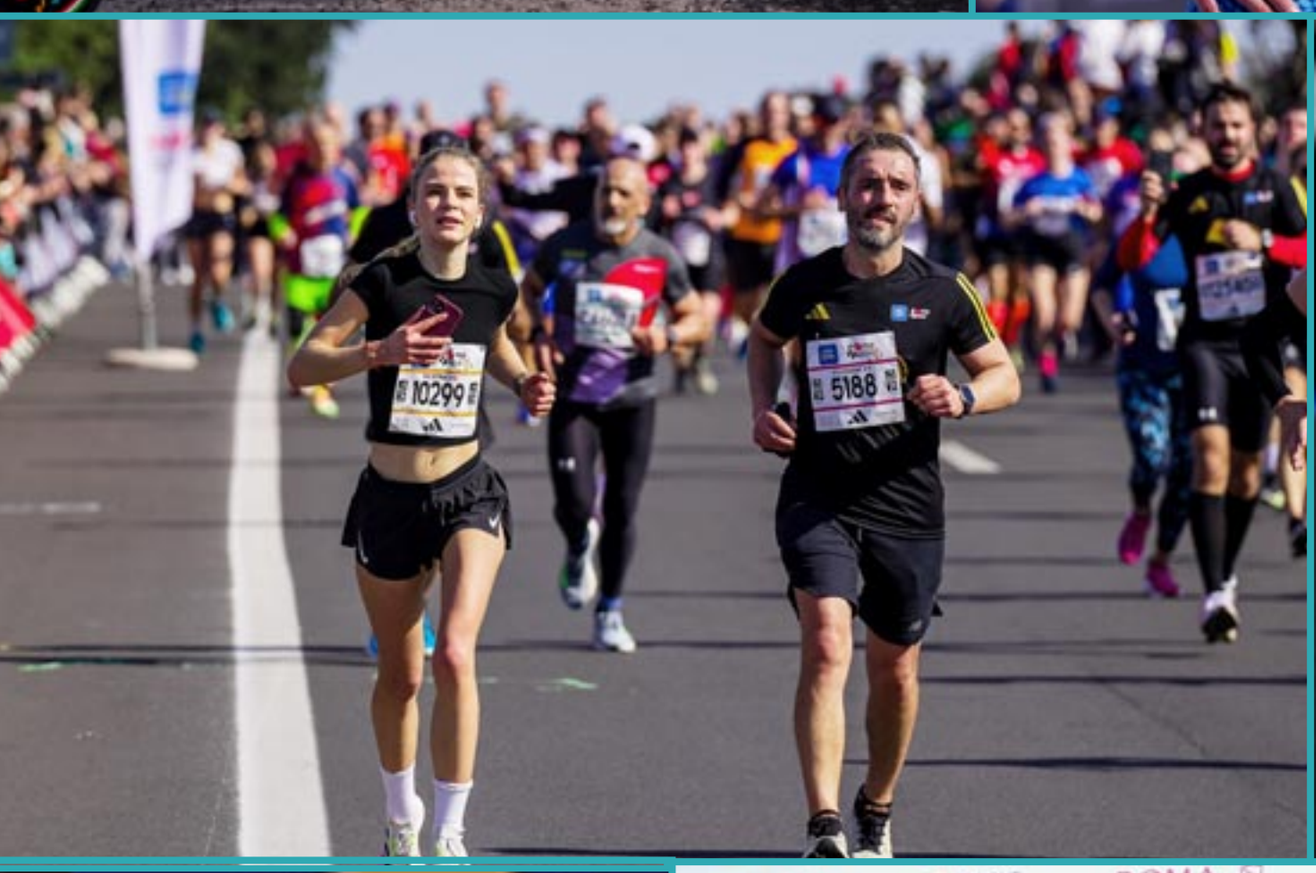






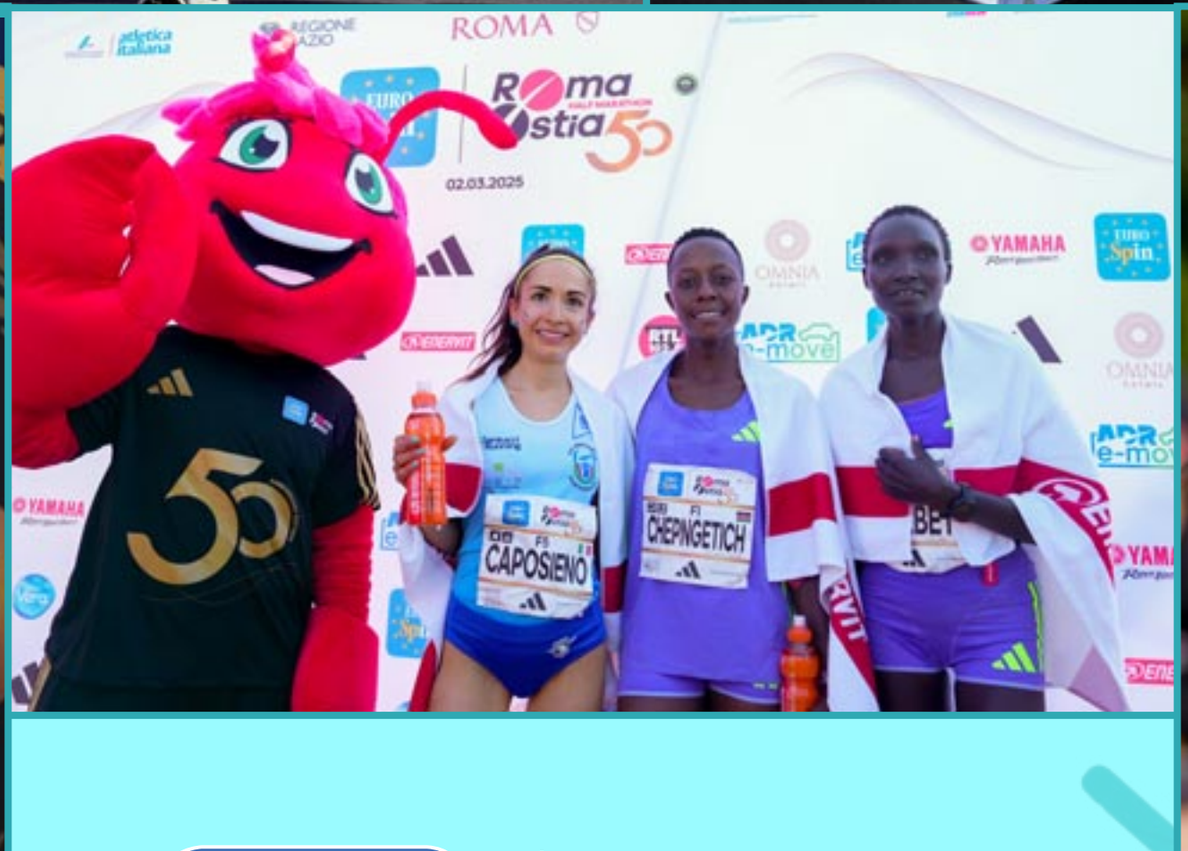














EURO Spin | Roma Ostia HALF MARATHON 51ST

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Useful Info

EVENT DATE
March 1st, 2026

GRIP START
Piazzale Pier Luigi Nervi

FINISH LINE
Piazzale Cristoforo Colombo

DISTANCE
21,097 km

Course Surface: Asphalt throughout, with slight uphill and downhill sections

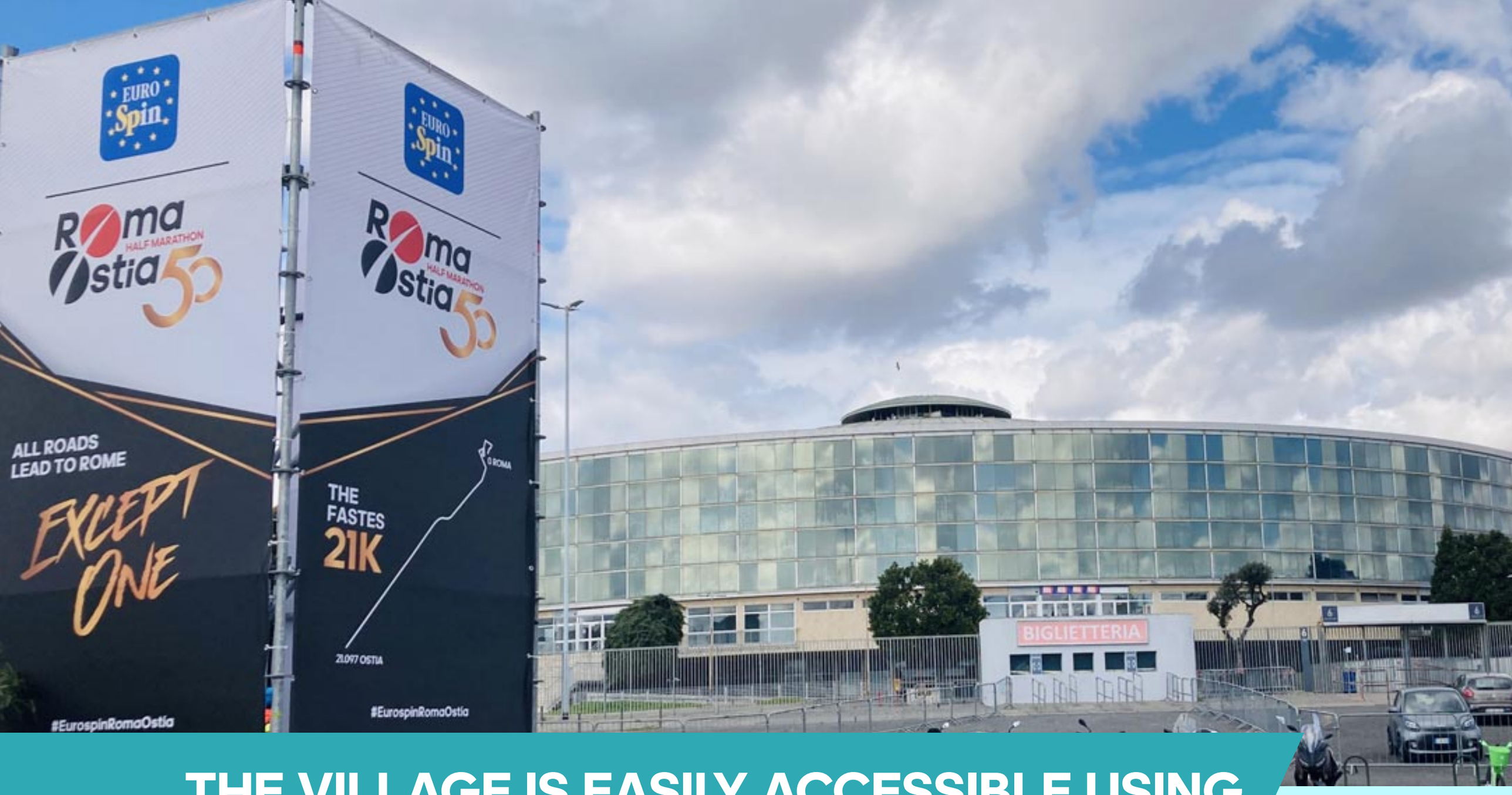
EUROSPIN

ROMAOSTIA HUB

The Village of the 51st edition of the Eurospin Romaostia Half Marathon

AT

Piazzale Pier Luigi Nervi



THE VILLAGE IS EASILY ACCESSIBLE USING THE FOLLOWING TRANSPORT OPTIONS:

Metro Line B: EUR FERMI station

Bus Line 714: Nervi, Palazzetto dello Sport stop



DESIGNED

TO BREAK

RECORDS

RACE BIB PICK-UP

FRIDAY, FEBRUARY 27

SATURDAY, FEBRUARY 28

9:00 am - 8:00 pm
At the Village

BIB NUMBERS AND RACE KITS CANNOT BE COLLECTED ON THE SUNDAY MORNING OF THE RACE

BIBS



To collect your bib , you must show the confirmation letter (printed or digital) and a valid ID.

If your registration is not complete:

✓ **FIDAL Members:** you must regularize your status before collecting the bib (valid membership and medical certificate, updated by your club President)

✓ **Runcard Members:** you must upload your medical certificate to the organizer's portal or present the original certificate when collecting your bib.

RACE KIT



After collecting your bib, you can **pick up your race kit**, which includes official T-shirt and gadgets provided by our partners.

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BIB COLLECTION BY PROXY

It is possible to collect a bib on behalf of another runner by proxy. To do so, please present the confirmation letter with the proxy section completed and signed, a copy of the ID of the runner granting the proxy and the ID of the person collecting the bib.

FOR CLUBS

Clubs wishing to collect bibs for more than 5 athletes must schedule an appointment by emailing: **societa@romaostia.it.**

Appointments may also be requested via WhatsApp at **+39 3519147585** (available from 9:00 am to 1:00 pm and from 3:00 PM to 6:00 PM).

For club collection the following documents are required: a cumulative proxy form listing all athletes whose bibs are being collected and a copy of the delegates' ID.

SCHEDULE

SUNDAY
MARCH 1ST

7.00 am **Meeting point at the start**
Piazzale Pier Luigi Nervi

7.45 am **Final bag drop**
at the designated trucks

8.30 am **Start area opens**
for first and second wave bib holders

9.00 am **Start of the first wave,**
second wave moves forward and start corrals open for the third wave

9.15 am **Start of the second wave**
third wave moves forward

9.30 am **Start of the third wave**

10.00 am **First arrivals**
at the Ostia roundabout

10.30 am **Overall awards ceremony**

13.00 am **Race time limit**

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Si Vola.

EURO Spin | Roma Ostia HALF MARATHON 51ª

STARTING WAVES

At the start, athletes will be assigned to start corrals (the first corrals for runners, the last for Fitwalkers) according to their bib number. Bibs will have different colors corresponding to the assigned corral.

Entry into a corral other than the one assigned is not allowed; athletes who do so may be disqualified.

8.50 am START OF PARALYMPIC RACE

9.00 am START FIRST WAVE

- ✓ ELITE RUNNERS
- ✓ TOP RUNNERS
- ✓ BEST RUNNERS
- ✓ GOOD RUNNERS

9.15 am START SECOND WAVE

- ✓ FRONT RUNNERS
- ✓ RUNNERS

9.30 am START THIRD WAVE

- ✓ SLOW RUNNERS
- ✓ FITWALKERS

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h 9:00 PRIMA ONDA - *FIRST WAVE*

ELITE RUNNER		**NO PACER**	
PRIMA GRIGLIA (nera) - *FIRST GRID (black)*			
TOP RUNNER		**NO PACER**	
SECONDA GRIGLIA (rossa) - *SECOND GRID (red)*			
BEST RUNNER	**1h24'**	**MARCO INDELICATO - ALESSANDRO CELLI**	3'58"/km
TERZA GRIGLIA (azzurra) - *THIRD GRID (blue)*			
GOOD RUNNER	**1h30'**	**DOMENICO SERPELLA - LUCA PAROLA**	4'16"/km
	1h35'	**VINCENZO CIURLEO - STEFANO CINA**	4'30"/km

h 9:15 SECONDA ONDA - *SECOND WAVE*

QUARTA GRIGLIA (verde) - *FOURTH GRID (green)*			
FRONT RUNNER	**1h35'**	**PIERLUIGI FELICI - RICCARDO FORMAI**	4'30"/km
	1h40'	**FABRIZIO IACOROSSI - CLAUDIO CLEMENTI**	4'44"/km
	1h45'	**MARCO CAPONERI - ANDREA NERI**	4'59"/km
QUINTA GRIGLIA (fucsia) - *FIFTH GRID (fuchsia)*			
RUNNER	**1h50'**	**MARCO CINQUANTINI - MARIATERESA LEVI**	5'13"/km
	1h55'	**SARAH GIORDANO - NADIA RICCARDI**	5'27"/km
	2h00'	**FABIOLA VECCHI - ADRIANO GABRIELLI**	5'41"/km
	2h06'	**ELENA PESAVENTO - BARBARA IZZO**	6'00"/km
	2h15'	**SARA BELÀ - MAURIZIO PASSA**	6'24"/km

h 9:30 TERZA ONDA - *THIRD WAVE*

SESTA GRIGLIA (arancione) - *SIXTH GRID (orange)*			
SLOW RUNNER	**1h40'**	**CAROL GATTI - ALESSANDRO PIZZI**	4'44"/km
	1h45'	**ARMANDO DE SOSSI - ALBERTO FLORINI**	4'59"/km
	1h50'	**CELESTE FACCHIN - ALESSANDRA TESTA**	5'13"/km
	1h55	**ALBERTO MAIOLI - FRANCESCO PILO**	5'27"/km
	2h00'	**MONIA MANNI - FEDERICA RONSIVALLE**	5'41"/km
	2h06'	**ELENA BORRI - LIVIA PESAVENTO**	6'00"/km
	2h15'	**ALESSIA TOMASSINI - LUCIA CAPPELLATO**	6'24"/km
SETTIMA GRIGLIA (marrone) - *SEVENTH GRID (brown)*			
FITWALKER	**2h40'**	**SIMONA DI IORIO - SERGIO DI DOMENICO**	7'35"/km
	2h50'	**SIMONA SOLOMBRINO - SIMONA RAMPAZZI**	8'03"/Km
	3h00'	**ARIANNA PETTI - VALENTINA BERRETTONI**	8'32"/km

THE ROUTE



THERE WILL BE

3 REFRESHMENT POINTS and 1 SPONGE STATION along the course:

Km 5,3	**1ST INTERMEDIATE REFRESHMENT POINTS**	*Water*
Km 11,6	**2ND INTERMEDIATE REFRESHMENT POINTS**	*Water + Electrolytes*
Km 14,2	**SPONGE STATION**	To be confirmed depending on weather conditions
Km 16,4	**3RD INTERMEDIATE REFRESHMENT POINTS**	*Water + Oranges*

FINAL REFRESHMENT POINT - with stand for people with celiac disease

ENERVIT

C2:1 PRO

HIGH PERFORMANCE FORMULA

ENERVIT

ISOCARB C2:1 PRO

DURING SPORT

60g CARBS/SERVING | 2:1

ISOTONIC FORMULA

WITH MALTODEXTRIN DE1 AGENANOVA®

SOURCE OF VITAMIN B1

NATURALLY FLAVOURED

MILD LEMON FLAVOUR

ENERGY*

MIX WITH WATER
SEE DOSAGE SUGGESTIONS
ON THE CAP

2:1 GLUCOSE-FRUCTOSE* ENERGY* JELLY

ENERVIT CARBO JELLY C2:1 PRO

DURING SPORT

30g CARBS/SERVING | 2:1

PATENT PENDING FORMULA▲

NATURALLY FLAVOURED

GLUTEN FREE

TROPICAL FRUIT

ENERGY*

2:1 GLUCOSE-FRUCTOSE ENERGY* GEL

ENERVIT CARBO GEL C2:1 PRO

DURING SPORT

40g CARBS/SERVING | 2:1

SOURCE OF VITAMIN B1

NATURALLY FLAVOURED

GLUTEN FREE

MANGO FLAVOUR

ENERGY*

2:1 GLUCOSE-FRUCTOSE ENERGY* GEL

+100 mg CAFFEINE

ENERVIT CARBO GEL C2:1 PRO

DURING SPORT

40g CARBS/SERVING | 2:1

SOURCE OF VITAMIN B1

NATURALLY FLAVOURED

GLUTEN FREE

COLA FLAVOUR

ENERGY*

60 ml

2:1 GLUCOSE-FRUCTOSE ENERGY* GEL

+200 mg SODIUM

ENERVIT CARBO GEL C2:1 PRO

DURING SPORT

40g CARBS/SERVING | 2:1

SOURCE OF VITAMIN B1

NATURALLY FLAVOURED

GLUTEN FREE

LEMON FLAVOUR

ENERGY*

ENERVIT CARBO BAR C2:1 PRO

30g CARBS/SERVING | 2:1

PATENT PENDING FORMULA*

PLANT BASED

GLUTEN FREE

+200 mg SODIUM

SALTY PEANUT BUTTER

ENERGY*

ENERVIT

30g CARBS/SERVING | 2:1

PATENT PENDING FORMULA*

PLANT BASED

GLUTEN FREE

BROWNIE FLAVOUR

ENERGY*

ENERVIT CARBO CHEWS C2:1 PRO

30g CARBS/SERVING | 2:1

PATENTED FORMULA*

NATURALLY FLAVOURED

SOURCE OF VITAMIN B1

ORANGE FLAVOUR

ENERGY*

x6 CANDIES

THE LIMIT



The maximum race time is
3 hours and 30 minutes.

TWO TIME GATES WILL SET UP:

✓ **Km 10:**
for runners who have not passed within **1 hour 40 minutes;**

✓ **Km 15:**
for runners who have not passed within **2 hours 30 minutes.**

All athletes who arrive after these times will be asked by race officials to stop the race.

Runners who do not respect the per-kilometer pace requirement (10 minutes/km) may also be asked to withdraw and clear the course for reopening to traffic.

Time calculations are based on the third wave start (9:30 am).

TIMING

Timekeeping is managed by **Evodata** through a transponder (chip) attached to the race bib. The chip is disposable and therefore **must NOT be returned at the finish.**

This sensor records the actual time taken by each athlete to complete the course, from the moment they cross the start line until they cross the finish line, including three intermediate splits: 5 km, 10 km, and 15 km.

PACEMAKER

Pacemakers are experienced athletes who help participants achieve their target finishing time.

FESTINA

Orologi dal 1902

Gerard Butler

MY TIME

Medical Service



Medical assistance will be provided by the **Croce Rossa Italiana**, with ambulances, bike medics, a medical motorcycle, and rescue teams available along the course and at the finish area.

At the finish line, two Advanced Medical Posts (PMA) will be set up, staffed with doctors and equipped with fully medical instruments and emergency supplies.

LA SFIDA PIÙ ARDUA DI ROMA. DOPO IL PARCHEGGIO.

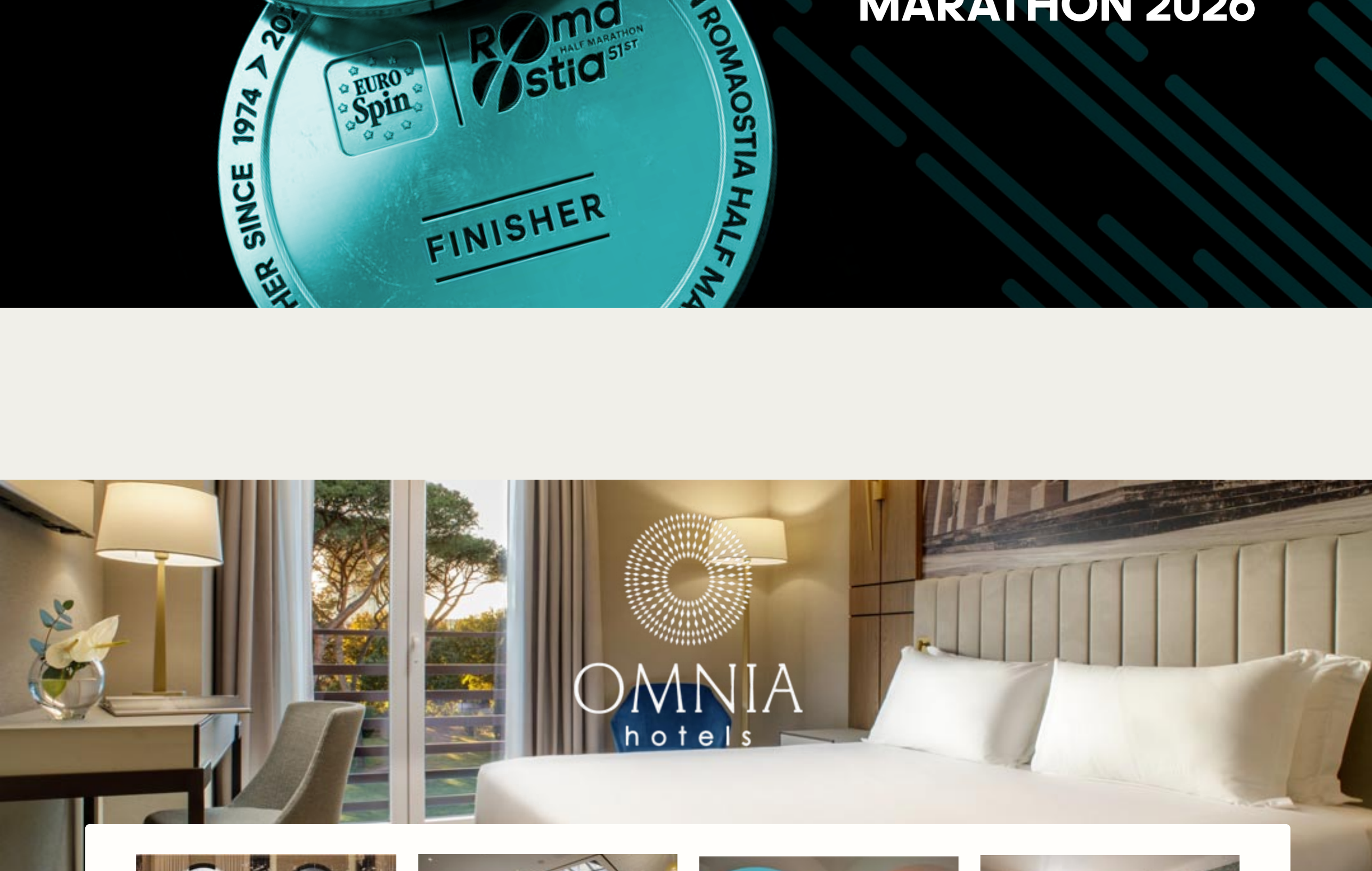
TORNA LA ROMAOSTIA HALF MARATHON.
E ANCHE QUEST'ANNO SAREMO CON VOI COME OFFICIAL MINERAL WATER.

DAL 1979 Vera. Emozione x Roma Ostia HALF MARATHON 51°

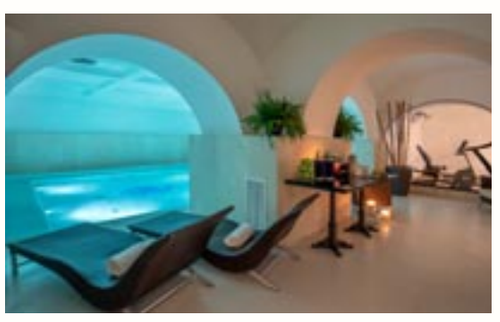
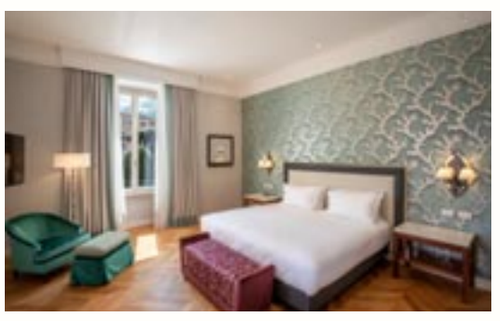
MEDAL



All finishers
will receive the
official finisher medal
of the **EUROSPIN**
ROMAOSTIA HALF
MARATHON 2026





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RANKING



Race results will be recorded using the disposable chip attached to each athlete's bib.

Final rankings, excluding elite runners, will be based on Real Time, i.e., the actual time taken from crossing the start line to the finish line. Elite runners will be ranked based on Gun Time.

Results can be viewed in real time on **romaostia.it** or **endu.net.**

AWARDS

The awards for Overall winners (top 5 men, top 5 women, top 5 Italian men and women) will take place at 10:30 AM on the stage near the finish line.

For sporting goods prizes for overall winners - from 5th to 100th place for men and 5th to 50th place for women - a dedicated gazebo will be set up immediately after the bag drop trucks.

Winners of category-specific prizes will be contacted by the organizers after the race.

OFFICIAL RACE PHOTOS

GETPICA.COM

Thanks to **GetPica**, you can purchase your photos from the Eurospin RomaOstia 2026 directly from your smartphone!



HOW IT WORKS:

1. **PARTICIPATE** in the Eurospin RomaOstia 2026, making sure your bib is clearly visible **on your chest.**

2. **GO TO GETPICA.COM** and create your account.

3. **ENTER** the 9-digit code printed next to your bib number.

4. **VIEW** your photos and share them with your friends!

Back Drop in Ostia



You will find the Bag Drop trucks lined up after the refreshment area (that is, beyond the area marked by tall barriers), about 300 meters from the finish line.

Please position yourselves in front of the correct truck. The number of your truck is shown on the lower part of your bib.

The final deadline for bag collection is 2:00 pm.

If you arrive after the deadline, you will be able to collect your personal belongings at the GSBR office – Viale Marco Polo 104, 00154 Rome, on the days and during the opening hours indicated on bancariromarun.it.

How to Return to the Start Area

BY TRAIN / METRO



TAKE THE
Roma-Lido train
FROM C. COLOMBO STATION
(about 300 meters from the finish line)
AND GET OFF AT
Eur Magliana
(approx. 20 minutes)

FROM EUR MAGLIANA TAKE
Metro Line B
GET OFF AT
Eur Fermi (2 stops)
or
OR GET OFF AT
Piramide (8 stops)

TICKETS CAN BE PURCHASED WITH A CREDIT CARD.

SOCIAL MEDIA

FOLLOW US ON:

@romaostiarunwithus

Eurospin RomaOstia
Half Marathon

SHARE YOUR EXPERIENCE ON SOCIAL MEDIA BY TAGGING OUR PAGE!

ROMAOSTIA

Thank you

The Eurospin RomaOstia 2026 will be an edition to remember, and you will make it unforgettable!

We can't wait to see you at the start line, ready to share every moment of the race together.

EURO Spin

Roma Ostia HALF MARATHON 51ST