

UL THE
BEST
Soyons les Meilleurs



February 18, 2024

BE-THE-BEST MARATHON

BE-THE-BEST
DE COTONOU

Marathon Guide

42.195 km in the city of Cotonou

EVERYTHING YOU NEED TO KNOW

Version 1.0

BENIN





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THE BE THE BEST MARATHON IN COTONOU



VISION

Make the Cotonou Marathon **the Best and Largest Marathon** in Africa in the medium term

THEME

Women, Health & Environment

7 Focus :

Women - Health - Disability - Environment - Tourism - Culture - Sport

ODD :

3 - 5 - 10





COMPETITIONS & STARTS



- Start & Finish = **Place de l'Amazone**
- **Competitions (2 Walks - 5 Races - 4 Challenges) :**
 - **06:45:** 42.195 km race
 - **07:00:** 21.1 km race
 - **07:15:** 10 km race
 - **07:30:** 5 km race
 - **07:45:** HandiSport - 5 km (Tricycle)
 - **07:50:** 10 km walk
 - **08:00:** 5 km walk - Untimed
 - **Challenges (5 km race)**
 - **Women / Boroughs**
 - **Corporate Challenge (10 km Walk - 10 km Run)**

Management & Safety

- *Republican Police, Municipal Police, Scouts*
- *Fire department, ambulance, Red Cross*
- *Insurance policy....*





REGISTRATIONS

- **RATES (until December 31, 2023)**
 - 0 FCFA (5 km Walk - Untimed)
 - 3,000 FCFA (5 km Race)
 - 3,000 F CFA (10 km Walk)
 - 5,000 FCFA (10 km Race)
 - 10,000 FCFA (Half-Marathon)
 - 20,000 FCFA (Marathon)





INSCRIPTIONS TARDIVES (Late Registration)

- **RATES (January ¹ to 31, 2024)**
 - 0 FCFA (5 km walk)
 - 5,000 FCFA (5 km Race)
 - 5,000 FCFA (10 km Walk)
 - 10,000 FCFA (10 km Race)
 - 15,000 FCFA (Half-Marathon)
 - FCFA 30,000 (Marathon)





Challenge Entreprises

The corporate challenge takes place during the Be the Best marathon. It is open to companies/institutions/structures of all kinds.

The aim of the corporate challenge is to :

- Share a sporting challenge with your colleagues;
- Unite your company's employees;
- Promoting employee well-being through physical activity and sports.

- **Your company's first arrival is used to classify it**

(Whether you've entered 10, 20 or more than 100 employees, the first one to enter activates your company's ranking at the finish line)

Top 3 companies win medals and trophies



2 Possibilities
10 km Walk
10 km Race



NUMBER WITHDRAWAL

See you February 15-17, 2024 at Place de l'Amazone

- Thursday, February 15: 10 a.m. - 7 p.
- Friday, February 16: 10 a.m. - 7 p.m.
- Saturday, February 17: 10 a.m. - 8 p.



Please note that no race numbers will be issued on race day.





NUMBER WITHDRAWAL

42 km

HOW?

- You will need :
 - **Your registration** (e-mail confirmation and/or payment receipt)
 - **Your identity document** (Passport, CNI, Lepi card, etc.)
 - **Your licence or medical certificate**, less than one year old, proving your fitness to run (**for runners**)





NUMBER WITHDRAWAL

21 km - 10 km - 5 km

HOW?

- You will need :
 - **Your registration** (e-mail confirmation and/or payment receipt)
 - **Your identity document** (Passport, CNI, Lepi card, etc.)
 - **Your licence, a medical certificate** less than one year old proving your fitness to run for runners, or a **declaration on your honour.**

DECLARATION SUR L'HONNEUR

Je soussigné(e)

Certifie sur l'honneur, être physiquement et mentalement apte à participer l'épreuve du _____
km course le

En tout état de cause les organisateurs ne sauraient être tenus responsables en cas de malaise
lié à mon état de santé.

Fait pour servir et valoir ce que de droit,

....., le

Signature





DEPARTURES



- 6:45am: Marathon start (Women & Men)
- 7:00 am: Half-Marathon start (Women & Men)
- 7:15 am: Start of 10 km race (Women & Men)
- 7:30 am: HandiSport 5 km start (Women & Men)
- 7:45 am: Start of 5 km race (Women & Men)
- 7.50am: Start of 10km walk (Women & Men)
- 8:00 am: Start of 5 km walk (Women & Men)



Important recommendation:

- Be on site 1 H before
the start time of your run/walk





Marathon course 42.195 km



Start/Finish point: **Place de l'Amazone**

42.195 km :

- **Place de l'Amazone - Jardin de Mathieu - Carrefour Cathédrale Notre Dame - 3ème Pont - Carrefour La Roche - Carrefour SOBEBRA - Cine Concorde - CEG Yagbé - Point DT - CEG Yagbé - Ciné Concorde - Pont Martin Luther King - Dantokpa - Eglise St Michel - Carrefour Unafrika - Eglise St Jean - Etoile Rouge - Eglise St Jean - Carrefour Unafrika - Carrefour Blue Zone - Carrefour 3 Banques - **Place des Martyrs** - Aéroport Cardinal Bernadin Gantin - Carrefour **Bio Guéra** - Carrefour Erevan - Carrefour Fidjrossè - **Route des Pêches** - Carrefour Club des Rois - Carrefour Fidjrossè - Carrefour Erevan - Place de l'Amazone**

- 8 Boroughs crossed: (1st, 2nd, 3rd, 4th, 5th, 7th, 11th, 15th)





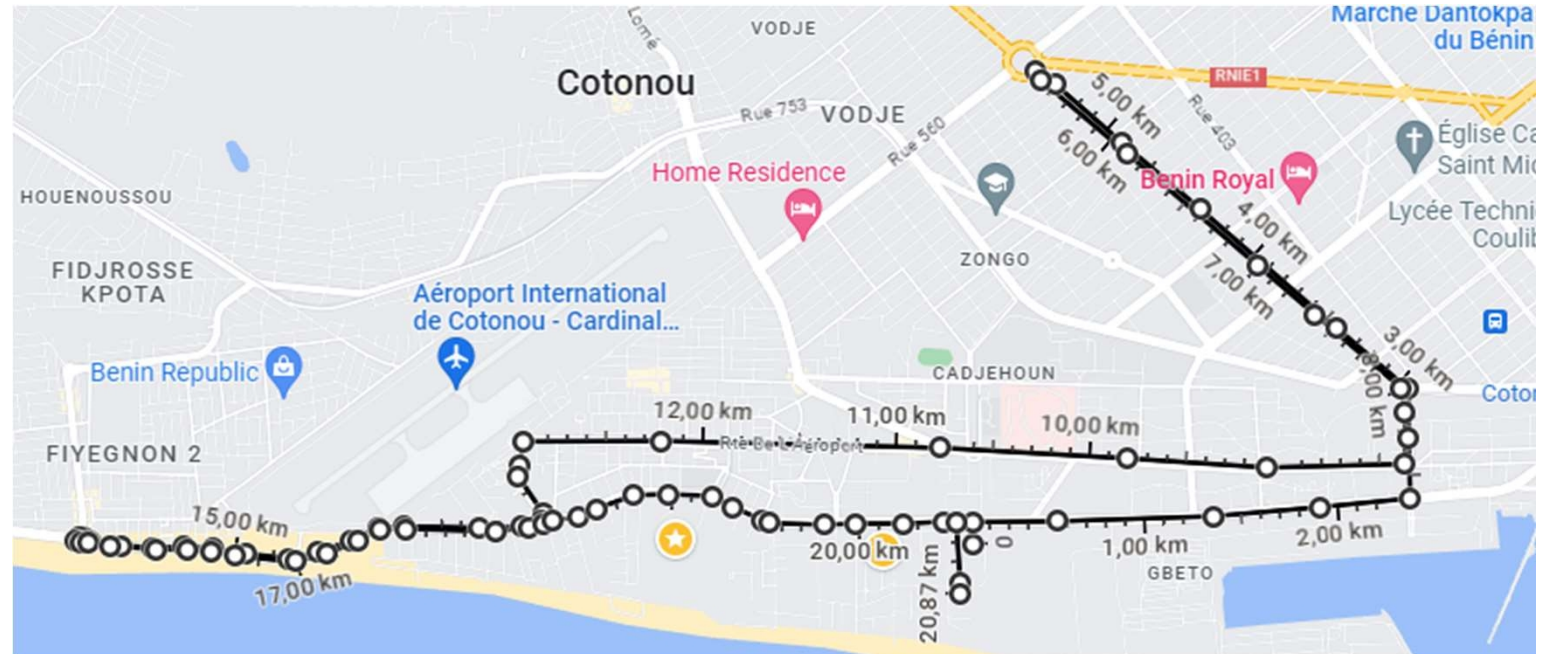
The Half Marathon course

21.100 km



Start/Finish :

- Place de l'Amazone
- **21.100 km**
- Place de l'Amazone
- Carrefour Port
- Carrefour Blue Zone
- Star
- Carrefour Blue Zone
- Carrefour 3 banks
- Carrefour SONEB
- CNHU
- Court
- Place des Martyrs
- Airport
- Carrefour Yerevan
- Carrefour Fidjrossè
- Back to the Amazon





10 km Race Course - Running & Walking



Start/finish :

- Place de l'Amazone

10 km

- Place de l'Amazone
- Carrefour DG Port
- Carrefour 3 Banks
- CNHU
- Place des Martyrs
- Airport
- Carrefour Bio Guéra
- Carrefour Yerevan
- Back to the Amazon





The Running/Walking Course

5 km



Start / Finish :

- Place de l'Amazone

5 km - Walking

- Place de l'Amazone
- Carrefour Port
- Mathieu's garden
- Back to the Amazon





AWARDS



Medals and various prizes:

- top 10 in each gender - 42.195 km
- top 5 in each gender - 21 km
- top 5 in each gender - 10 km
- top 5 in each gender (5 km)
- the top 3 teams in each challenge
- *Special Prizes: Oldest person to finish the Walk/Run, etc.*

FCFA 1,000,000 - 1st Prize Cotonou Marathon BtB

1 000 000 FCFA - Special Bonus





AWARDS



Marathon 42.195 km		Half Marathon 21.100 km		10 km Run/Walk		5 km race	
Rank	Amount (FCFA)	Rank	Amount (FCFA)	Rank	Amount (FCFA)	Rank	Amount (FCFA)
1	1 000 000	1	200 000	1	50 000	1	25 000
2	500 000	2	100 000	2	40 000	2	20 000
3	200 000	3	70 000	3	30 000	3	15 000
4	100 000	4	45 000	4	20 000	4	10 000
5	50 000	5	25 000	5	10 000	5	5 000
6	25 000						
7	25 000						
8	25 000						
9	25 000						
10	25 000						

Challenges (Women / Boroughs / Companies)	
1	Gold medal + Trophy
2	Silver medal
3	Bronze medal





PLANNED ACTIVITIES



- TOUT COTONOU MARCHE: January 13, 2024 - 7H
- Cotonou Press Conference: February 3, 2024 - 10:00 a.m.
- Registration closes: January 31, 2024 - 11:59 p.m.
- Distribution of bibs: February 15 to 17, 2024 - 10 a.m. to 8 p.m.
- *Marathon Village: February 14 to 18, 2024 - 9H to 02H*
- *Caravan (42km circuit): February 17, 2024 - 3pm to 5pm*
- D-Day - February 18 :
 - *Departures: 6.45 a.m. - 8.00 a.m.*
 - *Arrivals: 8:00 a.m. - 12:30 p.m.*
 - *Awards ceremony: 10 a.m. - 1 p.m.*
 - *Games & Angelique Kidjo Tribute Evening: 15h - 02H*





FANS ZONE

These are safe places where parents/friends can position themselves to watch you run/walk and support the athletes.

List of fan zones :

- Carrefour Blue Zone
- Place des Martyrs
- Carrefour Yerevan
- Carrefour Fidjrossè
- Carrefour Sobebra
- Cine Concorde
- Carrefour Yerevan





TRANSPORT

- Transportation and parking are often a headache on Marathon day. We advise you to use public transport so that you don't **have to** worry about parking and bike storage.
- One of our partners may be able to offer you transport discounts on the day of the marathon.





START ZONE

- The starting line is located on the Esplanade de l'Amazone.
- 4 pedestrian access points facilitated by Republican and/or municipal police officers
- Start waiting area for each distance (Handisport, Marathon, Half Marathon, 10 km and 5 km)





ARRIVAL ZONE

- The finish line is located on the Amazon Esplanade.
- At the arrival of each runner/walker, a reception area (red cross + volunteers) is set up.
- A recovery zone is provided





GOOD REFLECTIONS

- I'm punctual. Punctuality is one of the values of the NGO Be the Best.
- I arrive at least 60 minutes before my departure time.
- I bring a minimum of personal belongings
- I apply health rules and regulations
- I pay attention to audio messages
- I report any suspicious behaviour to the security services





URINALS - INSTRUCTIONS

- URINALS (MALE/FEMALE) WILL BE AVAILABLE ON SITE
- YOUR LUGGAGE CAN BE DEPOSITED IN THE LUGGAGE STORAGE AREA





REFRESHMENTS

Don't overlook the refreshment points

Bottled water is available at the start and at each refreshment point every 3.5 km or so.

Please don't wait until you're thirsty before hydrating.

Where are these points placed?

5 km - 8.5 km - 12 km - 15.5 km - 19 km -
22.5 km - 26 km - 29.5 km - 33 km - 36.5
km - 40 km - 42.195 km





REFRESHMENTS

Don't neglect the refreshment points. If you're running the Marathon you'll need them...

Sugar and fruit await you. Please refuel at the 4 points provided.

Where are these points placed?

- 14 km
- 29 km
- 38 km
- 42.195 km





OUR VOLUNTEERS

We have hundreds of volunteers helping us to make the Marathon a success, and you'll meet them on the Esplanade de l'Amazone site and along the route in a variety of activities:

- Identity and certificate checks
- Accompaniment to departure areas
- Departure management
- Course safety, Orientation, Lighting
- Refuelling/refreshment
- Instructions/baggage
- Medal ceremonies, etc.

Don't forget to smile every time you meet them.





SUPPORT US

Organizing a Marathon requires a huge investment in material, human and financial resources. You can support us in various ways:

- Individual or group participation
- Volunteer work
- Donations
- Partnership
- Sponsorship
- Sponsorship, etc.

We're counting on you to help the Cotonou **BENIN**
Be the Best Marathon grow!





Our contacts: (+229) 55 00 11 11 / (+229) 90 90 90 88
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Facebook: *Cotonou Be the Best Marathon*
Support the BetheBest Cotonou Marathon!

Together, let's reveal Cotonou!

Join us & Be the Best

