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INFORMATION BOOKLET
RACE DAY - 14 DECEMBER, 2025

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with your lifestyle is a Masterstroke.

bob
Masterstroke Lite
SAVINGS ACCOUNT



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Get Ready to Run Your Way at Your Pace!

The Chennai Navy Half Marathon is on 14th December 2025 at Napier's Bridge, Chennai. With your incredible support, this event hopes to grow stronger each year.

Our mission is to deliver the best and keep earning your trust.
Let's make this year unforgettable-together

Race day Information:

Race	Half Marathon INS Adyar Run	10KM INS Parundu Run	5KM INS Pallava Run
Start Time	4:45 a.m.	5:45 a.m.	6:30 a.m.
Start Point	Napier's Bridge, Chennai		
Finish Point	INS Adyar Beach, Chennai		
Holding Area opens	3:45 a.m.	4:45 a.m.	5:30 a.m.
Course open for	3 hours 30 min - till 8:15 a.m.	Open till 7:30 a.m.	Open till 7:45 a.m.

Cut off time to start your race is 30min from the scheduled start time.

Gear Up! Your Race Day Kit Awaits

- Your bib.

This is your unique identifier! It's non-transferable, meaning it's exclusively yours-no swapping with others. Misplace it? Unfortunately, we can't replace or reissue it, so keep it safe!

- Timing Chip (Half Marathon & 10K)

Track your race time with precision. It's attached to your bib, so you're all set!

- Chennai Navy Half Marathon 2025 Event T-shirt

Wear the official tee and represent the Chennai Navy Half Marathon in style!



100% Clean Nutrition

BACKED BY SCIENCE



Available on www.wellbeingnutrition.com &  Swiggy Instamart

Parking Details -

- We encourage carpooling / taking cabs to the venue / Share a ride and

Arrive ready to run!

Parking is Free, Subject to Availability.

- 4-Wheeler

Parking Available at

1. Secretariate Parking Lot, Chennai Port Trust.
2. Island Grounds, Annasalai River Bridge, Park Town.
3. 37CF+JPH, Chintadripet.

QR Code For 4 Wheeler Parking



**Secretariate
Parking Lot**



Island Grounds



37CF+JPH

- 2-Wheeler

**Gate No: 6, Island Grounds, Annasalai Opp to War Memorial,
Port Trust Officers Quarters, Sathya Nagar.**

QR Code For 2 Wheeler Parking



Island Grounds

Metro Services will operate from 3:00 AM with trains every 15 mins.

**we encourage all participants to make use of the metro to avoid
parking issue and to ensure easy access to the venue, the nearest metro
station is Government Estate.**



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Arrival & Race Preparation:

Start Time:

- Half Marathon INS Adyar Run – 4:45 AM
- 10K INS Parundu Run – 5:45 AM
- 5K INS Pallava Run – 6:30 AM

Reporting time: Please arrive one hour before your race start time.

Baggage Counter:

- Baggage counter is available.
- Use your bib number as your unique identifier to deposit and retrieve your baggage.
- Only one bag is allowed per bib.

Important Reminders:

- Do not leave valuables (phones, cameras, jewelry, or original identification) in your bag.
- The organizers are not responsible for any loss, misplacement, or theft of items at the baggage counter.
- The baggage counter will close at 10 AM, so please collect your baggage before then.

Restrooms: Port-a-loos will be available along the route and around the Venue for your convenience.

Timing Chip & Bib Guidelines:

Before you start, ensure your Timing Chip is secured properly. Keep your bib clearly visible on the front of your T-shirt throughout the race and pin it on all four sides for extra safety.

Please remember, without your Timing Chip, you won't receive a race time. If we don't capture your reading at any of the timing splits along the route, it will be recorded as DNF (Did Not Finish).



Creating opportunities

The J M Baxi group prides itself in being a 109 year old business conglomerate within the trade and shipping sector through service offerings in the Marine Services, Ports & Logistics and Technology sector. Professionally managed companies within the group span the entire logistics services value chain including.

Port facilities | container and multi-cargo port terminals, cruise terminals, container freight stations, inland container depots and rails.

Niche logistics services | bulk cargo, project cargo, offshore installation and ship agency services.



Marine Services:

Our long established data-driven business vertical. Combined, all the marine services companies of the group collectively make the group India's largest professional and integrated marine agency.



Ports & Logistics:

As a part of the infrastructure and logistics vertical, the group caters to a need for specially designed shipping logistics infrastructure including port facilities such as container and multi-cargo port terminal.



Technology:

This decade-old vertical has a keen presence in water, communications and digital solutions for the maritime trade. The youngest and most dynamic space in the group.

CONTACT US AT

corp@jmbaxi.com
www.jmbaxi.com
(+91) 22 6153 7900

For more info
Scan here!



On The Course:

Aid Stations: There are 20 aid stations along the route, stocked with water, electrolytes, cookies, and bananas for Half Marathon & 10K participants. Water and electrolytes will also be available for the 5K Fun Run participants.

Medical Aid: Medical assistance is provided at the start/finish area and multiple points along the route. Our **Medical Partners Kauvery Hospital** are well equipped to handle everything from twisted ankles to runner-specific conditions like dehydration and hypernatremia. Ambulances will be stationed en route, and medical bikes will patrol the entire route.

Rest assured, you are in safe hands!

Medical Emergency No: 9606987564

Post Run Recovery: If you experience cramps, stiff joints, or sore muscles, Our **Pain Relief Partners Zandu** will be on hand to help you relax and recover. Stay hydrated and take care of yourself!

Prizes:

Total Prize Money: Rs-10,00,000/-

Half Marathon

- Fastest Finishers: 3 finishers
- Age Category: 3 fastest finishers

10KM

- Fastest Finishers: 3 finishers
- Age Category: 3 fastest finishers

Important Notes:

- Prize money will be credited to your account within 60 days of the event.
- Prize winners must provide bank account details in India to receive their cash prizes.

For more details please visit our webpage

WWW.chennainavyhalfmarathon.com/prize-money/

CHENNAI NAVY HALF MARATHON



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Route Map Half Marathon

- Aid Station
- KM Marker
- Entertainment
- Medical
- Toilet

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www.chennainavyhalfmarathon.in

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B.E.F.A.S.T is a way to remember & identify the signs of a stroke.

B

Balance
Loss

E

Eyes
(blurred vision /
loss of vision)

F

Facial
Drop

A

Arm
Weakness

S

Speech
Difficulty

T

Time to Call
Hyper Acute Stroke Unit

Stroke can be reversed If Treated Within 4.5 Hours

HASU - Hyper Acute Stroke Unit

@ Kauvery Hospital, Chennai

CT or MRI Scan to Identify Stroke.
Clot lysis with Injectable Medicine
Immediately after Scans

24x7 Availability of Stroke Specialist,
Interventional Radiologist and
Neurosurgeon

— For emergencies —

Alwarpet and Vadapalani : 044 4000 6000

Radial Road : 044 4050 4050

CHENNAI NAVY HALF MARATHON



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START

Route Map 10K

- ⚡ Aid Station
- 🟡 KM Marker
- 🟩 Entertainment
- 🔴 Medical
- 🚻 Toilet



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**INSTANT ACTION ON PAIN
ANYTIME, ANYWHERE!**

CHENNAI NAVY HALF MARATHON



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START

Route Map 5K

- ⚡ Aid Station
- 1 KM Marker
- Entertainment
- Medical
- Toilet



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www.chennainavyhalfmarathon.in

For Any More Information:

Event website: <https://chennainavyhalfmarathon.com/>

Event helpline: +919206265087, 8150944084

Email: support@nebsports.in

Post Race:

- Collect your finisher medal
- Hydrate, Relax and discuss your race
- Visit the medical tent for any issues
- Check out the physio tent for stretches
- Prize Distribution
- Capture memories at Photo-Op Boards
- Enjoy hot breakfast

For a complete list of race rules, visit

[www.chennainavyhalfmarathon.com/rules/](https://chennainavyhalfmarathon.com/rules/)

Checklist For The Race:

- Inform emergency contacts about your run schedule
- Bib with running chip attached (use 4 safety pins)
- Running shoes (unless running barefoot!)
- Running gear: shorts/pants/tights
- T-shirt
- Running socks
- Sunglasses
- Sunscreen
- Cap
- Blister bandages/chafe guards (if you use them)
- Bottle (a great green practice if you carry one)
- Jacket (for before/after the race)
- Heart-rate monitor (if you use one)
- Identification
- Cash
- Food & drink (energy gels / bars)
- Comfortable open-toed footwear for after the race
- Post-race change of clothes
- A bag to keep all of the above

Get ready for an amazing race experience!



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