



BELGIUM

2025

SUPPORTERS GUIDE

LONG COURSE WEEKEND BELGIUM

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Long Course Weekend Belgium

FOLLOW US

AND DOWNLOAD THE LONG COURSE WEEKEND APP!



IPHONE



ANDROID





Dear supporter,

Welcome to the **fifth edition of Long Course Weekend Belgium** – Festival of Champions, taking place from Friday 26 to Sunday 28 September 2025 in vibrant Nieuwpoort.

What started five years ago as a sporting adventure has now grown into an international celebration of sport and experience. **More than 8,000 athletes from home and abroad** gather here to swim, cycle, and run together – each in their own way, each with their own goal. **The Festival of Champions** may feel like a world championship, but in our philosophy, there is only one truth: everyone who takes part is a champion.

The strength of Long Course Weekend Belgium lies in its diversity. On Friday, we dive into the **iconic inner harbour of Nieuwpoort** – a unique setting unmatched anywhere else. On Saturday, we ride from the coast across the border into France, through the **hilly Kemmelberg region** and past more than forty war memorials. A course that leaves not only a physical but also an emotional impression. And on Sunday, we finish with the **running races through the polders of Nieuwpoort**, where speed, atmosphere, and competition come together. Three days of sport, three days of emotion, three days of memories that last a lifetime.

At the festival square next to the Vismijn, it's not only about finishing and celebrating – it's also the place where athletes, supporters, families, and friends come together. Here, you'll witness the unique ceremony where the **Full Long Course Weekend** finishers receive their fourth medal – a goosebump moment you won't experience anywhere else.

Our participant list once again shows how widely Long Course Weekend Belgium is embraced: families with children taking their first steps in the **kids run**, friends sharing a sporting weekend, recreational athletes challenging themselves, and elite athletes pushing their limits. This weekend brings us all together, and that is what makes it so special.

A special word of thanks goes to the **more than 400 volunteers and countless associations** who make this event possible. Without their enthusiasm and dedication, there would be no Long Course Weekend Belgium.

And of course, we want to thank the **city of Nieuwpoort** for being the perfect host of our fantastic event for the past five years. May there be many more to come!

So: take a deep breath, feel the energy of the sea and the polders, and let yourself be carried away for three days by the unique atmosphere of this sports festival.

Enjoy, give it your all, and experience the Festival of Champions.

Fien, Karo, Madelon, Marie, Simon, and Matthias
Team Long Course Weekend Belgium





Dear Athletes and Supporters,

It is an incredible honour to welcome you all to Long Course Weekend Belgium.

I still remember our very first event on the coastline of Pembrokeshire, Wales. **What began as a local celebration of sport has grown into a worldwide family**, and today, that journey brings us here, to this extraordinary setting in Belgium.

Standing here 5 years ago, I can honestly say this venue took my breath away the very first time I saw it. The landscape is not only beautiful, it feels alive, every road, every climb, every turn seems built for moments of sporting greatness.

But what truly makes this event so special isn't just the scenery, it's the people. From the very first conversations we had here, the warmth and enthusiasm of this community has been overwhelming. **The way you have opened your doors, your hearts, and your passion for sport, has made Belgium feel like home for Long Course Weekend.**

That's why we chose this location to launch **our very first Festival of Champions**. This isn't just another event, it's a celebration of everything our athletes and supporters have achieved around the world, brought together in one extraordinary place.

Whether you're racing, supporting, or simply here to experience the atmosphere, know that you are part of history this weekend. Thank you for being here. **Cherish every moment, because together, we are creating something unforgettable.**

We look forward to waving off, cheering you home and celebrating your achievements in the square!

Race safe and keep smiling!

Regards

Matthew Evans

CEO & Founder

Long Course Weekend Global

Nieuwpoort is a sports-minded city where experience and movement go hand in hand. With a wide and diverse range of sports activities, accessible sports infrastructure, and countless motivated sports clubs, the city is fully committed to sport.

In addition, Nieuwpoort focuses strongly on a **healthy and active lifestyle** for everyone. We aim to encourage as many people as possible to be active and to make conscious choices when it comes to health. Sport and movement are an essential part of that.

At the same time, we continue to build a **versatile and high-quality sports offering** that brings people together and inspires them. Sports activities strengthen social cohesion and create opportunities for meeting and involvement in our city.

We also wish to organise and support activities that firmly put Nieuwpoort on the map as a sporty and experience-driven city. Such initiatives attract enthusiastic athletes from home and abroad and allow them to discover the unique strengths of our city.

In that respect, **Long Course Weekend** fits perfectly within our vision. This international sports festival, where participants choose for themselves which disciplines and distances to take on, brings **thousands of participants to Nieuwpoort** every year. The combination of effort, perseverance, and experience creates a unique event.

As host city, we are therefore particularly delighted to welcome Long Course Weekend back to Nieuwpoort. We look forward to **three days full of enthusiasm, sporting achievements, and above all, joy and connection.**

We wish all participants an unforgettable edition of Long Course Weekend 2025. Give it your all and fully enjoy Nieuwpoort.

Mayor of Nieuwpoort
Kris Vandecasteele





3 DAYS.
3 DISCIPLINES.
5 AMAZING LOCATIONS.



MAY 2026



22-24 MAY 2026



26-28 JUNE 2026



TBC 2026



18-20 SEPT 2026

{ DISCOVER YOUR
NEXT CHALLENGE. }



LONGCOURSEWEEKEND.COM

Thursday September 25

From 16h00	Parking open
16h00 - 19h00	Athlete Registration open - Fish Market Nieuwpoort

Friday September 26

From 13h00	Parking open
13h00 - 18h00	Athlete Registration open - Fish Market Nieuwpoort
15h00 - 21h00	Festival Square open - Fonteinplein Nieuwpoort
15h00 - 21h00	Expo open - Fountain Square Nieuwpoort
16h45	Start box The Nieuwpoort Swim open - Fonteinplein
17h00	Race Briefing The Nieuwpoort Swim
17h15	The Nieuwpoort Swim Rolling Start
19h30	Swim course closes
19h30	Podium The Nieuwpoort Swim - Fonteinplein Nieuwpoort

Saturday September 27

From 07h00	Parking open
07h00 - 19h00	Athlete Registration open - Fish Market Nieuwpoort
07h00 - 18h00	Festival Square open - Fonteinplein Nieuwpoort
07h00 - 18h00	Expo open - Fonteinplein Nieuwpoort
08h00 - 09h00	Start 180km cycling
10h00 - 11h00	Start 90km cycling
12h00 - 12h30	Start 45km cycling
14h00	Podium Cycle Flanders Fields

Sunday September 28

From 07h30	Parking open
07h30 - 12h30	Athlete Registration open - Fish Market Nieuwpoort
08h00 - 17h00	Festival Square open - Fonteinpleine Nieuwpoort
08h00 - 17h00	Expo open - Fountain Square Nieuwpoort
09h15	Kids Run
10h00	Start Marathon
10h15	Start 5k Run
10h25	Start 10k Run
11h40	Podium 5k & 10k
12h10	Start Half Marathon wave 1 (finish time <2:05)
12h20	Start Half Marathon wave 1 (finish time >2:05)
13h30	Podium Half Marathon
14h00	Podium Marathon
16h00	Medal Ceremony Full Long Course Weekend

COURSE MAPS

✓ THE NIEUWPOORT SWIM

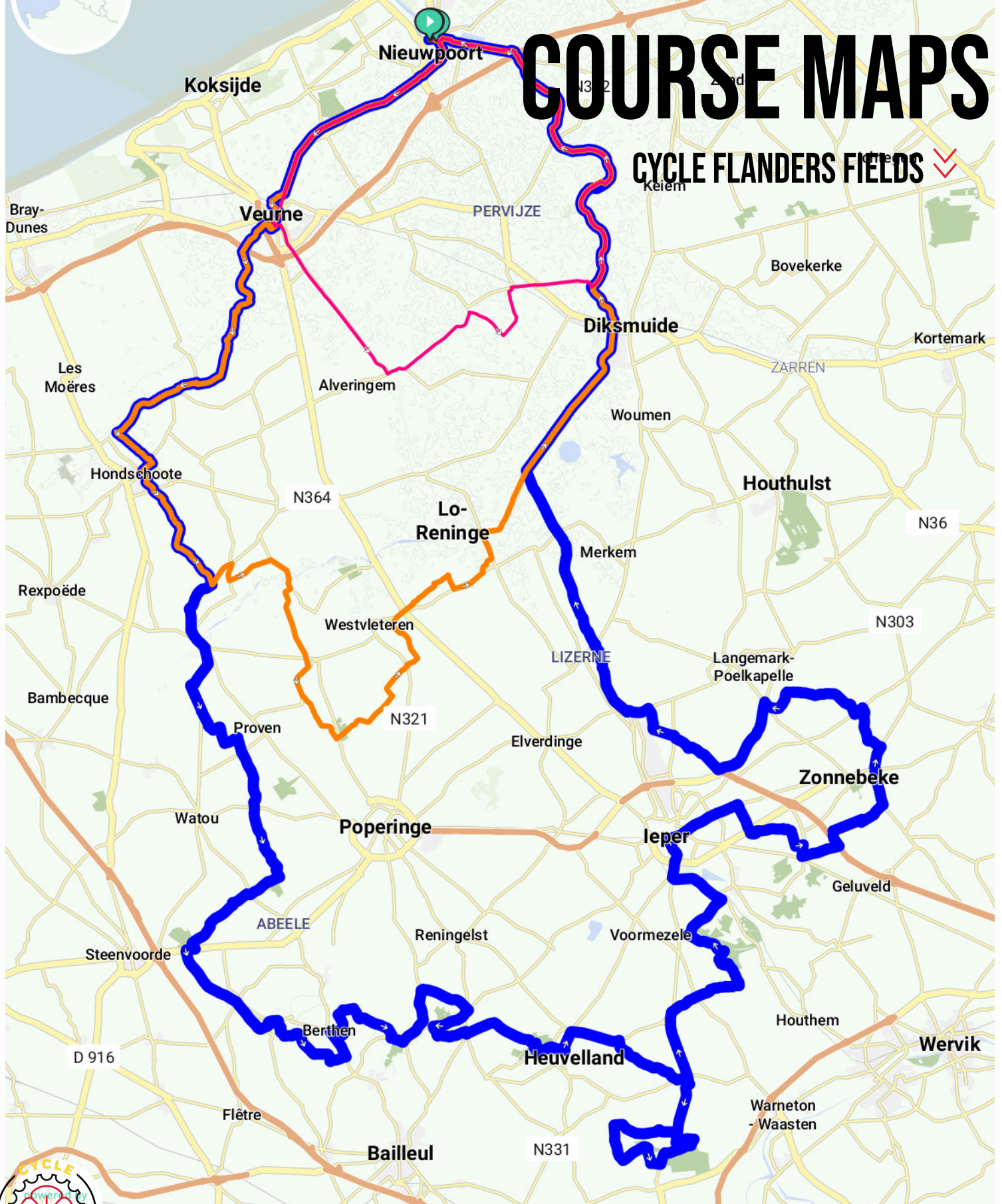
Come and cheer on the swimmers of The Peaks Nieuwpoort Swim!

Along the marina you'll have the best view: watch the athletes in action with the impressive Albert I Monument in the background. There will be plenty of atmosphere and entertainment, so bring your cheering voice and enjoy a sporty day by the water!



COURSE MAPS

CYCLE FLANDERS FIELDS

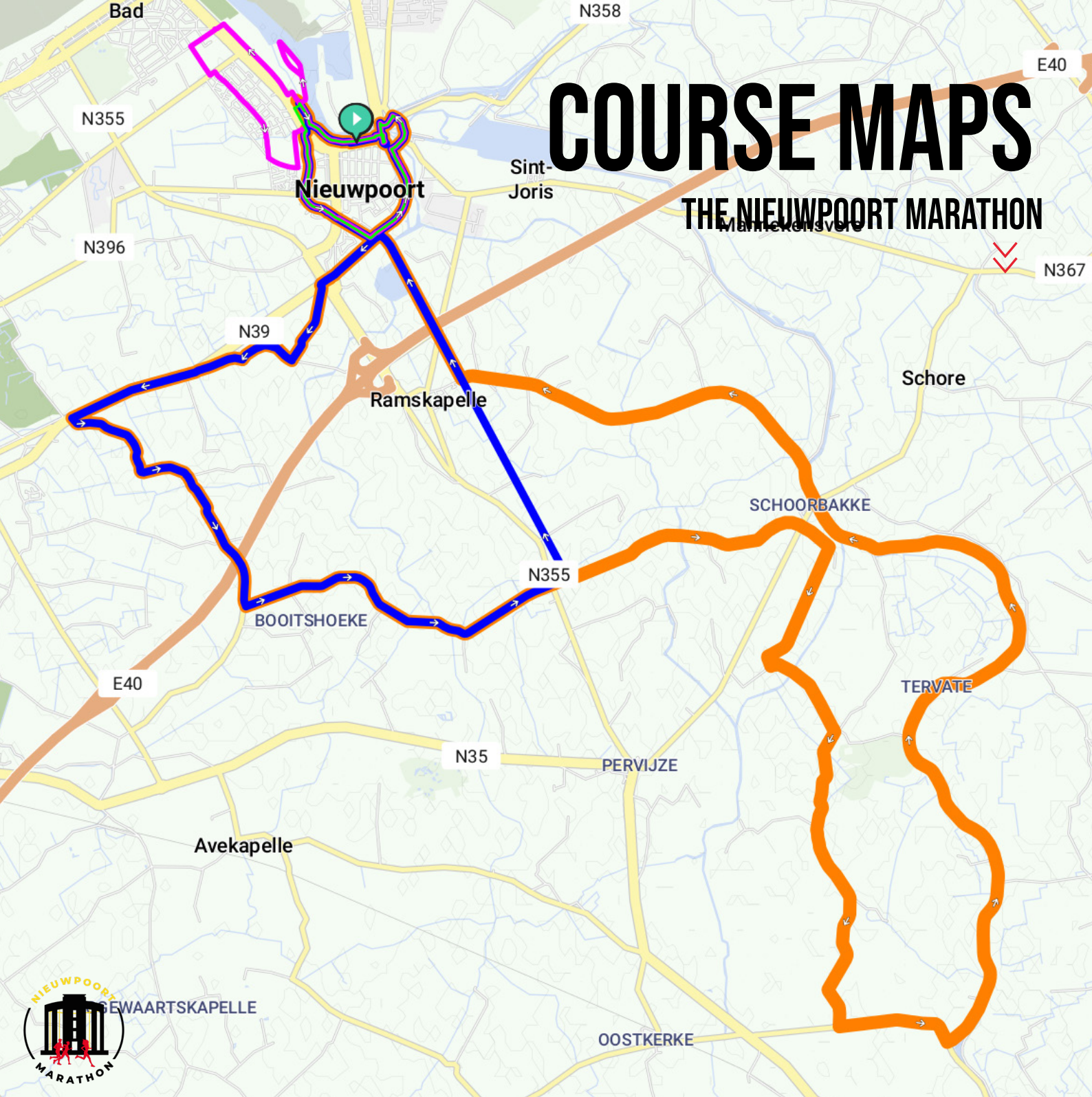


45K

90K

180K





COURSE MAPS

THE NIEUWPOORT MARATHON

5K

10K

21,1K

42,2K



DISCOVER THE SUPPORTERS HOTSPOTS



The QR code will take you to Google Maps. Zoom in on the swimming, cycling or running icons to discover the hotspots! The perfect place to cheer on your athletes, where a great atmosphere is guaranteed.

Find them all using the QR code!

Swim Hotspot:

click [here](#)

Bike Hotspot 180K (Kemmelberg 78,48km):

click [here](#)

Run hotspot 10K (sports park 5,80km):

click [here](#)

Run hotspot all distances + DJ:

click [here](#)

Run hotspot (half) marathon (bridge 10,45km) + DJ:

click [here](#)

Run hotspot marathon (22,07km) + DJ:

click [here](#)

Run hotspot (half) marathon (16,98km & 38,02km):

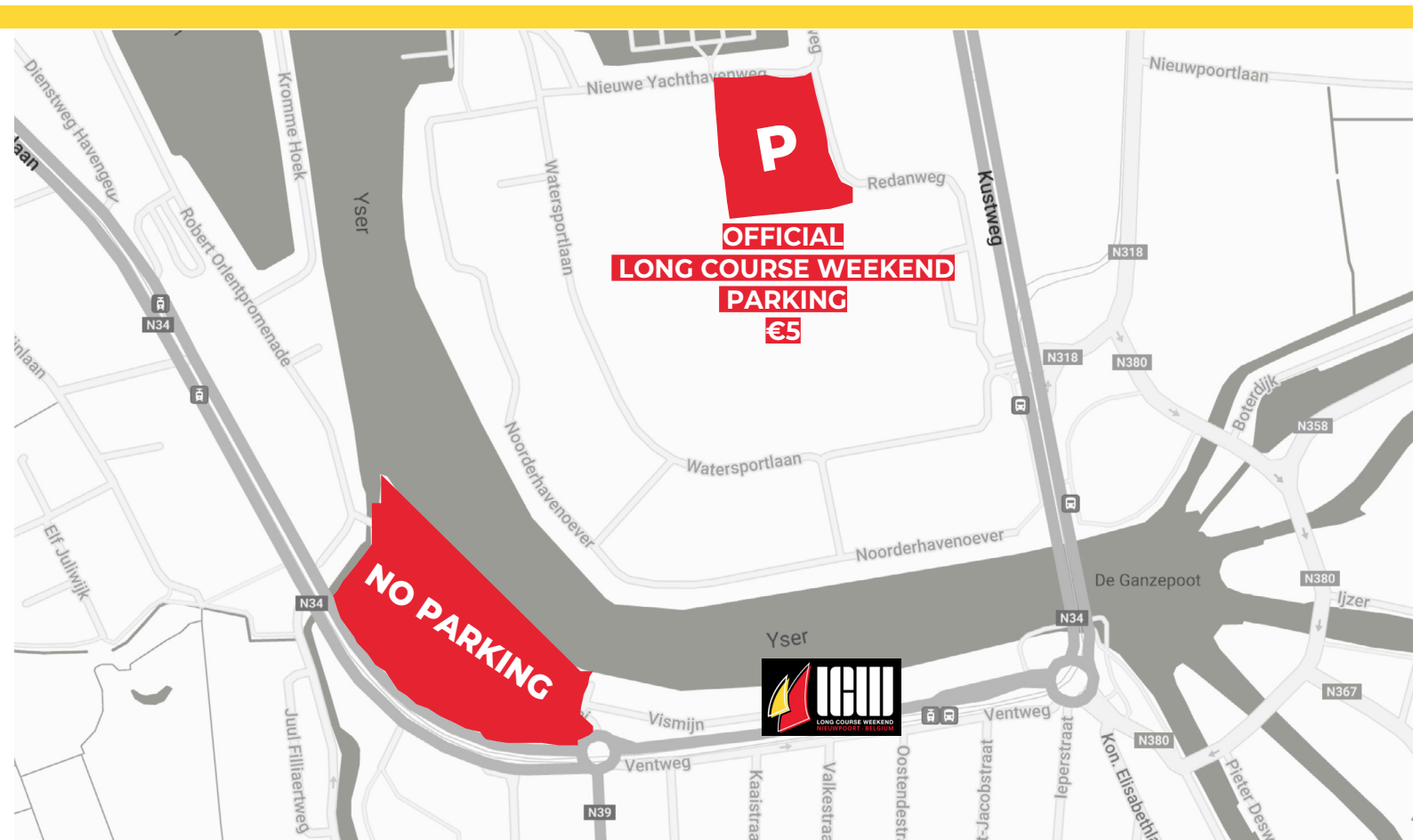
click [here](#)



PARKING



€5/day: pay on site (cashless)



FOOD

BAVET

Good news for everyone at Long Course Weekend: the Bavet food truck will be present at the festival site! Here you can enjoy their delicious dishes, such as the classic Bolognese and the tasty Say Cheese. Whether you want to refuel after your race or are simply looking for something tasty, Bavet has something for everyone.

Menu

Bavet
Bolo Bastard (veggie)
Say Cheese (veggie)
Holy Grail (mix Bavet - Say Cheese)



Friday: 15h00 - 21h00

Saturday: 11h00 - 18h00

Sunday: 10h00 - 17h00

STEWART

In the mood for Flemish food? Our food truck serves homemade stew, slow-cooked to perfection and full of flavour. A true classic to enjoy, straight from Flanders!

Menu

Brown stew – 'The classic'
Blond stew – 'Breezy blonde'
Red stew – 'Cherry bliss'



DE MIENE

Whether you are competing yourself or cheering with full enthusiasm, a well-filled belly is part of the experience! DE MIENE is ready for you with the tastiest classics from the sea. Let yourself be tempted by crispy kibbeling, golden calamari, a fresh cod burger, or a creamy shrimp croquette. Freshly prepared, full of flavour, and always served with a smile.

Menu

Kibbeling with tartar sauce
Calamari with tartar sauce
Cod burger
Shrimp croquette with bread



FOOD

PURA BAYA

At Pura Baya, the nutritious açai berry takes center stage to give you a boost before or after your effort! They offer refreshing açai bowls and smoothies blended with high-quality organic ingredients. This Brazilian super-food is sure to surprise you!

Menu

Acai Bowl banana/strawberry

Coconut bowl

Smoothie Red Wonderland

Smoothie Tropical Rain



Friday: 15h00 - 21h00

Saturday: 07h00 - 18h00

Sunday: 08h00 - 17h00

KOFFIE QUEEN

At Koffie Queen, you're in the right place for your caffeine fix. From a strong espresso to a creamy cappuccino – perfect for anyone in need of a boost! Be sure to stop by!



Thirsty?

Come and enjoy our extensive bar all weekend long! From soft drinks to a delicious Belgian beer (including alcohol-free Sportzot)!

THE LONG COURSE WEEKEND BELGIUM EXPO

Come and discover!

During Long Course Weekend Belgium it's not only about sport, but also about experience and discovery. That is why you can visit our Expo Zone all weekend long: the place to get inspired, discover the newest sports items, and receive practical tips from experts.

Fri: 15h00 - 21h00

Sat: 07h00 - 18h00

Sun: 08h00 - 17h00

What to expect

- **Van Eyck Sport:** the specialist for cyclists. In addition to roadside assistance, they also provide cycling accessories – you will find everything to make your rides even better and more comfortable.
- **Blue Globe Sports:** discover their range of Peaks wetsuits, swim goggles, and more essentials for every athlete.
- **Fagron:** get advice from experts in nutrition and health. They are specialised in DNA-based insights that help you work towards your sporting goals in a smarter and more personalised way.
- **Blackroll:** recover faster and move better thanks to their range of foam rollers and other tools for runners and athletes who want to get the best out of their body.
- **Strive:** get support just before the race to be calmer at the start. That way you set off relaxed and ready for the race!



CEREMONIES

There are 19 stages spread across the weekend:

Friday evening 19:30

- Swim 1,9 km women
- Swim 1,9 km men
- Swim 3,8 km women
- Swim 3,8 km men

Saturday afternoon 14:00

- Bike fastest time women
- Bike fastest time men

Sunday afternoon

- Run 5 km women -12:30
- Run 5 km men - 12:30
- Run 10 km women - 12:30
- Run 10 km men - 12:30
- Run marathon women - 13:30
- Run marathon men - 13:30
- Run half marathon women - 14:00
- Run half marathon men - 14:00

Sunday afternoon 16:00

- Half Long Course Weekend Women
- Half Long Course Weekend Men
- Full Long Course Weekend Women
- Full Long Course Weekend Men
- Junior Long Course Weekend Boys
- Junior Long Course Weekend Girls

We call on **all supporters** to come out in full force for the various podium ceremonies, and especially for the special **medal ceremony** for the Full Long Course Weekend on **Sunday at 16h!**



NICKY REES: THE ONLY ONE WHO FINISHED ALL LONG COURSE WEEKENDS IN WALES

“EVERYONE OF ALL LEVELS CAN TAKE PART.”

NICKY REES

Nicky, who are you?

I'm Nicky Rees, 57 years old, married and father of two. In 1999 I ran my first marathon in London, followed by more than 15 marathons over the next seven years.

You're the only one who has completed every Long Course Weekend in Wales. How does that feel, and what motivates you to keep going?

I feel very fortunate to have finished all 14 Long Course Weekend Wales events, though it certainly came with its share of ups and downs.

What has been your most memorable Long Course Weekend experience so far, and why?

My most memorable Long Course Weekend was in 2016. I took part with my friend Gareth, who suffered from motor neurone disease and sadly has since passed away. During the swim I pulled him along in an inflatable boat, we used a recumbent bike for the cycling, and during the run he was in a buggy. If you Google 'Long Course Weekend Wales', you'll find the beautiful video Gareth made back then.



What advice would you give to athletes preparing for their first Long Course Weekend?

The advice I'd give to any athlete is: start small, but eventually try to complete all the distances. If you get injured, focus on what you can do instead of what you can't. And never underestimate your own ability.

What are you most looking forward to in Belgium?

What I'm most looking forward to is meeting all the athletes and talking with the local people.

What makes Long Course Weekend different from a traditional triathlon or endurance race?

What makes Long Course Weekend so much more special than other races is the family experience: everyone, at every level, can take part thanks to the different distances available for all participants.

LONG COURSE WEEKEND SHOP



SHOP AT OUR FESTIVAL SQUARE

FRI: 15H-21H
SAT: 7H-18H
SUN: 8H-17H



LONG COURSE WEEKEND

MAASTRICHT • NETHERLANDS

Long Course Weekend Netherlands

After the amazing sports celebration in Belgium, we are already looking ahead to the next destination of Long Course Weekend: Maastricht! In May 2025, **the second edition of Long Course Weekend Netherlands** will take place. The first edition was an overwhelming success with **more than 2,500 athletes** sharing the unique Long Course Weekend experience. The atmosphere, the energy, and the combination of sport and festival made it an unforgettable weekend, and next year promises to be even bigger and better.

The setting in Maastricht is truly unique. You start with the swim in the beautiful lake at **Fun Valley**, a side branch of the river Maas that provides an impressive and atmospheric backdrop. The cycling part takes you through the rolling hills of South Limburg, across the border into Belgium and even a small stretch of Germany. With iconic climbs such as the **Keutenberg** on the menu, we are certain that every cyclist will be challenged here.

The run takes you through the nature around Maastricht, over a fast and flat course that invites you to go for top times or simply enjoy every kilometre. Everything comes together at the vibrant **Gashouderplein**, the home base of Long Course Weekend Netherlands. Here lies the Long Course Weekend festival square where athletes, supporters, and families celebrate the achievements together with music, entertainment, and an unforgettable atmosphere.

👉 **Save the date: 27 – 29 June 2025!** Do not miss this unique sports festival and secure your spot at the start. Register today for Long Course Weekend Netherlands and experience the adventure together with thousands of other athletes! **Now 25% discount** with our exclusive Long Course Weekend code!

**Code valid until 06/10,
don't hesitate!**

CODE: LCW2026NL



*Valid until 06/10/2025



WIN WITH LONG COURSE WEEKEND

PEAKS AZUL WETSUIT

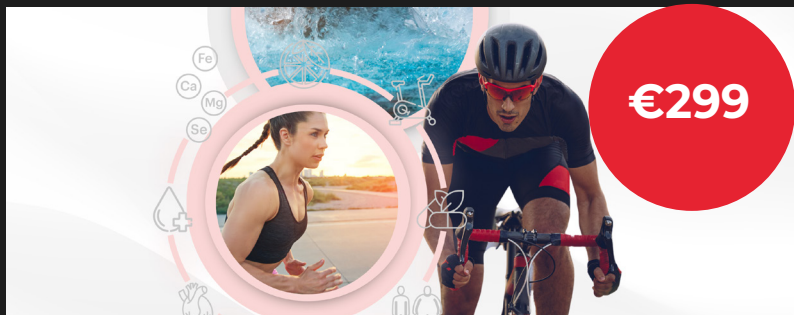
The PEAKS Azul wetsuit offers ultimate buoyancy, speed, and flexibility for top performance in the water.



€620

FAGRON SPORT TEST

Discover with a Fagron DNA test how your body responds to exercise, nutrition, and recovery, and train smarter based on your genetic profile.



€299

BLACKROLL COMPRESSION BOOTS

Recover faster and feel fitter with the BLACK-ROLL® Compression Boots that support your muscles and help flush out waste products more quickly.



€500

MICHELIN BIKE TIRE SET

Start your training with extra grip, speed, and durability thanks to a brand-new set of Michelin Power Cup racing tires.



€120

KGM ROOFTOP TENT WEEKEND

Experience ultimate freedom with an adventurous weekend in the powerful KGM Torres Hybrid, complete with rooftop tent for the perfect outdoor experience.



€750



[CLICK HERE & WIN](#)

ADVENTURE QUEST

PUSHING YOUR LIMITS WITH MATHIEU BONNE

MATTHIEU BONNE IS AN ULTRA ATHLETE AND WORLD RECORD HOLDER IN CYCLING, SWIMMING AND TRIATHLON. HE EMBRACES EXTREME CHALLENGES AS A WAY OF LIFE AND DOES THINGS NO ONE HAS EVER DONE BEFORE.

TO ACHIEVE HIS GOALS, MATTHIEU SEEKS HARMONY IN BODY AND MIND, VERMENGTT IMMERSSES HIMSELF IN NATURE AND EXPERIENCES ALL ITS ELEMENTS DURING THE ADVENTURE QUEST WEEK. MATTHIEU WILL LET YOU DISCOVER HIS UNIQUE WAY OF LIFE AND WILL TRY TO OUTLINE HIS MINDSET FRAMEWORK FROM WHICH PARTICIPANTS CAN LEARN.

[READ MORE](#)



**REGISTER NOW!
ONLY 2 SPOTS LEFT!**

8 TO 15 NOVEMBER 2025

WWW.ADVENTUREQUEST.BE

“FORWARD TOGETHER, ALSO BEYOND WORK!”

TESTIMONIAL:

LONG COURSE WEEKEND - TEAMBUILDING EXPERIENCE ANYSEALS

“This year, we are taking part in the **Nieuwpoort Marathon for the first time**. The idea started when our CEO challenged one of his employees to run a half marathon. Instead of going for it alone, it seemed much more fun to involve everyone and turn it into a **shared challenge**. For us, this is more than just sport: it is a way to get to **know each other better, to work together, and to have fun outside the workplace.**”

“We are part of an international group, but we have kept the spirit of a **family business**. You can feel it in the way colleagues support each other, motivate each other, and celebrate successes together. What’s more, our team is very **diverse**: different nationalities, languages, and talents make us extra strong.”

Whether you like to roll up your sleeves in the warehouse or prefer to help customers from the office, with us you will always find colleagues who appreciate you and move forward together with you.

👉 **Are you looking for a workplace with warmth and international dynamics? Then you will feel right at home with us!**



ALSO INTERESTED?

Also interested in doing a sporty team building with your company next year?
Contact us via this [link](#)!



Fruitsnacks

Fruit your work!

***A healthy energy boost
during Long Course Weekend
and at your workplace!***



Learn more?



www.fruitsnacks.be

Fruitsnacks is also giving all Long Course Weekend volunteers a
fruity energy boost!



FULL-FLAVOURED NON-ALCOHOLIC BEER

Discover our Sportzot!



Hello Champ

ENJOY **25% OFF**
ON ALL PROGRAMS
WITH THE CODE: **LCWBE25**

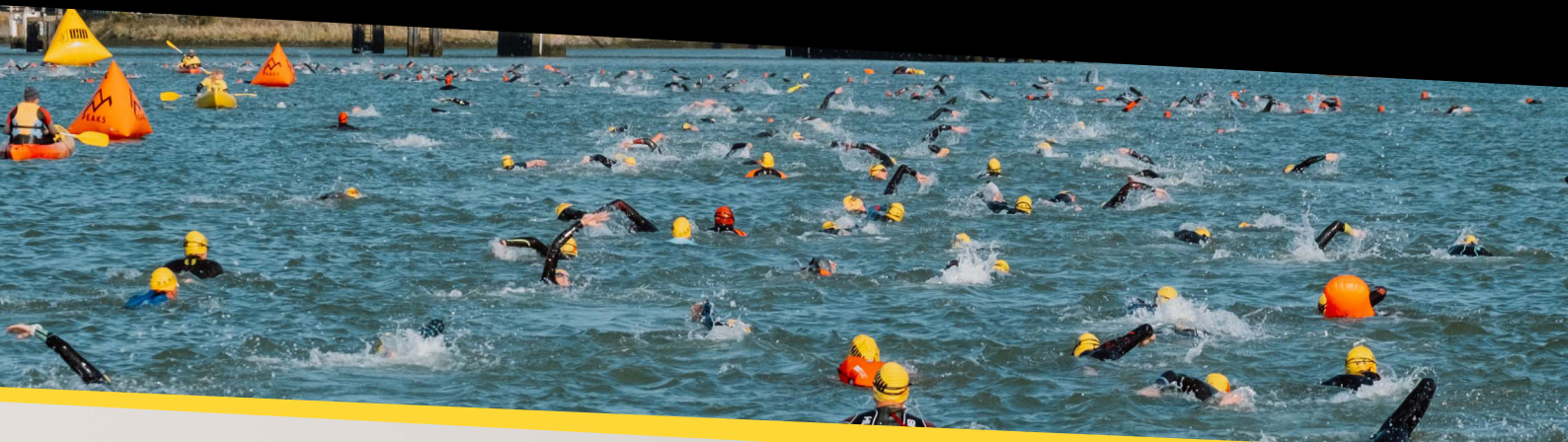


IMPROVE YOUR SPORTS PERFORMANCE
LEARN WHAT, HOW MUCH, AND WHEN TO EAT
DURING EXERCISE WITH STEPHANIE SCHEIRLYNK

**VALID UNTIL 06/10/2025*



6TH EDITION
LONG COURSE WEEKEND
18 - 20 SEPTEMBER 2026



SAVE THE DATE

HAVE A GREAT WEEKEND!

LONG COURSE WEEKEND AND ITS PARTNERS



LONG COURSE WEEKEND BELGIUM IS AN ORGANISATION OF:

