

Singapore Marathon 2026 fuelling: where the gels, bananas and isotonic drinks are, and what to eat before and after

Description

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The BYD Marathon at the Singapore International Marathon on Sunday, 6 December, has 22 aid stations between the F1 Pit Building and the National Stadium, and every one of them has water. Isotonic drinks, sugared drinks, bananas, gels and ice chips are spread across fewer stops, so it helps to know where each one is before the estimated 4.30am flag-off. The organisers say the route is accurate as of 11 November and subject to change.



The BYD Marathon route map for 6 December 2026, accurate as of 11 November 2026 and subject to change. Image: BYD Singapore International Marathon 2026 Runnersâ?? Guide

Where the fuel is on the 42km route

- Isotonic drinks: 5.7km, 11.7km, 17.8km, 25.7km, 29.4km, 34km, 36.2km and 38.2km
- Sugared drinks: 7km, 19.6km, 27km and 36.2km
- Bananas: 12.9km, 22km and 31.8km
- Gels: 15.4km, 23.7km and 36.2km
- Ice chips: 22km and 38.2km

The 36.2km stop, at the junction of Sheares Link and Sheares Avenue, is the only one with water, isotonic drinks, sugared drinks and gels together. Water-only stops sit at 2.3km, 4.6km, 9.4km, 35.3km, 40km and 41km.

DISTANCE	LOCATION	WATER
2.3KM	Bus Stop, Opp Nicoll Highway Station	✓
4.6KM	Bus Stop, OUE Bayfront Collyer Quay	✓
5.7KM	Anson Road, International Plaza	✓
7KM	Bus Stop, Cantonment Station Exit 4	✓
9.4KM	West Coast Highway, After U-turn	✓
11.7KM	Keppel Road, Aft Keppel Station Exit 2	✓
12.9KM	Anson Road, M Hotel Lay By	✓
15.4KM	Bus Stop, Bef Marina Gardens Dr	✓
17.8KM	GBB, Bay East- Lay By Grass Patch	✓
19.6KM	Marina East Drive, Opp Fort Road Carpark	✓
22KM	ECP, Near Road Safety park	✓
23.7KM	ECP, Area C4	✓
25.7KM	ECP Bus Stop, Raintree Cove	✓
27KM	ECP, Carpark C1 (Parkland Green)	✓
29.4KM	ECP Fort Road Exit	✓
31.8KM	Rhu Cross, Under Sheares Bridge	✓
34KM	Marina Barrage, Central Courtyard	✓
35.3KM	GBB, Meadows Carpark	✓
36.2KM	Sheares Link and Sheares Avenue Junction	✓
38.2KM	Republic Avenue, Opp Duck Tour Ramp	✓
40KM	Bus Stop, Natl Stadium	✓
41KM	Bus Stop, Kallang Squash Ctr	✓

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Aid stations on the BYD Marathon course on 6 December 2026. Image: BYD Singapore International Marathon 2026 Runnersâ?? Guide

On the adidas Half Marathon on Saturday, 5 December, all 11 stations have water. Isotonic drinks are at 5.69km, 13.25km and 17.52km, sugared drinks at 7.16km and 15.48km, bananas and gels only at 15.48km, and ice chips at 17.52km.

Before the race

SingHealthâ??s HealthXchange advises carbo-loading for at least three days before a marathon, with rice, pasta, lean meat, starchy vegetables and fruit. The day before, avoid a heavy meal, since overeating can leave you bloated or nauseous on the course.

On race morning, HealthXchange suggests a low-fat, high-carbohydrate, low-fibre meal about three hours before the start, sticking to food you know. Bread or toast, a bagel, peanut butter, pulp-free fruit juice or a sports drink all fit. Drink 500ml to 700ml of fluid about three hours out, then another 300ml to 600ml 15 minutes before the start. Skip deep-fried and fatty food, and dairy if your stomach has reacted to it before. By our count, three hours before the marathonâ??s estimated 4.30am start works out to roughly 1.30am.

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During the race

During the run, HealthXchange recommends 150ml to 250ml of fluid at regular intervals, in small sips. Plain water suits runs under 90 minutes, while sports or isotonic drinks are better over marathon distance. Soda, fruit juice and cordial are best left out, as the sugar can slow digestion and upset your stomach. A runner can lose up to 3kg to 5kg of water in a three-hour marathon. For bars, gels and bananas, small bites while moving work best.



BYD Marathon cut-off points for 6 December 2026, timed from the last runner crossing the start line. Image: BYD Singapore International Marathon 2026 Runnersâ?? Guide

Cut-offs are timed from when the last runner crosses the start line, and shift if the race is delayed: 6.49am at the West Coast Highway U-turn (9.46km), 8.02am at Marina Barrage (16.8km), 9.19am at ECP Carpark D5 (24.6km), 11.05am at the Meadows Carpark (35.2km) and 11.38am at Republic Avenue (38.5km).

Watch the flags

Look out for race condition flags every 7km. Green means normal running conditions. Yellow means proceed with caution because of light drizzle or rising temperatures. Red, marked high risk, means run with care and stay alert to your surroundings as temperatures or rainfall rise, and black means the race is halted until race officials give further instructions, for extreme heat or CAT 1 status. The race-day emergency hotline is 9365 8985 or 8418 3301.

RACE CONDITION INDICATORS

IN THE EVENT THAT CONDITIONS BECOME UNFAVOURABLE DURING THE RACE

Look for these signs every 7km, which will be raised to communicate current conditions.

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PROCEED

Status:
Normal running conditions.

CAUTION

Status:
Normal running conditions.

Runners to

HIGH RISK

Status:
Run with care.

Runners should be more aware

EXTREME

Status:
Race to be halted until further instructions from Race

The race condition flags used across Singapore International Marathon 2026 race weekend, 4 to 6 December. Image: BYD Singapore International Marathon 2026 Runnersâ?? Guide

After the finish

Afterwards, HealthXchange says to rehydrate with sports drinks, ideally isotonic ones, and not to go by thirst alone; a couple of hours after the run, your urine should be almost colourless. Avoid alcohol for 24 hours. Within an hour, have a carbohydrate snack such as a banana sandwich, a red bean bun, an energy bar or peanut butter on a banana. A balanced meal with lean protein, carbohydrate and good fats should follow within two to three hours.

This is general guidance from SingHealth HealthXchange and the race organisers, not personal medical advice. If you have a medical condition or any doubts about your fitness to race, speak to a doctor before race day.

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