Distance Running

Issue 100 · 2019 Edition 2

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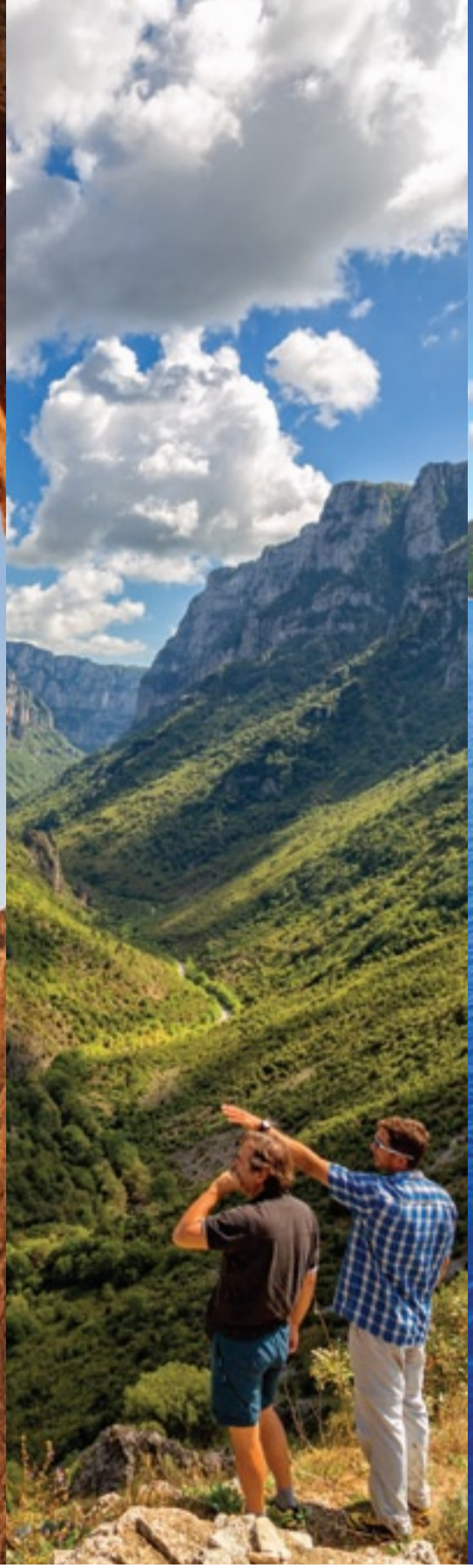

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Contents

Split Half Marathon
Croatia

News

AIMS 5

WMRA 57

IAU 61

Looking ahead

Sunny Siberia 9
Siberian International Marathon, Russia
A warm welcome – and surprisingly warm weather – awaits those who travel to Omsk

Approachable Edmonton 13
Servus Edmonton Marathon, Canada
Run in a friendly Boston qualifier among pristine river vistas

Attractive across the continent 15
Vaal River City Marathon, Republic of South Africa
A fast-growing, jovial and festive race marks the start of spring

Autumn on the Danube 19
Wizz Air Budapest Half Marathon, Hungary
Runners gain a wonderful panorama of Budapest's most prominent sights

One steppe beyond 21
Astana Marathon, Kazakhstan
Follow the Silk Road to Kazakhstan for the fastest marathon in Central Asia

Fun in the forest 23
Halfmarathon Altötting, Germany
Wooded backdrop and historic pilgrimage sites make Halfmarathon Altötting special

Race with a view 27
Porto Half Marathon, Portugal
Run a fast course and discover why Porto is a world heritage site

27

52

20 years of Poznan 29
PKO Poznan Marathon, Poland
"On 14 October the whole city lives the marathon..."

An extra challenge 33
Eilat Full Desert Marathon, Israel
An entire weekend experience in breathtaking desert scenery

Features

Marathon movers
Hiroaki Chosa 35
4th President's crucial contribution made AIMS the global distance running organisation it is today

Opinion
Through our eyes 39
Looking back on 100 issues of *Distance Running*

Partner highlight
Health 41
How AIMS' sports partner tailors running shoes to runners' needs

Marathon greats
Emil Zátopek 52
Triple-gold Olympic champion who helped found Prague Marathon

Regulars

Calendar
Official listings for AIMS events 43

World leading times
The top times for men and women at Marathon, Half Marathon and 10km 64

Race contact details
AIMS member races with full contact details 67

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AIMS Women's Commission

First 'Inspirational Woman Award'

Martha Morales

The AIMS Women's Commission was launched by AIMS Vice President Martha Morales and President Paco Borao on 8 March 2019 to coincide with International Women's Day.

The AIMS Women's Commission aims to improve the participation of women in distance running and empower women through the sport of running. There is currently no formal global women's running movement and while the proportion of women has increased there are still areas of the world where women struggle to participate.

This Commission has been created in support of goal 5 in the United Nation's 2030 Agenda of Sustainable Development: "Achieve gender equality and empower all women and girls."

The Commission has been founded to:

- give women the biggest health platform through the sport of running
- empower women through the sport of running
- improve women's participation in distance running events throughout the world
- create the largest women's world running movement
- be the primary source of information about distance running for women
- link female runners all around the world
- create and action women's social projects

Inspirational Woman Award

Martha Morales commented: "The commission seeks, through the Inspirational Woman award, to highlight and promote inspirational women as ambassadors of health, running and sport to inspire women around the world striving to meet their own goals in sport and in life."

AIMS recognised Helalia Johannes (Namibia), the winner of the 2019 Nagoya Women's Marathon, with its first "Inspirational Woman Award" after her victory on 10 March, just two days after the launch of the AIMS Women's Commission on International Women's Day.

Johannes ran a time of 2:22:25 to win the race and lead 14 other women home in under 2:27. Nagoya Women's Marathon is the world's largest women's marathon, recognised by Guinness World Records, with 20,000 runners.

After her marathon debut in the 2007 Dublin Marathon Johannes ran in the 2008 Beijing Olympic Games and in the 2012 London Olympic Games where she set a personal best time in 12th position of 2:26:09. She won the Commonwealth Games marathon in 2018 and in Nagoya, at the age of 38, improved her personal best by nearly four minutes.

Lifetime Achievement Award

On 10 March 2019 at the Nagoya International Women's Marathon in Japan, AIMS presented Hiroaki Chosa with the 'Lifetime Achievement Award' in recognition of his sustained contribution to the sport of distance running over a period of several decades. Mr Chosa was AIMS' longest serving President, from 1991–2010.

■ *See 'Marathon movers' article on page 35.*

Distance Running

The next edition of *Distance Running* will be published in July 2019. The advertising and editorial deadlines will be on 2 June.

AIMS Headquarters
OACA Olympic Complex
Av Spyros Louis, Athens, Greece
www.aims-worldrunning.org

aimshq@aims-worldrunning.org

Tel: +30 21 0683 2550

EXECUTIVES

PRESIDENT:
Paco Borao (Valencia)
borao@correcaminos.org

PRESIDENT EMERITUS:
Hiroaki Chosa

HONORARY VICE-PRESIDENT:
Carlos Moya

VICE-PRESIDENTS:
Martha Morales (Tangamanga)
maratontangamanga@gmail.com

Dave Cundy (Great Wall)
cundysm@ozemail.com.au

SECRETARY:
Hugh Jones
aimssec@aol.com

TREASURER:
Al Boka
aimstreasurer@aol.com

DIRECTORS:
Gary BE Boshoff
gary8boshoff@gmail.com

Fernando Jamarne (Santiago)
fjamarne@alessandri.cl

Árpád Kocsis (Budapest)
kocsisa@futanet.hu

Rachid Ben Meziane (Marrakech)
info@2cras.com

Tetsuya "Teddy" Okamura (Nagoya)
okamura.chunichi@biz.nifty.jp

Václav Skřivánek (Prague)
Info@runczech.com

AIMS HQ (ATHENS):
Theodosis Livitsanos (Administrator)
aimshq@aims-worldrunning.org

CONSULTANTS:
Frank Baillie (Magazine & Website)
bailliefrank@aol.com

Peter McLean (Press & Public Relations)
peter@prexcellence.com

Horst Milde (AIMS Marathoneum, Berlin)
horst-milde@t-online.de

International Measurement Administrators:

AMERICAS:
Bernie Conway
measurer@rogers.com

ENGLISH-SPEAKING EUROPE & AFRICA:
Hugh Jones
aimssec@aol.com

FRENCH & SPANISH-SPEAKING EUROPE & AFRICA:
Jean Francois Delasalle
jf.delasalle@aliceadsl.fr

ASIA & OCEANIA:
Dave Cundy
cundysm@ozemail.com.au

INTERNATIONAL INSTITUTE FOR RACE MEDICINE:
Chris Troyanos
troyanos@comcast.net

George Chiampas
gchiampas@comcast.net

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AIMS World Record Award

Peres Jepchirchir
Picture: Victah Sailer/PhotoRun

Peres Jepchirchir broke the Half Marathon World Record, setting a time of 1:05:06 at the Ras al Khaimah Half Marathon back on 10 February 2017 but since then took time out to start a family.

She has recently returned to competition. While her record was broken a month later by her compatriot Joyciline Jepkosgei, AIMS has a proud tradition of recognising every world record set at marathon and half marathon distances since 1985.

Haitham Mattar, CEO of the Ras Al Khaimah Tourism Development Authority and Nathan Clayton, Race Director of the Ras al Khaimah Half Marathon presented Peres with her award as part of a pre-race media event in advance of the Ras al Khaimah Half Marathon on 8 February.

The time of 1:05:06 was recognised as the world record by the IAAF (International Association of Athletics Federations) and by AIMS. AIMS set the world record criteria for performances on the road later adopted by the IAAF.

Nathan Clayton commented: "We are very pleased to welcome Peres back to the Ras Al Khaimah Half Marathon where she set the world record. It was a very special moment in the history of our event."

New race members

Since the last edition of *Distance Running* was published the following new members have joined AIMS:

- **Tefilalet 10KM Errachidia** (MAR)
- **Marathon International de Fes** (MAR)
- **Montepio Meia Maratona de Cascais** (POR)
- **Wizz Air Sofia Marathon** (BUL)
- **Cracovia Royal Half Marathon** (POL)
- **Navi Mumbai Half Marathon** (IND)
- **Greifenseelauf Uster** (SUI)
- **Free Movement Palestine Bethlehem Marathon** (PLE)
- **Marathon COMAR de Tunis – Carthage** (TUN)
- **Kingston City Marathon | Half Marathon | 10K and 5K** (JAM)
- **10k Garda Trentino** (ITA)
- **Tainan Historical Capital International Marathon** (TPE)
- **Hengshui Lake International Marathon** (CHN)
- **10km International de Dakhla** (MAR)

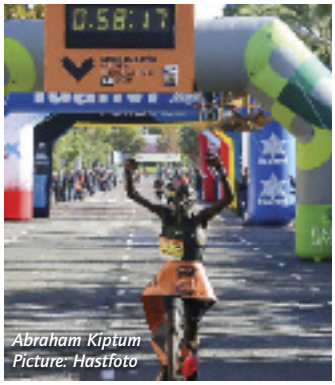
New associates

- **Tunisia Women's Run International Half Marathon** (TUN)

2018: the year of running quickly

At a gala hosted by the Spanish Athletics Federation in Madrid on 16 March the Valencia Marathon and the Valencia Half Marathon were recognised as the best Marathon and the best Half Marathon in Spain in 2018.

AIMS President Paco Borao received the award on behalf of the organising club S D Correcaminos. But it's the half marathon distance that until now has been stealing the headlines in the city. A year ago Netsanet Gudeta (ETH) broke the long-standing (since 2007) 'women only' Half Marathon world record by winning the World Half Marathon Championships, hosted by Valencia, in a time of 1:06:11. A few months earlier Joyciline Jepkosgei had set the 'mixed race' women's world record of 1:04:51 in Valencia. Then in the 2018 race Abraham Kiptum knocked five seconds off the 9-year-old men's world record for the half marathon with 58:18. All three world records at the half marathon distance now belong to Valencia – styled as the 'Ciudad del Running'.



Abraham Kiptum
Picture: Hastfoto

At the Marathon distance Valencia has only now started to post times to rival the fastest marathon venues. Last December's winning times were 2:04:30 and 2:21:14 with six men going under 2:05:30. Compared to the long-established credentials of the Berlin Marathon as the world record marathon course, and the reaffirmation of them last September with Eliud Kipchoge's ground-breaking 2:01:39, Valencia still has a way to go – but it is making up ground fast.

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Siberian International Marathon, Russia

Sunny Siberia

Siberia – for many people a byword for the cold – will surprise you. The Siberian city of Omsk is one of the sunniest cities not only in Russia but comparable to Cyprus, Monaco or Morocco. The sun shines 308 days a year and brings people happiness and joy with its gentle rays.

According to legend the energy centre of the planet lies in the north of the Omsk Region, which the locals call "the navel of the world". An ancient civilization is supposed to have lived here but was destroyed by a global cataclysm.

In 1716, Peter the Great built a military fortification at the confluence of the Siberian rivers Irtysh and Om to start the eventful and rich history of Omsk. In late 1918, during the Civil War, it was declared the capital of Russia by Admiral Alexander Kolchak, the Supreme Commander of the Russian Army. Omsk held most of the gold reserves of the country until early 1920.

This is the land that in 1990 established the Siberian International Marathon (SIM). The race grew rapidly and became an AIMS member the following year. In the mid-90s it became the leader among Russian marathons in terms of the quality of organisation, the number of participants, the prize purse and the performance of the winners. It quickly became another attraction for people from various cities of Russia and the world.

Among those who visited Siberia, Omsk and SIM in those early years were Fred Lebow (founder of the New York City Marathon), Bill Burke (Director of the Los Angeles Marathon) and Hugh Jones (winner of the London Marathon and secretary of AIMS). SIM was later visited by AIMS President Paco Borao and Horst Milde, founder of the Berlin Marathon.

The marathon starts and finishes in the Central Cathedral Square. It passes through the historical part of the city and along the beautiful embankments of the River Irtysh. The course is flat and offers fast running to people seeking to set personal records.

In 2003 Omsk became the only Russian city to have a marathon runner monument at the start and finish of the marathon; the statue of the athlete symbolises the eternal longing for victory. Winners of the SIM are awarded small copies of this monument every year.

In 2010, in celebration of the 2,500th anniversary of the Legend of Marathon, SIM received a deputation from the town of Marathon bearing the Marathon Flame: a symbol of world peace spreading the ideals of the Marathon all around the world. Many famous Omsk athletes

A warm welcome – and surprisingly warm weather – awaits those who travel to Omsk

– Russian, European and Olympic champions – carried the torch through the streets of Omsk.

Omsk is today a million-plus metropolis stretching 40km along the river Irtysh and one of the biggest industrial, scientific, cultural and sports centres of Russia. It has a 300-year history and rich cultural heritage, old architecture, but the most attractive feature of Omsk is the inexhaustible kindness, cordiality and Siberian hospitality of its citizens.

A three-hour flight from Moscow or a two-day train ride on the legendary Trans-Siberian Railway and you will be genially welcomed to the 30th anniversary race on 3 August with an interesting tourist programme – because this weekend is when the city traditionally celebrates its birthday. Coming to Omsk and participating in the SIM guarantees a fascinating experience.

■ **www.runsim.ru**

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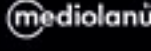

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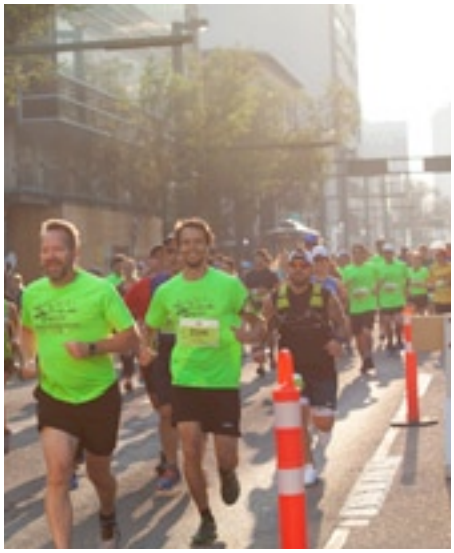
The Servus Edmonton Marathon was named winner of the *Edmonton Journal*'s 2018 Readers' Choice Awards This race is approachable, accessible and fun, with past participants saying it is one of the friendliest Boston qualifiers out there. With designated cheer stations, a spectator-friendly course design and energetic volunteers, runners feel extra motivation to achieve their personal bests. Many first-time marathoners come to Edmonton because the race crew stays at the finish line until the very last runner comes through.

The Servus Edmonton Marathon Weekend offers something for everyone, starting with the ABC Kids Event on Saturday 18 August. Held at Re/Max Field, just a short distance from Race HQ, hundreds of kids and their parents participate in fun athletic activities, then run or walk one kilometre around the ball park. Mascots, face painters, and bouncy castles make this event a great way to spend Saturday afternoon.

Sunday is race day and features the Marathon Walk, Marathon Run, Half Marathon, 5K and the Army 10K Run, which joins together members of Canada's military community with runners from around the world. The race effects a full closure on Jasper Avenue, the historic trade route through downtown Edmonton.

There are a whole host of other activities and special events planned around the Servus Edmonton Marathon Weekend, including the Sports Expo, beer garden, post-race brunch, and the annual Friendship Run with John Stanton, founder of Running Room, Canada's only national running store chain. The event has more than 5000 runners and up to 10,000 spectators and provides exposure to dozens of exhibitors and sponsors.



Edmonton is the fifth largest city in Canada and capital of the province of Alberta. It is the northernmost city in North America with a population of more than one million people. On average Edmonton receives 2,299 hours of bright sunshine per year and is one of Canada's sunniest cities. Situated along pristine river vistas, Edmonton is home to one of the largest urban parks in the world, the North Saskatchewan River Valley, which is 22 times larger than New York's Central Park.

The race is proud to be sponsored by Servus Credit Union, a member-owned financial institution serving members from more than 100 locations in 59 communities.

■ **See: www.edmontonmarathon.ca**

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Attractive across the continent

A fast-growing, jovial and festive race marks the start of spring

On the banks of the Vaal River lies a small city named Vanderbijlpark. It has become the economic hub of the Vaal area where tourism and industry are the economic generators for the small community.

Vanderbijlpark has also become a student community with the North West University Vaal Campus and the Vaal University of Technology based there. These two institutions attract students into higher education from all over South Africa.

The Vaal area is politically significant in the history of South Africa because many of the liberation struggles took place in the adjacent townships (Sharpeville and Boipatong) which make up the city.

The Vaal River City Marathon is held against this background. It grew exponentially from 2200 runners in 2017, its inaugural year, to over 4200 runners in 2018. The event offers distances of 42.2km, 21.1km, 10km and a 5km fun run.

Although held at altitude the Vaal River City Marathon, with its with its flat route meandering through the suburbs of Vanderbijlpark, is one of the fastest in South Africa. It is also the first early-bird qualifier in the region for the scenic Two Oceans Marathon (56km) and the famed and respected Comrades Marathon (89km).

Runners can expect a very well organised race and strong support from the local community along the way who will cheer them on to personal bests and ultra-marathon qualifying times.

Taking place on the first Sunday of September every year, this year it falls on Spring Day, 1st September. Runners can expect a very jovial and festive edition as the race welcomes in the spring season and the start of a new running season.

The Vaal River City Marathon has already attracted international athletes. Last year's race was won by Kenyans Melly Kennedy and

Jennifer Koech, with many more runners from across the African continent making the trip to compete for the attractive prize money on offer.

The Vaal River City Marathon has benefitted from in-kind sponsorship from partners for hydration, apparel and logistics as well as direct financial support from government departments. These partnerships go a long way to ensure that the race organisation is of world class quality, safe and offers a great experience to its runners.

The ultimate objective of the Vaal River City Marathon is to attract runners from all over South Africa, and the African continent, not only to run the race but also to experience the region and all its tourist attractions.

■ **www.vaalrivercitymarathon.com**

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Wizz Air Budapest Half Marathon, Hungary

Runners gain a wonderful panorama of Budapest's most prominent sights

Pictures: Zakany Gergely

Autumn on the Danube

The Wizz Air Budapest Half Marathon offers a grand opening to the autumn running season in Hungary. The sweeping views of the city provide a beautiful backdrop for a run filled with music, smiles and comradeship.

Over 15000 runners take to the streets every year including almost 3000 foreign runners who combine their run with a weekend break in Budapest. After last year's race 93% of them said they would recommend the event to a friend. Here are a few reasons why:

The course: The route of the half marathon passes through the heart of the city. It affords a wonderful panorama of the most prominent sights of Budapest including the Castle Hill, Parliament building, Chain Bridge, and more.

The atmosphere: Musicians of all styles pop up all around the course. At the start live drumming sends runners off on their adventure and over the 21km run runners are cheered on 14 times by folk music, DJs and jazz bands.

The inclusivity: There is a distance for everyone. The Half Marathon Relay for 2 and Half Marathon Relay for 3 provide distances from 5km to 13km. Teams run the same time on the same course as individual runners so that everyone can get a taste of what running a half marathon is like in Budapest. There is also a 2km fun run to allow even the youngest of supporters to experience their running high.

The comradeship: First-time half marathon runners receive a special bib to pin on their back. This allows experienced runners and supporters to give them a special cheer throughout their run.

The memorabilia: For most runners the feeling at the finish line when completing their first half marathon, surpassing their best time, returning to the distance after time out or pushing through a tough race instead of giving up is invaluable and inimitable. Nonetheless, in Budapest everything is done so runners can re-live this moment as often as they would like. At the finish every runner's achievement is crowned by a gorgeous medal being hung around their neck. All participants receive a running shirt which can be worn for training and used as motivation when preparing to their next goal.

The level of organisation: The basic necessities of a worry-free run are carefully managed and well provided for. Timely and satisfying refreshments, medical supervision and a well-marked course are just a few of the essentials at any running event. The Budapest Half Marathon organising team places great importance on delivering the highest quality event down to the smallest detail.. A Facebook overall review score of 4.8 out of 5 and individual reviews are all testimony to that. In 2017 an Austrian runner wrote "Very cool city and the run was top class." and in 2018 a British runner commented: "Amazing! Absolutely amazing! Very well organised, gorgeous views, psyched runners".

The city: The world-wide running boom has coincided with the tourism boom in Budapest and made the Wizz Air Budapest Half Marathon a truly international event. Almost a quarter of the half marathon runners arrive from more than 80 countries. Most visitors come from within Europe but some travel much further. Every year we get participants from New Zealand – geographically the other end of the Earth from Hungary. Other than running, Budapest has a wide range of offerings to make a fully-fledged city getaway out of your trip. An all-time favourite among runner visitors are the thermal baths. Budapest is rich in natural thermal springs which allow runners to soak the strain out of their legs in imposing indoor and outdoor spas, the oldest of which dates back to the 17th century. Or for those who have not taxed themselves to their limits there is the 5km running lap around leafy Margaret Island right in the middle of the city.

The Wizz Air Budapest Half Marathon is part of the 'Run in Budapest' series, which also includes a Spring Half Marathon and the Budapest Marathon – both providing the same quality and atmosphere with different distances.

■ **halfmarathon.runinbudapest.com**

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One steppe beyond

While more famous cities in Asia boast established marathons the Astana Marathon only made its debut in 2015. The Kazakhstan capital is slowly building a reputation as one of the more exciting marathon destinations in the world.

The flat course is a huge bonus for those seeking to beat their personal bests. Following the race route reveals the different stages of Astana's development.

Astana Marathon aims to achieve multiple purposes: as a launch pad for Kazakh runners preparing for the top world marathons and making their mark internationally; as a fundraiser for Kazakhstan's various charities; and as a tool to promote Astana as a new marathon destination and attract tourism into the country.

Marathons used to purely be competitive events; it was all about achieving your best result. But this has shifted towards the social aspect of participation in an event. People are seeking to enrich their running experience – to improve their PB but at the same time explore a city or country that they have never been to before. This is why we think a lesser-known destination like Astana is an appealing choice. When you stumble over an unusual name like Astana (the second coldest capital in the world and right in the heart of the Eurasian land mass) you might consider registering online, booking that ticket, sorting out your accommodation and start finding out about what you can see in Kazakhstan.

In time the city will be able to accommodate up to 40,000 runners from all over the world. Astana Marathon has the potential to boost the city's economy considerably. Visitors can visit Central Asia and learn about the region. The legacy of the Silk Road (trade and travel) continues to bring people closer together. After all, the idea of putting on Marathon in Astana was conceived on the grass of Hyde Park in London in 2018 and now we are attracting an international elite field and have become the fastest Central Asian marathon. People take part in the Astana Marathon with the hope of qualifying for the Boston Marathon. We are blessed with an unusually flat course on wide streets and with fresh air.

Ego plays a huge part in marathon participation so as event organisers we are constantly looking at different ways to enrich the athletes' and spectators' experience. In a way we are providing tools for people to build and enhance their personal brand. The unusual destination and stunning images are important. This means we provide live tracking and live results and present data (scoring, ranking) in imaginative ways.

Few people know what Kazakhstan offers as a tourist destination. Stereotypes leap to mind when people speak about this country. By setting up a series of marathons and other sporting events throughout the country we want to be able to give the world's running community an opportunity to come and see Kazakhstan for themselves. Take one steppe beyond and be part of our exciting journey where Europe and Asia blend both culturally and geographically.

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Halfmarathon Altötting, Germany

Fun in the forest

Wooded backdrop and historic pilgrimage sites make Halfmarathon Altötting special

Altötting is a small Bavarian town of 12,000 inhabitants, located between Munich and Salzburg. It was previously known only for its churches and pilgrimage sites which attract up to a million people each year.

But in September 1992, almost unnoticed, 57 people ran through the nearby forest in the first 'halbmarathon Altötting'. From that small beginning the race has grown into an event which has made the town known to runners all over the world.

In Celtic times Altötting was probably already an important cultural centre and a place of pilgrimage. People have been making pilgrimages to Altötting for around 1200 years.

Even though the Altötting Half Marathon, with 2500–3000 participants, is still small compared to other famous races it is the quality of the race which makes it special.

Major marathon winners – such as Joyce Chepchumba and Irina Mikitenko – have run in Altötting. It wouldn't have been for the money but for the fast course and the personal connections. It is possibly the fastest "nature" course in the world with course records of 1:01:39 for the men and 1:08:38 for the women, despite the forest roads.

Picture: Klaus Vierlinger

The Altötting Half Marathon was established from the outset with the ambition of making it a top-quality international race through the vast (around 65km²) local forest. After nearly three decades there is no doubt that this goal has been achieved.

The roads are paved only for the first 3km and the final 2km. The course is very flat. On hot days the forest shade affords cooler temperatures while on stormy days the trees block the wind.

Altötting half marathon is a 'green-run' – not because it is in the forest but because it offers free transportation to the race from anywhere in the region. Runners from Munich or Salzburg can travel to and from the race free of charge and pick up their registration pack directly at the station. The organisation doesn't use glass bottles or tins; all waste is separated and recycled. All electricity, including for hot water, is completely powered by renewable energy.

Free child care facilities allow both parents to participate in the race. There are the other usual free services offered such as a pasta meal, massage, a secure bag drop and even a free guided city tour – all included in the registration fee. Bands and animation on the course encourage the runners over the first and last kilometre.

Apart from the half marathon there is also a 6km run/walk/skate and a 1.1km AIMS children's run.

Finishers in all distances receive a specially-modelled medal at the finish line. This year the medal is formed as a gingerbread heart ("Altötting – Heart of Bavaria") and includes an USB stick. Participants in the 21.1km and 6km races get a special present like a shirt, towel, waist-bag, backpack – or a real mobile phone.

■ **www.halbmarathon.de**

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Porto Half Marathon, Portugal

Race with a view

Run a fast course and discover why Porto is a world heritage site

Porto Half Marathon has been run annually in the city of Oporto, Portugal since 2007 and hosts thousands of runners from around the world. Apart from the Half Marathon there is also a 6km Mini Marathon with over 11,000 runners.

Porto is one of Europe's oldest tourist destinations. It was proclaimed a World Heritage Site by UNESCO in 1996 and was voted Best European Destination in 2012, 2014 and 2017. Its cultural, architectural and artistic wealth, its port wine and gastronomy, outdoor leisure areas and cultural life are just some of the reasons to visit.

With breath-taking scenery along the banks of the Douro River the race offers a flat and fast course which passes through the two neighbouring cities of Porto and Vila Nova de Gaia. The Porto Half Marathon course showcases the area at its best, passing through the historic city centre, Ribeira do Porto, crossing the D. Luís bridge and going past the famous wine cellars of Porto.

This stunning course attracts thousands of athletes each year, among whom rank some major figures of world athletics. Samuel Wanjiru won the Porto Half Marathon less than a month after breaking the Olympic record in the 2008 Beijing Olympic Marathon. Multiple world half marathon champion Zersenay Tadese presented himself in Porto for the 2011 race. Haile Gebrselassie managed to beat the Kenyan peloton in 2009 when winning the race with 1:00:04. Multiple world cross-country champion Paul Tergat made his debut in the first edition three years after setting a Marathon world record.

Porto Half Marathon's course gives all runners the chance to break personal best times. Besides the joy and cheering of the spectators, the food and water points and live musical animation throughout the course provides runners with high quality service and a unique experience.

There is an alternative for those not yet ready to compete at the half marathon distance. The 6km Mini Marathon allows participants to spend a beautiful morning with family and friends.

The Porto Half Marathon is increasing its international participation with runners coming from more than 50 countries on five continents. Last year foreign runners made up more than a sixth of the field.

For runners who do not stay in the city long enough to get to know its most beautiful nooks and crannies we suggest using the race to appreciate the best that the region has to offer. The half marathon course unites the two neighbouring municipalities and takes place mainly along the banks of the Douro river.

Come run the 13th Porto Half Marathon and enjoy this amazing city.

■ **www.meiamaratonadoporto.com**

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PKO Poznań Marathon, Poland

20 years of Poznań

Pictures: Adam Ciereszko

With 6000 runners and wheelchair competitors PKO Poznań Marathon is one of the largest marathons in Poland and it is expected to be more popular than ever, with both local and foreign athletes, for the 20th anniversary edition.

Poznań, in the western part of the country about 260km from Berlin, is the fifth largest city in Poland.

First run in 2000, this year's race is the 10th since the passing of Maciej Frankiewicz – Poznań Marathon's patron and former city deputy. It is also the 100th anniversary of Poznań university and the 100th anniversary of the title sponsor PKO Bank Polski.

The route leads you through the most interesting corners of the city close to the centre and includes pleasant stretches through the city's parks. It has long straight sections, a good surface and thousands of supporters along its entire length shouting and supporting tired marathoners. There are refreshment points every 5km which offer fruit, sugar, chocolate, isotonics and water. Group pacers help steer you to target times of your choice from 3–5 hours and every 15-minute intervals between.

"On 14 October the whole city lives the marathon..."

There are cash prizes from first to sixth place ($5400–$800) and course record bonuses of $2700 for breaking 2:31:55 (women) and 2:11:45 (men).

The registration pack includes a special ecological bag and a running gadget, bib number with safety pins, timing chip, high-quality technical t-shirt, a non-alcoholic beer and other products from sponsors. The t-shirt from 2017 scooped the top award at the AIMS Congress in Tallinn. A special jubilee medal awaits runners at the finish line followed by fruits, chocolate, isotonics, water, beer, tea and a pasta party. On 14 October the whole city lives the marathon, so you will need more time if you want to see the rest of the city's attractions like Lake Malta with its sports infrastructure or the beautiful lively Old Market Square with its colourful façades.

The race office at the Poznań International Fair is open on 18–19 October from 10.00–20.00 for you to pick up your start package. The start and finish are in the same place and the race expo is held just alongside.

Contact us at: info@marathon.poznan.pl or on facebook Poznań Marathon. Enter through the website www.marathon.poznan.pl

Registration fees are $32 until 30 April but then go up in stages every few weeks. Entering at the expo itself is $60.

■ **www.marathon.poznan.pl**

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An extra challenge

An entire weekend experience in breathtaking desert scenery

Picture: Ronen Topelberg

At the southernmost tip of Israel 3000 runners, along with spectators and family members, celebrated the last event of the country's 2018 running calendar.

At first light the brownish-red Edom Mountains and the clear blue of the Red Sea are breath-taking. The weather is perfect: bright, cool and crisp. Excitement fills the air as runners talk, joke and get into their zone after long months of preparation.

400 runners from Israel and 30 other countries from around the world ready themselves for the challenge of 42.2 kilometres of trails: hours of ups and downs, sand, stones and sun – but also incredible desert scenery and the tranquility of the wide-open wilderness.

The race gets under way at 06.00. During the next hour and a half more and more eager runners dash off into the desert on a 10km course, a 5km and finally on the 21.1km half marathon.

The Desert Marathon is an entire weekend experience. The programme begins on Thursday and includes a family fun run, a festive parade with flags held proud by international participants and a pre-run pasta dinner. It continues with a lively Friday night after-party and various activities to soothe body and soul on the Saturday after the race.

Initiated by Marathon Israel – the leading provider in producing unique 'full experience' running events throughout the country – the Desert Marathon started out as a Half Marathon eight years ago but due to popular demand was extended to include a full marathon two years later. Many Israeli runners, who have discovered the beauty of trail running as a substitute to asphalt, return to Eilat year after year. The desert terrain and the hilly course add an extra challenge which seems to add to the race's popularity. Race promoter Ofer Padan observes that: "the thousands of runners from Israel and abroad who come to Eilat prove that runners will make an effort when you offer an unforgettable running experience and unique content."

The Mayor of Eilat, Meir Yitzhak Halevy, who participated in the 5km race, added: "I am excited to see the large number of runners and their families who have come to Eilat. Without doubt this is one of the most successful events the city has ever known."

The winners of the full marathon were the German runner Sami David (2:44) and Poland's Carolina Wisniewska (3:18) but the greatest excitement greeted local Eilat runner Shalom Azulai's achievement in the half marathon as he broke the course record for the second year in a row, finishing with a time of 1:21. Antonina Reznikov won the women's race in 1:26.

A marathon event is a great way to get to know a city, especially one as compact as Eilat. Throughout the year Eilat is a magnet for tourism thanks to its great weather, lovely beaches, water- and land-based activities, shopping, entertainment, restaurants, pubs and much more. Just a 3–4 hour flight from Europe, Eilat offers an attractive atmosphere – especially in the middle of of a European winter.

■ **www.desertrun.co.il**

Picture: Tomer Feder

Picture: Ronen Topelberg

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Hiroaki Chosa (centre) on his way to victory in the 1953 National Championships in Athletics

Mr Hiroaki Chosa was AIMS' longest-serving President, from 1991 until 2010, during which time he established the financial security of the Association and presided over a fourfold rise in membership from 74 to 301.

Mr Chosa's consistent attendance and participation at exploratory meetings before the foundation of AIMS, and during the period of consolidation that followed, helped to make AIMS a truly global organisation from the start. He was elected to the Board at the first AIMS World Congress, held in London in May 1982, to represent the prestigious Fukuoka International Marathon. In practice he brought the full weight and authority of the Japan Association of Athletics Federations (JAAF) to bear in support of the road running movement when it was in its infancy.

Although Mr Chosa was a middle-distance runner, winning the 800m and 1500m titles at the 1953 Japan National Championships in Athletics, the Marathon had for decades been a Japanese passion.

Born on 7 June 1930 in Kagawa Prefecture Mr Chosa graduated from Tokyo University of Education and began a successful career as coach of Juntendo University Athletic Club. He trained some of Japan's leading athletes including national record holder in the long jump Hiroomi Yamada, who competed in both the Tokyo and Mexico City Olympic Games, and Keisuke Sawaki who competed in the Mexico and Munich Olympics at 5000m and 10000m.

He also trained Yoshio Koide as coach of the marathon and middle distances whose athletes included silver and bronze Olympic medallist Yuko Arimori and Olympic Marathon Champion Naoko Takahashi – who became the first woman to run faster than 2 hours 20 minutes in the 2001 Berlin Marathon.

Mr Chosa himself attended the Olympic Games in Munich (1972) and Montreal (1976) as Japan's Athletics Coach and the 1988 Olympic Games in Seoul as Deputy Chief of the Japan Delegation.

Mr Chosa became senior managing director of JAAF in 1979 and Vice President in 1992. He was instrumental in launching the Tokyo International Women's Marathon, which influenced the adoption of the women's marathon as an Olympic event in 1984. He also promoted the Inter-Prefectural Women's Ekiden, which helped the development of female long-distance runners in Japan.

Mr Chosa assumed the AIMS presidency in 1991. Over the next 20 years he played a central role in the global running movement. Under his leadership AIMS benefitted from his recruitment of several Japanese sponsors including ASICS. This partnership was cemented by the synergy of Mr Chosa's relationship with ASICS' marketing executive Yutaka Sasai. Working with another long-time colleague of Mr Chosa's, Jiro Hashimoto, who heads the current AIMS sponsor Runnet Global, Yutaka Sasai continues to assist AIMS in the mission to promote distance running throughout the world.

4th President's crucial contribution made AIMS the global distance running organisation it is today

On becoming AIMS President Mr Chosa was instrumental in launching the new-look AIMS magazine *Distance Running* as the Association's major marketing tool in promoting members and sponsors alike – which next month celebrates its 100th edition. In his position of JAAF representative to the International Association of Athletics Federations and a member of the IAAF Cross Country and Road Running Committee he showed the value of road running events to the IAAF whose focus up until then had been overwhelmingly on stadium events.

Mr Chosa masterminded the organisation of the AIMS New Year Fun Run Series in in Sydney, Tokyo, Bangkok, Cape Town, Paris, Rio de Janeiro, New York and Honolulu on New Year's Eve in 1998 and 1999. The series raised donations for Unicef and demonstrated the power of road races in raising support for social and charitable causes.

Using his position as a Vice-President Mr Chosa helped to convince the IAAF that the highly practical "calibrated bicycle" method of measuring distance races would generate accurate courses. As a result the IAAF Congress eventually approved "world record" status for road races in 2003. This was far more powerful than the previous "world best" terminology and helped raise public awareness of the sport of distance running. He continued to promote a more friendly environment for distance races as a member of the IAAF Road Running Commission from 2006–2010.

Despite his Herculean work ethic it was not all work and no play. Mr Chosa invariably brought his golf clubs to every AIMS Board meeting and Congress, usually inviting fellow AIMS golf enthusiasts Frank Baillie and Yutaka Sasai to play – including a memorable game in Buenos Aires and a pilgrimage to the 'Home of Golf' The Royal and Ancient Golf Club of St Andrews in Scotland while attending an AIMS Board meeting in Edinburgh.

At the 18th World Congress of AIMS held in Athens in 2010 and coinciding with the 2500th anniversary of the Battle of Marathon Mr Chosa passed the baton as AIMS President to Paco Borao, with whom he had worked together on the AIMS Board for the previous 14 years.

Extending beyond his retirement Mr Chosa held honorary positions as advisor to the Tokyo Marathon and as President Emeritus of AIMS. IAAF awarded him the Silver Order of Merit in 2010. In March 2019 AIMS presented him with the 'Lifetime Achievement Award' in recognition of his sustained contribution to the sport of distance running over a period of several decades.

With AIMS President Paco Borao and Jiro Hashimoto

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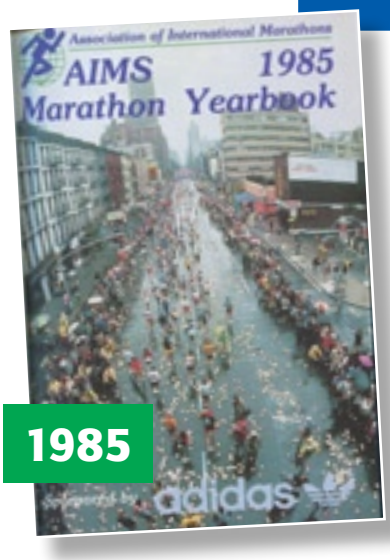
Through our eyes

Looking back on 100 issues of *Distance Running*

by Hugh Jones



1985

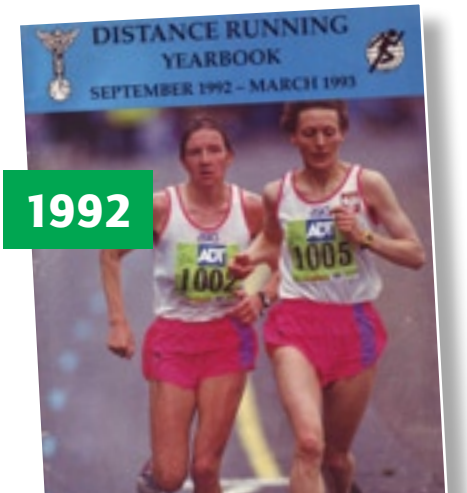
This edition of *Distance Running* carries the number 100 on the cover. Currently appearing quarterly this would imply coverage of the world of distance running for the last 25 years. But *Distance Running* has been published quarterly only since 2006 and started out looking very different when it first appeared as the 'Marathon Yearbook' 34 years ago.

AIMS was founded in 1982 by 28 marathon organisers from countries all around the world. That year Alberto Salazar beat Dick Beardsley to win the Boston Marathon in 2:08:52. Largest marathons in the world were London with 15,116 runners and New York with 13,599. The fastest women's time was 2:26:12 by Joan Benoit (later Samuelson) at Eugene. Rosa Mota won the first ever women's marathon at the European Championships over the classic course from Marathon to Athens.

In 1985, when membership still stood at less than 50 races AIMS started to produce a publication which was at first called the "Marathon Yearbook" in black and white A5 format with a colour cover.

Largest marathons in the world were New York with 15,881 and London with 15.441. Fastest times were a new world record 2:07:12 by Carlos Lopes in Rotterdam and 2:21:06 by Ingrid Kristiansen in the London Marathon – which lasted 13 years.

In 1987 the name was changed to the "AIMS Yearbook" after membership was extended to distance races other than marathons at the 1986 World Congress of AIMS. From 1990 this 'Yearbook' was rolled forward by six months at a time with two editions a year.



1992

New York and London were alternating as the world's largest marathon with New York at 25797 runners in 1991 to London's 23393. Koichi Morishita ran the fastest men's time at the Beppu Marathon and Wanda Panfil topped the women's list with 2:24:18 in the Boston Marathon.

In September 1992 the title was again changed to "Distance Running" and it went to A4 format. Each edition was 68 pages mainly in black and white. The larger format made it look like a regular magazine for the mass market and it did become more widely circulated to runners through AIMS member races – now numbering around 80 – rather than just to the race organisations.

2002

Runners would find a copy in their finisher's bag after completing an AIMS member race or pick up a copy at the race expo beforehand – it was up to the race organisers whether to place a bulk order at the time of their race and they could distribute it in whatever way they thought appropriate.

The magazine stayed this way until edition 1 of 2001 when it went to three editions per year and was printed in full colour throughout. AIMS membership was 158 and embarked on a sustained surge which has continued to date almost unchecked.

In 2002 the London Marathon was the largest of the year with 32,889 runners. New York was surprisingly close with 31,834 after the dip to about 24,000 in the immediate aftermath of the 9/11 tragedy in 2001. Khalid Khannouchi set a new world record of 2:05:38 in London while Paula Radcliffe debuted there with 2:18:56 – which she improved to 2:17:18 in Chicago six months later.

Distance Running was from its inception seen as the main platform for AIMS to promote its members and as membership continued to build – reaching 225 in 2005 – the magazine was made quarterly. Year by year each of the four editions gradually increased in number of pages to accommodate the increased membership.

2009

By 2009 the New York Marathon had established itself as unquestionably the world's largest marathon with 43,633 finishers – well ahead of London's 35,251. Fastest times of the year were 2:04:27 run by Duncan Kibet in Rotterdam and 2:22:11 by Irina Mikitenko in London.

Membership numbers crept inexorably upward, reaching 300 in 2010 and 400 in 2015. In 2012 *Distance Running* changed from stapling the pages to using a 'perfect' binding. It first went online late in 2010 on a specifically dedicated *Distance Running* website. This was eventually merged into the AIMS site in 2017.

2019

Despite its radical transformation in terms of size, frequency of publication and quality of production *Distance Running* remains true to its essential nature – a distance running yearbook that is rolled forward every three months. 400,000 copies are circulated annually with a readership of 1.2 million in 126 countries worldwide.

It contains the basics on AIMS member events (contact details and race dates) wrapped around with news items, race previews and ads presented in the most eye-catching style. Opening up this 100th edition you would have been hit by a riot of colour on every page as if testifying to the vitality of the running movement, AIMS and its members.

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Health

How AIMS' sports partner tailors running shoes to runners' needs

The HEALTH company was founded in 1984 and dedicated to designing professional sports equipment for champions.

HEALTH is the official sports partner and the exclusive official shoe brand of AIMS. The company produces special sports shoes for the IAAF regional development centre in Beijing and is the official partner of many marathon races both in China and in other countries around the world. HEALTH creates a high-end brand to cater for the world's sports enthusiasts – in fact for the world's health.

With such a fast pace to the development of science and technology the HEALTH Running Mechanics Laboratory continuously develops new products. According to ergonomics and foot acupoint reflection technology products can increasingly be made more suitable for walking, running and marathon competition. Each pair of HEALTH shoes has been hand-built by the company's staff who have been engineering them for more than ten years, ensuring that each pair is imprinted with it the HEALTH gene. Let countless champions put on HEALTH shoes and bring glory to world sport.

Advantages

1. Good grip increases friction and improves results.

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3. Light footwear feels more comfortable.

4. Science is what underlies kinematics.

5. Comparability between independently developed products.

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2. Filtering out more bumps, H-WAVE makes running more comfortable for beginner runners by absorbing more of the impact of the road on their feet, knees and ankles.

KM RUN technology is mainly used in shorter distance running – up to one kilometre for example – providing for more effective sole grip. It is also used in the marathon field to provide greater protection for junior runners who are only beginning to acclimatise to the marathon event.

POWERMAX technology, equipped with an all-new functional outsole, increases the resilience of the cushioning layer and allows for the accumulation of more power in pushing off from the foot.

360°AIRFREE – Vamp ventilation technology allows faster dissipation of heat from the foot, allowing the foot to remain dry.

HEALTH's mission underlies all the various technologies: to make exercise a pleasure.

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34th Wizz Air Budapest HALF MARATHON September 8, 2019
34th Telekom Vivicitta Spring HALF MARATHON April, 2020
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Calendar

AIMS member events for the forthcoming 12 months
April 2019 – March 2020

For the latest dates visit aims-worldrunning.org/calendar.html

April 2019

7	Semi Marathon Int'l de Sfax	TUN H	82
7	Generali Berlin Half Marathon	GER H	70
7	ČSOB Bratislava Marathon	SVK M,H,R	80
7	Daegu Int'l Marathon	KOR M	76
7	Dogi's Half Marathon	ITA H	74
7	HAJ Hannover Marathon	GER M,H,R	74
7	Vodafone İstanbul Half Marathon	TUR H	66
7	Nova Poshta Kyiv Half Marathon	UKR H,R	82
7	Movistar Medio Maratón de Madrid	ESP H	80
7	Mangyongdae Prize Int'l Marathon	PRK M,H,R	70
7	Generali Milano Marathon	ITA M	74
7	Rio City Half Marathon	BRA H	67
7	Maratona di Roma	ITA M	76
7	NN Marathon Rotterdam	NED M	78
7	Santiago Marathon	CHI M	67
7	São Paulo Marathon	BRA M,R	67
7	Vienna City Marathon	AUT M,H,R	67
9	North Pole Marathon	NPO M Course not measurable to AIMS standards	78
9	Tunisia Women's Run Int'l Half	TUN H,R	82
12	LG Dead Sea Ultra Marathon	JOR U,H,R	76
13-14	Australian Running Festival presented by TCS	AUS M,H,R,U	67
13	Pardubice Wine Half Marathon	CZE H	70
14	Int'l Marathon Alexander the Great	GRE M,R	74
14	32nd Belgrade Marathon	SRB M	80
14	34th Telekom Vivicittá Spring Half Marathon	HUN H,R	74
14	Maraton Cartago	CRC M	70
14	Maratón "Las Batallas de Celaya"	MEX M,H,R	78
14	Wizz Air Cluj-Napoca Marathon	ROU M,H,R	80
14	Enschede Marathon	NED M	78
14	United Airlines Guam Marathon	GUM M,H,R	74
14	NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K	ITA H,R	16
14	Schneider Electric Marathon de Paris	FRA M	70
14	12th PKO Poznań Half Marathon	POL H	78
14	Rhodes Marathon	GRE M,R	74
14	ORLEN Warsaw Marathon	POL M,R	78
14	Taishin Women Run Taipei	TPE H,R	17
15	B.A.A. Boston Marathon	USA M	82
20	The Great Batumi Night Race	GEO H	70
20	Dushanbe International Half Marathon	TJK H	80
20	Old Mutual Two Oceans Marathon	RSA U	80
20	Yellow River Estuary Int'l Marathon	CHN M,H,R	70
21	Almaty Marathon	KAZ M,H,R	76
21	Crete Marathon	GRE M,R	74
21	Nagano Marathon	JPN M	76
27	Fjordkraft Bergen City Marathon	NOR M,H,R	14
27-28	Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)	CRO H,R	70
27	EDP Rock 'n' Roll Madrid Maratón & 1/2	ESP M,H	80
28	AG Antwerp Marathon	BEL M	67
28	Big Sur Int'l Marathon	USA M,H	82
28	Borneo Marathon	MAS M,H,R	76
28	Cracovia Marathon	POL M	78
28	METRO Marathon Düsseldorf	GER M	74
28	Gifu Half Marathon	JPN H	76
28	Haspa Marathon Hamburg	GER M	74
28	Maratón Internacional de Mendoza	ARG M,H,R	67
28	Maratón de Montevideo	URU M,H	82
28	Padova Marathon	ITA M	76
28	Zürich Marathon	SUI M	80
tbc	CAF Caracas Maratón	VEN M	82
tbc	Gunsan Saemangeum Int'l Marathon, 10km & 5km	KOR M,R	76

May 2019

4	Wizz Air Skopje Marathon	MKD M,H,R	70
5	Deep RiverRock Belfast City Marathon	GBR M	74
5	PKO Bialystok Halfmarathon	POL H	78
5	Kazan Marathon	RUS M,H,R	80
5	Lisbon Eco Marathon	POR M,H,R Course not measurable to AIMS standards	78
5-6	Milton Keynes Marathon & Half	GBR M,H,R	74
5	Volkswagen Prague Marathon	CZE M	70
5	Toronto Marathon	CAN M	67
5	Trieste Running Festival	ITA H	76
5	Rosa Run Half Marathon 777	RUS H,R	80
11-12	Harmony Genève Marathon for Unicef	SUI M,H,R	24
12	Banja Luka Half Marathon	BIH H	14
12	Volkswagen Bucharest Half Marathon	ROU H,R	18
12	Diacore Gaborone Marathon	BOT M,H,R	67
12	Dalian Int'l Marathon	CHN M	67
18	Göteborgsvarvet Half Marathon	SWE H	80
18	The Great Wall Marathon	CHN M Course not measurable to AIMS standards	67
18	Helsinki City Marathon	FIN M,H,R	70
18	Three Hearts Marathon	SLO M,H,R	80
19	Int'l Asunción Half Marathon	PAR H	78
19	TCS World 10K Bengaluru	IND R	22
19	Telenor Copenhagen Marathon	DEN M	20
19	Leiden Marathon	NED M,H,R	78
19	Marathon Life Lima42k	PER M,H,R	24
19	Moscow Half Marathon	RUS H,R	80
19	Tet Riga Marathon	LAT M,H	76
19	Salzburg Marathon	AUT M,H,R	67
19	Maraton y Medio Maraton Municipalidad de San José	CRC M,H	70
25-26	Brasov Int'l Marathon	ROU M,H,R	80
25	Moonlight Half Marathon	ITA H	24
25	Okpekpe Int'l 10km Road Race	NGR R	78
25-26	Scotiabank Ottawa Marathon and Ottawa 10K	CAN M,R	67
26	ASICS Austrian Women's Run	AUT R	67
26	Scotiabank Calgary Marathon	CAN M	67
26	Thunder Dragon Marathon	BHU M,H Course not measurable to AIMS standards	67
26	iWelt Marathon Wuerzburg	GER M	24
26	Adelaide Marathon Festival	AUS M,H,R	67
tbc	RAHAL Mémorial Casablanca	MAR R	78
tbc	Erzurum Half Marathon	TUR H	82

June 2019

1	ASICS Stockholm Marathon	SWE M	25
2	KLM Aruba Marathon	ARU M,H,R	67
2	Brisbane Marathon Festival	AUS M,H,R	26
2	Cork City Marathon	IRL M	74
2	Lanzhou Int'l Marathon	CHN M,H,R	28
2	Quito Últimas Noticias 15k	ECU R predicted date	70
2	Atlantic Airways Tórshavn Marathon	FRO M,H,R	70
8	Helsinki Half Marathon	FIN H,R	70
8-9	Laguna Phuket Marathon	THA M	80
8	Madagascar Marathon & Half	MAD M,H Course not measurable to AIMS standards	28
9	Comrades Marathon	RSA U	80
9	Citadele Kaunas Marathon	LTU M,H,R	76
9	Yarche Tomsk International Marathon	RUS M,H	80
9	21k Coahuila	MEX H	78
10	Gatorade Caracas Rock 10K	VEN R	82
15	PKO Wroclaw Night Half Marathon	POL H	78
16	Kigali International Peace Marathon	RWA M,H	80

Continued on page 45

Key

M Marathon H Half Marathon
R Road Race U Ultradistance

AIMS Events are highlighted in red

IMPORTANT: At the time of publication, the above dates were believed correct, however, runners should confirm directly with race organisers prior to booking arrangements.

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Continued from page 43

16 Phnom Penh Half Marathon
CAM H,R **30**

16 Goodlife Rottnest Running Festival
AUS M,H,R **28**

16 Telesia City Trophy Int'l Road Race 10k
ITA R **76**

20 Suzuki Midnight Sun Run
ISL H,R **74**

22 The Big Five Marathon
RSA M,H **80**

22 Midnight Sun Marathon
NOR M,H **31**

22 Waterford Viking Marathon
IRL M,H,R **74**

23 Rio de Janeiro City Marathon
BRA M **67**

23 JCP Swansea Half Marathon
GBR H **32**

23 Tarblazer 42.2
IND M,H,R **74**

29 Hvar Half Marathon
CRO H **30**

30 hella hamburg halbmarathon
GER H **30**

30 Lake Saroma 100km Ultra Marathon
JPN U **76**

30 BMW Tangamanga Int'l Marathon
MEX M **78**

30 White Nights Marathon
RUS M **80**

30 Gatorade Panama Int'l Half Marathon
PAN H **78**

July 2019

6-7 Gold Coast Marathon
AUS M **67**

6 Gornergrat Zermatt Marathon
SUI U,M,H **80**

7 Correcaminos Half Marathon and 10k
CRC H,R **70**

7 Econet Victoria Falls Marathon
ZIM M **82**

14 Mauritius Marathon
MRI M,H,R **76**

20-28 Swissalpine Irontrail
SUI U Course not measurable to AIMS standards **80**

21 Golden Ring Ultra Trail 100
RUS U,R Course not measurable to AIMS standards **31**

27 Australian Outback Marathon
AUS M Course not measurable to AIMS standards **67**

27 Island Chill Suva Marathon
FIJ M,H,R **34**

28 Media Maratón Int'l de Bogotá
COL H **70**

28 Sao Paulo City Marathon
BRA M **67**

28 Westlink M7 Blacktown Running Festival
AUS M **67**

August 2019

3 Siberian Int'l Marathon
See race preview on page 9
RUS M,H,R **80**

4 The Khmer Empire Marathon
CAM M,H,R **30**

4 SPB Half Marathon. The Northern Capital
RUS H,R **80**

4 7 Sunshine Coast Marathon
AUS M,H,R **67**

4 McDonald's Townsville Running Festival
AUS M,H,R **67**

11 Manulife Danang Int'l Marathon
VIE M,H,R **31**

11 10km Int'l de Dakhla
MAR R **78**

17 Paavo Nurmi Marathon
FIN M **70**

18 Servus Edmonton Marathon
See race preview on page 13
CAN M **67**

18 Kuching Marathon
MAS M,H,R **34**

18 Rio Half Marathon
BRA H **34**

19 Barossa Marathon Festival
AUS M,H,R **67**

24 Helsinki Marathon
FIN M,R **70**

24 Islandsbanki Reykjavik Marathon
ISL M,H **74**

25 Maratón Int'l Asunción
PAR M,H,R **36**

25 Bangkok Midnight Marathon
THA M,H,R **80**

25 Hokkaido Marathon
JPN M **76**

25 Longford Marathon
IRL M **74**

25 Mandela Day Marathon
RSA M,H,R predicted date **80**

30-1 Knarvikmila – The Great Fjord Run
NOR H **78**

31 La Ruta de las Iglesias
ECU R **36**

31 Stavanger Marathon
NOR M,H,R **36**

tbc Maratón de la Ciudad de México Telcel
MEX M **78**

September 2019

1 Medio Maratón Atlas de Guadalajara
MEX H **78**

1 Vaal River City Marathon
See race preview on page 15
RSA M,H,R **80**

6-8 Ladakh Marathon & Ultra
IND M,H,R,U **74**

6-8 Tallinna Maraton, Half & 10k
EST M,H,R **37**

7 Jungfrau-Marathon
SUI M Course not measurable to AIMS standards **80**

7 Petra Desert Marathon
JOR M,H **76**

7 Stockholm Half Marathon
SWE H **80**

8 Astana Marathon
See race preview on page 21
KAZ M,R **76**

8 34th Wizz Air Budapest Half Marathon
See race preview on page 19
HUN H **42**

8 Peru Runners – Lima Half Marathon
PER H,R **78**

8 Maratón Medellín
COL M,H,R **44**

8 Volksbank-Münster-Marathon
GER M **42**

8 Pila Int'l Half Marathon
POL H **36**

8 Danske Bank Vilnius Marathon
LTU M,H **76**

9 Maybank Bali Marathon
INA M,H,R **74**

13 Dhiraagu Maldives Road Race
MDV R **46**

14 Flamingo Beach Marathon
CRC M,H,R **46**

15 Halfmarathon Altötting
See race preview on page 23
GER H,R **70**

15 Sanlam Cape Town Marathon
RSA M **80**

15 Copenhagen Half Marathon
DEN H **38**

15 Minsk Half Marathon
BLR H,R **42**

15 Sarajevo Sberbank Half Marathon
BIH H **67**

15 Blackmores Sydney Running Festival (incl. Sydney Marathon)
AUS M **67**

15 37th PKO Wroclaw Maraton
POL M **46**

21-22 Dam tot Damloop
NED R **78**

21 Greifenseelauf Uster
SUI H,R **80**

21 Mykonos Run
GRE R **74**

21 BMW Oslo Marathon
NOR M,H,R **78**

22 Buenos Aires Int'l Marathon
ARG M **67**

22 Maratón León
MEX M,H,R **78**

22 Absolute Moscow Marathon
RUS M,R **80**

22 Porto Half Marathon
See race preview on page 27
POR H **40**

22 PNB MetLife Satara Hill Half Marathon
IND H,R **74**

22 Ston Wall Marathon
CRO M,R **48**

22 Maratonina Città di Udine
ITA H **76**

22 Tlajomulco Half Marathon
MEX H **78**

28 Hengshui Lake Int'l Marathon
CHN M,H,R **28**

28 Losinjski Half Marathon
CRO H **70**

28 Galaxy Vladivostok Marathon
RUS M,H,R **80**

29 H.C. Andersen Marathon
DEN M **46**

29 BMW Berlin-Marathon
GER M **70**

29 34th SPAR Budapest Marathon Festival
HUN M **42**

29 Chisinau Int'l Marathon
MDA M,H,R **78**

29 Standard Chartered KL Marathon
MAS M,H,R **76**

29 ING Route du Vin Half Marathon
LUX H **76**

29 22nd Int'l WACHAUmarathon
AUT M **67**

29 41st PZU Warsaw Marathon
POL M,R **78**

29 HeidelbergCement TbilisiHalfMarathon
GEO H,R **70**

30 IDBI Federal Life Insurance Mumbai Half Marathon
IND H,R **74**

tbc Beijing Marathon
CHN M,H **67**

October 2019

5 Tartu City Marathon
EST M,H,R **48**

6 3 Country Sparkasse Marathon
AUT M,H **67**

6 Brussels Airport Marathon & Half Marathon
BEL M,H **67**

6 Cardiff Half Marathon
GBR H **74**

6 Marathon Int'l de Casablanca
MAR M **50**

6 LSR Colombo Marathon
SRI M **80**

6 Guayaquil Marathon
ECU M predicted date **70**

6 Košice Peace Marathon
SVK M **51**

6 Wizz Air Kyiv City Marathon
UKR M,H,R **82**

6 Baxters Loch Ness Marathon & Festival of Running
GBR M **48**

6 20km & 10km Int'l de Marrakech
MAR R **78**

6 Silesia Marathon
POL M,H,R **50**

6 Telesia Half Marathon
ITA H **76**

6 Trento Half Marathon
ITA H **76**

11 Samsung Amman Int'l Marathon
JOR M,H,R **76**

11 Semi Marathon Int'l de la Ville de Béjaia
ALG H **67**

13 Raiffeisen Bank Bucharest Marathon
ROU M,H **80**

13 Bank of America Chicago Marathon
USA M **82**

13 23rd RheinEnergieMarathon Cologne
GER M,H **70**

13 6th Cracovia Royal Half Marathon
POL H **78**

13 Marathon Eindhoven
NED M **78**

13 Medibank Melbourne Marathon Festival
AUS M **67**

13 Generali München Marathon
GER M,H,R **54**

13 Novi Sad Marathon
SRB M **54**

13 Zafiro Palma Marathon
ESP M,H,R **54**

13 SSQ Quebec City Marathon
CAN M **67**

13 Wizz Air Sofia Marathon
BUL M,H,R **67**

13 GoodLife Fitness Victoria Marathon
CAN M **50**

13 Zagreb Marathon & Half
CRO M,H **70**

13 Yerevan Marathon and Half Marathon
ARM M,H,R **67**

19 Int'l Thessaloniki Night Half Marathon
GRE H,R **74**

20 TCS Amsterdam Marathon
NED M **78**

20 ASB Auckland Marathon
NZL M,H,R **78**

20 Shriram Properties Bengaluru Marathon
IND M,H,R **74**

20 1/2 Maraton de Bucaramanga - FCV
COL H **70**

20 Maraton Int'l de Juarez
MEX M,H **78**

Continued on page 47

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Continued from page 45

20 Linker Oevert Marathon
BEL H,R **67**

20 EDP Lisbon Marathon | Luso Half Marathon
POR M,H **55**

20 20th PKO Poznań Marathon
See race preview on page 29
POL M **63**

20 Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k
CAN M,H,R **56**

20 Maraton Varmex
MEX M,H,R **78**

25 Erbil Marathon
IRQ M,H,R **74**

26-27 Polar Circle Marathon
GRN M,H **74**

27 Maratón Aguascalientes
MEX M,H,R **76**

27 Chosunilbo Chuncheon Int'l Marathon
KOR M **76**

27 KBC Dublin Marathon
IRL M **62**

27 Mainova Frankfurt Marathon
GER M **60**

27 Jakarta Marathon
INA M,H,R **74**

27 Lausanne Marathon
SUI M **63**

27 Legends Marathon
RSA U,H **80**

27 Volkswagen Ljubljana Marathon
SLO M **62**

27 Longbien Marathon
VIE M,H,R **82**

27 EDP Medio Maratón de la Mujer de Madrid
ESP H **80**

27 Marine Corps Marathon
USA M **62**

27 Standard Chartered Nairobi Marathon
KEN M,H predicted date **76**

27 Podgorica Marathon
MNE M **78**

27 St Denis Half Marathon – La Voie Royale
FRA H **70**

27 SwissCityMarathon – Lucerne
SUI M **61**

27 Toyama Marathon
JPN M,R **62**

27 Medio Maratón Valencia Trinidad Alfonso EDP
ESP H **58+59**

27 Venicemarathon
ITA M **63**

27 Kanazawa Marathon
JPN M **76**

tbc Bila Tserkva Marathon
UKR M **82**

tbc Airtel Delhi Half Marathon
IND H **74**

tbc Dong-A Gyeongju Int'l Marathon
KOR M **76**

tbc Incheon Songdo Int'l Marathon
KOR M,H,R **76**

tbc UWI SPEC Int'l Half Marathon
TRI H **80**

November 2019

3 Bangsaen42 Chonburi Marathon
THA M **80**

3 Vodafone İstanbul Marathon
TUR M **66**

3 SPORTWAY Lake Maggiore Marathon
ITA M,H,R **16**

3 TCS New York City Marathon
USA M **82**

3 French Riviera Marathon Nice-Cannes
FRA M **68**

3 Porto Marathon EDP
POR M **65**

3 JTBC Seoul Marathon
KOR M predicted date **76**

3 Semi Marathon Int'l de Laayoune
MAR H **78**

9-11 Phukethon
THA M,H,R **80**

9 3-Sjøerløpet
NOR H **63**

10 Athens Marathon The Authentic
GRE M **83**

10 BLOM BANK Beirut Marathon
LIB M,H **76**

10 Monterey Bay Half Marathon
USA H **82**

10 Brasilia City Half Marathon
BRA H **67**

10 10k Garda Trentino
ITA H,R **74**

10 Marabana Marathon & Half
CUB M,H **70**

10 Ravenna Marathon – City of Art
ITA M,H **68**

15 Pharaonic 100km
EGY U **70**

16 Gulf Bank 642 Marathon
KUW M,H,R **76**

16-17 Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon
USA M,H **82**

17 BDMS Bangkok Marathon
THA M,H,R predicted date **80**

17 Borobudur Marathon
INA M,H,R **68**

17 Great Ethiopian Run 10km
ETH R **70**

17 Kobe Marathon
JPN M planned date **69**

17 Radisson Blu Larnaka Int'l Marathon
CYP M,H,R **70**

17 Verona Marathon
ITA M **76**

17 Goa River Marathon
IND M,H,R **74**

22-24 Malta Int'l Challenge Marathon
MLT M **71**

23 Bagan Temple Marathon
MYA M,H,R Course not measurable to AIMS standards **78**

23 Great Hakka Marathon
CHN M,H,R Course not measurable to AIMS standards **67**

24 KLM Curaçao Marathon
CUR M,H,R **70**

24 Firenze Marathon
ITA M **75**

24 Mount Fuji Marathon
JPN M **76**

24 Penang Bridge Int'l Marathon
MAS M,H,R **76**

24 Philadelphia Marathon
USA M **82**

24 Maratón Donostia - San Sebastián
ESP M **72+73**

24 Maratón Monumental Primer Santiago de America
DOM M,H,R **70**

24 Serge Vigot La Rochelle Int'l Marathon
FRA M,H **68**

24 UNICEF Charity Run Half Marathon & 10km
HKG H,R **74**

29 Eilat Full Desert Marathon
See race preview on page 33
ISR M,H,R Course not measurable to AIMS standards **74**

30 Standard Chartered Singapore Marathon
SIN M,H,R **80**

tbc Maraton Guadalajara
MEX M **78**

tbc Hangzhou Marathon
CHN M **67**

tbc 21km Nuevo León
MEX H **78**

tbc Panama Int'l Marathon
PAN M **78**

tbc Shanghai Int'l Marathon
CHN M **67**

tbc Vizag Navy Marathon
IND M,H,R **74**

tbc Volcano Marathon
CHI M,H Course not measurable to AIMS standards **67**

December 2019

1 Macao Galaxy Entertainment Int'l Marathon
MAC M,H **76**

1 Osaka Marathon
JPN M **76**

1 Pune Int'l Marathon
IND M predicted date **74**

1 Marathon COMAR de Tunis – Carthage
TUN M,H,R **82**

1 Valencia Trinidad Alfonso EDP Marathon
ESP M **58+59**

1 Gran Maratón Pacifico Mazatlán
MEX M **78**

1 San José Costa Rica Half & Marathon
CRC M,H **70**

6 Ayla Red Sea Half Marathon
JOR H,R **76**

6-8 Cave Shepherd & Co Run Barbados Marathon Weekend
BAR M,H,R **67**

7 Bengaluru Midnight Marathon
IND M,H,R **74**

8 Angkor Wat Int'l Half Marathon
CAM H,R **30**

8 Intertrust Cayman Islands Marathon
CAY M **67**

8 Maratón Powerade Monterrey
MEX M **78**

8 Nara Marathon
JPN M **75**

8 Reggae Marathon, Half & 10K
JAM M,H,R **77**

8 Saitama Int'l Marathon
JPN M **75**

8 Zengwen Reservoir Marathon
TPE M,H,R **70**

8 Discoveries Half Marathon
POR H **78**

8 Techcombank Ho Chi Minh City Int'l Marathon
VIE M,H,R **82**

13 Antarctic Ice Marathon & 100k
ATA U,M **67**

15 Bangsaen21 Half Marathon
THA H,R **80**

15 Tefilalet 10KM Errachidia
MAR R **78**

15 Cairn Pink City Half Marathon
IND H,R **74**

15 PisaMarathon
ITA M,H **76**

15 Taipei Marathon
TPE M,H,R **70**

15 Zurich Maratón Málaga
ESP M **80**

15 The St. Croix Int'l Marathon
ISV M **82**

28 El Corte Inglés São Silvestre de Lisboa
POR R **78**

31 São Silvestre Int'l Road Race
BRA R **67**

31 São Silvestre de Luanda 10km
ANG R predicted date **67**

tbc Fukuoka Int'l Open Marathon Championship
JPN M **76**

tbc Tata Steel Kolkata 25k
IND R **74**

tbc Media Maraton "La Sele"
CRC H,R **70**

January 2020

1 Neujahrsmarathon Zürich
SUI M,H,R **80**

3 Sea of Galilee Tiberias Marathon
ISR M **74**

4 PolarNight Halfmarathon
NOR H,R **31**

5 Marathon Int'l de Fes
MAR M,H,R **78**

5 Mizuno Hong Kong Half-Marathon Championships
HKG H **74**

5 MG Vadodara Int'l Marathon
IND M,H **74**

5 Merida Marathon
MEX M,H,R **78**

5 Standard Chartered Taipei Charity Marathon
TPE M,H,R **70**

7 Siberian Ice Half Marathon
RUS H Course not measurable to AIMS standards **80**

17 Egyptian Marathon
EGY M,H **70**

19 Marathon Bahamas, Half & Relay
BAH M,H **77**

19 Gammon China Coast Marathon & Half
HKG M,H predicted date **74**

19 Chombeung Marathon
THA M,H,R **80**

19 Funchal Marathon
POR M,H **79**

19 Chevron Houston Marathon and Aramco Houston Half Marathon
USA M,H **82**

19 Tata Mumbai Marathon
IND M predicted date **74**

19 Maratón Int'l de Culiacán
MEX M **78**

19 Maui Oceanfront Marathon & Half
USA M,H **82**

20 Corrida de Sao Sebastiao
BRA R **67**

26 Marathon & Semi Int'l de Marrakech
MAR M,H predicted date **78**

26 Osaka Women's Marathon
JPN M **76**

26 Cajasiete Gran Canaria Marathon
ESP M,H **80**

26 Khon Kaen Int'l Marathon
THA M **80**

tbc Al Mouj Muscat Marathon
OMA M,H,R **78**

tbc Sfax Marathon Olive Trees
TUN M,H **82**

tbc Mitja Marato Int'l Vila de Santa Pola
ESP H **80**

tbc Xiamen Marathon
CHN M **77**

Continued on page 49

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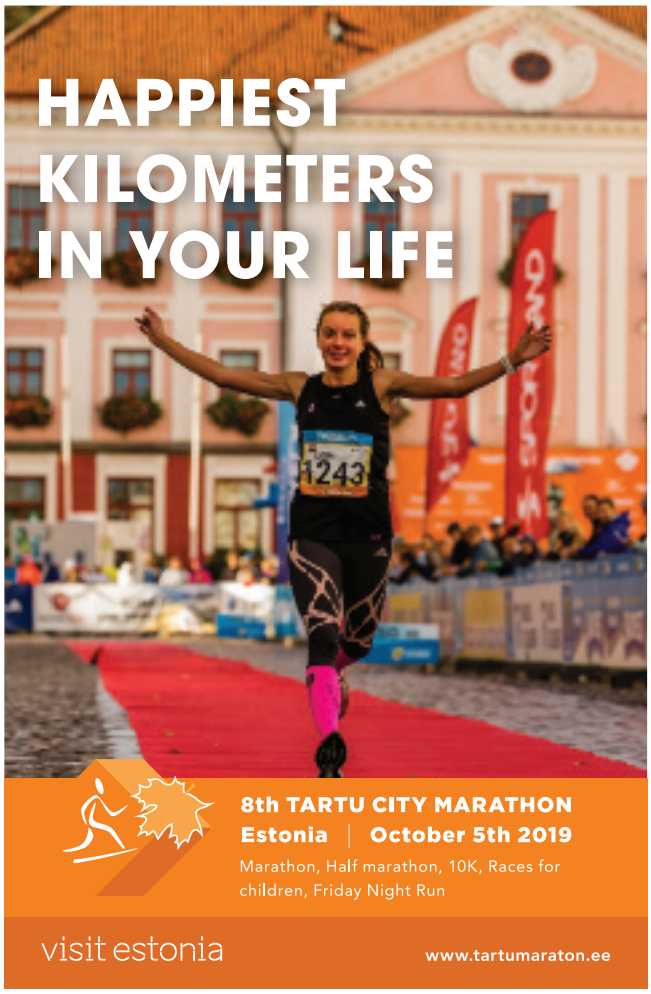
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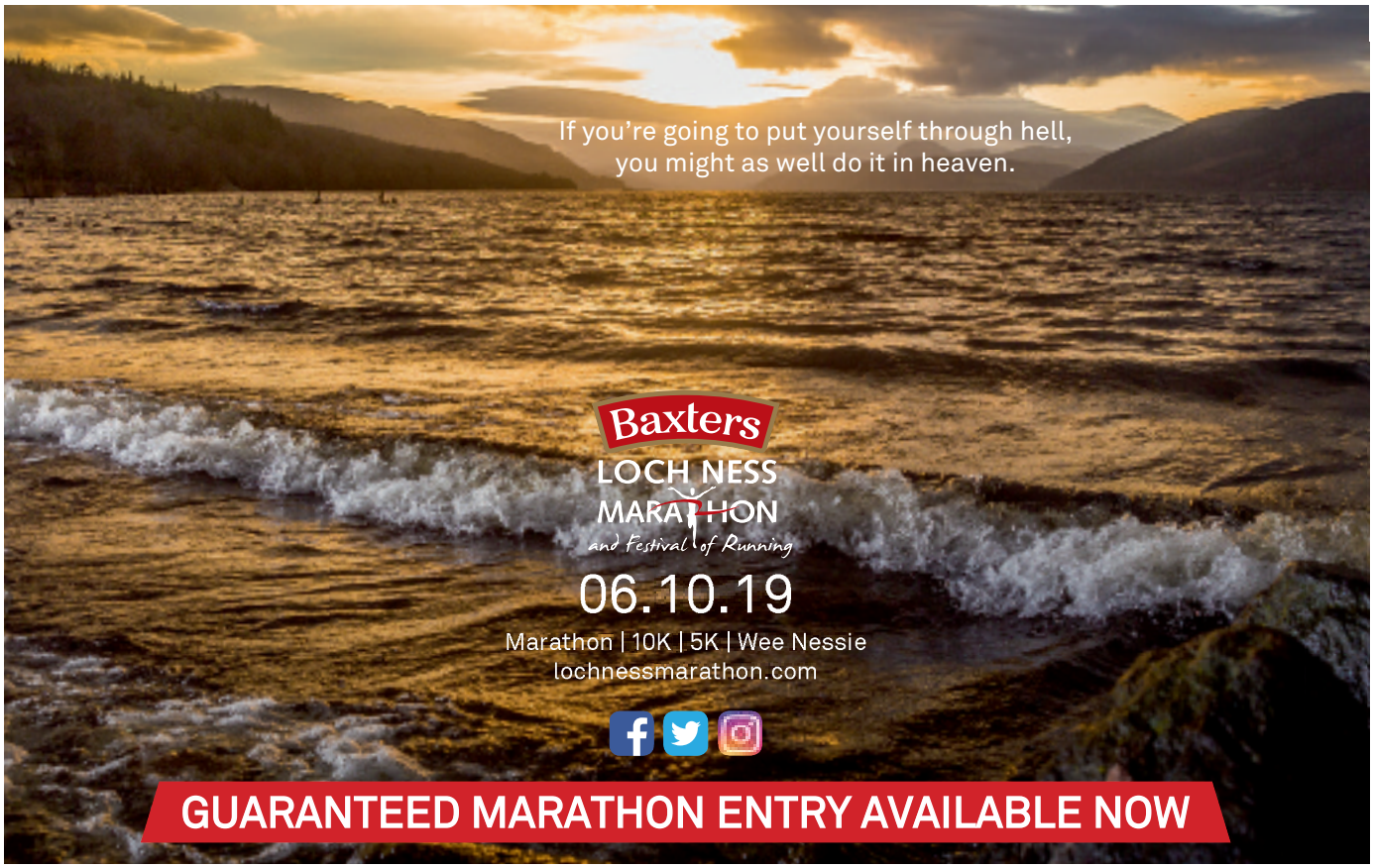
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Continued from page 47

February 2020

2	Beppu-Oita Mainichi Marathon	JPN M predicted date	76
2	AU Bank Jaipur Marathon	IND M,H,R	74
6-12	World Marathon Challenge	IRL M,H	74
9	eDreams Mitja Marató de Barcelona	ESP H	80
9	Buriram Marathon	THA M,H,R	82
9	Standard Chartered Hong Kong Marathon	HKG M	74
9	Hawassa Half Marathon	ETH H,R	70
9	Kinmen Marathon	TPE M,H,R	70
14	Ras Al Khaimah Half Marathon	UAE H	82
23	Zurich Maratón de Sevilla	ESP M	81
23	Seychelles Eco-Friendly Marathon	SEY M predicted date	80
23	Split Half Marathon	CRO H	70
28	Tel Aviv Samsung Marathon	ISR M,H,R	74
tbc	The Carthage Race Int'l Marathon	TUN M,H,R	82
tbc	27km for Freedom	RSA R	80
tbc	Gensan Giulietta & Romeo Half Marathon	ITA H	74
tbc	21k Guadalajara Electrolit Nutrido por Granvita	MEX H	78
tbc	Gyeonggi Int'l Half Marathon	KOR H	76
tbc	Kagawa Marugame Int'l Half Marathon	JPN H	76
tbc	Kaohsiung Int'l Marathon	TPE M	70
tbc	Kitakyushu Marathon	JPN M	76
tbc	Kochi Ryoma Marathon	JPN M	76
tbc	IDBI Federal Life Insurance Kolkata Marathon	IND M,H,R	74
tbc	Napoli City Half Marathon	ITA H	76
tbc	Navi Mumbai Half Marathon	IND H,R	74
tbc	IDBI Federal Life Insurance New Delhi Marathon	IND M,H	74
tbc	Ohme-Hochi 30km Road Race & 10km	JPN R	76
tbc	Sahara Marathon	ALG M Course not measurable to AIMS standards	67
tbc	KIX Senshu Int'l Marathon	JPN M	76
tbc	Taichung World Flora Exposition Int Marathon	TPE M,R	70
tbc	Maratona di San Valentino	ITA M,H	76

March 2020

1	Runatolia Marathon (Half + 10km)	TUR M,H,R	82
8	Lake Biwa Mainichi Marathon	JPN M	76
8	Zurich Marató de Barcelona	ESP M	80
8	Nagoya Women's Marathon	JPN M	76
8	Sihanoukville Int'l Half Marathon	CAM H,R	67
14	Saipan Marathon	MNP M,H,R	78
15	Athens Half Marathon	GRE H,R predicted date	74
15	Gulf of St Tropez Marathon	FRA M,H	70
15	Logicom Cyprus Marathon	CYP M,H,R	70
15	OPAP Limassol Marathon GSO	CYP M,H,R	70
16	Kyoto Marathon	JPN M	76
18	Antarctica Marathon & Half	ATA M,H Course not measurable to AIMS standards	82
22	EDP Lisbon Half Marathon	POR H	78
28	Rock 'n' Roll DC Marathon & Half Marathon	USA M,H,R	82
29	Incheon Int'l Half Marathon	KOR H predicted date	76
29	Novi Sad Half Marathon	SRB H	80
tbc	Abu Dhabi "Yes I Can" 10km Int'l	UAE R	82
tbc	Marathon Vert D'Agadir	MAR M,H,R	78
tbc	Free Movement Palestine Bethlehem Marathon	PLE M,H,R	78
tbc	Medio Maraton de la Mujer Cancun	MEX H,R	76
tbc	Montepio Meia Maratona de Cascais	POR H	78
tbc	Jerusalem Marathon, Half & 10k	ISR M,H,R	74
tbc	Kilimanjaro Marathon	TAN M	80
tbc	Kingston City Marathon	JAM M,H,R	76
tbc	Maratón Int'l Lala	MEX M	78
tbc	Nafplio Marathon	GRE M,H	74
tbc	Seoul Marathon	KOR M	76
tbc	Standard Chartered Stanley Marathon	FLK M	70
tbc	Tainan Historical Capital Int'l Marathon	TPE M,H,R	70
tbc	Face Equality Taipei Expressway Marathon	TPE M,H,R	70
tbc	Tokushima Marathon	JPN M	76
tbc	Tokyo Marathon	JPN M	76
tbc	16a Treviso Marathon	ITA M	76
tbc	New Taipei City Wan Jin Shi Marathon	TPE M,R	70
tbc	15th PZU Warsaw Half Marathon	POL H	78
tbc	Wuxi Marathon	CHN M,H,R	70

April 2020

4-5	Australian Running Festival presented by TCS	AUS M,H,R,U	67
5	Vodafone İstanbul Half Marathon	TUR H	82
12	Int'l Marathon Alexander the Great	GRE M,R	74
18	The Great Batumi Night Race	GEO H	70
19	HAJ Hannover Marathon	GER M,H,R	74
20	B.A.A. Boston Marathon	USA M	82
23-26	23rd World Congress of AIMS, Batumi	GEO	5

Keep up to date!

For the latest race dates please also consult the official online AIMS calendar at ***aims-worldrunning.org/calendar.html***

You can also subscribe to the AIMS calendar in your calendaring application of choice, whether on your phone, tablet or computer.

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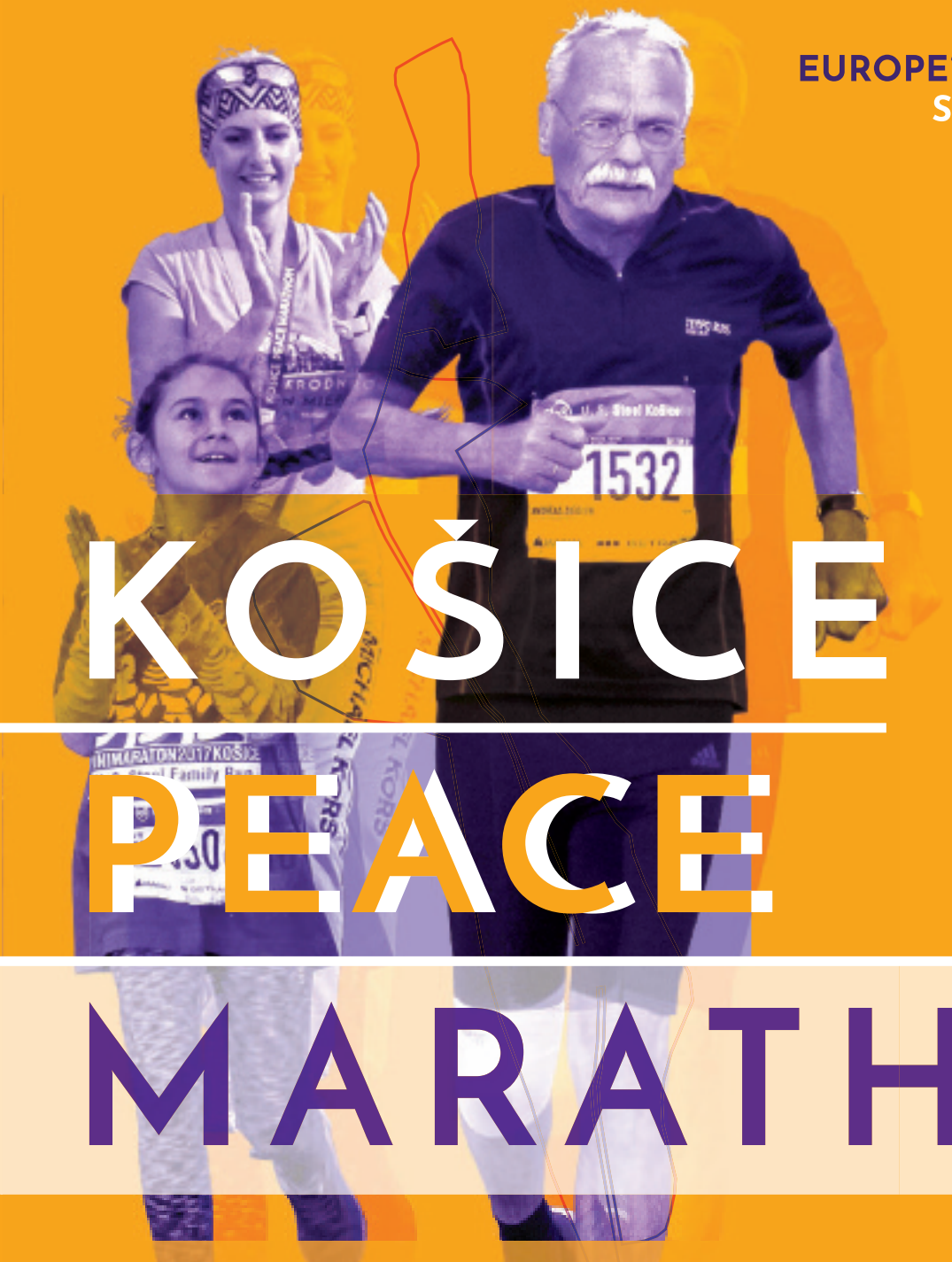

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Emil Zátopek

Triple-gold Olympic champion who helped found Prague Marathon

Emil Zátopek's Marathon career was restricted to just two races and one victory but that victory was part of his unique feat of winning all three 'distance running' gold medals at the 1952 Helsinki Olympic Games. No one else had done this before or has done since.

Zátopek was born on 19 September 1921 and grew up in the Czech village of Kopřivnice, one of seven children. He had an active childhood but there was nothing to hint at his talent for running. Leaving school at 14 at age 16 he moved to the town of Zlín for menial work at the Bata shoe factory. In May 1941, before the war had made much impact in Zlín, the factory managers organised a cross country race for promotional purposes and press-ganged about 100 employees into running. Despite his reluctance the now 18-year old Zátopek had his competitive instinct roused sufficiently to finish a disappointed second and become drawn into the factory training group.

A year later the highly repressive 'German Protectorate of Bohemia and Moravia' was instituted and the Czech Government went into exile. The Zlin factory was put on a war footing. A newly-graduated lawyer, Jan Haluza, joined the factory inspectorate and also the training group.

Haluza was Zátopek's senior by seven years and a national champion. Zátopek had an enquiring scientific mind; he experimented on himself with his diet and he originated the practice of interval training based on sound physiological principles and on what he had read about the 'Flying Finns' who had dominated distance running for a generation. But Haluza provided something beyond conventional coaching: under his influence Zátopek's performances improved so that he had surpassed his mentor by 1944.

With the end of the war Zátopek was able to compete internationally facilitated by his joining the Army just days after the war ended. He ran the 5000m in the 1946 European Championships in Oslo and finished fifth in a new national record. Inter-country matches provided a platform for Zátopek to improve his performances in 1947 – he was unbeaten in 12 races – but it was towards the 1948 Olympics in London that Zátopek's attention was focussed. In the immediate build-up to the Games he debuted at 10,000m and in his next race fell only two seconds short of the world record.

In the 10,000m Zátopek was 80m down after six laps but had surged into the lead by 4000m. He won by 300m in a time of 29:59.4. The 5000m required qualification through heats and Zátopek was unwisely drawn into fierce contest for a meaningless first place. It showed in the final where, entering the last lap 40m down and in third place, he fell one metre short of catching the winner, Belgium's Gaston Reiff.

10,000m became his speciality event in which he broke the world record twice in 1951, and another three times in the next four years. He broke the 5000m record twice and won both 5000m and 10,000m at the 1950 European Championships.

He continued to dominate the long-distance track events and extended his repertoire to include two oddity track distances in which he set world records: one hour and 20,000m. This set others, and eventually Zátopek himself, to thinking about adding the Marathon to the events he would contest at the 1952 Olympics in Helsinki.

He won the 10,000m title with a relentless battle of attrition that dropped all his opponents with four laps to go. His 5000m victory came with a lightning last lap in which he stormed past three rivals on the final bend. As a marathon debutant he adopted the tactical expedient of tailing the world record holder Jim Peters but Peters cramped after halfway. By 30km Zátopek had outpaced everyone else and went on to win by two minutes in a new Olympic record – as his times in the 5000m and 10,000m had been.

At the 1956 Olympics in Melbourne Zátopek contested only the Marathon but had lost training through injury and could manage only sixth. He retired from competition in 1957.

Throughout his athletic career Zátopek was inevitably used for propaganda purposes by the Czech Communist Party. He tolerated this as a tax on his athletic success but was more of a democratic nationalist by inclination. He publicly supported the 'Prague Spring' reforms of Alexander Dubček in 1968 and as a result was thrown out of the army and assigned lowly employment outside of Prague. Although allowed back to Prague in 1977 he was kept in a menial job until his retirement five years later. He had to await the 'Velvet Revolution' of 1989 before he was 'rehabilitated' by President Václav Havel a few months later.

Zátopek found a new role in 1995 by helping Carlo Capalbo to establish the Prague Marathon, which nowadays enjoys huge popularity among runners worldwide and this year celebrates its 25th anniversary on Sunday 5 May. Emil Zátopek was a great supporter of the race until he died from complications following a stroke on 22 November 2000, aged 78.

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Season's preview

Picture: Juan Cruz Rabaglia

The touristic destination Villa le Angostura in Argentina will host both "Long Distance" and "Classic" World Championships in mid-November. The Long Distance Championships will be held in conjunction with K42 – one of the most famous races of this kind in South America.

At the end of September Gagliano del Capo in south Italy will host the Masters' World Championships. A race course near the beautiful rugged coastline will be a unique experience for runners.

The 2019 World Cup calendar offers 7 exciting and unique races in 7 different countries; 140km of mountain racing tracks; 9300m+ of elevation with 5600m– of descent; and a total prize pool of 56,000 euros.

The two opening races are new to the circuit. The Maxi Race in France is known as a long-distance trail event above beautiful Lake Annecy and the fast 16km mountain running race has been added to further the appeal of a highly successful event.

The Broken Arrow Sky Race in the USA (Round 2) takes the World Cup outside the traditional mountain running zone of Europe. "It is a way to support the mountain running community there," said WMRA President Jonathan Wyatt.

Round 3 is the classic Grossglockner uphill race of 12.7km with Austria's tallest mountain towering above the finish area. One week later the Snowdon International is a 15.5km up / down mountain race in Wales (GBR) which taps into the fell running scene there and promises to be a great addition to the calendar.

The Sierre-Zinal race (SUI) with its iconic 31km trail beneath five of the 4000m-high mountain peaks is the setting for a combined World Cup and Goldentrail Series event within the same race: "Having the best mountain and trail runners competing together has always been the goal," says race co-ordinator Valentin Genoud.

Stage 6 is a traditional uphill race on one of the most iconic mountains in the Italian Dolomites, the spectacular Drei-Zinnen (Tre Cime).

The final stage to finish the World Cup season is at the Smarna Gora in Slovenia with 10km of fast forest trails and a festival to celebrate the 40th anniversary "race of the falling leaves".

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www.wmra.info

CALENDAR 2019

7 July	18th European MR Championships
14 July	15th NCAC MR Championships
29 Sept	19th World Masters MR Championships
15 Nov	35th World MR Championships
16 Nov	16th World Long Distance MR Championships
tbd	WMRA World Cup races

Picture: Edo Giua

Mountain running – the future

By 2021 World Mountain and Trail Running Championships will be organised together, but maintaining separate racing disciplines. The Mountain Running World Championships in Argentina later this year will be a step forward in this direction – the same venue will host "Classic" and "Long Distance" races on the same weekend.

Mountain running was growing under the IAAF umbrella and observed stricter rules regarding course distances, categories and logistics than trail running. Courses were shorter with winning times usually under one hour. Both uphill and up- and downhill courses were possible and four age- and gender-related categories were recognised. WMRA is an association of national mountain running associations, often part of the national athletics associations, but race organisers cannot be WMRA members.

ITRA (the International Trail Running Association) was founded in 2013 as an Association of the race organisers although trail running as a sport had existed for much longer. The rules for trail running are more open. The races are much longer and runners need to carry their own supplies (like water, food, clothing, ski poles etc). Races are categorised by length and total elevation gain.

The two most important categories – for World Championships – are "short" and "long."

In 2004 WMRA introduced a "Mountain Running Long Distance Championships," which blurred the distinction between mountain running and trail running. Despite this trail and mountain running continued to develop separately: mountain running more formally, connected through national associations and trail more "freestyle," connecting directly with race organisers. Mountain Running Long Distance Championships and Trail short Championships could be run on the same course – the difference lies in the degree of independence of the runners.

The IAAF Constitution first mentioned mountain running as a branch of athletics in 2003, and defined in the technical regulations in 2012 as a part of Rule 250 covering cross country races. In the 2014 edition Rule 251 presented mountain running as separate discipline. Trail running first appeared in the IAAF technical regulations in 2016 as Rule 252. From January 2019 mountain running and trail running are jointly presented in a new Rule 251, but still as two different disciplines.

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News in brief

■ An expanded IAU Communications Committee now includes Shibani Gharat (IND).

■ In celebrating the finest achievements in ultra-running the 2018 IAU Career Award was presented to the family of the late Don Ritchie (GBR), who passed away in June 2018, and Jürgen Schoch (GER). Their respective achievements in ultra-distance running have brought great repute to the sport.

■ Looking forward into 2019 IAU Member Federations have been sent the invitations and entry forms along with general information sheets for the IAU Trail World Championship to take place in Mirandha do Corvo (POR) on 8 June, where strong participation is expected.

■ At the end of 2018 IAU awarded the 2021 IAU 24 Hours World Championship to Timisoara in Romania. This event will take place from 22–23 May 2021. In 2018 Timisoara very successfully hosted the IAU 24 Hour European Championship.

IAU – continuously striving to improve form

Record-keeping and race labels to provide focus

The IAU 24-hour Asia & Oceania Championship held on 1–2 December at Soochow University, Chinese Taipei brought the 2018 season to a close.

It was just the latest in a series of successful world championships and regional events held in 2018.

There is no doubt that this success was partly due to the new Athletic Commission. The Commission now has 11 members: Kathia Rached (LIB), Johan Steene (SWE), Brendan Davis (AUS), Pablo Barnes (ARG), Patrycja Bereznowska (POL), Anjali Saraogi (IND), Harvey Lewis (USA), Alexandr Sorokin (LTU), Dan Lawson (GBR), Florian Reus (GER) and Thomas Kimakim Combisen (PHI).

The Commission will give greater structure to IAU activities.

At the IAU Executive Council meeting held in Monaco on 12 January this theme was pursued with actions taken to establish Continental Records initially for four main distances/time events. IAU labels are proving increasingly popular with race directors and an IAU Labeling Committee was proposed to bring greater structure to the scheme. The aim is that the Committee will include representatives from each continent. Finally, more information will be made available to race directors and IAU member federations to improve the process of bidding to host future IAU Championships.

President: Nadeem Khan (CAN)
Vice-President: Robert Boyce (AUS)
General Secretary: Hilary Walker (GBR)
Director of Organisations: Liesbeth Jansen (NED)
Treasurer, Director of Finance and Marketing: Robert Boyce (AUS)
Director of Competition and Statistics: Francisco Sanchez-Rico (ESP)
Director for Label Races and Calendar: Jan Vandendriessche (BEL)
Director for Communications: Jacek Bedkowski (POL)
Area Representatives:
Europe: Walter Hill (GBR)
Americas: Lin Gentling (USA)
Africa: Solomon Ogba (NGR)
Asia & Oceania: Gillsoo Park (KOR)
Honorary Life President: Malcolm Campbell (GBR)
Honorary Life Vice-President: Harry Arndt (GER)
Honorary Life Members: Soto Rojas (ESP); Souhei Kobayashi (JPN); Pierre Weiss (FRA)

For more information contact:
Nadeem Khan
nadeem.khan@iau-ultramarathon.org
www.iau-ultramarathon.org
Twitter: **@iaunews**
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4/6 Sat midday – 6/20 Thu
General Entry Spots (Full Marathon), Jogging Course
4/20 Sat midday – 6/20 Thu
For others, a lottery will be carried out with applications with special payment forms 4/20 Sat – 6/20 Thu
★Contact★
Toyama Marathon Executive Committee (Within the Toyama Prefectural Government Office)
1-7 Shinsogawa, Toyama City
TEL : 076-444-4102
JTB Business Network Chubu MICE Center TEL : 052-446-5099 FAX : 050-3730-4343
For details and applications, please visit the marathon website
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http://www.toyamamarathon.com/
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www.3sjoers.no

World leading times

These lists give the current standings in the world of road racing, and are believed accurate at 28 March 2019. They focus primarily on the Marathon and Half Marathon as these constitute 75% and 18% of the AIMS membership respectively.

Marathon

Men

Present world record:
Eliud Kipchoge (KEN) 2:01:39; Berlin, 16 SEPT 2018

Time	Athlete	Nation	Rank	Venue	Date
2:03:34	Getaneh MOLLA	ETH	1	Dubai	25 JAN
2:03:40	Herpassa NEGASA	ETH	2	Dubai	25 JAN
2:04:24	Asefa MENGISTU	ETH	3	Dubai	25 JAN
2:04:48	Birhanu LEGESE	ETH	1	Tokyo	03 MAR
2:05:02	Emmanuel SAINA	KEN	4	Dubai	25 JAN
2:05:18	Shifera TAMRU	ETH	5	Dubai	25 JAN
2:06:00	Thomas Kiplagat RONO	KEN	1	Seoul	17 MAR
2:06:04	Alemu BEKELE	BRN	1	Barcelona	10 MAR
2:06:09	Kelkile GEZAHEGN	ETH	6	Dubai	25 JAN
2:06:12	Elisha ROTICH	KEN	2	Seoul	17 MAR
2:06:24	Mike Kiptum BOIT	KEN	3	Seoul	17 MAR
2:06:27	Fikre BEKELE	ETH	4	Seoul	17 MAR
2:06:32	Adugna TAKELE	ETH	7	Dubai	25 JAN
2:06:36	Tsedat Abege AYANA	ETH	1	Sevilla	17 FEB
2:06:39	Belay Asefa BEDADA	ETH	2	Sevilla	17 FEB
2:06:41	Birhanu Bekele BERGA	ETH	3	Sevilla	17 FEB
2:06:46	Obukay TSEGAY	ERI	4	Sevilla	17 FEB
2:06:48	Bedan KAROKI	KEN	2	Tokyo	03 MAR
2:06:49	Daniel Kipkore KIBET	KEN	5	Sevilla	17 FEB
2:06:49	Abebe NEGEWO	ETH	2	Barcelona	10 MAR
2:06:54	Anthony MARITIM	KEN	3	Barcelona	10 MAR
2:07:11	Robert KIPKEMBOI	KEN	5	Seoul	17 MAR
2:07:12	Philemon KACHERAN	KEN	4	Barcelona	10 MAR
2:07:30	Limenih GETACHEW	ETH	5	Barcelona	10 MAR
2:07:52	Salah-Eddine BOUNASR	MAR	1	Otsu	10 MAR
2:07:56	Asefa TEFERA	ETH	2	Otsu	10 MAR
2:07:58	Stephen MOKOKA	RSA	3	Otsu	10 MAR
2:08:07	Laban MUTAI	KEN	6	Barcelona	10 MAR
2:08:08	Benson SEUREI	BRH	4	Otsu	10 MAR
2:08:11	Deribe ROBI	ETH	5	Otsu	10 MAR
2:08:16	Andualem Belay SHIFERAW	ETH	1	Castellon	24 FEB
2:08:20	Birhanu TESHOME	ETH	8	Dubai	25 JAN
2:08:27	Fikadu KEBEDE	ETH	9	Dubai	25 JAN
2:08:27	Alphonce Felix SIMBU	TAN	6	Otsu	10 MAR
2:08:35	Hicham LAQUOAHI	MAR	1	Beppu	03 FEB
2:08:42	Kenji YAMAMOTO	JPN	7	Otsu	10 MAR
2:08:43	Fikadu TEFERE	ETH	1	Marrakesh	27 JAN
2:08:44	Dickson CHUMBA	KEN	3	Tokyo	03 MAR
2:08:49	Paul MAINA	KEN	2	Marrakesh	27 JAN
2:09:04	Abdela GODANA	ETH	2	Beppu	03 FEB
2:09:06	Tsegeye KEBEDE	ETH	6	Seoul	17 MAR
2:09:07	Brian KIPSANG	KEN	7	Barcelona	10 MAR
2:09:11	Yihunilign ADANE	ETH	3	Beppu	03 FEB
2:09:15	Cosmas LAGAT	KEN	1	Mumbai	20 JAN
2:09:15	Kohei FUTAOKA	JPN	4	Beppu	03 FEB
2:09:20	Barnabas KIPTUM	KEN	1	Hong Kong	17 FEB
2:09:21	Yuki KAWAUCHI	JPN	8	Otsu	10 MAR
2:09:26	Dejene DEBELA	ETH	1	Xiamen	06 JAN
2:09:26	Gizachew HAILU	ETH	8	Barcelona	10 MAR
2:09:28	Afework MESFIN	ETH	2	Xiamen	06 JAN
2:09:28	Samuel Kiplimo KOSGEI	KEN	6	Sevilla	17 FEB
2:09:29	Ryo HASHIMOTO	JPN	5	Beppu	03 FEB
2:09:30	Yuji IWATA	JPN	6	Beppu	03 FEB
2:09:36	Birhan NEBEBEW	ETH	3	Xiamen	06 JAN
2:09:36	Laban KORIR	KEN	9	Barcelona	10 MAR
2:09:41	Simon KARIUKI	KEN	4	Tokyo	03 MAR
2:09:43	Chele DECHASA	ETH	4	Xiamen	06 JAN
2:09:50	Tadesse ABRAHAM	SUI	9	Dubai	25 JAN
2:09:52	Alemayehu AMETA	ETH	5	Xiamen	06 JAN
2:09:52	Sammy KITWARA	KEN	7	Seoul	17 MAR
2:09:55	Hassan CHAHDI	MAR	7	Sevilla	17 FEB
2:09:56	Bira SEBOKA	ETH	3	Marrakesh	27 JAN

Women

Present world record (mixed race):
Paula Radcliffe (GBR); 2:15:25, London, 13 APR 2003
World record (women's-only race)
Mary Keitany (KEN); 2:17:01, London, 23 APR 2017

Time	Athlete	Nation	Rank	Venue	Date
2:17:08	Ruth CHEPNGETICH	KEN	1	Dubai	25 JAN
2:17:41	Worknesh DEGEFA	ETH	2	Dubai	25 JAN
2:20:40	Ruti AGA	ETH	1	Tokyo	03 MAR
2:21:01	Helen TOLA	ETH	2	Tokyo	03 MAR
2:21:05	Worknesh EDESA	ETH	3	Dubai	25 JAN
2:21:01	Shure DEMISE	ETH	3	Tokyo	03 MAR
2:21:50	Florence KIPLAGAT	KEN	4	Tokyo	03 MAR
2:22:25	Helalia JOHANNES	NAM	1	Nagoya	10 MAR
2:22:45	Waganesh MEKASHA	ETH	4	Dubai	25 JAN
2:22:58	Visiline JEPKESHO	KEN	2	Nagoya	10 MAR
2:23:01	Valary JEMELI	KEN	3	Nagoya	10 MAR
2:23:23	Bedatu HIRPA	ETH	5	Tokyo	03 MAR
2:23:28	Biruktayit DEGEFA	ETH	1	Houston	20 JAN
2:23:33	Meseret DEFAR	ETH	4	Nagoya	10 MAR
2:23:45	Desi Jisa MOKONIN	BRN	1	Seoul	17 MAR
2:23:52	Reia IWADE	JPN	5	Nagoya	10 MAR
2:23:59	Monica JEPKOECH	KEN	6	Nagoya	10 MAR
2:24:00	Sara DOSSENA	ITA	7	Nagoya	10 MAR
2:24:02	Ababel YESHANEH	ETH	6	Tokyo	03 MAR
2:24:09	Kayoko FUKUSHI	JPN	8	Nagoya	10 MAR
2:24:10	Hirut TIBEBU	ETH	2	Seoul	17 MAR
2:24:13	Askale MERACHI	ETH	1	Los Angeles	24 MAR
2:24:19	Miyuki UEHARA	JPN	9	Nagoya	10 MAR
2:24:29	Guteni SHONE	ETH	1	Sevilla	17 FEB
2:24:49	Celestine CHEPCHIRCHIR	KEN	3	Seoul	17 MAR
2:24:33	Mao ICHIYAMA	JPN	7	Tokyo	03 MAR
2:24:44	Kuftu TAHIR	ETH	1	Barcelona	10 MAR
2:24:49	Abeba TEKELU	ETH	2	Sevilla	17 FEB
2:25:20	Josephine CHEPKOECH	KEN	2	Barcelona	10 MAR
2:25:25	Sairi MAEDA	JPN	10	Nagoya	10 MAR
2:25:29	Mizuki TANIMOTO	JPN	11	Nagoya	10 MAR
2:25:35	Joy KEMUNA	KEN	3	Barcelona	10 MAR
2:25:39	Fatuma SADO	ETH	1	Osaka	27 JAN
2:25:44	Zinash MEKONEN	ETH	4	Seoul	17 MAR
2:25:45	Worknesh ALEMU	ETH	1	Mumbai	20 JAN
2:25:46	Rei OHARA	JPN	2	Osaka	27 JAN
2:25:54	Yenenesh DINKESA	ETH	3	Sevilla	17 FEB
2:25:55	Cynthia CHEROP	KEN	2	Los Angeles	24 MAR
2:25:59	Sintayehu LEWETEGN	ETH	5	Dubai	25 JAN
2:26:01	Bornes JEPKIRUI	KEN	3	Osaka	27 JAN
2:26:07	Ayano IKEMITSU	JPN	12	Nagoya	10 MAR
2:26:09	Amane GOBENA	ETH	2	Mumbai	20 JAN
2:26:13	Volha MAZURONAK	BLR	1	Hong Kong	17 FEB
2:26:16	Lucy KARIMI	KEN	3	Los Angeles	24 MAR
2:26:16	Zhixuan LI	CHN	13	Nagoya	10 MAR
2:26:21	Ellie PASHLEY	AUS	14	Nagoya	10 MAR
2:26:24	Joan Chelimo MELLY	KEN	8	Tokyo	03 MAR
2:26:38	Rahma TUSA	ETH	6	Dubai	25 JAN
2:26:39	Birke DEBELE	ETH	3	Mumbai	20 JAN
2:26:41	Belaynesh FIKADU	ETH	2	Houston	20 JAN
2:26:46	Sifan MELAKU	ETH	4	Sevilla	17 FEB
2:26:51	Alice CHERONO	KEN	4	Barcelona	10 MAR
2:26:56	Meseret BELETE	ETH	3	Houston	20 JAN
2:26:56	Rachael CLIFF	CAN	15	Nagoya	10 MAR
2:27:20	Mercy Jerotich KIBARUS	KEN	5	Seoul	17 MAR
2:27:25	Deme ARMINO	ETH	1	Xiamen	06 JAN
2:27:28	Seul-Ki AHN	KOR	6	Seoul	17 MAR
2:27:34	Merima MOHAMED	BRN	7	Seoul	17 MAR
2:27:36	Muluhabt TSEGA	ETH	7	Dubai	25 JAN
2:27:39	Madoko NAKANO	JPN	4	Osaka	27 JAN
2:27:42	Shasho INSERMU	ETH	2	Xiamen	06 JAN

Half Marathon

Men

Present world record:
Abraham Kiptum (KEN) 58:18; Valencia, 28 OCT 2018

Time	Athlete	Nation	Rank	Venue	Date
58:42	Steven KIPROP	KEN	1	Ras Al Khaimah	08 FEB
58:44	Abadi HADIS	ETH	2	Ras Al Khaimah	08 FEB
59:08	Fikadu HAFTU	ETH	3	Ras Al Khaimah	08 FEB
59:13	Julien WANDERS	SUI	4	Ras Al Khaimah	08 FEB
59:22	Morris GACHAGA	KEN	5	Ras Al Khaimah	08 FEB
59:34	Mule WASIHUN	ETH	6	Ras Al Khaimah	08 FEB
59:36	Daniel KIPCHUMBA	KEN	7	Ras Al Khaimah	08 FEB
59:37	Mosinet GEREMEW	ETH	1	Lisboa	17 MAR
59:39	Amedework WALELEGN	ETH	8	Ras Al Khaimah	08 FEB
59:40	Abel KIPCHUMBA	KEN	9	Ras Al Khaimah	08 FEB
59:42	Shadrack KIMINNING	KEN	10	Ras Al Khaimah	08 FEB
59:42	Berehanu WENDEMU	ETH	2	Lisboa	17 MAR
59:42	HADIS	ETH	1	Bahrain	15 MAR
59:44	Isaac Kipsang TEMOI	KEN	3	Lisboa	17 MAR
59:45	Jemal YIMER	ETH	2	Bahrain	15 MAR
59:47	Bernard NGENO	KEN	3	Bahrain	15 MAR
59:47	Abrar OSMAN	ERI	4	Lisboa	17 MAR
59:48	Kaan Kigen OZBILEN	TUR	11	Ras Al Khaimah	08 FEB
59:49	HAFTU	ETH	4	Bahrain	15 MAR
59:54	Kelvin CHERUIYOT	KEN	5	Lisboa	17 MAR
59:58	Edwin Kiprop KIPTOO	KEN	6	Lisboa	17 MAR
1:00:01	Dawit FIKADU	ETH	5	Bahrain	15 MAR
1:00:04	Abraham KIPTUM	KEN	6	Bahrain	15 MAR
1:00:09	Morris GACHAGA	KEN	7	Bahrain	15 MAR
1:00:09	John Kipsang LOITANG	KEN	7	Lisboa	17 MAR
1:00:10	Vincent RERIMOI	KEN	1	Milano	24 MAR
1:00:11	Shura KITATA	ETH	1	Houston	20 JAN
1:00:11	Bernard KIMANI	KEN	8	Lisboa	17 MAR
1:00:12	Simon CHEPROT	KEN	9	Lisboa	17 MAR
1:00:14	YIMER	ETH	2	Houston	20 JAN
1:00:18	Bedan KAROKI MUCHIRI	KEN	3	Houston	20 JAN
1:00:20	Edwin Kiprop KIPTOO	KEN	12	Ras Al Khaimah	08 FEB
1:00:21	Nicholas KOSIMBEI	KEN	10	Lisboa	17 MAR
1:00:24	Abdi NAGEEYE	NED	1	Marugame	03 FEB
1:00:26	Gabriel GEAY	TAN	4	Houston	20 JAN
1:00:26	Getaneh MOLLA	ETH	8	Bahrain	15 MAR
1:00:27	Polat Kemoi ARIKAN	TUR	11	Lisboa	17 MAR
1:00:32	Jairus Birech KIPCHOGE	KEN	2	Milano	24 MAR
1:00:36	Lelisa DESISA	ETH	13	Ras Al Khaimah	08 FEB
1:00:40	Erick Kipruto TIROP	KEN	12	Lisboa	17 MAR
1:00:41	Herpasa NEGASA	ETH	9	Bahrain	15 MAR
Other performances (90% separation, 1.6m/km drop)					
1:00:07	Guye ADOLA	ETH	1	Ostia	10 MAR
1:00:23	Geoffrey YEGON	KEN	2	Ostia	10 MAR

Women

World record (mixed race):
Joyciline Jepkosgei (KEN), 1:04:51, Valencia, 22 OCT 2017
World record (women-only race)
Netsanet Gudeta (ETH), 1:06:11, Valencia, 24 MAR 2018

Time	Athlete	Nation	Rank	Venue	Date
1:05:28	Brigid KOSGEI	KEN	1	Bahrain	15 MAR
1:05:45	Senbere TEFERI	ETH	1	Ras Al Khaimah	08 FEB
1:05:45	Netsanet GUDETA	ETH	2	Ras Al Khaimah	08 FEB
1:05:46	Zeineba YIMER	ETH	3	Ras Al Khaimah	08 FEB
1:05:50	KOSGEI	KEN	1	Houston	20 JAN
1:06:01	Roza DEREJE	ETH	1	Barcelona	10 FEB
1:06:07	Degitu AZIMERAW	ETH	4	Ras Al Khaimah	08 FEB
1:06:09	Ruth CHEPNGETICH	KEN	2	Bahrain	15 MAR
1:06:14	Valary AYABEI	KEN	5	Ras Al Khaimah	08 FEB
1:06:34	Vivian CHERUIYOT	KEN	1	Lisboa	17 MAR
1:06:45	Dibaba KUMA	ETH	2	Barcelona	10 FEB
1:06:48	Fancy CHEMUTAI	KEN	2	Houston	20 JAN
1:06:49	GUDETTA	ETH	3	Bahrain	15 MAR
1:06:56	Ruti AGA	ETH	3	Houston	20 JAN
1:07:29	Monicah WANJUHI	KEN	4	Houston	20 JAN
1:07:30	Emily SISSON	USA	5	Houston	20 JAN
1:07:36	Peres JEPCHIRCHIR	KEN	6	Ras Al Khaimah	08 FEB
1:07:37	Gladys CHERONO	KEN	6	Houston	20 JAN
1:07:38	Paskalia KIPKOECH	KEN	7	Ras Al Khaimah	08 FEB
1:07:48	Delvine MERINGOR	KEN	7	Houston	20 JAN
1:07:49	Betsy SAINA	KEN	1	Marugame	03 FEB
1:07:51	Caroline KIPKIRUI	KEN	4	Bahrain	15 MAR
1:07:55	Ayuko SUZUKI	JPN	2	Marugame	03 FEB
1:07:56	Edith CHELIMO	KEN	8	Houston	20 JAN
1:08:07	YIMER	ETH	2	Lisboa	17 MAR
1:08:14	Sandra Suei FELIS	KEN	3	Lisboa	17 MAR
1:08:19	Naom JEBET	KEN	8	Ras Al Khaimah	08 FEB
1:08:27	Priscah JEPTOO	KEN	1	Milano	24 MAR
1:08:30	Sally CHEPYEGO	KEN	3	Barcelona	10 FEB
1:08:32	Lucy CHERUIYOT	KEN	4	Barcelona	10 FEB
1:08:32	TEFERI	ETH	5	Bahrain	15 MAR
1:08:34	Pauline KAMULU	KEN	6	Bahrain	15 MAR
1:08:38	Meseret BELETE	ETH	7	Bahrain	15 MAR
1:08:39	Shitaye ESHETE	BRN	8	Bahrain	15 MAR
1:08:51	Linet MASAI	KEN	4	Lisboa	17 MAR
1:08:53	Afera GODFAY	ETH	1	Guadalajara	24 FEB
1:08:55	Sinead DIVER	AUS	3	Marugame	03 FEB
1:09:13	Caroline CHEPKEMOI	KEN	5	Lisboa	17 MAR
1:09:27	Sayaka SATO	JPN	1	Yamaguchi	10 FEB
Other performances (90% separation, 1.6m/km drop)					
1:06:40	Lonah Salpeter CHEMTAI ISR		1	Ostia	10 MAR
1:07:13	Diana KIPYOKEI	KEN	2	Ostia	10 MAR
1:07:50	Antonina KWAMBAI	KEN	3	Ostia	10 MAR
1:07:57	Mulye DEKEBO	ETH	4	Ostia	10 MAR

10km

Men

Present world record:
Leonard Patrick Komon (KEN); 26:45, Utrecht, 26 SEP 2010

Time	Athlete	Nation	Rank	Venue	Date
27:13	Stephen KISSA	UGA	1	Laredo	17 MAR
27:23	Chala KETEMA	ETH	1	Valencia	13 JAN
27:24	Stephen KISSA	UGA	2	Valencia	13 JAN
27:26	Vedic KIPKOECH	KEN	3	Valencia	13 JAN
27:26	Nibret MELAK	ETH	2	Laredo	17 MAR
27:37	KIPKOECH	KEN	3	Laredo	17 MAR
27:38	Kennedy KIMUTAI	KEN	4	Laredo	17 MAR
27:39	Batesfa GETAHUN	ETH	4	Valencia	13 JAN
27:45	Mathew KIPKORIR	KEN	5	Valencia	13 JAN
27:50	Edward KIBET	KEN	6	Valencia	13 JAN

Women

Present world record:
Joyciline Jepkosgei (KEN), 29:43, Prague, 09 SEP 2017

Time	Athlete	Nation	Rank	Venue	Date
30:15	Tsehay GEMECHU	ETH	1	Valencia	13 JAN
30:26	Gloria CHEBIWAT	KEN	2	Valencia	13 JAN
30:43	Evaline CHIRCHIR	KEN	3	Valencia	13 JAN
30:50	Monica WANJIRU	KEN	4	Valencia	13 JAN
31:02	Antonnina KWAMBAI	KEN	5	Valencia	13 JAN
31:09	Meraf BAHTA	SWE	1	Schoorl	10 FEB
31:11	Susan KRUMINS	NED	2	Schoorl	10 FEB
31:23	Hunegnaw SILLENAT	ETH	6	Valencia	13 JAN
31:38	Joyce CHEPKEMOI	KEN	7	Valencia	13 JAN
31:39	Trihas GEBRE	ESP	8	Valencia	13 JAN

42KM
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3 November 2019, Sunday

www.maraton.istanbul

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Starts from Asia, Finishes in Europe

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5 April 2020, Sunday

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The Flattest Course in Turkey
00.59.50 (2018)

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5 April 2020, Sunday

SPOR İSTANBUL

HALF MARATHON
10K

www.yarimaraton.istanbul

İSTANBUL METROPOLITAN MUNICIPALITY

Race contact details

Race Directors: Send updated race contact details to **update@aims-worldrunning.org**

** Associate member*

ALGERIA

Semi Marathon Int'l de la Ville de Béjaia OCT
Haddad Fatsah
E: fatsahmarathon@hotmail.fr
W: www.semimarathondebejaia.com
fb: facebook.com/semimarathondebejaia

Sahara Marathon FEB
James E. B. Carney
E: saharamarathon@aol.com
W: www.saharamarathon.org
fb: facebook.com/saharamarathonorg
Course not measurable to AIMS standards

ANGOLA

São Silvestre de Luanda 10km DEC
Carlos Rosa de Souza
E: crabreluz@gmail.com
W: www.saosilvestreangola.co.ao
fb: facebook.com/saosilvestreangola

ANTARCTICA

Antarctic Ice Marathon & 100k DEC
Richard Donovan
E: rd@npmarathon.com
W: www.icemarathon.com
fb: facebook.com/AntarcticIceMarathon

Antarctica Marathon & Half MAR
Thom Gilligan
E: info@marathontours.com
W: www.antarcticamarathon.com
fb: facebook.com/AntarcticaMarathon
Course not measurable to AIMS standards

ARGENTINA

Buenos Aires Int'l Marathon SEP
Luis Vinker
E: info@maratondebuenosaires.com
W: www.maratondebuenosaires.com
fb: facebook.com/maratonbuenosaires

Maratón Internacional de Mendoza APR
Enrique Eiras
E: e@maratondemendoza.com
W: www.maratondemendoza.com
fb: facebook.com/MaratondeMendoza/

ARMENIA

***Yerevan Marathon and Half Marathon** OCT
Anahit Adamyan
E: anahit.adamyan@armeniamarathon.org
W: www.armeniamarathon.org
fb: facebook.com/Yerevanhalfmarathon/

ARUBA

KLM Aruba Marathon JUN
Kees van Muiswinkel
E: info@arubainternationalmarathon.com
W: www.arubainternationalmarathon.com
fb: facebook.com/MarathonAruba

AUSTRALIA

Adelaide Marathon Festival MAY
Ben Hockings
E: events@sarrc.asn.au
W: www.adelaidemarathon.com.au
fb: facebook.com/SARoadRunnersClub

Australian Outback Marathon JUL
Michael Walton
E: sales@australianoutbackmarathon.com
W: www.australianoutbackmarathon.com
fb: facebook.com/outbackmarathon
Course not measurable to AIMS standards

Australian Running Festival presented by TCS APR
Melanie Stewart
E: mel.stewart@fairfaxmedia.com.au
W: www.runningfestival.com.au
fb: facebook.com/austrunningfest/

Barossa Marathon Festival AUG
Ben Hockings
E: events@sarrc.asn.au
W: www.barossamarathon.com.au
fb: on.fb.me/1lb7Y1t

Brisbane Marathon Festival JUN
Jason Crowther
E: info@atlasmultisports.com.au
W: www.brisbanemarathon.com.au
fb: facebook.com/brisbanemarathon

Gold Coast Marathon JUL
Cameron Hart
E: info@goldcoastmarathon.com.au
W: www.goldcoastmarathon.com.au
fb: facebook.com/gcmarathon

Medibank Melbourne Marathon Festival OCT
Marcus Gale
E: enquiries@melbournemarathon.com.au
W: www.melbournemarathon.com.au
fb: facebook.com/melbournemarathonfestival

Goodlife Rottnest Running Festival JUN
Raymond Lampard
E: wamc@wamc.org.au
W: www.wamc.org.au
fb: bit.ly/2pbsPuK

7 Sunshine Coast Marathon AUG
Jason Crowther
E: jason@atlasmultisports.com.au
W: www.sunshinecoastmarathon.com.au
fb: facebook.com/SunshineCoastMarathon

Blackmores Sydney Running Festival (incl. Sydney Marathon) SEP
Wayne Larden
E: info@sydneyrunningfestival.com.au
W: www.sydneyrunningfestival.com.au
fb: facebook.com/officialbsrf

McDonald's Townsville Running Festival AUG
Scott Piper
E: info@mppromotions.com.au
W: www.townsvillerunningfestival.com
fb: facebook.com/townsvillerunningfest

Westlink M7 Blacktown Running Festival JUL
Tanya Bigeni
E: events.team@blacktown.nsw.gov.au
W: www.blacktown.nsw.gov.au/runningfestival
fb: facebook.com/BlacktownCityCouncil

AUSTRIA

3 Country Sparkasse Marathon OCT
Günter Ernst
E: info@sparkasse-3-laender-marathon.at
W: www.sparkasse-3-laender-marathon.at
fb: facebook.com/Sparkasse3LaenderMarathon

ASICS Austrian Women's Run MAY
Ilse Dippmann, Andreas Schnabl
E: office@oesterreichischer-frauenlauf.at
W: www.austrianwomensrun.com

Salzburg Marathon MAY
Johannes Langer
E: office@salzburg-marathon.at
W: www.salzburg-marathon.at
fb: facebook.com/salzburg.marathon

Vienna City Marathon APR
Wolfgang Konrad
E: office@vienna-marathon.com
W: www.vienna-marathon.com
fb: facebook.com/vienna.city.marathon

Int'l WACHAUmarathon SEP
Mag. Michael Buchleitner
E: office@wachaumarathon.com
W: www.wachaumarathon.com
fb: facebook.com/wachaumarathon

BAHAMAS

Marathon Bahamas, Half & Relay JAN
Pamela Richardson
E: info@marathonbahamas.com
W: www.marathonbahamas.com
fb: facebook.com/marathon242

BARBADOS

Cave Shepherd & Co Run Barbados Marathon Weekend DEC
Island Races (Zary Evelyn & Kristina Evelyn)
E: runbarbados@gmail.com
W: www.runbarbados.org
fb: facebook.com/RunBarbadosSeries/

BELARUS

Minsk Half Marathon SEP
Vadim Devyatovskiy
E: belarus.athletics@gmail.com
W: minskhalfmarathon.by
fb: facebook.com/minskhalfmarathon/

BELGIUM

AG Antwerp Marathon APR
Greg Broekmans
E: info@golazo.com
W: www.antwerpmarathon.be
fb: facebook.com/antwerp10miles

Brussels Airport Marathon & Half Marathon OCT
Greg Broekmans
E: info@golazo.com
W: www.brusselsmarathon.be
fb: facebook.com/brusselsmarathon

Linker Oevert Marathon OCT
Kid Van Thienen
E: kvth@telenet.be
W: www.linkeroevertmarathon.com
fb: on.fb.me/ZPKj2k

BHUTAN

Thunder Dragon Marathon MAY
Mike Gratton
E: mike@209events.com
W: www.thunderdragonmarathon.com
fb: facebook.com/thunderdragonmarathon
Course not measurable to AIMS standards

BOSNIA

***Banja Luka Half Marathon** MAY
Vladimir Selec
E: info@banjalukamaraton.com
W: www.banjalukamarathon.com
fb: facebook.com/BLpolumaraton

Sarajevo Sberbank Half Marathon SEP
Franjo Sola
E: franjo.sola@sarajevomarathon.ba
W: sarajevomarathon.ba/en
fb: facebook.com/events/204804080102150/

BOTSWANA

Diacore Gaborone Marathon MAY
Danny Blumberg
E: info@diacoregaboronemarathon.com
W: www.diacoregaboronemarathon.com
fb: facebook.com/Diacoregaboronemarathon

BRAZIL

Brasilia City Half Marathon NOV
Paulo Roberto Passos Carelli
E: paulo@iguanasports.com.br
W: www.bsbcityhalfmarathon.com.br

Rio de Janeiro City Marathon JUN
Joao Traven
E: maratonadorio@maratonadorio.com.br
W: www.maratonadorio.com.br
fb: facebook.com/maratonadoriodejaneiro

Rio City Half Marathon APR
Paulo Roberto Passos Carelli
E: paulo@iguanasports.com.br
W: www.riocityhalfmarathon.com.br

Rio Half Marathon AUG
Thadeus Gilberto Kassabian
E: tgk@yescom.com.br
W: www.riohalfmarathon.com
fb: facebook.com/meiadorio/

São Silvestre Int'l Road Race DEC
Thadeus Kassabian
E: tgk@yescom.com.br
W: www.saosilvestre.com.br

***Sao Paulo City Marathon** JUL
Paulo Roberto Passos Carelli
E: paulo@iguanasports.com.br
W: www.spcitymarathon.com.br

São Paulo Marathon APR
Thadeus Gilberto Kassabian
E: tgk@yescom.com.br
W: www.saopaulomarathonbrazil.com
fb: facebook.com/maratonadesaopaulo/

Corrida de Sao Sebastiao JAN
Joao Traven
E: spiridon@spiridon.com.br
W: www.corridadesaosebastiao.com.br
fb: facebook.com/corridadesaosebastiao/

BULGARIA

Wizz Air Sofia Marathon OCT
Daniel Hristov Dukov
E: ddukov@abv.bg
W: www.marathonsofia.com

CAMBODIA

Angkor Wat Int'l Half Marathon DEC
Sem Phalla
E: direct@cambodia-events.org, info@cambodia-events.org
W: www.cambodia-events.org
fb: facebook.com/angkorwathalfmarathon

***The Khmer Empire Marathon** AUG
Sem Phalla
E: direct@cambodia-events.org, info@cambodia-events.org
W: www.cambodia-events.org
fb: facebook.com/khmerempiremarathon

Phnom Penh Half Marathon JUN
Mr. Sem Phalla
E: direct@cambodia-events.org, info@cambodia-events.org
W: www.cambodia-events.org
fb: on.fb.me/1nfsVir

Sihanoukville Int'l Half Marathon MAR
Mr. Sem Phalla
E: direct@cambodia-events.org, info@cambodia-events.org
W: www.cambodia-events.org
fb: facebook.com/sihanoukvillemarathon

CANADA

Scotiabank Calgary Marathon MAY
Jon Bird
E: info@calgarymarathon.com
W: www.calgarymarathon.com
fb: on.fb.me/1bWyk7c

Servus Edmonton Marathon AUG
Tom Keogh
E: info@edmontonmarathon.ca
W: www.edmontonmarathon.ca
fb: facebook.com/EdmMarathon

Scotiabank Ottawa Marathon and Ottawa 10K MAY
John Halvorsen
E: questions@runottawa.ca
W: www.runottawa.ca
fb: facebook.com/OttawaMarathon

SSQ Quebec City Marathon OCT
Patrice Gagnon
E: info@jecoursqc.com
W: jecoursqc.com
fb: facebook.com/jecoursqc

Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k OCT
Alan Brookes
E: info@torontowaterfrontmarathon.com
W: www.STWM.ca
fb: facebook.com/TorontoWaterfront42k

Toronto Marathon MAY
Jay Glassman
E: info@torontomarathon.com
W: www.torontomarathon.com
fb: facebook.com/torontomarathon

GoodLife Fitness Victoria Marathon OCT
Cathy Noel
E: info@runvictoriamarathon.com
W: www.runvictoriamarathon.com
fb: facebook.com/Victoria.Marathon/

CAYMAN ISLANDS

Intertrust Cayman Islands Marathon DEC
Rhonda Kelly
E: info@caymanislandsmarathon.com
W: www.caymanislandsmarathon.com
fb: facebook.com/CaymanMarathon

CHILE

Santiago Marathon APR
Fernando Jamarne
E: fjamarne@alessandri.cl
W: www.maratondesantiago.com
fb: facebook.com/maratondesantiago

Volcano Marathon NOV
Richard Donovan
E: npmarathon@gmail.com
W: www.volcanomarathon.com
fb: facebook.com/thevolcanomarathon
Course not measurable to AIMS standards

CHINA

Beijing Marathon SEP
Wang Dawei
E: oc@beijing-marathon.com
W: www.beijing-marathon.com/en

Dalian Int'l Marathon MAY
Sun Xinsheng
E: kouzhengjie@sina.com
W: www.dlmls.org

***Great Hakka Marathon** NOV
Dave Cundy
E: guo.feng@great-hakka-marathon.com
W: www.great-hakka-marathon.com
Course not measurable to AIMS standards

The Great Wall Marathon MAY
Dave Cundy
E: gwm_booking@263.net.cn, kent.wang@great-wall-marathon.com.cn
W: www.great-wall-marathon.com
fb: facebook.com/greatwallmarathon
Course not measurable to AIMS standards

Hangzhou Marathon NOV
Mr. Long Jiang
E: marathon@hzim.org
W: www.hzim.org
fb: facebook.com/hangzhou.marathon

Hengshui Lake Int'l Marathon SEP
Zheng Hui
E: hsmarathon@163.com
W: www.hengshuimalasong.com

Lanzhou Int'l Marathon JUN
Wang Zhengxuan
E: lzmarathon@126.com
W: www.lzmarathon.com

Shanghai Int'l Marathon NOV
Jenny Zhou
E: general@shmarathon.com
W: www.shang-ma.com

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La Rochelle
Tél. +33 (0)5 46 44 42 19
info@marathondelarochelle.com
marathondelarochelle.com

KOBE MARATHON 2019.11.17 SUN

MAX. 20,000 runners
(from abroad 海外召集人数 / 2,000)
＊First come first served basis / 召集方法

Applications and Inquiries
报名和咨询方式
JTB Corp.
Western Japan MICE Branch
JTB Sports Station
T E L : +81-6-6252-4009
E-mail : jtbss@jtb.com
Hours: 9:30a.m. to 5:30p.m.(JST)
※except Sat., Sun. & public holidays

Fees 参加费用 / ¥11,200
＊includes ¥200 charity donation
＊plus ¥3,400 administration fee
＊These may change without prior notice

Entry Dates

12 p.m. on Thursday, April 4 ~ 11:59 p.m. on Wednesday, July 31
(＊Japan Standard Time)

Thanks & Friendship KOBE MARATHON 2019

Race contact details

Race Directors: Send updated race contact details to **update@aims-worldrunning.org**

** Associate member*

Wuxi Marathon MAR
Tianwen Hu
E: tianwen@ihuipao.com
W: www.wuximarathon.com

Xiamen Marathon JAN
Fu Yimin
E: xmmarathon@xmim.org,ealin_zhuo@126.com
W: www.xmim.org/en/
fb: facebook.com/xiamenmarathon

Yellow River Estuary Int'l Marathon APR
Yuan Zhen
E: dygjmls@163.com
W: www.hhkgjmls.net

CHINESE TAIPEI

Kaohsiung Int'l Marathon FEB
Huang Yu
E: khmskhms@kcg.gov.tw
W: www.khm.com.tw
fb: facebook.com/khmarathon/

Kinmen Marathon FEB
Sunny Chen
E: wayne@sportsnet.org.tw
W: www.sportsnet.org.tw

***Taichung World Flora Exposition Int Marathon** FEB
Chen Ching Lung
E: fuludun@gmail.com
W: lohasnet.tw/Floraexpo20190224

Tainan Historical Capital Int'l Marathon MAR
Wang Ching-Cheng
E: tpe@mf.iaaf.org
W:
fb: bit.ly/2GSpYIZ

Taipei Marathon DEC
Sunny Chen
E: wayne@sportsnet.org.tw
W: www.sportsnet.org.tw

Face Equality Taipei Expressway Marathon MAR
Sunny Chen
E: wayne@sportsnet.org.tw
W: www.sportsnet.org.tw

Standard Chartered Taipei Charity Marathon JAN
Sunny Chen
E: wayne@sportsnet.org.tw
W: www.sportsnet.org.tw
fb: facebook.com/scbmarathon?fref=ts

New Taipei City Wan Jin Shi Marathon MAR
Ching-Cheng Wang
E: tpe@mf.iaaf.org
W: www.wanjinshi-marathon.com.tw
fb: on.fb.me/1bWyj3d

Taishin Women Run Taipei APR
Sunny Chen
E: wayne@sportsnet.org.tw
W: www.sportsnet.org.tw

Zengwen Reservoir Marathon DEC
Wang, Ching-Cheng
E: tpe@mf.iaaf.org
W: www.athletics.org.tw
fb: bit.ly/2rRvU6G

COLOMBIA

Media Maratón Int'l de Bogotá JUL
Martha Santos
E: msantos@correcaminoscolombia.com
W: www.mediamaratonbogota.com
fb: facebook.com/mmboficial

1/2 Maraton de Bucaramanga - FCV OCT
Mariela Sanchez Aguirre
E: marielasanchez@fcv.org
W: www.fcv.org/maraton
fb: facebook.com/FCVColombia

Maratón Medellín SEP
Gustavo Orozco Posada
E: direccion@maratonmedellin.com
W: www.maratonmedellin.co
fb: facebook.com/maratonmedellin

COSTA RICA

***Maraton Cartago** APR
Rodolfa Villalobos
E: rvillalobos@grupopublicitariocr.net
W: www.grupopublicitariocr.net
fb: bit.ly/2UL3AyJ

Correcaminos Half Marathon and 10k JUL
Gustavo Alvarez
E: info@correcaminoscr.com
W: www.maratoncorrecaminos.com
fb: on.fb.me/1bWykEc

San José Costa Rica Half & Marathon DEC
Guillermo Sáenz
E: marathoncostarica@gmail.com
W: www.marathoncostarica.com
fb: on.fb.me/1bWyj3p

Maraton y Medio Maraton Municipalidad de San José MAY
Vladimir Murillo
E: vladimir.murillo@maratondesanjose.com
W: www.maratondesanjose.com

Media Maraton "La Sele" DEC
Victor Lopez
E: vlopez@runnerscr.com
W: www.gsxg.net

Flamingo Beach Marathon SEP
Victor López Jiménez
E: info@gsxg.net
W: flamingobeachmarathon.net
fb: facebook.com/gatoradeflamingobeachmarathon

CROATIA

Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon) APR
Alen Bošković
E: alen.boskovic@du-motion.com
W: www.du-motion.com/en/home/
fb: bit.ly/2sBlQld

Hvar Half Marathon JUN
Boris Reinic
E: info@hvarmarathon.com
W: www.hvarmarathon.com
fb: facebook.com/HvarHalfMarathon

Losinjski Half Marathon SEP
Miroslav Cavlek
E: miroslav.cavlek@ri.t-com.hr
W: www.ak-losinj.hr
fb: facebook.com/losinjhalfmaraton/

Split Half Marathon FEB
Kristijan Sindik
E: info@splitmarathon.com
W: www.splitmarathon.com
fb: facebook.com/splithalfmarathon/

Ston Wall Marathon SEP
Zeljko Konosic
E: stonwallmarathon@gmail.com
W: www.ston-wall-marathon.com
fb: facebook.com/StonWallMarathon

Zagreb Marathon & Half OCT
Marko Jakopović
E: zagrebacki.atletski.savez@gmail.com
W: www.zagreb-marathon.com
fb: facebook.com/zagreb.marathon

CUBA

Marabana Marathon & Half NOV
Carlos R. Gattorno Correa
E: gattorno.marabana@gmail.com
W: www.maratondelahabana.com

CURAÇAO

KLM Curaçao Marathon NOV
Kees van Muiswinkel
E: kees@curacaomarathon.com
W: www.curacaomarathon.com
fb: facebook.com/klmcuracaomarathon

CYPRUS

***Logicom Cyprus Marathon** MAR
Stavros Kakourides
E: run@cyprusmarathon.com
W: www.cyprusmarathon.com
fb: facebook.com/CyprusMarathonOfficial

***Radisson Blu Larnaka Int'l Marathon** NOV
Costas Daltas
E: info@larnakamarathon.com
W: larnakamarathon.com
fb: bit.ly/2N9jBeH

OPAP Limassol Marathon GSO MAR
Spyros Spyrou
E: info@limassolmarathon.com
W: www.limassolmarathon.com
fb: facebook.com/limassolmarathon/

CZECH REPUBLIC

Pardubice Wine Half Marathon APR
Oldřich Bujnoch
E: oldrichbujnoch@seznam.cz
W: www.pardubickyvinarskypulmaraton.cz
fb: on.fb.me/1HWsAYy

Volkswagen Prague Marathon MAY
Václav Skřivánek
E: info@runczech.com
W: www.runczech.com
fb: facebook.com/runczech

DENMARK

H.C. Andersen Marathon SEP
Torben Simonsen
E: ts@hcamarathon.dk
W: www.hcamarathon.dk
fb: facebook.com/hcamarathon

Copenhagen Half Marathon SEP
Dorte Vibjerg
E: vibjerg@sparta.dk
W: copenhagenhalfmarathon.dk
fb: facebook.com/cphhalf

Telenor Copenhagen Marathon MAY
Dorte Vibjerg
E: vibjerg@sparta.dk
W: www.copenhagenmarathon.dk
fb: facebook.com/cphmarathon

DOMINICAN REPUBLIC

Maratón Monumental Primer Santiago de America NOV
Emilio Martínez
E: maratonmonumental@gmail.com
W: www.maratonsantiago.do
fb: facebook.com/maratonsantiagord

DPR OF KOREA

Mangyongdae Prize Int'l Marathon APR
Jong Song Ok
E: prk@star-co.net.kp
W: www.pyongyangmarathon.com

ECUADOR

Guayaquil Marathon OCT
Diego Maruri
E: diegomaruri@dm3.com
W: www.dm3.com
fb: on.fb.me/1bWymvQ

Quito Últimas Noticias 15k JUN
Pablo Gonzalez Peña
E: pabloarturogonzalez@gmail.com
W: www.quitoultimasnoticias15k.ec
fb: facebook.com/UN15K

La Ruta de las Iglesias AUG
Samia Solah, Nina Solah
E: samia@tventasec.com, nsolah@tventasec.com
W: www.rutadelasiglesias.com
fb: facebook.com/rutaiglesias

EGYPT

Egyptian Marathon JAN
Gasser Riad
E: info@egyptianmarathon.net
W: www.egyptianmarathon.net
fb: on.fb.me/1bWykUW

Pharaonic 100km NOV
Gasser Riad
E: info@egyptianmarathon.net
W: www.egyptianmarathon.net
fb: facebook.com/egytpian.marathon

ESTONIA

Tallinna Maraton, Half & 10k SEP
Mati Lilliallik
E: info@tallinnmarathon.ee
W: www.tallinnamaraton.ee
fb: facebook.com/TallinnaMaraton/

Tartu City Marathon OCT
Indrek Kelk
E: kristina@tartumaraton.ee
W: www.tartumaraton.ee
fb: facebook.com/tartumaraton

ETHIOPIA

Great Ethiopian Run 10km NOV
Ermias Ayele
E: ermias@ethiopianrun.org
W: www.ethiopianrun.org
fb: facebook.com/GreatEthiopianRun

Hawassa Half Marathon FEB
Ermias Ayele
E: ermias@ethiopianrun.org
W: www.ethiopianrun.org
fb: facebook.com/GreatEthiopianRun

FALKLAND ISLANDS

Standard Chartered Stanley Marathon MAR
Simon Fenton
E: bank.info@sc.com
W: www.standardchartered.com/fk/events/marathon

FAROE ISLANDS

Atlantic Airways Tórshavn Marathon JUN
Hergerd Heldarskarod
E: hheldarskard@gmail.com
W: www.torshavnmarathon.com

FIJI

Island Chill Suva Marathon JUL
Gina Houng Lee
E: president@suvamarathon.org
W: www.suvamarathon.org

FINLAND

Helsinki City Marathon MAY
Markku Haverinen
E: maraton@sul.fi
W: www.helsinkicityrunningday.fi
fb: facebook.com/HelsinkiCityMarathon

***Helsinki Half Marathon** JUN
Tapani Virtanen
E: info@helsinkihalfmarathon.fi
W: www.helsinkihalfmarathon.fi
fb: facebook.com/helsinkihalfmarathon

***Helsinki Marathon** AUG
Tapani Virtanen
E: info@helsinkimarathon.com
W: www.helsinkimarathon.fi
fb: facebook.com/helsinkimarathon/

Paavo Nurmi Marathon AUG
Kari Ahonen
E: info@paavonurmisports.fi
W: www.paavonurmimarathon.fi
fb: on.fb.me/1SlsUaQ

FRANCE

French Riviera Marathon Nice-Cannes NOV
Hugues Lelievre
E: communication@azur-sport.org
W: www.frenchrivieramarathon.com
fb: on.fb.me/1bWymMt

Schneider Electric Marathon de Paris APR
Edouard Cassignol
E: parismarathon@aso.fr
W: www.schneiderelectricparismarathon.com
fb: facebook.com/parismarathon

Serge Vigot La Rochelle Int'l Marathon NOV
Mauny Nicolas
E: info@marathondelarochelle.com
W: marathondelarochelle.com
fb: facebook.com/marathonLR

St Denis Half Marathon – La Voie Royale OCT
Thierry Vernay / Antonio Agostinho
E: info@wanago.com
W: www.lavoieroyale.fr
fb: facebook.com/semimarathon.saintdenis/

Gulf of St Tropez Marathon MAR
Fabien Carcuac
E: mail@azur-sport.org
W: www.marathondugolfedesainttropez.com/uk/index.htm
fb: bit.ly/2V2PgBZ

FYR MACEDONIA

Wizz Air Skopje Marathon MAY
Kire Sinadinovski
E: kire@skopskimaraton.com.mk
W: www.skopjemarathon.com
fb: facebook.com/skopskimaraton

GEORGIA

The Great Batumi Night Race APR
Peter Gottwald
E: info@batumi-marathon.com
W: batumi-marathon.com

HeidelbergCement TbilisiHalfMarathon SEP
Peter Gottwald
E: info@tbilisimarathon.ge
W: www.tbilisimarathon.ge
fb: facebook.com/Tbilisimarathon

GERMANY

Halfmarathon Altötting SEP
Guenther Vogl
E: halbmarathon@gmx.de
W: www.halbmarathon.de
fb: bit.ly/2DtxBhf

BMW Berlin-Marathon SEP
Mark Milde
W: www.bmw-berlin-marathon.com
fb: facebook.com/berlinmarathon

Generali Berlin Half Marathon APR
Mark Milde
W: www.generali-berliner-halbmarathon.de
fb: facebook.com/berlinerhalbmarathon

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San Sebastian has three beautiful beaches despite its small size. One of them, La Concha Beach, has been chosen by TripAdvisor users as the best beach in Europe. In addition to this, it has also placed 4th in the world ranking. San Sebastian Marathon route goes along La Concha Beach, giving the runner the chance to enjoy its magical environment on several occasions.

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Race contact details

Race Directors: Send updated race contact details to **update@aims-worldrunning.org**

** Associate member*

METRO Marathon Düsseldorf APR
Sonja Oberem
E: info@rhein-marathon.de
W: www.metro-marathon.de
fb: bit.ly/2mlOkT2

Mainova Frankfurt Marathon OCT
Jo Schindler
E: mail@frankfurt-marathon.com
W: www.frankfurt-marathon.com
fb: facebook.com/ffmmarathon

hella hamburg halbmarathon JUN
Karsten Schölermann
E: info@hamburg-halbmarathon.de
W: www.hamburg-halbmarathon.de
fb: facebook.com/events/1490397887732080/

Haspa Marathon Hamburg APR
E: service@marathonhamburg.de
W: www.haspa-marathon-hamburg.de
fb: facebook.com/haspamarathonhamburg

HAJ Hannover Marathon APR
Stefanie Eichel
E: kontakt@marathon-hannover.de
W: www.marathon-hannover.de
fb: facebook.com/MarathonHannover

Generali München Marathon OCT
Gernot Weigl
E: service@generalimuenchenmarathon.de
W: www.generalimuenchenmarathon.de
fb: facebook.com/generalimuenchenmarathon

Volksbank-Münster-Marathon SEP
Michael Brinkmann
E: info@volksbank-muenster-marathon.de
W: www.volksbank-muenster-marathon.de
fb: on.fb.me/1bWyllv

iWelt Marathon Wuerzburg MAY
Guenter Herrmann
E: g.herrmann@wuerzburg-marathon.de
W: www.wuerzburg-marathon.de
fb: facebook.com/Wuerzburg.Marathon

GREAT BRITAIN

Deep RiverRock Belfast City Marathon MAY
Claire O Neill
E: elaine.riddell@belfastcitymarathon.org
W: www.belfastcitymarathon.com
fb: on.fb.me/1bWynjv

Cardiff Half Marathon OCT
Steve Brace
E: cardiffhalfmarathon@run4wales.org
W: www.cardiffhalfmarathon.co.uk
fb: facebook.com/Cardiffhalf

Baxters Loch Ness Marathon & Festival of Running OCT
Malcolm Sutherland
E: info@lochnessmarathon.com
W: www.lochnessmarathon.com
fb: facebook.com/lochnessmarathon

Milton Keynes Marathon & Half MAY
Andrew Hully
E: run@miltonkeynesmarathon.co.uk
W: www.mkmarathon.com
fb: facebook.com/MiltonKeynesMarathon

JCP Swansea Half Marathon JUN
David Martin-Jewell
E: david@frontrunnerevents.co.uk
W: swanseahalfmarathon.co.uk
fb: facebook.com/SwanseaHalf

GREECE

Athens Half Marathon MAR
Evangelos Papapostolou
E: info@athinahalfmarathon.gr
W: www.athinahalfmarathon.gr
fb: bit.ly/2bvGYfV

Int'l Marathon Alexander the Great APR
Drosos Christopoulos
E: info@atgm.gr, info@alexanderthegreatmarathon.org
W: www.alexanderthegreatmarathon.org
fb: on.fb.me/1bWylYY

Athens Marathon The Authentic NOV
Evangelos Papapostolou
E: info@athensauthenticmarathon.gr
W: www.athensauthenticmarathon.gr
fb: facebook.com/athensclassicmarathon

***Crete Marathon** APR
Evangelos Papapostolou
E: racedirector@crete-marathon.gr
W: www.crete-marathon.gr
fb: facebook.com/cretemarathon

***Mykonos Run** SEP
Christina Nikolopoulou
E: outloudeventservices@yahoo.gr
W: www.mykonosrun.com

***Nafplio Marathon** MAR
Evangelos Papapostolou
E: racedirector@nafpliomarathon.gr
W: www.nafpliomarathon.gr
fb: on.fb.me/1DXeYsT

***Rhodes Marathon** APR
Nikolaos Polias
E: info@rhodesmarathon.gr
W: www.rhodesmarathon.gr
fb: facebook.com/roads2rhodes

Int'l Thessaloniki Night Half Marathon OCT
Drosos Christopoulos
E: info@thesshalfmarathon.org
W: www.thesshalfmarathon.org
fb: on.fb.me/1bWynjE

GREENLAND

Polar Circle Marathon OCT
Lars Fyhr
E: lf@albatros-adventure.com
W: www.polar-circle-marathon.com
fb: facebook.com/polarcirclemarathon/

GUAM

United Airlines Guam Marathon APR
Ben Ferguson
E: info@unitedguammarathon.com
W: www.unitedguammarathon.com
fb: facebook.com/unitedguammarathon/

HONG KONG, CHINA

Gammon China Coast Marathon & Half JAN
David Smith
E: chinacoast@avohk.org
W: www.avohk.org

Standard Chartered Hong Kong Marathon FEB
William Ko
E: hkmarathon@hkaaa.com
W: www.hkmarathon.com
fb: facebook.com/hkmarathon

Mizuno Hong Kong Half-Marathon Championships JAN
Alan Wong Kim Lun
E: inquiry@hkaaa.com
W: www.hkaaa.com
fb: facebook.com/ilovehkaaa

UNICEF Charity Run Half Marathon & 10km NOV
Lando Cheung
E: lando.cheung@unicef.org.hk
W: run.unicef.org.hk
fb: facebook.com/runforchildren

HUNGARY

Telekom Vivicittá Spring Half Marathon APR
Árpád Kocsis
E: registration@budapestmarathon.com
W: springhalfmarathon.runinbudapest.com
fb: facebook.com/runinbudapest/

Wizz Air Budapest Half Marathon SEP
Árpád Kocsis
E: registration@budapestmarathon.com
W: halfmarathon.runinbudapest.com
fb: facebook.com/runinbudapest/

SPAR Budapest Marathon Festival SEP
Árpád Kocsis
E: registration@budapestmarathon.com
W: marathon.runinbudapest.com
fb: facebook.com/runinbudapest/

ICELAND

Suzuki Midnight Sun Run JUN
Hrefna Hlín Sveinbjörnsdóttir
E: marathon@marathon.is
W: midnightrun.is
fb: facebook.com/midnightrunis

Islandsbanki Reykjavik Marathon AUG
Jóna Hildur Bjarnadóttir
E: marathon@marathon.is
W: marathon.is/reykjavik-marathon
fb: facebook.com/Reykjavikurmarathon

INDIA

Bengaluru Midnight Marathon DEC
Gul Mohamed Akbar
E: gul@silverscreenfilms.in
W: midnightmarathon.in
fb: facebook.com/midnightmarathon.in

Shriram Properties Bengaluru Marathon OCT
Nagaraj Adiga
E: adiga@nebsports.in
W: www.bengalurumarathon.in
fb: facebook.com/marathonbengaluru/

TCS World 10K Bengaluru MAY
Hugh Jones
E: tcsworld10K@procam.in
W: tcsworld10k.procamrunning.in
fb: facebook.com/tcsw10k

Airtel Delhi Half Marathon OCT
Hugh Jones
E: adhm@procam.in, arati@procam.in
W: adhm.procamrunning.in
fb: facebook.com/runadhm?fref=ts

Goa River Marathon NOV
Nitin Bandekar
E: nbandekar@nrbgroup.biz
W: www.goarivermarathon.com
fb: facebook.com/goarivermarathon

AU Bank Jaipur Marathon FEB
Mukesh Mishra
E: jaipurmarathon@gmail.com
W: www.marathonjaipur.com
fb: facebook.com/jaipurmarathon/

***Tata Steel Kolkata 25k** DEC
Hugh Jones
E: tsk25@procam.in, aimssec@aol.com
W: www.tsk25.procamrunning.in
fb: facebook.com/TSKolkata25

***IDBI Federal Life Insurance Kolkata Marathon** FEB
Nagraj Adiga
E: contact@nebsports.in
W: www.kolkatafullmarathon.com
fb: facebook.com/kolkatafullmarathon/

Ladakh Marathon & Ultra SEP
Chewang Motup Goba
E: info@ladakhmarathon.com
W: www.ladakhmarathon.com
fb: facebook.com/ladakhmarathon

Tata Mumbai Marathon JAN
Hugh Jones
E: tatamumbaimarathon@procam.in, arati@procam.in
W: tatamumbaimarathon.procamrunning.in
fb: facebook.com/TataMumMarathon/

***IDBI Federal Life Insurance Mumbai Half Marathon** SEP
Nagaraj Adiga
E: contact@nebsports.in
W: www.mumbaihalfmarathon.com
fb: facebook.com/MumbaiHM/

Navi Mumbai Half Marathon FEB
Siddarth Gupta
E: sid@sportsunited.in
W: www.navimumbaihalfmarathon.com

IDBI Federal Life Insurance New Delhi Marathon FEB
Nagaraj Adiga
E: adiga@nebsports.in
W: www.newdelhimarathon.com
fb: facebook.com/newdelhimarathon/

Cairn Pink City Half Marathon DEC
Roop Betala
E: racedirector@cairnpchm.in
W: www.cairnpchm.com
fb: facebook.com/PinkCityMarathon/

Pune Int'l Marathon DEC
Rohan More
E: office.pimt@gmail.com
W: www.marathonpune.com
fb: facebook.com/marathonpune

PNB MetLife Satara Hill Half Marathon SEP
Dr Devdutta Deo
E: runsatara@shhm.co.in
W: www.shhm.co.in
fb: facebook.com/SataraHillMarathon

***Tarblazer 42.2** JUN
S. Shashidhar
E: shashi@sportman.in
W: www.sportman.in/tarblazer/
fb: facebook.com/hellosportman/

MG Vadodara Int'l Marathon JAN
Sameer Khera
E: samkhera@gmail.com
W: www.vadodaramarathon.com
fb: facebook.com/VadodaraMarathon

Vizag Navy Marathon NOV
Dr. Murali Nannapaneni
E: medflight@gmail.com
W: www.vizagnavymarathon.com

INDONESIA

Maybank Bali Marathon SEP
Wahyu Rizky
E: info@balimarathon.com
W: www.balimarathon.com
fb: facebook.com/BaliMarathon

Borobudur Marathon NOV
Andreas Kansil
E: andreas@pandarasports.com
W: borobudurmarathon.co.id
fb: facebook.com/BorobudurMarathon2018/

Jakarta Marathon OCT
Andry Setiawan
E: andry@inspirogroup.co.id
W: www.thejakartamarathon.com
fb: facebook.com/TheJKTMarathon

IRAQ

Erbil Marathon OCT
Abdulsattar Younus
E: erbilmarathon@yahoo.com
W: www.erbilmarathon.org
fb: on.fb.me/JifjR5

IRELAND

Cork City Marathon JUN
Jim O'Donovan
E: info@corkcitymarathon.ie
W: www.corkcitymarathon.ie
fb: facebook.com/corkcitymarathon/

KBC Dublin Marathon OCT
Jim Aughney
E: office@dublinmarathon.ie
W: kbcdublinmarathon.ie
fb: facebook.com/dublinmarathon

Longford Marathon AUG
Fr Ciaran McGovern
E: info@longfordmarathon.com
W: www.longfordmarathon.com
fb: facebook.com/longfordmarathon

Waterford Viking Marathon JUN
Joe Cawley
E: info@waterfordvikingmarathon.com
W: www.waterfordvikingmarathon.com
fb: on.fb.me/1HWuFDI

World Marathon Challenge FEB
Richard Donovan
E: rd@worldmarathonchallenge.com
W: www.worldmarathonchallenge.com

ISRAEL

Eilat Full Desert Marathon NOV
Ofer Padan
E: ofer@marathonisrael.co.il
W: www.desertrun.co.il
fb: facebook.com/desertrun.co.il/
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Jerusalem Marathon, Half & 10k MAR
Simon Avraham
E: JEM@target-market.co.il
W: www.jerusalem-marathon.com
fb: on.fb.me/WCyXOj

Tel Aviv Samsung Marathon FEB
Ofer Shytrit "Kapaim"
E: marathon@kapaim.co.il
W: www.tlvmarathon.co.il
fb: facebook.com/TelAvivMarathon

Sea of Galilee Tiberias Marathon JAN
Doron Amir
E: dorona88@gmail.com
W: www.tiberiasmarathon.com
fb: facebook.com/TiberiasMarathonIL

ITALY

Dogi's Half Marathon APR
Luigino Molena
E: info@dogishalfmarathon.it
W: www.dogishalfmarathon.it
fb: facebook.com/dogishalfmarathon/

Firenze Marathon NOV
Giancarlo Romiti
E: staff@firenzemarathon.it
W: www.firenzemarathon.it
fb: on.fb.me/1lpsOz8

10k Garda Trentino NOV
Sandro Poli
E: polisandro@hotmail.com
W: www.trentinoeventi.it

Gensan Giulietta & Romeo Half Marathon FEB
Stefano Stanzial
E: matteo@veronamarathon.it
W: www.giuliettaeromeohalfmarathon.it
fb: facebook.com/veronamarathon

SPORTWAY Lake Maggiore Marathon NOV
Paolo Ottone
E: LMM@pro-motion.it
W: www.lagomaggioremarathon.com
fb: facebook.com/lagomaggiore.marathon

NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K APR
Paolo Ottone
E: LMHM@pro-motion.it
W: www.LMHM.it
fb: facebook.com/lagomaggiore.marathon

Generali Milano Marathon APR
Andrea Trabuio
E: info@milanomarathon.it
W: www.milanomarathon.it
fb: facebook.com/MilanoMarathon

Moonlight Half Marathon MAY
Piero Rosa Salva
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***Napoli City Half Marathon** FEB
Carlo Capalbo
E: info@napolirunning.com
W: www.napolirunning.com
fb: facebook.com/napolirunning

Padova Marathon APR
Leopoldo Destro
E: info@padovamarathon.com
W: www.padovamarathon.com
fb: bit.ly/2h0vdjZ

PisaMarathon DEC
Andrea Maggini
E: info@1063ad.it
W: www.maratonadipisa.com
fb: facebook.com/PisaMarathon

Ravenna Marathon – City of Art NOV
Stefano Righini
E: info@maratonadiravenna.com
W: www.maratonadiravenna.com
fb: facebook.com/maratonadiravenna/

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Telesia City Trophy Int'l Road Race 10k JUN
Viscusi Diego
E: info@trofeotelesia.it
W: www.trofeotelesia.it
fb: facebook.com/trofeotelese

***Telesia Half Marathon** OCT
Diego Viscusi
E: info@telesiahalfmarathon.it
W: www.telesiahalfmarathon.it
fb: facebook.com/telesiahalfmarathon/

Trento Half Marathon OCT
Ferruccio Demadonna
E: demadonna@inwind.it
W: www.trentorunningfestival.it
fb: facebook.com/trentorunningfestival

16a Treviso Marathon MAR
Mauro Miani
E: amministrazione@trevisomarathon.com
W: www.trevisomarathon.com
fb: facebook.com/MaratonaDiTreviso

Trieste Running Festival MAY
Fabio Carini
E: info@miramarun.it
W: www.triesterunningfestival.com
fb: facebook.com/triesterunningfestival

Maratonina Città di Udine SEP
Paolo Bordon
E: info@maratoninadiudine.it
W: www.maratoninadiudine.it
fb: facebook.com/asdmaratoninaudinese

Maratona di San Valentino FEB
Marcello Vettese
E: info@maratonadisanvalentino.it
W: www.maratonadisanvalentino.it
fb: facebook.com/maratona.disanvalentino

Venicemarathon OCT
Piero Rosa Salva
E: info@venicemarathon.it
W: www.venicemarathon.it
fb: facebook.com/ASDVenicemarathon?fref=ts

Verona Marathon NOV
Stefano Stanzial
E: stefano@veronamarathon.it
W: www.veronamarathon.it
fb: facebook.com/veronamarathon

JAMAICA

Kingston City Marathon MAR
Christopher Jarrett/
Nicola Madden-Greig
E: kingstoncityrun@gmail.com
W: www.kingstoncityrun.com
fb: facebook.com/KingstonCityRun

Reggae Marathon, Half & 10K DEC
Alfred Francis
E: racedirector@reggaemarathon.com
W: www.reggaemarathon.com
fb: facebook.com/ReggaeMarathon

JAPAN

Beppu-Oita Mainichi Marathon FEB
Mr Megumi Furuichi
E: furuichi-m@mainichi.co.jp

Lake Biwa Mainichi Marathon MAR
Rieko Kumagai
E: jigyoubu@pearl.ocn.ne.jp
W: www.lakebiwa-marathon.com

Fukuoka Int'l Open Marathon Championship DEC
Takanori Saito
E: s-marathon@asahi.com
W: www.fukuoka-marathon.com/en/index.html

Gifu Half Marathon APR
Tetsuya "Teddy" Okamura
E: okamura.chunichi@biz.nifty.jp
W: www.gifu-marathon.jp
fb: facebook.com/gifu.marathon

Hokkaido Marathon AUG
Keita Setaka
E: setaka@hokkaido-np.co.jp
W: hokkaido-marathon.com
fb: facebook.com/hokkaidomarathon

Kagawa Marugame Int'l Half Marathon FEB
Masaharu Kaji
E: marugame-half@aroma.ocn.ne.jp
W: www.km-half.com
fb: bit.ly/2mrsm5x

***Kanazawa Marathon** OCT
Yukiyoshi Yamano
E: marathon@city.kanazawa.lg.jp
W: www.kanazawa-marathon.jp
fb: facebook.com/kanazawa.marathon.soshiki

***Kitakyushu Marathon** FEB
Kenji Kitahashi
E: toiawase@kitakyushu-marathon.jp
W: kitakyushu-marathon.jp
fb: on.fb.me/VyPKjJ

Kobe Marathon NOV
Hisashi Yamane
E: Kobemarathon2@shirt.ocn.ne.jp
W: www.kobe-marathon.net
fb: facebook.com/Kobe.Marathon.Office

Kochi Ryoma Marathon FEB
Masanao Ozaki
E: ryomamarathon@ken.kochi.lg.jp
W: ryoma-marathon.jp

Kyoto Marathon MAR
Masayoshi Sakoda
E: isono@runners.co.jp
W: www.kyoto-marathon.com
fb: facebook.com/kyoto.marathon.2019

Mount Fuji Marathon NOV
Nikkan Sports Press
E: m.koike@sports-info.co.jp
W: fujisan-marathon.jp
fb: facebook.com/fujisanmarathon

Nagano Marathon APR
Kouta Furuuchi
E: info@naganomarathon.gr.jp
W: www.naganomarathon.gr.jp
fb: facebook.com/naganomarathon

Nagoya Women's Marathon MAR
Tetsuya "Teddy" Okamura
E: okamura.chunichi@biz.nifty.jp
W: womens-marathon.nagoya
fb: facebook.com/nagoya.womens.marathon

Nara Marathon DEC
Shogo Arai
E: athletic@nara-marathon.jp
W: www.nara-marathon.jp
fb: facebook.com/naramarathon.jp

Ohme-Hochi 30km Road Race & 10km FEB
Daijiro Asahara
E: info@ohme-marathon.jp
W: www.ohme-marathon.jp
fb: facebook.com/ohme.marathon

Osaka Marathon DEC
Mr. Kazuhiro Kawachi
E: kawachi@osaka-marathon.com
W: www.osaka-marathon.com/index_en.html
fb: on.fb.me/IR9M2y

Osaka Women's Marathon JAN
Yasuhiro Yamada
E: y-yamada@ktv.co.jp
W: www.osaka-marathon.jp
fb: facebook.com/osakawomensmarathon/

Saitama Int'l Marathon DEC
Wataru Takahashi
E: watr2039@yomiuri.com
W: saitama-international-marathon.jp

Lake Saroma 100km Ultra Marathon JUN
Jiro Hashimoto
E: saroma@runners.co.jp
W: saromanblue.jp/index.shtml
fb: facebook.com/saroma100km

KIX Senshu Int'l Marathon FEB
Osami Takeyama
E: jimukyoku@senshu-marathon.jp
W: www.senshu-marathon.jp

Tokushima Marathon MAR
Kamon Iizumi
E: hashiru_ahoo@circus.ocn.ne.jp
W: www.tokushima-marathon.jp
fb: facebook.com/tokushima.marathon

Tokyo Marathon MAR
Tad Hayano
E: tm2019@or.knt.co.jp
W: www.marathon.tokyo/en/
fb: facebook.com/tokyo42195.org

***Toyama Marathon** OCT
Takakazu Ishii
E: tm-info@toyamamarathon.com
W: www.toyamamarathon.com/entry/oversea.html
fb: bit.ly/2qjEk6i

JORDAN

Samsung Amman Int'l Marathon OCT
Lina El Kurd
E: l.kurd@runjordan.com
W: www.runjordan.com
fb: on.fb.me/1f9ilRz

Ayla Red Sea Half Marathon DEC
Lina El Kurd
E: l.kurd@runjordan.com
W: www.runjordan.com
fb: on.fb.me/1f9ilRz

LG Dead Sea Ultra Marathon APR
Lina El Kurd
E: l.kurd@runjordan.com
W: www.runjordan.com
fb: on.fb.me/1f9ilRz

Petra Desert Marathon SEP
Lars Fyhr
E: lf@albatros-adventure.com
W: www.petra-desert-marathon.com
fb: facebook.com/petramarathon

KAZAKHSTAN

Almaty Marathon APR
Saltanat Kazybayeva
E: saltanat@almaty-marathon.kz
W: www.almaty-marathon.kz
fb: facebook.com/almatymarathon

Astana Marathon SEP
Gauhar Bramley-Fenton
E: info@astana42k.com
W: www.astana42k.com
fb: bit.ly/2NWYIZx

KENYA

Standard Chartered Nairobi Marathon OCT
Dennis Sitieney
E: Dennis.Sitieney@sc.com
W: www.nairobimarathon.com
fb: facebook.com/StandardCharteredKE

KOREA

Chosunilbo Chuncheon Int'l Marathon OCT
Hyungsuk Kim
E: marathon@chosun.com
W: marathon.chosun.com
fb: facebook.com/marathonchosun

Daegu Int'l Marathon APR
TaeKyu Kang
E: ktk1203@gmail.com
W: marathon.daegusports.or.kr
fb: facebook.com/daegumarathon

Gunsan Saemangeum Int'l Marathon, 10km & 5km APR
Kim Bockju
E: kaaf5066@gmail.com
W: www.smgmara.com

Gyeonggi Int'l Half Marathon FEB
We Jang Ryang
E: artwjr@empas.com
W: www.ggimarathon.com

Dong-A Ilbo Gyeongju Int'l Marathon OCT
In-Cheol Lee
E: marathon@donga.com
W: marathon.donga.com/gyeongju.html

Incheon Songdo Int'l Marathon OCT
SooHong Woo
E: road42195@naver.com
W: www.songdorun.com
fb: bit.ly/2jeEoTY

Incheon Int'l Half Marathon MAR
Kim Bockju
E: kaaf5066@gmail.com
W: www.incheonmarathon.co.kr

Seoul Marathon MAR
Inchul Lee
E: joong4n2@donga.com
W: www.seoul-marathon.com
fb: facebook.com/dongamarathon

JTBC Seoul Marathon NOV
E: marathon@jtbc.co.kr
W: marathon.jtbc.com
fb: facebook.com/2018JTBCSEOULMARATHON/

KUWAIT

Gulf Bank 642 Marathon NOV
Ahmed Almajed
E: cs@pro-vision.com
W: www.gulfbank642marathon.com
fb: facebook.com/GB642/

LATVIA

Tet Riga Marathon MAY
Aigars Nords
E: marathon@necom.lv
W: tetrigamarathon.lv
fb: facebook.com/@TetRigaMarathon

LEBANON

BLOM BANK Beirut Marathon NOV
Mr. Wissam Terro
E: wissam.terro@beirutmarathon.org
W: www.beirutmarathon.org
fb: facebook.com/beirutmarathon

LITHUANIA

Citadele Kaunas Marathon JUN
Algirdas Pukis
E: info@kmk.lt
W: www.kaunasmarathon.lt
fb: facebook.com/KaunoMaratonas

Danske Bank Vilnius Marathon SEP
Darius Valavicius
E: info@vilniausmaratonas.lt
W: www.vilniusmarathon.lt
fb: facebook.com/vilniusmarathon

LUXEMBOURG

ING Route du Vin Half Marathon SEP
Pit Biver
E: routeduvin.info@fla.lu
W: www.ingrouteduvin.lu

MACAU, CHINA

Macao Galaxy Entertainment Int'l Marathon DEC
José Tavares
E: macaomarathon@sport.gov.mo
W: www.macaumarathon.com

MADAGASCAR

***Madagascar Marathon & Half** JUN
Thom Gilligan
E: info@marathontours.com
W: www.madagascarmarathon.com
fb: facebook.com/MadagascarMarathon
Course not measurable to AIMS standards

MALAYSIA

Borneo Marathon APR
Datuk Dr Heng Aik Cheng
E: 1234heng@gmail.com
W: www.borneomarathon.com
fb: facebook.com/borneomarathon

Standard Chartered KL Marathon SEP
Rainer Biemans
E: dirigo@dirigo.com.my
W: www.kl-marathon.com
fb: facebook.com/SCKLmarathon

***Kuching Marathon** AUG
Liew Tang Chieh
E: kchmarathon@gmail.com
W: www.marathonkuching.com
fb: on.fb.me/1OhT46J

Penang Bridge Int'l Marathon NOV
Yeoh Soon Hin
E: info.penangbridgemarathon@gmail.com, teohgrace@gmail.com
W: www.penangmarathon.gov.my
fb: facebook.com/penangbridgemarathon

MALDIVES

Dhiraagu Maldives Road Race SEP
Mirshan Hassan
E: mirshan@dhiraagu.com.mv
W: www.dmrr.mv

MALTA

Malta Int'l Challenge Marathon NOV
Barry M. Whitmore
E: bmw120348@gmail.com
W: www.maltachallengemarathon.com

MAURITIUS

Mauritius Marathon JUL
Jean Marie Grall
E: eventsip@gmail.com
W: www.mauritiusmarathon.com
fb: facebook.com/mauritiusmarathon/

MEXICO

Maratón Aguascalientes OCT
Jose Luis Trujillo Alcala
E: maratonaguascalientes@hotmail.com
W: www.maratonaguascalientes.com.mx
fb: facebook.com/maratonaguascalientes

***Medio Maraton de la Mujer Cancun** MAR
Carly Casarrubias
E: carly@masaccion.com.mx
W: www.cancun-half-marathon.com/es/cancun.html

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The 2019 C&D Xiamen Marathon, with anticipated participants of 35000, had launched at Xiamen International Conference and Exhibition Center at 7:30 a.m. on January 6 (Sunday), 2019. City attractions and landmarks along the beautiful marathon course like Island Ring Road, Egret Islet, Yundang Lake and People' s Hall brought runners a wonderful experience. Various supporting activities, convenient race services and unique egret medals also added to their unforgettable memories.
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Race contact details

Race Directors: Send updated race contact details to **update@aims-worldrunning.org**

** Associate member*

***Maratón "Las Batallas de Celaya"** APR
Fernando Gabriel García Carrillo
E: fgarcia@fecodi.com.mx
W: www.maratoncelaya.com
fb: facebook.com/MaratonCelaya

21k Coahuila JUN
Arq. Dora Maria Galindo Ramos
E: coahuila21k@hotmail.com
W: www.21kcoahuila.org

Maratón Int'l de Culiacán JAN
Tomás Villa Velázquez Santillanes
E: eldsin@hotmail.com
W: maratonculiacan.org
fb: on.fb.me/1zhRUC4

Gran Maratón Pacifico Mazatlán DEC
Karla Angelica Camacho Guzman
E: paisajismo_karlac@hotmail.com
W: www.maraton.org
fb: facebook.com/gran.maratonpacifico

Medio Maratón Atlas de Guadalajara SEP
Saúl Figueroa
E: medio.maraton@atlascolomos.com.mx
W: www.mediomaraton.atlas.com.mx
fb: facebook.com/AtlasMedioMaraton/

Maraton Guadalajara NOV
Elena Aguilar Fuentes
E: elena.aguilar@comudeguadalajara.gob.mx
W: www.maratonguadalajara.org
fb: facebook.com/MaratonGDL

21k Guadalajara Electrolit Nutrido por Granvita FEB
Elena Aguilar Fuentes
E: elena.aguilar@comudeguadalajara.gob.mx
W: medio.maratonguadalajara.org
fb: facebook.com/MaratonGDL

Maraton Int'l de Juarez OCT
Federico Mendoza
E: fmendoza@maratondejuarez.com
W: www.maratondejuarez.com

Maratón Int'l Lala MAR
María Luisa Marroquín
E: marialuisa.marroquin@ucialsa.com.mx
W: www.maratonlala.org
fb: on.fb.me/1f9fPdX

Maratón León SEP
Dr. Antonio Eugenio Rivera Cisneros
E: antonio.rivera@comudeleon.gob.mx
W: www.maratonleon.mx
fb: facebook.com/MaratonLeonMX/

Merida Marathon JAN
Pablo Suinaga Sainz
E: psuinaga@asdeporte.com
W: marathonmerida.com

Maratón de la Ciudad de México Telcel AUG
Javier Carvallo Chinchilla
E: contacto@maratoncdmx.com
W: www.maratoncdmx.com
fb: facebook.com/MaratonCdMx

Maratón Powerade Monterrey DEC
Edilberto González Serna
E: edilbertogonzalez.accnl@gmail.com
W: www.maratonmonterrey.com
fb: facebook.com/Maratonmty

21km Nuevo León NOV
Luciano Ramirez Gallardo
E: atletismonuevoleon@gmail.com
W: www.asociaciondeatletismonl.com
fb: facebook.com/21knl

BMW Tangamanga Int'l Marathon JUN
Jaime Eduardo Morales Reyes
E: maratontangamanga@gmail.com
W: www.maratontangamanga.com
fb: facebook.com/maratontangamanga

***Tlajomulco Half Marathon** SEP
Luis Antonio Sanchez
E: sagl8682@gmail.com
W: medio-maraton.tlajomulco.gob.mx
fb: facebook.com/mediomaratontlajomulco

Maraton Varmex OCT
Carlos Vargas Rosas
E: carlosvargasrosas@hotmail.com
W: www.maratonvarmex.com

MOLDOVA

***Chisinau Int'l Marathon** SEP
Dmitri Voloshin
E: event@sporter.md
W: www.marathon.md
fb: facebook.com/chisinaumarathon/?fref=ts

MONTENEGRO

Podgorica Marathon OCT
Milan Madžgalj
E: maraton@t-com.me
W: www.maraton.co.me
fb: on.fb.me/1Sh24z2

MOROCCO

***Marathon Vert D'Agadir** MAR
Rachid Ben Meziane
E: info@2cras.com
W: www.agadirmarathon.com
fb: facebook.com/MarathonAgadir/?fref=ts

Marathon Int'l de Casablanca OCT
Mohamed Jouahri
E: contact@casaevents.ma
W: www.casablanca-marathon.com
fb: facebook.com/casamarathon/

RAHAL Mémorial Casablanca MAY
Abdelwahed Rahal
E: info@2cras.com
W: www.running.ma
fb: facebook.com/marrakech10km

10km Int'l de Dakhla AUG
Rachid Ben Meziane
E: info@2cras.com
W: running.ma

Tefilalet 10KM Errachidia DEC
Lamhamdi Alaoui Moulay Chrif
E: alaoui802003@hotmail.com
W: www.rbmsports.com

Marathon Int'l de Fes JAN
Lakhdar Abdellah
E: marathondefes@gmail.com
W: www.marathonfes.ma

Semi Marathon Int'l de Laayoune NOV
Mr. Abdellah Jeddad
E: ajeddad@gmail.com
W: www.running.ma

20km & 10km Int'l de Marrakech OCT
Rachid Ben Meziane
E: info@2cras.com
W: www.running.ma
fb: facebook.com/marrakech10km/?fref=ts

Marathon & Semi Int'l de Marrakech JAN
Mohamed Knidiri
E: marathonmarrakech@gmail.com
W: www.marathonmarrakech.ma
fb: facebook.com/marathon2marrakech

MYANMAR

Bagan Temple Marathon NOV
Rune Nortoft
E: rn@albatros-adventure.com
W: www.bagan-temple-marathon.com
fb: facebook.com/bagantemplemarathon
Course not measurable to AIMS standards

NETHERLANDS

TCS Amsterdam Marathon OCT
Rene Wit
E: info@tcsamsterdammarathon.nl
W: www.tcsamsterdammarathon.nl
fb: facebook.com/TCSAmsterdamMarathon

Dam tot Damloop SEP
Jan Willem Mijderwijk
E: info@lechampion.nl
W: www.damloop.nl
fb: facebook.com/damtotdamloop

Marathon Eindhoven OCT
Edgar de Veer
E: edgar.deveer@golazo.com
W: www.marathoneindhoven.nl
fb: facebook.com/marathon.eindhoven

Enschede Marathon APR
Sandra Melief
E: info@enschedemarathon.nl
W: www.enschedemarathon.nl
fb: nl-nl.facebook.com/EnschedeMarathon

Leiden Marathon MAY
Tjeerd Scheffer
E: info@marathon.nl
W: www.marathon.nl
fb: facebook.com/Leidenmarathon

NN Marathon Rotterdam APR
Mario J Kadiks
E: info@marathonrotterdam.nl
W: www.nnmarathonrotterdam.org/home
fb: facebook.com/MarathonRdam

NEW ZEALAND

ASB Auckland Marathon OCT
Adam McDonald
E: aucklandmarathon@ironman.com
W: www.aucklandmarathon.co.nz
fb: facebook.com/aucklandmarathon

NIGERIA

Okpekpe Int'l 10km Road Race MAY
Zakari Amodu
E: mike@pamodzi-ng.com
W: www.okpekperoadrace.com
fb: facebook.com/okpekperoadrace

NORTH POLE

North Pole Marathon APR
Richard Donovan
E: rd@npmarathon.com
W: www.npmarathon.com
fb: facebook.com/npmarathon
Course not measurable to AIMS standards

NORTHERN MARIANA ISLANDS

Saipan Marathon MAR
Edward Diaz
E: ediaz@mymarianas.com
W: mymarianas.com
fb: bit.ly/2BWDSTk

NORWAY

Fjordkraft Bergen City Marathon APR
Janne Jensen
E: post@bergencitymarathon.no
W: www.bergencitymarathon.no
fb: facebook.com/BergenCityMarathon/

Knarvikmila – The Great Fjord Run AUG
Eddie Ebbesvik
E: eddie@knarvikmila.no
W: www.knarvikmila.no
fb: facebook.com/KnarvikMila/

Midnight Sun Marathon JUN
Nils I. Haetta
E: info@msm.no
W: www.msm.no
fb: on.fb.me/18FhPtw

BMW Oslo Marathon SEP
Edwin Ingebrigtsen
E: edwin@skvidar.no
W: www.oslomaraton.no/en
fb: facebook.com/oslomaraton

PolarNight Halfmarathon JAN
Nils I. Haetta
E: info@msm.no
W: www.msm.no
fb: bit.ly/2UPOUhQ

3-Sjøersløpet NOV
E: lop@gti-friidrett.no
W: www.3sjoers.no
fb: facebook.com/3sjoers

Stavanger Marathon AUG
E: lop@gti-friidrett.no
W: www.stavangermarathon.no
fb: facebook.com/StavangerMarathon/

OMAN

Al Mouj Muscat Marathon JAN
Salma Al Hashmi
E: salma@omansail.com
W: muscatmarathon.om
fb: facebook.com/MuscatMarathon/

PALESTINE

Free Movement Palestine Bethlehem Marathon MAR
Eitedal Ismail
E: info@palestinemarathon.org
W: www.palestinemarathon.org

PANAMA

Panama Int'l Marathon NOV
Rodrigo Espinosa
E: rodriespinosa@gmail.com
W: www.corredoresdelistmo.com
fb: on.fb.me/19tYlKX

Gatorade Panama Int'l Half Marathon JUL
Elmer Ortiz Nunez
E: panamarunners@gmail.com
W: www.panamahalfmarathon.com
fb: on.fb.me/1zQ4212

PARAGUAY

Maratón Int'l Asunción AUG
Myrta Doldan Roman
E: pmc.paraguay@gmail.com
W: www.pmcpy.org
fb: facebook.com/PyMarathonClub

Int'l Asunción Half Marathon MAY
Marcelo Ithurralde
E: marcelo@runningtime.org
W: www.pmcpy.org
fb: facebook.com/ParaguayMarathonClub

PERU

Marathon Life Lima42k MAY
Andreas Müller
E: info@zmpromociones.org
W: www.lima42k.com
fb: facebook.com/maratonlima42k/

Peru Runners – Lima Half Marathon SEP
Gonzalo Rodriguez Larrain de Lavalle
E: alejandra@perurunners.com
W: www.perurunners.com
fb: facebook.com/mediamaratondelima/

POLAND

PKO Bialystok Halfmarathon MAY
Grzegorz Kuczynski
E: fundacja@bialystokbiega.pl
W: www.bialystokpolmaraton.pl
fb: facebook.com/bialystokbiega

Cracovia Marathon APR
Krzysztof Kowal
E: marathon@cracoviamaraton.pl
W: www.cracoviamaraton.pl
fb: facebook.com/CracoviaMaraton

Cracovia Royal Half Marathon OCT
Krzysztof Kowal
E: marathon@cracoviamaraton.pl
W: www.pzucracoviapolmaraton.pl

Pila Int'l Half Marathon SEP
Henryk Paskal
E: info@pila.halfmarathon.pl
W: www.pila.halfmarathon.pl
fb: facebook.com/polmaraton.pila

PKO Poznań Marathon OCT
Lukasz Miadziolko
E: info@marathon.poznan.pl
W: www.marathon.poznan.pl
fb: facebook.com/PoznanMaraton

PKO Poznań Half Marathon APR
Łukasz Miadziołko
E: info@halfmarathon.poznan.pl
W: www.halfmarathon.poznan.pl
fb: facebook.com/PoznanMaraton

Silesia Marathon OCT
Bohdan Witwicki
E: info@silesiaproactive.pl
W: www.silesiamarathon.pl/en/
fb: on.fb.me/18FdJS0

PZU Warsaw Marathon SEP
Marek Tronina
E: info@warsawmarathon.com
W: www.warsawmarathon.com
fb: facebook.com/WarsawMarathon

ORLEN Warsaw Marathon APR
Marcin Fudalej
E: marcin.fudalej@orlenmarathon.pl
W: www.orlenmarathon.pl
fb: facebook.com/ORLENMarathon

PZU Warsaw Half Marathon MAR
Marek Tronina
E: info@warsawmarathon.com
W: www.warsawhalfmarathon.com
fb: facebook.com/WarsawMarathon

PKO Wroclaw Maraton SEP
Wojciech Gestwa
E: biuro@wroclawmaraton.pl
W: www.wroclawmaraton.pl
fb: facebook.com/maraton.wroclawski

PKO Wroclaw Night Half Marathon JUN
Wojciech Gestwa
E: wojciech.gestwa@mcs.wroc.pl, biuro@wroclawmaraton.pl
W: pol.wroclawmaraton.pl
fb: facebook.com/maraton.wroclawski

PORTUGAL

Montepio Meia Maratona de Cascais MAR
Hugo Miguel Ramos Sousa
E: geral@hmssports.pt
W: www.meiamaratonadecascais.pt

Discoveries Half Marathon DEC
António Campos
E: geral@xistarca.pt
W: discoverieshalfmarathon.weebly.com
fb: bit.ly/2oReipd

Funchal Marathon JAN
Mario Machado
E: geral@atletismomadeira.pt
W: www.madeiramarathon.com
fb: facebook.com/funchalmarathon/

El Corte Inglés São Silvestre de Lisboa DEC
Hugo Miguel Ramos Sousa
E: info@saosilvestredelisboa.com
W: www.saosilvestredelisboa.com
fb: facebook.com/saosilvestredelisboa

EDP Lisbon Marathon | Luso Half Marathon OCT
Carlos Moya
E: geral@maratonaportugal.com
W: www.maratonaclubedeportugal.com
fb: facebook.com/MeiaMaratonaLisboa/

EDP Lisbon Half Marathon MAR
Carlos Moya
E: geral@maratonaportugal.com
W: www.meiamaratonadelisboa.com
fb: facebook.com/MeiaMaratonaLisboa

Lisbon Eco Marathon MAY
Luis Sousa
E: ls@honoris.pt
W: www.lisbonmarathon.pt
fb: facebook.com/LisbonECOMarathon
Course not measurable to AIMS standards

Porto Half Marathon SEP
Jorge Teixeira
E: gera@runporto.com
W: www.meiamaratonadoporto.com
fb: facebook.com/meiamaratonadoporto/

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Race contact details

Race Directors: Send updated race contact details to **update@aims-worldrunning.org**

** Associate member*

Porto Marathon EDP NOV
Jorge Teixeira
E: geral@runporto.com
W: www.maratonadoporto.com
fb: on.fb.me/19tXqKC

REPUBLIC OF SOUTH AFRICA

The Big Five Marathon JUN
Rune Nortoft
E: rn@albatros-adventure.com
W: www.big-five-marathon.com
fb: facebook.com/bigfivemarathon

Sanlam Cape Town Marathon SEP
Janet Welham
E: running@capetownmarathon.com, janet@saige.co.za
W: www.capetownmarathon.com
fb: facebook.com/CTMarathon

Comrades Marathon JUN
Rowyn James
E: rowyn@comrades.com
W: www.comrades.com
fb: facebook.com/ComradesMarathon

27km for Freedom FEB
Kevin Lodge
E: info@topevents.co.za
W: www.27forfreedom.co.za
fb: facebook.com/27FORFREEDOM

Legends Marathon OCT
Daan Louw
E: borderathletics@gmail.com
W: www.borderathletics.co.za
fb: facebook.com/borderathletics

Mandela Day Marathon AUG
Sbu Khuzwayo
E: mm@umdm.gov.za
W: www.mandelamarathon.co.za
fb: facebook.com/mandeladay.marathon

Old Mutual Two Oceans Marathon APR
Sue Forge
E: stefanie@twooceansmarathon.org.za
W: www.twooceansmarathon.org.za
fb: facebook.com/TwoOceansMarathon

***Vaal River City Marathon** SEP
Steve Jackson
E: Stevejackson.sj70@gmail.com
W: www.vaalrivercitymarathon.com
fb: bit.ly/2oRKHMt

ROMANIA

Brasov Int'l Marathon MAY
Vlad Stoica
E: vlad.stoica@smartatletic.ro
W: www.maratonulbrasov.ro
fb: facebook.com/maratonulbrasov/

Raiffeisen Bank Bucharest Marathon OCT
Paolo Ottone
E: info@abrc.ro
W: www.bucharest-marathon.com
fb: facebook.com/BucharestMarathon

Volkswagen Bucharest Half Marathon MAY
Paolo Ottone
E: info@abrc.ro
W: www.bucharest21km.com
fb: facebook.com/Bucharest21km

Wizz Air Cluj-Napoca Marathon APR
Horatiu Morar
E: office@runnersclub.ro
W: www.maraton-cluj.ro/en
fb: bit.ly/2fUJuR1

RUSSIA

Golden Ring Ultra Trail 100 JUL
Michael Dolgy
E: info@goldenultra.ru
W: www.goldenultra.ru
fb: facebook.com/GoldenRingUltraTrail/
Course not measurable to AIMS standards

***Kazan Marathon** MAY
Vadim Yangirov
E: vadim@youngirov.ru
W: www.kazanmarathon.org
fb: facebook.com/kazanmarathon/

Absolute Moscow Marathon SEP
Dmitry Tarasov
E: tarasov@runc.run
W: moscowmarathon.org
fb: facebook.com/moscowmarathon

Moscow Half Marathon MAY
Dmitry Tarasov
E: tarasov@runc.run
W: moscowhalf.org
fb: facebook.com/runcomrun/

SPB Half Marathon. The Northern Capital AUG
Dmitry Tarasov
E: tarasov@runc.run
W: spbhalf.org
fb: facebook.com/runcomrun/

***Rosa Run Half Marathon 777** MAY
Sergey Makeenkov
E: info@rosarun.ru
W: www.rosarun.ru/en

Siberian Int'l Marathon AUG
Konstantin Podbelski
E: tour@runsim.ru
W: www.runsim.ru
fb: on.fb.me/1lttnsK

Siberian Ice Half Marathon JAN
Konstantin Podbelski
E: tour@runsim.ru
W: www.runsim.ru
fb: on.fb.me/1zzM9nj
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Yarche Tomsk International Marathon JUN
Alexander Gordievskikh
E: info@tomskmarathon.ru
W: tomskmarathon.ru
fb: facebook.com/tomskmarathon

Galaxy Vladivostok Marathon SEP
Olga Gaeva
E: info@vladivostokmarathon.ru
W: www.galaxymarathon.com
fb: facebook.com/RunDnsRun/

White Nights Marathon JUN
Mikhail Kochetkov / Anton Uyk
E: info@wnmarathon.ru, whitenights1@mail.ru, uyk@startspb.ru
W: www.wnmarathon.ru
fb: facebook.com/wnmarathon/

RWANDA

Kigali International Peace Marathon JUN
Jean Pierre Ndacyayisenga
E: coach2020a@gmail.com
W: www.kigalimarathon.org
fb: bit.ly/2lIV4W3

SERBIA

Belgrade Marathon APR
Dejan Nikolic
E: office@bgdmarathon.org
W: www.bgdmarathon.org
fb: facebook.com/Belgrade.Marathon

Novi Sad Marathon OCT
Milan Dolga
E: marathon@sbb.rs
W: www.marathon.org.rs
fb: facebook.com/novisad.marathon

Novi Sad Half Marathon MAR
Dimitrije Dolga
E: marathon@sbb.rs
W: www.marathon.org.rs
fb: facebook.com/novisad.marathon

SEYCHELLES

Seychelles Eco-Friendly Marathon FEB
Giovanna Rousseau
E: ceonsc@seychelles.net
W: www.seychelles-marathon.com

SINGAPORE

Standard Chartered Singapore Marathon NOV
Thibault Vellard
E: thibault.vellard@ironman.com
W: www.singaporemarathon.com
fb: facebook.com/MarathonSG

SLOVAKIA

ČSOB Bratislava Marathon APR
Jozef Pukalovič
E: info@becool.sk
W: www.bratislavamarathon.com
fb: facebook.com/bratislava.marathon

Košice Peace Marathon OCT
Branislav Koniar
E: info@kosicemarathon.com
W: www.kosicemarathon.com
fb: facebook.com/kosicemarathon/

SLOVENIA

Volkswagen Ljubljana Marathon OCT
Gojko Zalokar
E: info@timingljubljana.si
W: www.vw-ljubljanskimaraton.si
fb: facebook.com/ljmaraton

Three Hearts Marathon MAY
Marko Pintaric
E: info@maraton-radenci.si
W: www.maraton-radenci.si
fb: facebook.com/MaratonTrehSrc

SPAIN

eDreams Mitja Marató de Barcelona FEB
Cristian Llorens
E: cllorens@ghcsports.com
W: edreamsmitjabarcelona.com
fb: facebook.com/mitjamaratobarcelona

Zurich Marató de Barcelona MAR
Cristian Llorens
E: cllorens@rpmracing.es, cllorens@ghcsports.com
W: www.zurichmaratobarcelona.es
fb: facebook.com/ZURICHMARATODEBARCELONA

Cajasiete Gran Canaria Marathon JAN
E: orlando@grupojuanarmas.com
W: www.grancanariamaraton.com
fb: facebook.com/GCMaraton

Movistar Medio Maratón de Madrid APR
José Parra Maestre
E: info@mediomaratonmadrid.es
W: www.mediomaratonmadrid.es
fb: facebook.com/mediomaratonmadrid/

EDP Medio Maratón de la Mujer de Madrid OCT
Francisco Javier Gavela Rodríguez
E: fjgavela@mpib.es
W: www.edpmediomaratondelamujer.es
fb: facebook.com/MedioMaratonMujer/

EDP Rock 'n' Roll Madrid Maratón & 1/2 APR
Pedro Rumbao
E: drumbao@mapoma.es
W: www.rocknrollmadrid.com
fb: facebook.com/RnRMadrid

Zurich Maratón Málaga DEC
Pablo Gálvez Martín
E: info@maratonmalaga.com
W: www.maratonmalaga.com
fb: facebook.com/maratondemalaga/

Zafiro Palma Marathon OCT
David Thompson Foronda
E: info@zafiropalmamarathon.com
W: www.zafiropalmamarathon.com
fb: on.fb.me/1RZOiR8

Maratón Donostia - San Sebastián NOV
Patxi Larrea Perurena
E: info@maratondonostia.com (sport questions), maraton@flygroupnet.com (registrations)
W: www.zurichmaratondonostia.com
fb: facebook.com/maratonsansebastian

Mitja Marato Int'l Vila de Santa Pola JAN
Roque M. Alemañ Bonet
E: chiplevante@gmail.com
W: www.mitjasantapola.com
fb: facebook.com/MitjaMaratoSantaPola

Zurich Maratón de Sevilla FEB
Francisco Javier Gavela Rodríguez
E: fjgavela@mpib.es
W: www.zurichmaratonsevilla.es
fb: facebook.com/MaratonDeSevilla

Medio Maratón Valencia Trinidad Alfonso EDP OCT
Paco Borao
E: gerencia@correcaminos.org
W: www.valenciaciudaddelrunning.com/medio-maraton
fb: facebook.com/mediomaratonvalencia

Valencia Trinidad Alfonso EDP Marathon DEC
Paco Borao
E: gerencia@correcaminos.org
W: www.valenciaciudaddelrunning.com
fb: facebook.com/maratonvalencia

SRI LANKA

LSR Colombo Marathon OCT
Mr P.T. Weerasinghe
E: colombomarathon@LSR-srilanka.com, LSRtilak@sltnet.lk
W: www.colombomarathon.com
fb: facebook.com/LSRColomboMarathon

SWEDEN

Göteborgsvarvet Half Marathon MAY
Bo Edsberger
E: info@goteborgsvarvet.se
W: www.goteborgsvarvet.se
fb: facebook.com/goteborgsvarvet

Stockholm Half Marathon SEP
Ulf Saletti
E: info@stockholmhalfmarathon.se
W: www.stockholmhalfmarathon.se
fb: facebook.com/stockholmhalfmarathon

ASICS Stockholm Marathon JUN
Ulf Saletti
E: info@stockholmmarathon.se
W: www.stockholmmarathon.se
fb: facebook.com/stockholmmarathon.se

SWITZERLAND

Harmony Genève Marathon for Unicef MAY
Benjamin Chandelier
E: info@genevemarathon.org
W: www.harmonygenevemarathon.com/how-to-enter
fb: facebook.com/GeneveMarathon

Greifenseelauf Uster SEP
Markus Ryffel
E: greifenseelauf@markusryffels.ch
W: www.greifenseelauf.ch
fb: facebook.com/greifenseelauf

Jungfrau-Marathon SEP
Patrick Wieser
E: info@jungfrau-marathon.ch
W: www.jungfrau-marathon.ch
fb: facebook.com/JungfrauMarathon
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Lausanne Marathon OCT
Josette Bruchez
E: info@lausanne-marathon.com
W: www.lausanne-marathon.com
fb: facebook.com/LausanneMarathon

Neujahrsmarathon Zürich JAN
Roger Kaufmann
E: info@neujahrsmarathon.ch
W: www.neujahrsmarathon.ch
fb: facebook.com/neujahrsmarathon

SwissCityMarathon – Lucerne OCT
Reto Schorno
E: info@swisscitymarathon.ch
W: www.swisscitymarathon.ch
fb: facebook.com/SwissCityMarathon

Swissalpine Irontrail JUL
Andrea Tuffli
E: madlaina.sender@tuffli-events.ch
W: www.swissalpine.ch
fb: facebook.com/swissalpinedavos
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Gornergrat Zermatt Marathon JUL
Andrea Schneider
E: info@zermattmarathon.ch
W: www.zermattmarathon.ch
fb: facebook.com/zermattmarathon

Zürich Marathon APR
E: info@zuerichmarathon.ch
W: www.zuerichmarathon.ch
fb: facebook.com/zurichmarathon

TAJIKISTAN

Dushanbe International Half Marathon APR
Dilshod Kurbanov
E: dushanbemarathon2011@mail.ru
W: www.dushanbe-marathon.com

TANZANIA

Kilimanjaro Marathon MAR
John Addison
E: info@vicfallsmarathon.com
W: www.kilimanjaromarathon.com
fb: facebook.com/kilimanjaromarathon/

THAILAND

BDMS Bangkok Marathon NOV
Gen. Manus Klaimanee
E: admin@bkkmarathon.com
W: www.bkkmarathon.com
fb: facebook.com/Bkkmarathon

Bangkok Midnight Marathon AUG
Boonperm Intanapasat
E: pom@moveasia.co.th
W: www.bangkokmidnightmarathon.com
fb: facebook.com/Bangkokmidnightmarathon/

***Bangsaen21 Half Marathon** DEC
Mr. Rut Jiroajvanichakorn
E: info@Bangsaen21.com
W: www.Bangsaen21.com/en
fb: facebook.com/bangsaen21/

***Bangsaen42 Chonburi Marathon** NOV
Mr. Rut Jiroajvanichakorn
E: info@BANGSAEN42.com
W: www.Bangsaen42.com/en
fb: facebook.com/BANGSAEN42

Buriram Marathon FEB
Tanaisiri Chanvitayarom
E: brrmarathon@gmail.com
W: www.burirammarathon.com
fb: facebook.com/bru.marathon/

Chombeung Marathon JAN
Dr. Akom Chareonsuk
E: Akom_ch@hotmail.com
W: www.chombuengmarathon.com
fb: facebook.com/chombuengmarathon

Khon Kaen Int'l Marathon JAN
Assoc. Prof. Piansak Pakdee
E: info@khonkaenmarathon.com
W: www.khonkaenmarathon.com
fb: facebook.com/khonkaenmarathon

Laguna Phuket Marathon JUN
Roman Floesser
E: info1@phuketmarathon.com
W: www.phuketmarathon.com
fb: facebook.com/phuketmarathon

Phukethon NOV
Boonperm Intanapasat
E: pom@moveasia.co.th
W: www.phukethon.com
fb: facebook.com/Phukethon/

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UWI SPEC Int'l Half Marathon OCT
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Mounir ben Belguith
E: contact@smisfax.com
W: www.smisfax.com

***The Carthage Race Int'l Marathon** FEB
Naamen Bouhamed
E: info@the-carthage-race.com
W: www.sportsmedevents.tn
fb: bit.ly/20VpGLC

Sfax Marathon Olive Trees JAN
Naamen Bouhamed
E: contact@sports-med-events.com
W: www.sportsmedevents.tn
fb: bit.ly/20VpGLC

Marathon COMAR de Tunis – Carthage DEC
M. Lotfi Ben Haj Kacem
E: dg@comar.tn, marathon@comar.tn, marketing@comar.tn
W: www.marathon-comar.tn
fb: facebook.com/comarmarathon/

***Tunisia Women's Run Int'l Half** APR
Naamen Bouhamed
E: naamen-bouhamed@sports-med-events.com
W: www.sportsmedevents.tn

TURKEY

Runatolia Marathon (Half + 10km) MAR
Ms. Esma Ilteray
E: info@runatolia.com
W: www.runatolia.com
fb: facebook.com/Runatolia

***Erzurum Half Marathon** MAY
Ahmet Dal
E: ahmetdalsau@gmail.com
W: www.erzurumyarimaratonu.org

Vodafone İstanbul Half Marathon APR
Halim Aksu
E: istanbulyarimaratonu@spor.istanbul
W: www.yarimaraton.istanbul
fb: on.fb.me/10YHCP2

Vodafone İstanbul Marathon NOV
Halim Aksu
E: istanbulmarathon@spor.istanbul
W: www.maraton.istanbul
fb: on.fb.me/IRa8pQ

U.S. VIRGIN ISLANDS

The St. Croix Int'l Marathon DEC
Wallace Williams
E: wallacewilliams@msn.com
W: virginislandspace.org/stxmarathon2017.html

UKRAINE

Bila Tserkva Marathon OCT
Sergey Bocharov
E: org@bc-marathon.org.ua
W: www.bc-marathon.org.ua
fb: on.fb.me/1oWXmp8

Nova Poshta Kyiv Half Marathon APR
Dmitro Chernitsky
E: registration@runukraine.org
W: www.kyivhalfmarathon.org
fb: facebook.com/kyivhalfmarathon

Wizz Air Kyiv City Marathon OCT
Dmitro Chernitsky
E: registration@runukraine.org
W: www.kyivmarathon.org
fb: facebook.com/kyivmarathon/

UNITED ARAB EMIRATES

Abu Dhabi "Yes I Can" 10km Int'l MAR
Rachid Ben Meziane
E: info@2cras.com
W: www.running.ma

Ras Al Khaimah Half Marathon FEB
Nathan Clayton
E: registration@rakmarathon.org
W: www.rakmarathon.org
fb: facebook.com/rakmarathon

UNITED STATES OF AMERICA

Monterey Bay Half Marathon NOV
Doug Thurston
E: doug@bsim.org
W: www.montereybayhalfmarathon.org
fb: on.fb.me/IRalcA

Big Sur Int'l Marathon APR
Doug Thurston
E: info@bsim.org
W: www.bigsurmarathon.org
fb: on.fb.me/1f9jxV9

B.A.A. Boston Marathon APR
Dave McGillivray
E: info@baa.org
W: www.baa.org
fb: facebook.com/TheBostonMarathon

Bank of America Chicago Marathon OCT
Carey Pinkowski
E: office@chicagomarathon.com
W: chicagomarathon.com
fb: facebook.com/chimarathon/

Chevron Houston Marathon and Aramco Houston Half Marathon JAN
Brant Kotch
E: bkotch@craincaton.com
W: www.houstonmarathon.com
fb: facebook.com/houstonmarathon

Marine Corps Marathon OCT
Rick Nealis
E: mcmcustomerservice@usmc-mccs.org
W: www.marinemarathon.com
fb: facebook.com/MarineCorpsMarathon

Maui Oceanfront Marathon & Half JAN
Les Wright
E: RunMaui@gmail.com
W: www.RunMaui.com
fb: on.fb.me/1bGrMbk

TCS New York City Marathon NOV
Peter Ciaccia
E: pciaccia@nyrr.org
W: www.tcsnycmarathon.org
fb: facebook.com/nycmarathon

Philadelphia Marathon NOV
Jim Marino
E: info@philadelphiamarathon.com
W: www.philadelphiamarathon.com
fb: facebook.com/PhiladelphiaMarathon

Rock 'n' Roll DC Marathon & Half Marathon MAR
Kevin Buffalino
E: rnrdc@competitorgroup.com
W: www.runrocknroll.com/DC
fb: facebook.com/RocknRollDC

Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon NOV
Kevin LaRue
E: RnRvegas@competitorgroup.com
W: runrocknroll.com/las-vegas
fb: bit.ly/2i84RBF

URUGUAY

***Maratón de Montevideo** APR
Lionel de Mello
E: secretariacau2016@gmail.com
W: www.maratonmontevideo.com.uy
fb: facebook.com/maratonmontevideo42km

VENEZUELA

CAF Caracas Maratón APR
Luis Enrique Berrizbeitia
E: maratoncaf@caf.com
W: maraton.caf.com
fb: facebook.com/MaratonCafCaracas

Gatorade Caracas Rock 10K JUN
Sonia Rosales
E: srosales@hipereventos.com
W: www.hipereventos.com
fb: on.fb.me/IRe3mA

VIETNAM

***Manulife Danang Int'l Marathon** AUG
Phillip Nguyen
E: info@pulse.vn
W: www.rundanang.com
fb: facebook.com/dananginternationalmarathon

***Techcombank Ho Chi Minh City Int'l Marathon** DEC
Duy Do Huynh Khanh
E: duy@sunriseevents.com.vn
W: marathonhcmc.com
fb: bit.ly/2z9Rcjt

Longbien Marathon OCT
Pham Thanh Tung
E: race@longbienmarathon.com
W: www.longbienmarathon.com/en

ZIMBABWE

Econet Victoria Falls Marathon JUL
John Addison
E: info@vicfallsmarathon.com
W: www.vicfallsmarathon.com
fb: facebook.com/VictoriaFallsMarathon

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