

Edition 1 2020

Distance Running



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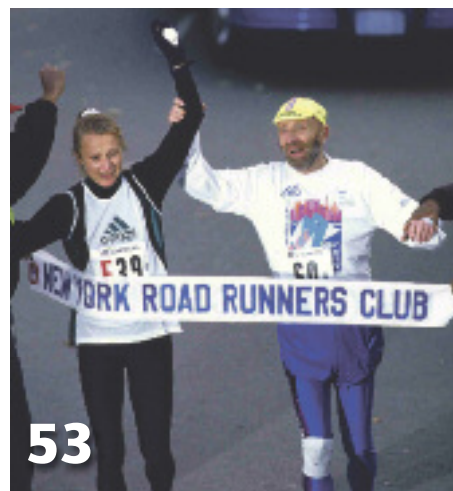
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NEW PB1

Best Marathon Runner Award goes to Desisa and Chepngetich

The 'Best Marathon Runner' awards were presented on the evening of 8 November in Athens to World Champions **Lelisa Desisa (ETH)** and **Ruth Chepngetich (KEN)**.

Their titles, won in the heat and humidity of the World Championships in Doha (QAT) were backed up by big marathon wins in very fast times earlier in the year: Desisa won in New York with a time of 2:05:59 and Chepngetich won Dubai in 2:17:08 – the second fastest of the year and 4th on the all-time list.

Lifetime Achievement Award

Alain Lunzenfichter, an icon of athletics journalism, received the AIMS Lifetime Achievement Award. Alain held the position of deputy editor of the French sports newspaper *L'Equipe* between 1975 and 2013 during which time he covered 17 summer and winter Olympics.



He also worked with Canal+ in their coverage of athletics, marathons and the Olympic Games and in 2006 became President of the World Association of Olympic Journalists until 2014 when he was made Honorary President.

Throughout his career he has had many books published and been appointed to various International Olympic Committee (IOC) commissions including Anti-Doping, IOC Reform, Press, Culture and Communication.

In the early 1980s he was race director of the Paris Marathon and as such became one of the founding members of AIMS.



AIMS President Paco Borao commented: "If journalists write the 'first draft of history' then Alain is responsible for writing large parts of the history of our sport."

Green Award

Xiamen Marathon became the first Chinese running event to win the Green Award for environmentally friendly practices. The race organisers are making significant efforts towards reducing waste and promoting environmental awareness. The start and finish of the race is made accessible by enhanced public transport promoted by the race such as free shuttle buses and shared bicycle parking. In 2019 over 40,000 people took advantage of public transport options.

The race aims to create the first 'zero pollution' marathon in China by organising volunteers to collect litter from the course and sort it for recycling. In 2019 the race 16 tons of plastic bottles were recycled and six tons of plastic was cleared from the course. Since 2015 the Xiamen Marathon have donated over 130,000 saplings to create the "Xiamen Forest of Love" in cooperation with the project 'Million Forest' run by the China Green Foundation.

Social Award

The Harmony Geneva Marathon for Unicef received the 2019 AIMS Social Award.

Since 2010 the Marathon has been in partnership with UNICEF, supporting the programme 'WASH:

Water, Sanitation, Hygiene' and the efforts to ensure access to water sanitation for all. To date the race has raised more than 400,000 euros for the installation of 1,000 water pumps. From 2020, the Marathon will support UNICEF Malawi to provide solar water pumps – a reliable, sustainable, user friendly and green technology solution for rural communities.

The race also manages a clothes collection point in the Marathon Village in association with the organisation Bilifou to benefit young people in Burkino Faso. This partnership has seen over 1000kg of clothes collected. Other activities with disabled people and refugees are managed by the organisation in order to include everyone in the event.

■ *The BMR Gala is held with the support of the Region of Attica as Co-Organiser and significant help from the Greek National Tourism Organisation and Athens International Airport as official sponsors.*

New race members

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

- **Changsa International Marathon** (CHN)
- **Chengdu Marathon** (CHN)

New associates

- **VP Bank Hanoi Marathon** (VIE)



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10K - 2019
Joshua Cheptegei - 26:38

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WORLD HALF MARATHON CHAMPIONSHIPS - 2018
Gudeta Kebede - 1h06:11



HALF MARATHON - 2017
Joyciline Jepkosgei - 1h04:51

13th Marathon Symposium

The subject of the 13th AIMS Marathon Symposium held in Athens on 9 November was "Technology and mass running events".

Sheng Lan Yang, vice-director of marketing at the Chinese Athletics Association (CAA), described the huge growth of running in China and how technological innovation has been central to developing running opportunities. She said that in 1997 China had fewer than 10 marathons: by 2011 there were 39 but just seven years later there were 1581 races with 5.83 million runners taking part.

Ms Yang went on to explain about the creation of a special 'online marathon' initiative set up four years ago in conjunction with CAA and the Xiamen Marathon, where runners signed up to running the race in their own local location through an app called "Joyrun".

Runners register online and then run the marathon in their own location wherever they may be. The app even includes virtual crowd cheers. Once the runner has completed their route, followed by GPS, they then receive a physical medal and certificate sent to them to mark their achievement.

Since that first 'event' an astonishing 340 million people have taken part in the Joyrun app online marathons. Individual 'events' have drawn entries of up to 300,000 runners.

Another innovation mentioned by Ms Yang was a health monitoring system where runners' heart rates are fed into an algorithm to monitor them during the race and warn if it approaches a dangerous level. The data collected can be analysed by health professionals and used to inform medical support and policies.

For example runners' heart rates during marathons in China peak between 35-40km.

Fiona Green said that the average adult's attention span is now just eight seconds, for the younger generation six seconds and young children under five years old four seconds. She argued that 'we live in a world that is competing for time, money and attention and if you want to gain any of those, you have eight seconds or less to gain them before that person's attention is off somewhere else.' It is key to 'get the right message to the right person at the right time'. Technology, and its ability to collect and analyse data, enables you to do that.

Mike Nishi, General Manager of the Bank of America Chicago Marathon, described the central role of technology in enhancing the quality of decision making through information feed into a sophisticated command centre. Here emergency services: police, traffic, fire, medical and expert decision makers are gathered so their decision making is informed by data and technology.

Vaggelis Vlachos, Software Developer-Electronics Engineer and Eleni Vlachou spoke on 'Artificial Intelligence in Marathon Races'. Ms Vlachou described a system that is being developed to identify rogue runners who use false numbers to take part in the race without officially entering and how technology can be used to identify them and help avoid cheating and potential disruption to the event.

Paco Borao commented: 'One of AIMS' goals is to exchange knowledge and expertise and the AIMS Symposium is an excellent platform for enabling that to happen.'

Sign of the times in Valencia

The increasing impact that the Maraton Valencia Trinidad Alfonso has had on the city and its citizens over the last few years was publicly acknowledged on 30 October.

The Mayor of Valencia Mr Joan Ribó and Paco Borao, as president of the organising club Correcaminos, inaugurated the previously un-named space at which the Marathon starts and adjacent to where it finishes as the "Plaça de la Marató".

Following the establishment of the present course with the new start and finish at the City of Arts and Sciences running activities in the City became focused on the reclaimed

Turia River bed. The Correcaminos Club, the Municipality of Valencia and the Fundacion Trinidad Alfonso launched the concept of "Valencia - Ciudad del Running" as a promotional umbrella under which running clubs born through the Marathon could prosper.

"Valencia Marathon and the Half-Marathon have become recognised as the nation's best by the Spanish Athletics Federation," said Paco Borao. "We have made use of the publicity to increase sporting and social programmes within the Ciudad del Running project. Since the square where the marathon starts had not yet been named, we thought: why not call it Marathon Square?"



Brigid Kosgei of Kenya poses for a photo after breaking the world record to win the 2019 Bank of America Chicago Marathon. Picture: Quinn Harris/Getty Images

'Historic' world road records smashed

Brigid Kosgei broke Paula Radcliffe's 16-year-old world record for the women's marathon in the Bank of America Chicago Marathon on 13 October, winning in a time of 2:14:04.

The Kenyan sliced 81 seconds off Radcliffe's time of 2:15:25, set in London in 2003. Yet in the previous 16 years no woman had come anywhere near it – the closest had been Mary Keitany in the 2017 London Marathon with 2:17:01.

Kosgei won Chicago last year in 2:18:35 and improved to 2:18:20 in London earlier this year. She had become the fastest ever woman at the half marathon distance only the previous month with a time of 1:04:28 – but this was not set on a record-eligible course.

Uganda's Joshua Cheptegei ran 26:38 in the 10K Valencia Trinidad Alfonso on 1 December to slice six seconds from Leonard Komon's nine-year-old world record.

He targeted the record ahead of the race – an optimism justified by his form throughout the year, from World Cross-Country victory in March through to his gold medal in the 10,000m at the World Athletics Championships held in Doha in September.

23rd World Congress of AIMS

The 23rd World Congress of AIMS addresses the theme: "Enhancing Race Experience through Technology".

Digitisation does not stop at running: live tracking for runners and spectators is one among many aspects. What is technically possible today? What else is waiting for us? What good is it for the runner and what does the runner actually want? These questions will be the focus at this 23rd Congress.

We invite you to attend the 23rd World Congress of AIMS from 23–26 April 2020 in Batumi, Georgia.

For all information and to register see: <https://aimsworldcongress2020.ge/en/home>

Also visit the website of The Great Batumi Night Race <https://batumi-marathon.com/en/home>

And join our Facebook group 23rd AIMS World Congress 2020 Batumi/Georgia



You can email us at: info@aimsworldcongress2020.ge or contact us on: +995579004040.

We look forward to seeing you in Batumi!

Natia Jgenti, Head of Organising Team of the 23rd AIMS World Congress

Distance Running

The next edition of *Distance Running* will be published in April 2020. The advertising and editorial deadlines will be on 2 March.

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Amazing route with Atlantic backdrop



Between blue ocean and green hills

Picture: Emílio Copeto

The 4th Montepio Cascais Half Marathon, organised by HMS Sports and Cascais City Council, will be a weekend full of determination, joy and passion with the Atlantic Ocean as the backdrop.

Cascais welcomes both elite athletes and newcomers in the half marathon on 9 February at 10:00 and in the Cascais 5km at 10:10. There is a children's race on 8 February at 16:00 encouraging families into a more active lifestyle. In the last two years more than 12,000 runners have become part of this challenging weekend event.

The half marathon starts at Cascais Bay and offers runners an amazing route around the centre of the village and out along Guincho Road with the Atlantic Ocean right alongside. The race passes important local landmarks such as Farol da Guia and Forte São Jorge de Oitavos. The route has a maximum elevation of 54m and a total climb of 130m. There are six water stations on the course (approximately every 2.5km) and one at the finish line. Solid foods will also be available at 13km and at the finish line.

A long-sleeve technical jersey will be provided to half marathon runners, in both female and male versions and several sizes which can be selected by checking the registration form. Participants receive medals, food and drink at the finish line.

For runners and families seeking a shorter race distance the Cascais 5km, in the town centre, is ideal. There is a children's race for the little champions born between 2007 and 2015 who run between 300m and 1000m according to their age. In these two competitions, all who take part receive a gift and a food kit at the finish line.

The Montepio Cascais Half Marathon organisers respect environmental concerns and take measures to minimise the environmental impact of the event. The "3 R's" (reduce, recycle, reuse) policy got rid of 30,000 plastic bags in the last edition. Use of public transport and cycling is strongly encouraged and a secure space is provided to park the bicycles.

In 2019 10% of the field were foreign runners. Cascais has great advantages for family

tourism. Its 30km-long stretch of coastline includes wild natural beaches and more urban ones. The blue of the Atlantic Ocean and the green of the Serra de Sintra combine in a unique landscape. The sea sustains a fishing industry, based on ancestral roots, which delivers the highest quality fish and seafood to local restaurants. The sea is a playground, even for adults, which allows everyone to take boat trips and enjoy board sports. Walking on the streets of Cascais is like taking a trip through history. It lies 20 minutes away from the Portuguese capital Lisbon, an increasingly frantic city, and another 20 minutes from Sintra, an enigmatic mountain range with castles and palaces to discover (and a UNESCO World Heritage Site). Sintra village is always filled with music, gastronomy, culture or sport events which draw everyone out onto the streets.

Cascais awaits your visit and your participation in the Montepio Cascais Half Marathon.

■ www.meiamaratonadecascais.pt



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Chongqing has over 3000 years of history and local culture.

It is the youngest municipality in China but the economic centre of the Upper Yangtze region and, with a population of 30 million within its extended boundaries, is the largest city in the world. It is one of four Chinese cities identified on the world map at the UN General Assembly Hall.

The Chongqing Marathon evolved from the 'brisk walking' habit of Chongqing's citizens along Nanbin Road. As the first full marathon in Western China it has been successfully held for nine years and will celebrate its 10th anniversary this year. Chongqing Marathon is already recognised as a CAA Gold Medal Race, an IAAF Gold Label road race and, as one of the four "China Marathon Majors", has become a member of AIMS. The number of runners has grown from 10000 in 2011 to 30000 in 2020 (20000 in the full marathon, 8000 in the 5km and 2000 in the family run).

Chongqing is famous for its towering mountains and roaring rivers which have witnessed local civilisation for over 3000 years. Most runners think running a marathon in Chongqing will be tough but the course is extremely flat along the riverside road.

The course starts by Nanbin Park, goes north to make the first turning under the Chaotianmen Bridge and then goes south to make the farthest turn at Ronghui Ave before returning to Nanbin Park.

Themed as "Running along the Mother River", the whole course is beside the Yangtze where runners can enjoy beautiful river views and scenic spots such as Longmenhao Old Road at 2km, Ciyun Temple at 3km, Landmark Riverside Park and Danzishi Old Road at the finish of the family run, etc. Runners pass six beautiful and varied bridges during the course of the race.

A Chongqing speciality is hotpot which the Marathon provides to 1000 finishers every year. Eating the authentic hotpot after the marathon is absolutely an unforgettable experience.

Chongqing is renowned for its varied landscapes, night scene and delicious food. In daytime visit the Nanshan Mountain where there is a Botanical Garden, Tushan Temple, Laojun Cave (a Taoism temple), etc.

In the evening go to the "street of hotpots" on Nanshan Mountain to have dinner, then view the extraordinary night scene of Chongqing at the Nanshan Single Tree lookout. Danzishi Old Road and Landmark Riverside Park lie at the foot of Nanshan Mountain where you can appreciate the local conditions and customs and magnificent river views of the opposite bank.

Use the cableway to "fly" the Yangtze river and get to Yuzhong Peninsula, the commercial centre of the city. Raffles Square is a new Chongqing landmark and the Hongyadong Scenic area the most popular spot.

Crown escalator is the second longest escalator in Asia and brings you a totally different view of the city.



Along the Mother River

Race of six bridges, finished off with hotpot

If you have enough time explore the natural scenery around Chongqing which includes national forest parks, hot springs and ancient towns.

■ www.cqmarathon.com



Picture: Yangjia



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Taipei Women's Run was first held in 2011 and quickly became the most popular women's road running event in Chinese Taipei. Sponsored by Taishin Bank and with New Balance as an exclusive sports partner a 3km leisure team run has been added to this year's edition for which registration is open until 12 February.

In the Mandarin language "2020" sounds similar to the words "Love you love you" – so that will be the slogan of the event. Services that encourage participants to "Love Sports, Love Fashion, Love Yourself" will be launched encouraging people to love courageously, cherish everyone around them and spread the infinite power of love to all corners.

Taishin Women Run TPE has always been recognised for the quality of its organisation. Services such as hairdressing and massage areas will continue to be offered but to complement the "Love yourself" theme runners can avail themselves of a soothing foot bath after the run to relieve their aches and pains.

Finishers will receive the "Love Fashion" finishers' value set, including an exquisite medal, towel, special jelly-like bag, etc. Layout and decoration along the course and at the start and finish are focused on the theme of bringing out the uniqueness of every woman's charm.

Taishin Women Run TPE will feature a "Love Confession Zone" in the finish area. There, regardless of gender, everyone is encouraged to seize the opportunity to confess to their loved ones in front of all 10,000 runners on this special running day.

■ www.sportsnet.org.tw



2020 edition of most popular women's running event has a love theme



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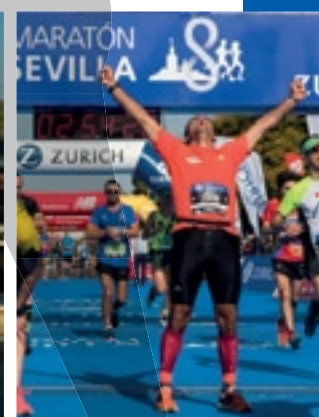
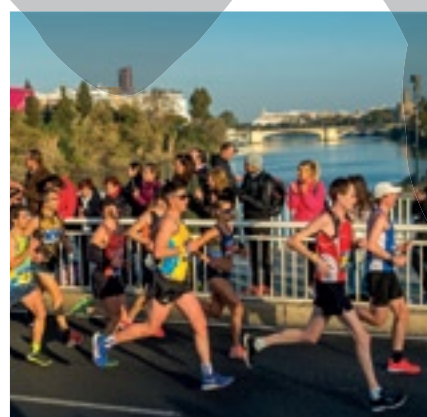


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Although the ČSOB Bratislava Marathon on 5 April is only the 15th edition, the Slovak capital has a marathon history dating back to 1932.

The Štefánik Marathon was held then but was both hot and cold suspended further races until after the fall of the "iron curtain" in 1989. From 1991–2001 a cross-border Danube marathon was staged from Bratislava to the Austrian village of Hainburg and back. After a five-year hiatus the most recent chapter of marathon history in the Slovak capital began on 2 April 2006 with a genuine city marathon.

The ČSOB Bratislava Marathon quickly gained huge popularity. From 760 participants in the first year the race now attracts more than 12,000 runners. In the 14 editions held more than 95,000 runners have entered. The 100,000th entrant, who will be granted free entry for the next five editions, will be among those running the 2020 race. Bratislava Marathon has quickly established a good reputation internationally as evidenced by the rapid increase in the number of foreign runners, up to 2212 (24%) in 2017.

Bratislava Marathon is for everyone: from children to grandparents. Marathon weekend starts on Saturday 4 April with the 4th Kids' Races (from 300m–800m for several age categories), a 4.2km mini marathon (also for adults) and a 10km race. On Sunday 5 April the marathon, half marathon as well as marathon and half



Picture: Martin Blaščák



Enjoy the patina of old Bratislava

Everything to win, for everyone

marathon relays take place. During the last three years 4000 runners have run the marathon distance and 10784 the half marathon.

If you are looking for a convenient marathon look no further than Bratislava: the official hotel is only a few dozen steps from the start line. Everything else is within a hundred metres: registration, presentation, changing rooms, bag drop and pasta party. In the start and finish area a rich cultural programme awaits for runners and spectators.

You can also find fan zones and music stages around the course.

The course is fast: one lap for the half marathon and two for the full distance. You can enjoy the "patina" of the Old Town and run through Michael's Gate. The half marathon record stands at 1:02:33.

A unique free running-city sightseeing tour – the History Run – takes place on Saturday afternoon. There is no need to register. Our guide escorts you around a 6km course featuring 15 important monuments including St Martin's Cathedral, where Maria Theresa was crowned Queen of Hungary in 1741.

Every participant of ČSOB Bratislava Marathon 2020 gets free use of public transport and to visit Bratislava Zoo and some museums for free. The entry fee is cheaper the further ahead you register and groups get the 15th entry free. Every runner gets a commemorative medal at the finish line. Those running the marathon and half marathon distance are given a special finisher t-shirt. Awards are made to the fastest "newcomers" for 10km, half marathon and marathon. If Marathon runners step out after one lap their times are valid for the Half Marathon. There are pacemakers for the marathon targeting times from 3 hours at 15-minute intervals up to 4:30, for the half marathon from 1:30 to 2 hours and for the 10km from 40 minutes to one hour.

ČSOB Bratislava Marathon has the five-star rating for quality from European Athletics and it is a Wander Age Group Qualifier for the World Marathon Majors. It has hosted the Slovak Half Marathon Championships five times and the Marathon Championships once.

Many Olympic, Paralympic and European champions have taken part along with tennis stars and several of Bratislava's Mayors.

■ www.bratislavamarathon.com



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Inspired by legend

Become part
of the family in
Transylvania

Picture: Gabriel Rosca

Joy is the word that best describes the Wizz Air Cluj-Napoca Marathon, one of the most vibrant races in south-eastern Europe, in the heart of Transylvania. Founded in 2011 by the local running club, this friendly running event celebrates its 10th anniversary this year.

The catchy and empowering slogan: "Grow your wings: be a legend in Transylvania" appealed to runners from across Europe so much that 7117 runners from 37 countries participated in last year's edition.

This year the event will include four competitive races – the Wizz Air Marathon, Hervis Half-Marathon, Zuzu Relay Marathon and Garmin 10km, the very popular 4km Vaxicum Cross race as well as the much-awaited Kids' Race.

Cluj-Napoca is known as one of the friendliest cities in Europe and it carries the stories of a legendary past between its fortress walls. The marathon course leads runners past the most picturesque parts of the city: the Central Park, the embankments of the River Somes, the university area, the old city walls, "Mirror Street" and the baroque and Gothic-revival style palaces.

Picture: Gabriel Rosca

From the start in the Cluj Arena Stadium runners can feel an atmosphere reflecting a unique local cultural mix. Romanians are chatty and tend to include everyone in their conversations so you will make lots of new friends when you do any of the races.

Live music or cool jamming sessions with friendly supporters boost your energy levels along the race course. At the finish line there is a super tasty street food area where you can find local specialties: traditional gulyás, soups and desserts.

Wizz Air Cluj-Napoca Marathon may be a young race compared to other races in Europe but it projects an enthusiasm for the joy of running which is contagious. The local community run and train together, and know each other well, but expats are welcomed into the community and quickly integrated.

First-time marathoners and first-time half-marathoners wear a distinct number and receive special encouragement and support during the race. It is as if you are becoming part of a bigger family here in Cluj-Napoca. Families are welcome, for there is a kids' race on the Saturday before the main races. The challenge is to run the race of your choice and become a legend in Transylvania while smiling at the cameras. The Marathon's photo team covers the entire event and it is very likely that they will get some great shots of you in this picturesque race.

Many charities participate in the event. "We want to help and inspire people through running," says race founder Horatiu Morar.

■ www.maraton-cluj.ro/en



Picture: Dan Tautan



Picture: Gabriel Rosca

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Breathtaking scenery, breath-saving course



by Yara Achôa

Imagine yourself running into one of the world's most beautiful picture-postcard scenes while testing yourself on a flat route favorable to personal records. And also enjoying a weekend full of attractions specially designed for those who love to run. That's what the Cosan Rio City Half Marathon offers.

Nicknamed the 'Wonderful City', Rio has an unbeatable look to it. Wedged between the sea and the Atlantic Forest the 21,097m course of the Rio City Half Marathon takes full advantage of this urban setting.

In its fourth edition, Rio City Half Marathon is already one of Brazil's most important half marathons. In 2019 there were 4824 entries with runners coming from all Brazilian states and countries such as the United States, Argentina, France and Germany. 38% of runners were women. The organisers expect a 20% increase in numbers this year.

The race is a two-day event with world-class organisation that offers everything runners could need: from the exhibition (a day full of sports-related activities, talks and services) to the finish area. Along the course participants have water and isotonic drinks available every 3km, wet sponges and carbohydrate gel as well as musical attractions and strategically-placed medical posts. At the finish line runners are offered muscle recovery services, photo panels, medal engraving and more.

"Our aim is to offer runners a unique experience. In addition to the opportunity to run through one of the most beautiful cities in the world, runners can attend exclusive lectures and participate in the various attractions at the Expo," says race director Paulo Carelli.

A runners' favourite beside the sea



Picture: Daniel Werneck

Cosan Rio City Half Marathon is part of the Run Cities Circuit which also includes SP City Marathon in July and Brasília City Half Marathon in November – all AIMS-certified.

The race starts at Recreio dos Bandeirantes, in the West Zone, and finishes in São Conrado, South Zone. The route is a runners' favourite because it is almost entirely beside the sea and almost 100% flat. The single small rise, to access the Elevado Joa, offers one of the most beautiful views in the race.

On race weekend you can enjoy the city's natural beauty and visit some of its many touristic spots such as the famous Copacabana and Ipanema urban beaches. It's best to arrive early in Rio – Friday afternoon – and stay a few days longer to enjoy the charms of the city that in 2012 received UNESCO World Heritage status.



Picture: Daniel Werneck

Two of the must-see spots in Rio are Cristo Redentor (one of the Seven Wonders of the Modern World) located atop Corcovado Hill (710m above sea level) and overlooking most of Rio de Janeiro city; and Pão de Açúcar (Sugarloaf Mountain), which can be reached by cable car from Praia Vermelha, in the Urca neighborhood.

Prepare yourself for your most beautiful and fastest 21km – in Rio.

■ www.riocityhalfmarathon.com.br

Picture: Thiago Diz





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Finishing under moonlight and stars



A relaxing race after sunset, celebrating 10 years

Picture: Matteo Bertolin

The town of Jesolo celebrates the 10th anniversary of its Moonlight Half Marathon on 16 May. This important milestone will be marked by an even more special edition.

The event is organised by Venicemarathon to the same standards met each year for the parent event. The half marathon also features a shorter and more accessible race in its programme: the Jesolo Moonlight 10K.

There are many elements of the Jesolo Moonlight Half Marathon that make it a truly unique sports offering. Jesolo is a very popular tourist destination in Italy and abroad known for its expansive white sand beaches, for its great hotel offers and for the innumerable services provided. The Jesolo Moonlight Half Marathon adds to its attraction.



Picture: Matteo Bertolin

The race starts with the lights of the sunset and ends with the moon and the stars already high in the sky. The route offers very appealing scenery, alternating different natural surroundings such as the sea, the river and the pine forest. The stretch that runs along the Lungomare and the beaches excites the senses as runners are accompanied by the melody of the sea, the glow of the moon and the background music of the bands and sand kiosks. In the final few kilometres the mood heightens with the lights, the music of Jesolo's nightlife and the warmth with which the public welcome the finishers home.

Another highlight is the Moonlight Beach Party after the race that offers all runners and their companions the opportunity to have fun on the beach, with a free drink for all those who have a bib or a medal. It is an exceptional moment: to relax after the race, recounting the emotions experienced while running.




For those who combine the race with leisure and relaxation the logistics of the venue holds great advantages. The Jesolo Moonlight Village is very close to the beach. Start and finish lines coincide and all services are very conveniently placed, including the final party on the beach. In this way runners have the opportunity to enjoy the sea and the sun until just before the 19.30 race start.

■ www.moonlighthalfmarathon.it



Picture: Matteo Bertolin



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Looking ahead | 16 May 2020

Göteborgsvarvet Half Marathon, Sweden

Picture: Daniel Jirblad



With an open heart

Picture: Olof Bjorkman



Race that defies description as the city comes alive for spring

by Karin Hester Ahl

Göteborgsvarvet is more than just the world's largest half marathon, it is a week-long festival of activities both for runners and the entire family.

I have run this half marathon 10 times over the past 20 years, as well as other races in Europe and the US and can personally affirm that it just keeps getting better. Despite its rapid growth and record number of participants, everything runs smoothly and seamlessly to the point that you forget there are 60,000 people running the half marathon (80,000 including other races held during the week). People come from all over the world to run the race but it is especially popular among the 600,000 inhabitants of Gothenburg (Göteborg).

It seems as if everyone here has run it at least once. Companies challenge their employees to run and it is a common topic of conversation among friends who motivate each other. The race is run in mid-May as the city comes alive for spring and it usually offers perfect running conditions. It provides motivation to run during the cold winter months.

The course gives you varied scenic views with a few rather difficult inclines to keep you on your toes. It starts by taking you through Slottsskogen Park then over the Älvsborg Bridge and along the Göta Älv River by the old shipping harbour for which Göteborg is traditionally known. In the second half of the race you continue your journey over the Götaälv Bridge back to the city centre and up the main boulevard Kungälvstavenyn where the streets are packed with enthusiastic spectators cheering you on.

Göteborg is known for the friendliness of its people and you feel it when you run. The race finishes in the Slottsskogsvallen Stadium, filled with screaming spectators who make you feel like an Olympic winner. It is an adrenaline rush from start to finish with live music, lively spectators and city views to keep all your senses occupied: you won't even realise you've just run 21km.

Everything from the race bib pickup at the Swedish Exhibition & Congress Centre to the efficient water stops is perfectly planned and organised – just as you would expect it to be in Sweden – and the race is continually evolving and improving. The city puts on extra public transport during race week so you don't notice any inconvenience that you would expect from such a large event. What you do notice is more energy and positive vibes.

The city of Göteborg has won the Global Destination Sustainability Index Award for the last four years and has been getting a lot of attention for its innovation and sustainability. Göteborgsvarvet plays its part in creating an innovative and sustainable race and has been an ISO 20121 certified company for sustainability since 2016.

Göteborgsvarvet is no longer just a half marathon: it has grown into a week-long programme of events with something for everyone. It defies description and should be experienced first-hand with all of your senses and an open heart.

■ www.goteborgsvarvet.se



Picture: Glenn T Unger

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Tomsk is a centuries-old city right in the middle of the Eurasian continent. It is known as the University capital of Russia and presents a very young face. The city expects to welcome over 7,000 runners from all over the world next year for the third Yarche Tomsk International Marathon.

There are many good reasons why you should come to Tomsk to run the Marathon: here are some of them...

Travelling to Siberia is cool: it is a huge and mysterious land, one of the most beautiful parts of Russia. There are boundless spaces, hundreds of miles of wild taiga, pristine waters of forest lakes, rare birds and animals – just seeing this wondrous beauty is worth the journey.

Eco-tourism gained great popularity in Siberia: come to run the marathon and at the same time discover this fascinating land for yourself.

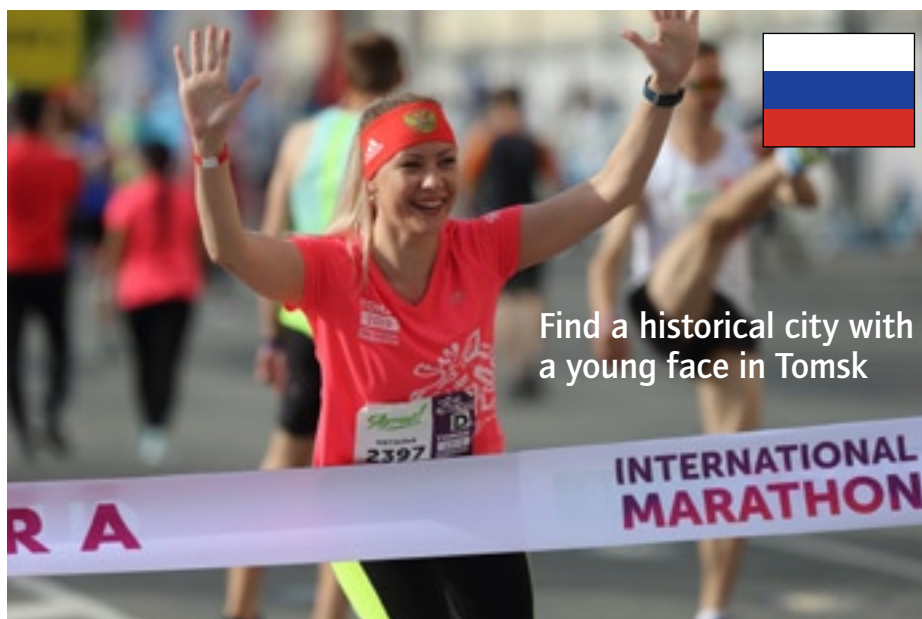
Getting to Tomsk is easy. Flights and trains from all over the country arrive in Tomsk daily. Novosibirsk – a neighbouring city – has direct flights from Frankfurt, Prague, Düsseldorf, Tokyo, Hong Kong, Beijing, Istanbul, Dubai and other large international hubs.

Tomsk is the oldest and the most beautiful city in Siberia. Founded in 1604 the city is still carefully conserving its precious wooden architectural masterpieces decorated with the finest carved lattice work.

The old Baroque and Art Nouveau mansions of Russian merchants, white-stone churches and monasteries are stunning to behold. The Marathon course runs through the shady cobbled streets of this historical part of town.

Tomsk has its air of mystery that you may feel while running along its old stone-paved lanes – legend has it that they go over an ancient underground city. You will pass by the walls of the monastery where Tsar Alexander I of Russia lived and was buried. Legend has it that he faked his own death and moved to Tomsk as a hermit.

Tomsk is a young and active city. It is not only the cradle of Russian history but nowadays



Find a historical city with a young face in Tomsk

Shining in the heart of Siberia

also a centre of education, science and innovation. All six Universities of Tomsk are among Russia's leading academic institutions.

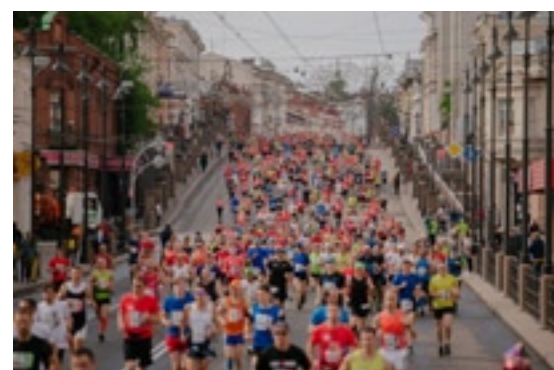
Tomsk State University – the oldest in Siberia – is among the top 100 Universities of the world training students from 64 countries. International students note that they are very comfortable in Tomsk and that they "feel at home".

Siberians love guests. They are very hospitable and anyone can expect to find a warm welcome here. Tomsk Marathon welcomed runners and their supporters from 20 countries and 40 regions of Russia in 2019 and we expect to see many more overseas guests here in 2020. The Organising Committee is always happy to help travelling athletes and their supporters and provides support in visa issues, booking of accommodation and local tour programs.

You can stay in a luxurious 218-year-old colonnaded mansion, now a top-notch hotel, or you may choose to stay in the cosy Hunter's House in the city centre. An architectural landmark, it recalls a Russian fairy tale *Terem* and will amaze you with its authentic look.

Restaurants in Tomsk serve delicious Siberian specialties: elk *pelmeni* (dumplings), pine-cone jam, bear steak with cranberry, milk mushroom and smoked sterlet. And of course you can find many worldwide chain restaurants here, like McDonald's, PapaJohn's, Burger King, Subway, KFC, Sbarro etc.

The Yarche Tomsk International Marathon is a full member of AIMS and was very excited to join the AIMS Children's World



Races Initiative. Our children's race proudly bears the programme logo.

On times run Tomsk Marathon 2019 was the third strongest marathon in Russia. The organisers also host a 5km race, 42.2km and 21.1km relay races and 5km and 21.1km Nordic Walking races. The direction in which the course is run changes every year: it goes clockwise every odd year and counter-clockwise every even year.

The Pheidippides Club of Tomsk Marathon was formed for those who run it in under three hours and those coming for the second time are awarded a special commemorative medal. Participants receive an original Tomsk Marathon T-shirt and are offered free museum tours, concerts, workshops and open running tours around the city.

The weather at the time of the race is a pleasant 16–20°C.

■ tomskmarathon.ru



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Running the numbers

Start Right is a predictive algorithm developed by Marcel Altenburg, senior lecturer at Manchester Metropolitan University's Department of Crowd Science, in cooperation with the Abbott World Marathon Majors races in Chicago, Berlin and New York. He explains how it works:

In our research, we compared millions of results from races of all distances. We connected the developments on the course with the operations at the start to understand the consequences of even the slightest changes. By doing this we were able to predict the whole race flow based on the planned procedures at the start.

This is what world-leading marathons are now using to simulate their race months before they are held. It allows them to make changes, try out new approaches, adjust sections of the course or investigate the safe maximum capacity of the race.

The facility to test alternatives and simulate a full race on the desktop is entirely new to the running industry. Using "Start Right" allows race organisers the freedom to define a safe benchmark for the finish, aid stations or any point along the course and then find a start procedure that makes sure none of those benchmarks are exceeded.



Experienced runners and novices alike will have noticed the pre-assigned start corrals, controlled measurements and precisely orchestrated start times of multiple waves at races they have done. The start procedure can stretch over an hour at certain races in order to massage the impact of runner flow to best effect.

For some of the larger races up to 10 million calculations need to be performed to accurately predict the position of every single runner at every point in time during the race. Once done this defines the road width required all the way along the course.

Applying the "Start Right" algorithm allows race organisers to see through this complexity with an accuracy regularly above 99.9%. Calculating runner flow over the finish line

at the Bank of America Chicago Marathon 2018 predicted 853 for the peak five-minute period – which is exactly what it was.

The Advocate Health International Chicago 5km is held the day before the Chicago Marathon. Last October, in its 4th edition, 7500 runners started. This was an increase on the previous editions but, benefiting from the same kind of simulation exercises performed for its big brother event, it was relatively straightforward to define the ideal start procedure for this number of runners. The simulation is based on the logic of larger races while making adjustments for the unique profile of this race's participants.

In this way the organiser can know exactly what to expect at every point on the course: at every junction and every corner. How to prepare staff, volunteers and services. How to organise street closures, narrow sections, crossing times and cameras. And how to ensure safety, course density and a great experience for everyone in the race.

With Start Right there is nothing between start and finish of a race that can't be calculated. Growth of the race, the efficiency of resources, course merges in races with multiple distances...



This comparison shows the accuracy to which races can be calculated. Elapsed time is shown along the bottom axis. The graph shows the number of runners crossing the finish line, per 5 minutes.

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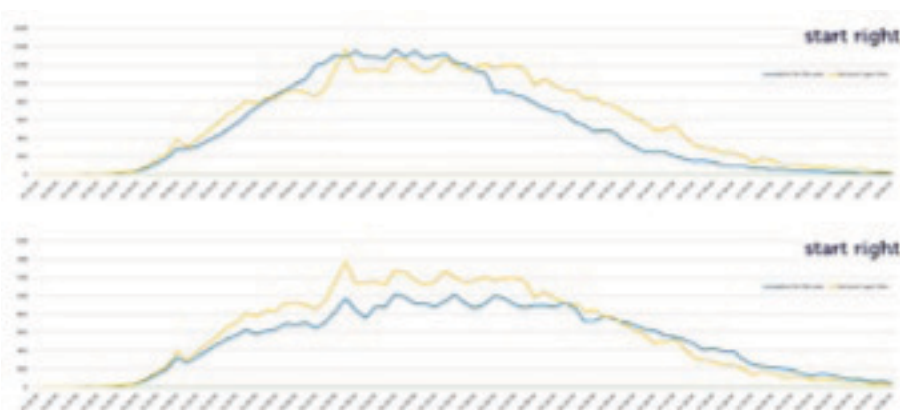
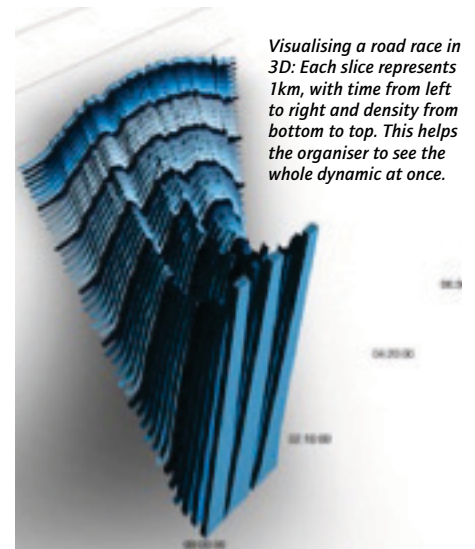
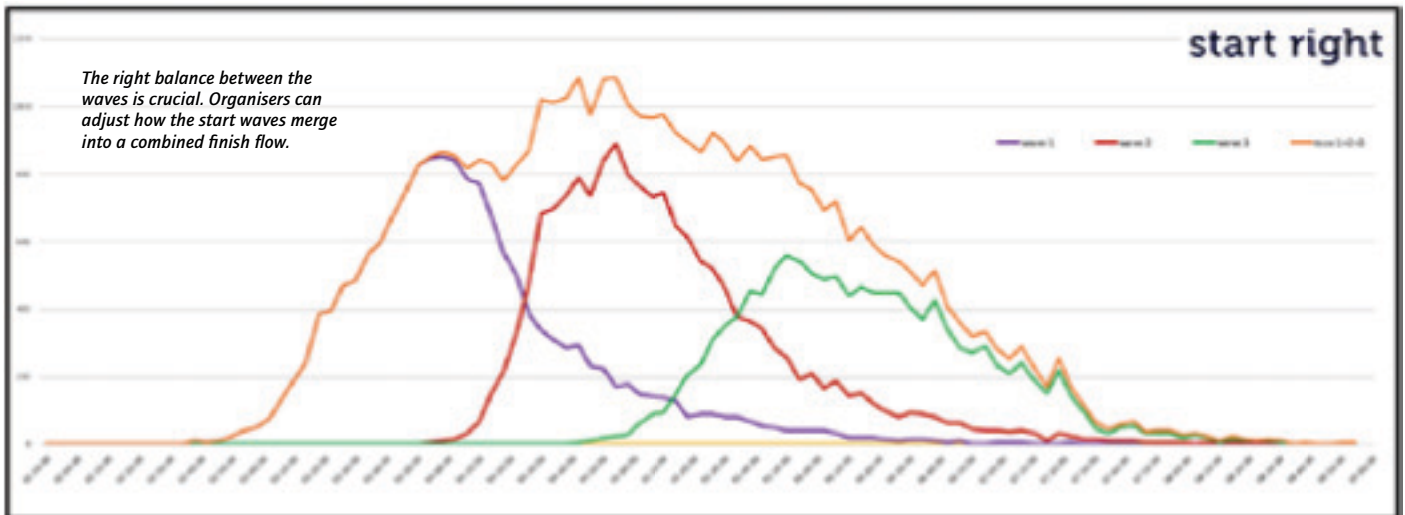
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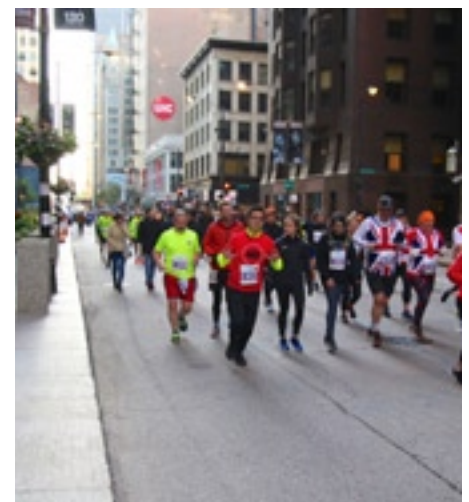
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Organisers can freely design their desired finish flow: having a shorter race with a similarly high peak at the finish, or reducing peak flow over the finish line compared to previous years.



everything can be foreseen, based on the work done over the last few years. Now it is up to the race organisers to ask the right questions to make use of the research. In doing so races can be made safer, while simultaneously making them more time and cost-efficient.

The logic behind Start Right is based upon operations and results of the Abbott World Marathon Majors but the same lessons are now applied by more than 50 races on

five continents. Using the experience and data from industry leaders can have direct benefits for much smaller races and even those being held for the first time that have no previous experience to draw from.

While the organisers are taking advantage of the ability to test changes or simulate entirely new races from the comfort of the computer the algorithm learns from itself every time it is applied. If you are a regular runner you

have probably already benefited from this revelation in the running industry. You may have been "simulated" months in advance while you still were training for the event.

Based on the application of crowd science and experience from world-leading distance running events all races can be expected to benefit by making use of these highly-controlled and accurate simulations.



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Sviatlana Kudzelich (BLR) reacts after finishing the Women's Marathon during day one of the 17th IAAF World Athletics Championships Doha 2019 in Qatar. Picture: Alexander Hassenstein/Getty Images for IAAF

Victims of the system

After the scenes of distress in the Women's marathon at the world championships held in Qatar last September a red alert went out to responsible athletic bodies that they had to do something to stop this happening again. But it wasn't the first time and won't be the last, argues *Hugh Jones*

At the Athens Olympic Games in 2004 the women's marathon was run in temperatures of around 36°C. Nothing much was done then so why was it a surprise that it happened again?

Athletics is seen as a summer sport so decisions made are bound to be flawed if a summer climate is unfavourable for any specific event. Venues for the Olympic Games and World Athletics Championships are chosen without concern for the wellbeing of endurance athletes who then have to perform in severely adverse conditions.

Athletics administrators voice concern only when criticised for their previous decisions. At the time they actually make those decisions they are carried away by their own rhetoric of "taking the sport to new horizons" and blinded to the wellbeing of a small and neglected minority of athletes who are bound to suffer as a result.

And suffer they did, even those who performed best: women's marathon winner Ruth Chepngetich (KEN) said: "It was a tough race. I knew what to expect... I trained for this weather by running in the afternoon when the sun is up." Defending champion Rose Chelimo (KEN) commented: "It was very hot today... much hotter than the one I finished in Jakarta". Bronze medallist Helalia Johannes (NAM) said: "I have never run at such a time and in such weather. And I have never trained in similar conditions." Of the 68 women who started the race 28 failed to finish.

Stung into the need to take action but still defensive of previous misguided decisions various palliatives were offered for the men's Marathon in Doha. The IOC also woke up to the certainty that a similar situation will be faced by endurance athletes at the Tokyo Olympic Games this summer. Last summer more than 50 people died in Tokyo due to extreme heat of up to 40°C.

Rochelle Rodgers (AUS). Picture: Matthias Hangst/Getty Images





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**THREE HEARTS
MARATHON**

RADENCI, SLOVENIA
16. 5. 2020

The Three Hearts Marathon marks its **40th anniversary**. As usual, it will bring together thousands of runners and hikers of different nationalities and ages. We hope you will join us, too!



www.maraton-radenci.si



21k **5k**

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asics | **AUSTRIAN WOMEN'S RUN**



17 May 2020 – VIENNA
5k | 10k | Nordic Walking

Online registration opens on **7 March 2020**
www.austrianwomensrun.com



Alisa Vainio (FIN) is taken off in a wheelchair after the Women's Marathon on day one of 17th IAAF World Athletics Championships Doha 2019 in Qatar. Picture: Alexander Hassenstein/Getty Images for IAAF

So they decided to move the Olympic marathons and race walking events from Tokyo to Sapporo. Sapporo lies on the island of Hokkaido and is the northernmost prefecture of Japan. Temperatures can be expected to be about 5–6°C lower than in Tokyo.

"Athletes' health and well-being are always at the heart of our concerns," claimed IOC President Thomas Bach. "The new far-reaching proposals to move the marathon and race walks show how seriously we take such concerns." It was an implicit admission that the IOC had previously made mistaken decisions.

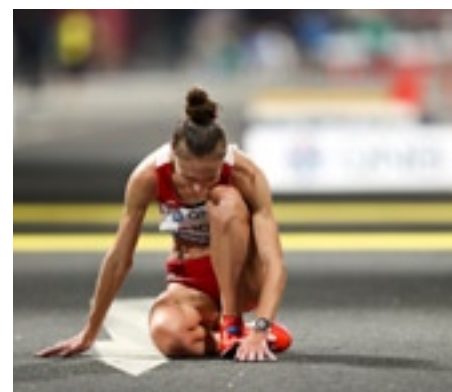
Words come cheaply but decisions previously taken speak louder. Olympic venues over the last 25 years have included Atlanta, Athens, Beijing and Rio de Janeiro. Only Sydney (held in late September) and London could be considered less than hostile climates for endurance athletes. Tokyo would likely have been even worse.

The decision to change the venue for the endurance events will likely be of some effect. World Athletics (IAAF) President Sebastian Coe claimed that: "We have been working closely with the IOC and Tokyo 2020 on the potential weather conditions... [and] on the proposal to move the road events to Sapporo."

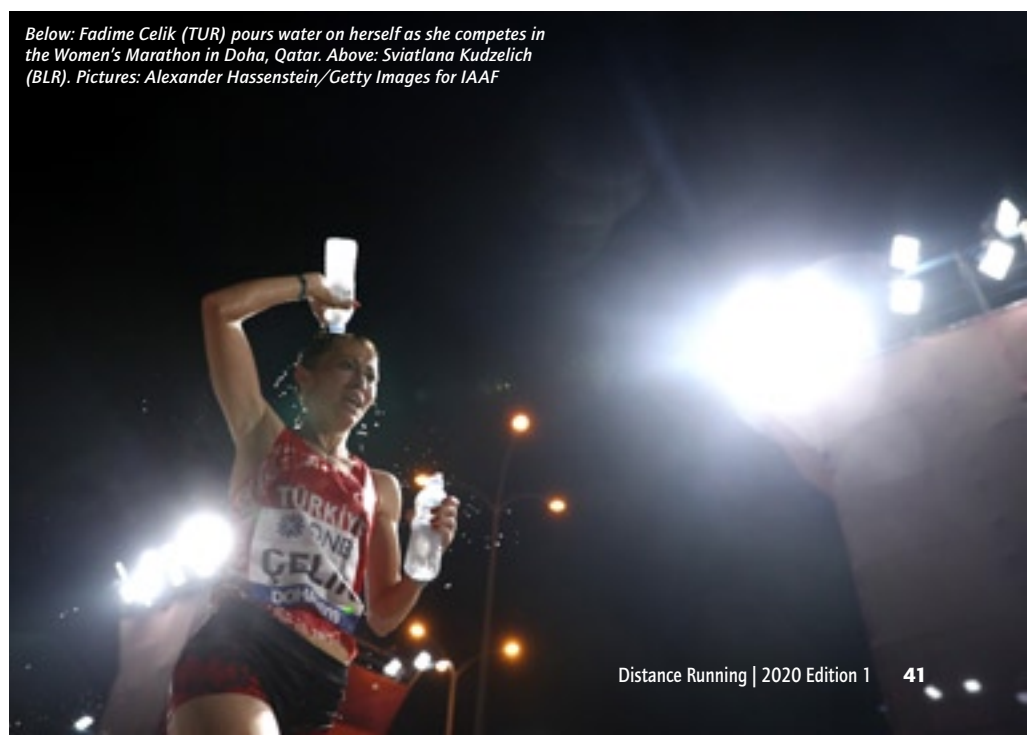
But they hadn't told the Governor of Tokyo Yuriko Koike who described it as "a major shock... this proposal was made with no explanation at all until the last moment," she said. "Let me clearly say as leader of the host city and the representative of the people of Tokyo, it is my wish for the marathon and race walks to be held in Tokyo."

Tokyo 2020 President Yoshiro Mori said: "The IOC and IAAF support the plan. Can we say no as the organisers? We have to accept this. It's not about whether [the plan] is good or bad."

The Tokyo Municipal Government did not concede easily: they floated a 03:00 start for the marathon. The IOC again claimed that their concern was for the health of the athletes – but this has always been something conspicuously missing at the time venues have been selected. Tokyo was only the most recent of these selections, the symptom of a flawed decision-making process.



Below: Fadime Celik (TUR) pours water on herself as she competes in the Women's Marathon in Doha, Qatar. Above: Sviatlana Kudzelich (BLR). Pictures: Alexander Hassenstein/Getty Images for IAAF



DET ÄR MÅLET SOM RÄKNAS | THE GOAL TO REACH



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START AT 12.00

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STOCKHOLMMARATHON.SE





#stockholmmarathon

Calendar

AIMS events January – December 2020

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

January 2020

1	Neujahrsmarathon Zürich SUI M,H,R AIMS Children's World Race 	80
3	Sea of Galilee Tiberias Marathon ISR M AIMS Children's World Race 	75
4	PolarNight Halfmarathon NOR H,R	79
5	Merida Marathon MEX M,H,R	78
5	Mizuno Hong Kong Half-Marathon Championships HKG H	74
5	CNS Solapur Half Marathon IND H,R	74
5	MG Vadodara Int'l Marathon IND M,H	74
5	Xiamen Marathon CHN M	12
7	Siberian Ice Half Marathon RUS H Course not measurable to AIMS standards	80
12	10K Valencia Ibercaja ESP R	80
12	Marathon Int'l de Fes MAR M,H,R	78
17	Egyptian Marathon EGY M,H	72
17-18	Al Mouj Muscat Marathon OMA M,H,R	79
19	Marathon Bahamas, Half & Relay BAH M,H	68
19	Gammon China Coast Marathon & Half HKG M,H	74
19	Chombeung Marathon THA M,H,R	82
19	Funchal Marathon POR M,H	80
19	Chevron Houston Marathon and Aramco Houston Half Marathon & 5k USA M,H,R	82
19	Maui Oceanfront Marathon & Half USA M,H	82
19	Tata Mumbai Marathon IND M	74
19	Mitja Marato Int'l Vila de Santa Pola ESP H	80
19	Standard Chartered Taipei Charity Marathon TPE M,H,R	72
20	Corrida de Sao Sebastiao BRA R	69
26	Khon Kaen Int'l Marathon THA M	82
26	Marathon & Semi Int'l de Marrakech MAR M,H predicted date	78
26	Osaka Women's Marathon JPN M	75
26	Bangsaeon 10 THA R	82



February 2020

2	Beppu-Oita Mainichi Marathon JPN M predicted date	75
2	AU Bank Jaipur Marathon IND M,H,R	16
2	Kagawa Marugame Int'l Half Marathon JPN H	75
2	IDBI Federal Life Insurance Kolkata Marathon IND M,H,R	74
6-12	World Marathon Challenge IRL M,H	74
7	Dead Sea Marathon Israel ISR U,M,H,R	74
9	Buriram Marathon THA M,H,R	82
9	Montepio Meia Maratona de Cascais See race preview on page 9 POR H AIMS Children's World Race 	80
9	Ehime Marathon JPN M	75
9	Hawassa Half Marathon ETH H,R	72
9	Standard Chartered Hong Kong Marathon HKG M AIMS Children's World Race 	74
9	Kinmen Marathon TPE M,H,R	16
9	Kaohsiung Int'l Marathon TPE M	72
16	eDreams Mitja Marató de Barcelona ESP H	80
16	Gensan Julietta & Romeo Half Marathon ITA H	75
16	Kitakyushu Marathon JPN M	75
16	Kochi Ryoma Marathon JPN M	75
16	Kyoto Marathon JPN M	75
16	Navi Mumbai Half Marathon IND H,R AIMS Children's World Race 	74
16	Ohme-Hochi 30km Road Race & 10km JPN R	75
16	KIX Senshu Int'l Marathon JPN M	75
16	Thai Sikh Run THA H,R	82
16	Maratona di San Valentino ITA M,H	16
19	21k Guadalajara Electrolit Nutrido por Granvita MEX H	78
21	The Ras al Khaimah Half Marathon UAE H	82
23	The Carthage Race Int'l Marathon TUN M,H,R	82


23	Napoli City Half Marathon ITA H	75
23	IDBI Federal Life Insurance New Delhi Marathon IND M,H	74
23	Zurich Maratón de Sevilla ESP M	14
23	Seychelles Eco-Friendly Marathon SEY M predicted date	80
23	Split Marathon CRO M,H,R	72
25	Sahara Marathon ALG M Course not measurable to AIMS standards	68
28	Tel Aviv Samsung Marathon ISR M,H,R	75
tb	27km for Freedom RSA R	80
tb	Taichung World Flora Exposition Int'l Marathon TPE M,R	72

March 2020

1	Runatolia Marathon (Half + 10km) TUR M,H,R	82
1	Kilimanjaro Marathon TAN M	82
1	Maratón Int'l Lala MEX M	78
1	Tainan Historical Capital Int'l Half Marathon TPE H,R	16
1	Tokyo Marathon JPN M	75
1	Gyeonggi Int'l Half Marathon KOR H	75
8	Lake Biwa Mainichi Marathon JPN M	75
8	Nafplio Marathon GRE M,H	18
8	Nagoya Women's Marathon JPN M	18
—	Sihanoukville Int'l Half Marathon Event cancelled CAM H,R	69
8	Taipei Freeway Marathon TPE M,H,R	17
13	RBI-CCCL International 10K BAN R	68
14	Saipan Marathon MNP M,H,R	24
15	Zurich Marató de Barcelona ESP M	80
15	Logicom Cyprus Marathon CYP M,H,R	72
15	Kingston City Marathon JAM M,H,R	18
15	Gulf of St Tropez Marathon FRA M,H	72
15	New Taipei City Wan Jin Shi Marathon TPE M,R	24
20	Jerusalem Marathon, Half & 10k ISR M,H,R	20

22	Athens Half Marathon GRE H,R AIMS Children's World Race 	83
22	Chongqing Int'l Marathon See race preview on page 11 CHN M,H,R	72
22	OPAP Limassol Marathon GSO CYP M,H,R	72
22	EDP Lisbon Half Marathon POR H	24
22	Novi Sad Half Marathon SRB H	80
22	Seoul Marathon KOR M	75
22	Tokushima Marathon JPN M	75
22	Wuxi Marathon CHN M,H,R	72
27	Freedom of Movement Palestine Bethlehem Marathon PLE M,H,R	79
28	Antarctica Marathon & Half ATA M,H Course not measurable to AIMS standards	68
28	Rock 'n' Roll DC Marathon & Half Marathon USA M,H,R	82
29	Incheon Int'l Half Marathon KOR H predicted date	75
29	Movistar Medio Maratón de Madrid ESP H AIMS Children's World Race 	80
29	Run Rome The Marathon ITA M	75
29	Standard Chartered Stanley Marathon FLK M	72
29	17a Treviso Marathon ITA M	75
29	Taishin Women Run Taipei See race preview on page 13 TPE H,R	72
tb	Abu Dhabi "Yes I Can" 10km Int'l UAE R	82

April 2020

4-5	The Canberra Times Marathon Festival AUS M,H,R,U AIMS Children's World Race 	68
5	Semi Marathon Int'l de Sfax TUN H	82
5	Generali Berlin Half Marathon GER H	74
5	ČSOB Bratislava Marathon See race preview on page 15 SVK M,H,R	26

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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HEART OF SIBERIA

YARCHE TOMSK MARATHON



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21 km nordic walking
kid's race

JUNE 13
2020



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- ★ Great weather for running – average 65°F / 18°C
- ★ Registration at moscowhalf.org

THE BIGGEST & MOST SPECTACULAR
HALF MARATHON
IN RUSSIA



Continued from page 43

5	35th Telekom Vivicitá Spring Half Marathon HUN M,H,R	26
5	Maraton Cartago CRC M AIMS Children's World Race	72
5	Maratón "Las Batallas de Celaya" MEX M,H,R AIMS Children's World Race	78
5	Wizz Air Cluj-Napoca Marathon See race preview on page 19 ROU M,H,R	80
5	Daegu Int'l Marathon KOR M	75
5	Dogi's Half Marathon ITA H	75
5	United Airlines Guam Marathon GUM M,H,R	74
5	Vodafone İstanbul Half Marathon TUR H	27
5	Generali Milano Marathon ITA M AIMS Children's World Race	75
5	Schneider Electric Marathon de Paris FRA M	72
5	13th PKO Poznań Half Marathon POL H	79
5	NN Marathon Rotterdam NED M	79
5	São Paulo Marathon BRA M,R	69
5	Gulf of St Tropez Marathon FRA M,H	26
9	North Pole Marathon NPO M Course not measurable to AIMS standards	79
10	LG Dead Sea Ultra Marathon JOR U,H,R AIMS Children's World Race	28
11	Pardubice Wine Half Marathon CZE H AIMS Children's World Race	26
11	Old Mutual Two Oceans Marathon RSA U	80
12	Int'l Marathon Alexander the Great GRE M,R	74
12	Crete Marathon GRE M,R AIMS Children's World Race	74
12	Mangyongdae Prize Int'l Marathon PRK M,H,R	72
19	Almaty Marathon KAZ M,H,R	75
19	Enschede Marathon NED M	79
19	Haspa Marathon Hamburg GER M AIMS Children's World Race	74
19	NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K ITA H,R AIMS Children's World Race	75
19	Maratón de Montevideo URU M,H	82
19	Nagano Marathon JPN M	75
19	Padova Marathon ITA M	30
19	Santiago Marathon CHI M	30
19	Vienna City Marathon AUT M,H,R	68
20	B.A.A. Boston Marathon USA M	82
23-26	23rd World Congress of AIMS, Batumi GEO	5
25	The Great Batumi Night Race GEO H	32

25	Fjordkraft Bergen City Marathon NOR M,H,R	79
25-26	Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon) CRO H,R	72
26	33rd Belgrade Marathon SRB M	80
26	Big Sur Int'l Marathon USA M,H	82
26	Cracovia Marathon POL M	34
26	METRO Marathon Düsseldorf GER M	74
26	Gifu Half Marathon JPN H	30
26	HAI Hannover Marathon GER M,H,R	74
26	Citadele Kaunas Marathon LTU M,H,R	75
26	EDP Rock 'n' Roll Madrid Maratón & 1/2 ESP M,H	22+23
26	Zürich Marathon SUI M	80
tbc	CAF Caracas Maratón VEN M	82
tbc	Dushanbe International Half Marathon TJK H	80
tbc	Gunsan Saemangeum Int'l Marathon, 10km & 5km KOR M,R	75
tbc	Tunisia Women's Run Int'l Half TUN H,R	82
tbc	ORLEN Warsaw Marathon POL M,R	80
tbc	Yellow River Estuary Int'l Marathon CHN M,H,R	72

May 2020

2-3	Milton Keynes Marathon & Half GBR M,H,R	74
3	Deep RiverRock Belfast City Marathon GBR M	34
3	Diagore Gaborone Marathon BOT M,H,R	69
3	Kazan Marathon RUS M,H,R AIMS Children's World Race	80
3	Maratón Internacional de Mendoza ARG M,H,R	18
3	Volkswagen Prague Marathon CZE M	72
3	Rhodes Marathon GRE M,R	74
3	Rio City Half Marathon See race preview on page 21 BRA H	69
3	Toronto Marathon CAN M	69
3	Trieste Running Festival ITA H	75

9-10	Harmony Genève Marathon for Unicef SUI M,H,R	80
10	PKO Białystok Halfmarathon POL H	34
10	Volkswagen Bucharest Half Marathon ROU H,R AIMS Children's World Race	36
10	Leiden Marathon NED M,H,R	79
10	Lisbon Eco Marathon POR M,H,R Course not measurable to AIMS standards	80

10	Wizz Air Skopje Marathon MKD M,H,R AIMS Children's World Race	74
10	iWelt Marathon Wuerzburg GER M	34
16	Göteborgsvarvet Half Marathon See race preview on page 29 SWE H AIMS Children's World Race	80
16	The Great Wall Marathon CHN M Course not measurable to AIMS standards	72
16	Helsinki City Marathon FIN M,H,R	37
16	Moonlight Half Marathon See race preview on page 25 ITA H	37
16	Three Hearts Marathon SLO M,H,R	40
16-17	Rimi Riga Marathon LAT M,H	75
17	Int'l Asunción Half Marathon PAR H	40
17	ASICS Austrian Women's Run AUT R	40
17	Banja Luka Half Marathon BIH H AIMS Children's World Race	69
17	TCS World 10K Bengaluru IND R predicted date	74
17	Copenhagen Marathon DEN M	38
17	Marathon Life Lima42k PER M,H,R	40
17	Salzburg Marathon AUT M,H,R	37
17	Maratón y Medio Maratón Municipalidad de San José CRC M,H	72

23-24	Scotiabank Ottawa Marathon and Ottawa 10K CAN M,R AIMS Children's World Race	69
23	15th PZU Warsaw Half Marathon POL H	80
24	Kigali International Peace Marathon RWA M,H	80
24	Thunder Dragon Marathon BHU M,H Course not measurable to AIMS standards	69
30	ASICS Stockholm Marathon SWE M	42
31	Scotiabank Calgary Marathon CAN M	69
31	Cork City Marathon IRL M	74
31	Moscow Half Marathon RUS H,R	44
31	Adelaide Marathon Festival AUS M,H,R	68
tbc	Brasov Int'l Marathon ROU M,H,R	80
tbc	Dalian Int'l Marathon CHN M	72
tbc	Okpekepe Int'l 10km Road Race NGR R	79

June 2020

6	Helsinki Half Marathon FIN H,R	44
6	Spitsbergen Marathon NOR M,H,R	79
7	KLM Aruba Marathon ARU M,H,R	68
7	Brisbane Marathon Festival AUS M,H,R	68
7	Quito Últimas Noticias 15k ECU R predicted date	72

7	Atlantic Airways Tórshavn Marathon FRO M,H,R	44
13-14	Laguna Phuket Marathon THA M	82
13	Yarche Tomsk International Marathon See race preview on page 31 RUS M,H AIMS Children's World Race	44
14	Comrades Marathon RSA U	80
14	Phnom Penh Int'l Half Marathon CAM H,R	48
14	Rio de Janeiro City Marathon BRA M	69
14	RunFun Travel Rottneest Running Festival AUS M,H,R	68
14	JCP Swansea Half Marathon GBR H	46
20	The Big Five Marathon RSA M,H	80
20	Midnight Sun Marathon NOR M,H	50
20	Waterford Viking Marathon IRL M,H,R	74
20	PKO Wrocław Night Half Marathon POL H	50
21	Borneo Marathon MAS M,H,R	78
21	Telesia City Trophy Int'l Road Race 10k ITA R	75
25	Suzuki Midnight Sun Run ISL H,R	50
28	hella hamburg halbmarathon GER H	74
28	Lake Saroma 100km Ultra Marathon JPN U predicted date	75
28	BMW Tangamanga Int'l Marathon MEX M	78
tbc	RAHAL Memorial Casablanca MAR R	78
tbc	Hvar Half Marathon CRO H Course not measurable to AIMS standards	72
tbc	Lanzhou Int'l Marathon CHN M,H,R	72
tbc	White Nights Marathon RUS M	80

July 2020

4-5	Gold Coast Marathon AUS M	68
4	Gornergrat Zermatt Marathon SUI U,M,H	51
5	Econet Victoria Falls Marathon ZIM M	82
18-19	Golden Ring Ultra Trail 100 RUS U,R Course not measurable to AIMS standards	80
18	Island Chill Suva Marathon FJI M,H,R	51
19	Mauritius Marathon MRI M,H,R	78
25	Australian Outback Marathon AUS M Course not measurable to AIMS standards	68
25	Swissalpine SUI U Course not measurable to AIMS standards	51
26	Media Maratón Int'l de Bogotá COL H	72
26	Sao Paulo City Marathon BRA M	69

Continued on page 47

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Continued from page 45

26 Westlink M7 Blacktown Running Festival
AUS M **68**

tbc Correcaminos Half Marathon and 10k
CRC H,R **72**

tbc Media Maratón Ciudad de Guayaquil – Diaro Expreso
ECU H **72**

August 2020

1 Siberian Int'l Marathon
RUS M,H,R **51**

2 The Khmer Empire Marathon
CAM M,H,R **48**

2 Run716 15K and 3 Person Relay
USA R **82**

2 McDonald's Townsville Running Festival
AUS M,H,R **68**

2 SPB Half Marathon. The Northern Capital
RUS H,R **52**

9 Manulife Danang Int'l Marathon
VIE M,H,R **82**

9 10km Int'l de Dakhla
MAR R **78**

16 Kuching Marathon
MAS M,H,R **78**

16 Dadi Prakashmani Mount Abu Int'l Half Marathon
IND H **52**

16 Rio Half Marathon
BRA H **52**

16 7 Sunshine Coast Marathon
AUS M,H,R **68**

16 Servus Edmonton Marathon
CAN M **69**

22 Helsinki Marathon
FIN M,R **72**

22 Paavo Nurmi Marathon, Half and 10k
FIN M,H,R **72**

22 Islandsbanki Reykjavik Marathon
ISL M,H **50**

23 Maratón Int'l Asunción
PAR M,H,R **52**

23 Peru Runners – Lima Half Marathon
PER H,R **79**

29 La Ruta de las Iglesias
ECU R **72**

29 Stavanger Marathon
NOR M,H,R **58**

30 Airtel Hyderabad Marathon
IND M,H,R **74**

30 Abbott Longford Marathon
IRL M **74**

tbc Bangkok Midnight Marathon
THA M,H,R **82**

tbc Barossa Marathon Festival
AUS M,H,R **68**

tbc Hokkaido Marathon
JPN M **75**

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

September 2020

4-6 Knarvikmila – The Great Fjord Run
NOR H **79**

5 Petra Desert Marathon
JOR M,H **75**

5 Stockholm Half Marathon
SWE H **80**

6 Astana Marathon
KAZ M,R **75**

6 35th Wizz Air Budapest Half Marathon
HUN H **26**

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

6 Maratón Medellín
COL M,H,R **56**

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

6 Pila Int'l Half Marathon
POL H **79**

6 Vaal River City Marathon
RSA M,H,R **80**

11-13 Ladakh Marathon & Ultra
IND M,H,R,U **74**

11-13 Tallinna Maraton, Half & 10k
EST M,H,R AIMS Children's World Race **61**

12 Antwerp Marathon
BEL M **69**

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

13 Copenhagen Half Marathon
DEN H **72**

13 River Kwai Int'l Half Marathon
THA H **82**

13 Minsk Half Marathon
BLR H,R **68**

13 Satara Hill Half Marathon
IND H,R **74**

13 Danske Bank Vilnius Marathon
LTU M,H **75**

15 Kuala Lumpur Standard Chartered Marathon
MAS M,H,R **78**

18 Dhiraagu Maldives Road Race
MDV R **78**

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

19 BMW Oslo Marathon
NOR M,H,R **79**

20 Buenos Aires Int'l Marathon
ARG M **68**

20 Dam tot Damloop
NED R **79**

20 Maratón León
MEX M,H,R **78**

20 Volksbank-Münster-Marathon
GER M **58**

20 Porto Half Marathon
POR H **59**

20 Ston Wall Marathon
CRO M,R **58**

20 Blackmores Sydney Running Festival (incl. Sydney Marathon)
AUS M **68**

20 38th Wrocław Maraton
POL M **80**

20 Absolute Moscow Marathon
RUS M,R **58**

20 Sarajevo Sberbank Half Marathon
BIH H **69**

22 Hengshui Lake Int'l Marathon
CHN M,H,R **61**

26 Losinj Half Marathon
CRO H **72**

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

27 H.C. Andersen Marathon
DEN M AIMS Children's World Race **60+63**

27 BMW Berlin-Marathon
GER M **74**

27 ING Route du Vin Half Marathon
LUX H **75**

27 23rd Int'l WACHAU Marathon
AUT M,H **68**

27 42nd PZU Warsaw Marathon
POL M,R **79**

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

27 Maratonina Città di Udine
ITA H **75**

tbc Halfmarathon Altötting
GER H,R **74**

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

tbc Beijing Marathon
CHN M,H **69**

tbc Flamingo Beach Marathon
CRC M,H,R **72**

tbc Incheon Songdo Int'l Marathon
KOR M,H,R **75**

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

tbc Mykonos Run
GRE R **74**

tbc HeidelbergCement Tbilisi Half Marathon
GEO H,R **74**

October 2020

3 Tartu City Marathon
EST M,H,R **72**

4 3 Country Sparkasse Marathon
AUT M,H AIMS Children's World Race **68**

4 Bila Tserkva Marathon
UKR M **82**

4 Gatorade Caracas Rock 10K
VEN R **82**

4 Cardiff Half Marathon
GBR H **74**

4 Guayaquil Marathon
ECU M predicted date **72**

4 Košice Peace Marathon
SVK M **65**

4 Baxters Loch Ness Marathon & Festival of Running
GBR M **63**

4 Melbourne Marathon Festival
AUS M **68**

4 Silesia Marathon
POL M,H,R **79**

4 Telesia Half Marathon
ITA H **75**

4 Tlajomulco Half Marathon
MEX H **78**

4 Trento Half Marathon
ITA H **75**

4 24th RheinEnergieMarathon Cologne
GER M,H **74**

4 SSQ Insurance Quebec City Marathon
CAN M **69**

9 Samsung Amman Int'l Marathon
JOR M,H,R **28**

10-11 35th SPAR Budapest Marathon Festival
HUN M **26**

11 Raiffeisen Bank Bucharest Marathon
ROU M,H AIMS Children's World Race **80**

11 Marathon Eindhoven
NED M **79**

11 EDP Lisbon Marathon | Luso Half Marathon
POR M,H **67**

11 Generali München Marathon
GER M,H,R **68**

11 Zafiro Palma Marathon
ESP M,H,R **63**

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

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

11 Wizz Air Sofia Marathon
BUL M,H,R **69**

11 GoodLife Fitness Victoria Marathon
CAN M **69**

11 Zagreb Marathon & Half
CRO M,H **72**

17 Int'l Thessaloniki Night Half Marathon
GRE H,R **67**

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

18 Donga-A Ilbo Gyeongju Marathon
KOR M **75**

18 VPBank Hanoi Marathon
VIE M,H,R **82**

18 Linker Oevert Marathon Antwerp
BEL H,R **69**

18 21st PKO Poznań Marathon
POL M AIMS Children's World Race **79**

18 Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k
CAN M,H,R **69**

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

18 TCS Amsterdam Marathon
NED M **79**

24-25 Wizz Air Kyiv City Marathon
UKR M,H,R **82**

24-25 Polar Circle Marathon
GRN M,H **74**

25 Maratón Aguascalientes
MEX M,H,R AIMS Children's World Race **78**

25 Chengdu Marathon
CHN M,H,R **72**

25 KBC Dublin Marathon
IRL M **74**

25 Mainova Frankfurt Marathon
GER M **73**

25 Lausanne Marathon
SUI M **67**

25 Volkswagen Ljubljana Marathon
SLO M AIMS Children's World Race **80**

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

25 Standard Chartered Nairobi Marathon
KEN M,H predicted date **75**

25 Sun Moon Lake Marathon
TPE M,R **72**

25 SwissCityMarathon – Lucerne
SUI M **69**

25 Medio Maratón Valencia Trinidad Alfonso EDP
ESP H **70+71**

25 Venicemarathon
ITA M **75**

25 Marine Corps Marathon
USA M **8**

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

Continued on page 49

Running Amazing Events in Cambodia 2020



1. Phnom Penh Int'l Half Marathon

📅 14 June 2020

📍 In front of Royal Palace, Phnom Penh

2. Khmer Empire Marathon

📅 02 August 2020

📍 In front of Angkor Wat Temple, Siem Reap

3. Angkor Wat Int'l Half Marathon

📅 06 December 2020

📍 In front of Angkor Wat Temple, Siem Reap



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Calendar

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tbc	Semi Marathon Int'l de la Ville de Béjaia ALG H	68
tbc	Brussels Airport Marathon & Half Marathon BEL M,H	69
tbc	1/2 Maraton de Bucaramanga - FCV COL H	72
tbc	Marathon Int'l de Casablanca MAR M	78
tbc	Changsha Int'l Marathon CHN M,H,R	72
tbc	Chuncheon Int'l Marathon KOR M	75
tbc	LSR Colombo Marathon SRI M	80
tbc	7th PZU Cracovia Royal Half Marathon POL H	79
tbc	Airtel Delhi Half Marathon IND H	74
tbc	Eva Air Half Marathon TPE H,R	72
tbc	Jakarta Marathon INA M,H,R	74
tbc	Maraton Int'l de Juarez MEX M,H	78
tbc	Kanazawa Marathon JPN M	75
tbc	Longbien Marathon VIE M,H,R	82
tbc	Novi Sad Marathon SRB M	80
tbc	St Denis Half Marathon – La Voie Royale FRA H	72
tbc	Toyama Marathon JPN M,R	75
tbc	UWI SPEC Int'l Half Marathon TRI H	82
tbc	Yerevan Marathon and Half Marathon ARM M,H,R	68

November 2020

1	TCS New York City Marathon USA M	82
1	SPORTWAY Lake Maggiore Marathon ITA M,H,R AIMS Children's World Race	75
1	Sfax Marathon Olive Trees TUN M,H	82
1	JTBC Seoul Marathon KOR M predicted date	75

1	ASB Auckland Marathon NZL M,H,R	79
5	Volcano Marathon CHI M,H Course not measurable to AIMS standards	69
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15	Cajasierte Gran Canaria Marathon ESP M,H	80
15	Marabana Marathon & Half CUB M,H predicted date	72
15	Verona Marathon, Half Marathon & 10K ITA M,H,R	75
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15	Radisson Blu Larnaka Int'l Marathon CYP M,H,R	72
15	Borobudur Marathon INA M,H,R	81
20	Pharaonic 100km EGY U	72
22	Penang Marathon MAS M,H	78
22	Philadelphia Marathon USA M,H,R	82
27	Eilat Full Desert Marathon ISR M,H,R Course not measurable to AIMS standards AIMS Children's World Race	74
27-29	Malta Int'l Challenge Marathon MLT M	78

28	Bagan Temple Marathon MYA M,H,R Course not measurable to AIMS standards	79
29	KLM Curaçao Marathon CUR M,H,R	72
29	Firenze Marathon ITA M	75
29	Mount Fuji Marathon JPN M predicted date	75
29	Osaka Marathon JPN M	75
29	Maratón Donostia - San Sebastián ESP M	76+77
tbc	Bangsae42 Chonburi Marathon THA M	82
tbc	Great Ethiopian Run 10km ETH R	72
tbc	Goa River Marathon IND M,H,R	74
tbc	Great Hakka Marathon CHN M,H,R Course not measurable to AIMS standards	72
tbc	Maratón Guadalajara MEX M	78
tbc	Hangzhou Marathon CHN M	72
tbc	Kobe Marathon JPN M	75
tbc	Semi Marathon Int'l de Laayoune MAR H	78
tbc	French Riviera Marathon Nice-Cannes FRA M	72
tbc	21km Nuevo León MEX H	78
tbc	Panama Int'l Marathon PAN M	79
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tbc	Serge Vigot La Rochelle Int'l Marathon FRA M,H	72
tbc	Shanghai Int'l Marathon CHN M	72
tbc	UNICEF Charity Run Half Marathon & 10km HKG H,R	74
tbc	Vizag Navy Marathon IND M,H,R	74
tbc	Adani Ahmedabad Marathon IND M	74

December 2020

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5	Standard Chartered Singapore Marathon SIN M,H,R	80
6	Angkor Wat Int'l Half Marathon CAM H,R	48
6	Maratón del Atlántico HON M	74
6	Intertrust Cayman Islands Marathon CAY M predicted date	69
6	Pune Int'l Marathon IND M predicted date	74
6	Reggae Marathon, Half & 10K JAM M,H,R	75
6	Saitama Int'l Marathon JPN M	75
6	San José Costa Rica Half & Marathon CRC M,H AIMS Children's World Race	72

6	Marathon COMAR Tunis - Carthage TUN M,H,R	82
6	Valencia Trinidad Alfonso EDP Marathon ESP M	70+71
13	Antarctic Ice Marathon & 100k ATA U,M	68
13	Tarblazer 42.2 IND M,H,R	74
20	Tafilalet 10km Errachidia MAR R	78
31	São Silvestre de Luanda 10km ANG R predicted date	68
tbc	ADNOC Abu Dhabi Marathon UAE M,R	82
tbc	Bangsae21 Half Marathon THA H,R	82
tbc	Cave Shepherd & Co Run Barbados Marathon Weekend BAR M,H,R	68
tbc	Bengaluru Midnight Marathon IND M,H,R	74
tbc	Discoveries Half Marathon POR H	80
tbc	Fukuoka Int'l Open Marathon Championship JPN M	75
tbc	Gran Maratón Pacifico Mazatlán MEX M	78
tbc	Techcombank Ho Chi Minh City Int'l Marathon VIE M,H,R	82
tbc	Tata Steel Kolkata 25k IND R	74
tbc	El Corte Inglés São Silvestre de Lisboa POR R	80
tbc	Galaxy Entertainment Macao Int'l Marathon MAC M,H	75
tbc	Zurich Maratón Málaga ESP M	80
tbc	Maratón Powerade Monterrey MEX M	78
tbc	Nara Marathon JPN M	75
tbc	Nong Khai ASEAN Marathon THA M	82
tbc	Cairn Pink City Half Marathon IND H,R	74
tbc	Pisa Marathon ITA M,H	75
tbc	São Silvestre Int'l Road Race BRA R	69
tbc	Media Maraton "La Sele" CRC H,R	72
tbc	The St. Croix Int'l Marathon ISV M	82
tbc	Taipei Marathon TPE M,H,R	72
tbc	Zengwen Reservoir Marathon TPE M,H,R	72

January 2021

1	Neujahrsmarathon Zürich SUI M,H,R AIMS Children's World Race	80
8	Sea of Galilee Tiberias Marathon ISR M AIMS Children's World Race	75
9	PolarNight Halfmarathon NOR H,R	79

February 2021

5	Dead Sea Marathon Israel ISR U,M,H,R	74
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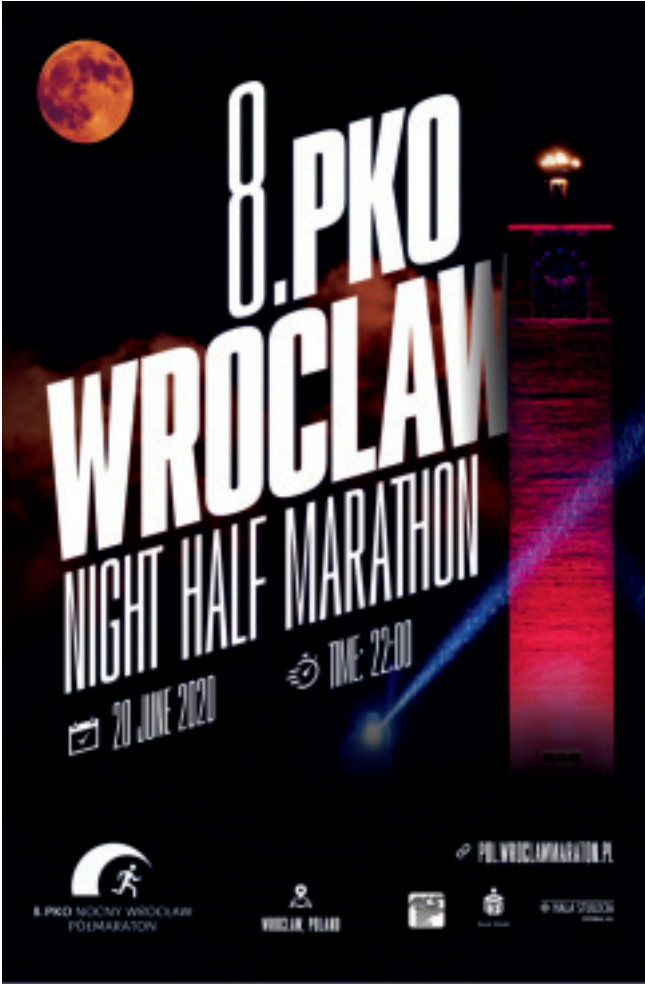
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For the latest race dates please also consult the official online AIMS calendar at aims-worldrunning.org/calendar.html

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The man who 'invented' the modern mass-participation city marathon died 25 years ago.

On 9 October 1994 Fred Lebow, the co-founder of the New York City Marathon, died aged 62 as the result of a brain tumour.

The sixth of seven children Fred was born on 3 June 1932 in Arad in the Hungarian-speaking part of Romania. As an Orthodox Jew he fled, first from the Nazis and later from the Communists, through Western Europe until he emigrated to the USA in 1949 and settled in New York City.

During fitness training in New York's Central Park for his favourite sport at the time, tennis, he discovered his enthusiasm for long-distance running. He joined the New York Road Runners Club towards the end of the 1960s and in 1970 became one of the co-founders of the New York City Marathon. He ran in that first race, run on a four-lap course entirely within in Central Park, and finished 45th out of 55 runners in a time of 4:12:09.

Slowly the event grew. Frank Shorter had won the gold medal in the Munich Olympic Games in 1972. Fred secured modest sponsorship from Olympic Airlines for a couple of years and in 1976 Shorter followed up with a silver medal at the Montreal Olympics.

1976 was America's Bicentenary and public authorities were looking for ways to celebrate it. One of Fred's co-founders of the race, Ted Corbitt, suggested inviting teams from the five boroughs of New York City to compete in the 1976 race. Somehow this was understood by the City as a proposal to run the race route through the five boroughs – and they liked the idea. At first Fred was reluctant. He was wary of the cost and getting all the permissions. But the Mayor's office offered full support to put on a citywide five-borough marathon.

Fred was never a man to miss an opportunity so he head-hunted the two top-name athletes in the world at the time, Frank Shorter and Bill Rodgers, who went head-to-head and launched the 1976 New York City Marathon as a new mass-participation model for the world.

There were 1549 finishers in the race, of 2100 entries accepted. It was less than the

Fred Lebow

Co-founder of New York Marathon who pioneered mass-participation distance running

by Peter Christ and Horst Milde, with additional material from Hugh Jones

Boston Marathon had that year – but going forward it was New York that provided the template. Five thousand entries were accepted the next year and 14,000 in 1979. In the 2019 race there were 53,518 finishers.

Horst Milde comments: "I met Fred in 1981 at the Stockholm Marathon and I introduced myself to him. The Berlin Marathon was just at the beginning of its career, moving from the forest to the city centre.

"He gave me a T-shirt from the New York City Marathon, of which I was very proud. The New York City Marathon (and from 1981 London as well) were the great role models for me to improve the Berlin Marathon.

"But Fred also copied Berlin, he saw at the Berlin Marathon that we gave all ladies a rose at the finish, he copied that in New York."

Peter Christ adds: "I met Fred Lebow in 1983 when the Sports Club Charlottenburg from Berlin organised its first group trip to the NYC Marathon and we had booked a booth at the expo to promote the 1984 Berlin Marathon. He was calm and polite despite the stress of the upcoming event, but he also seemed a little introverted and inaccessible.



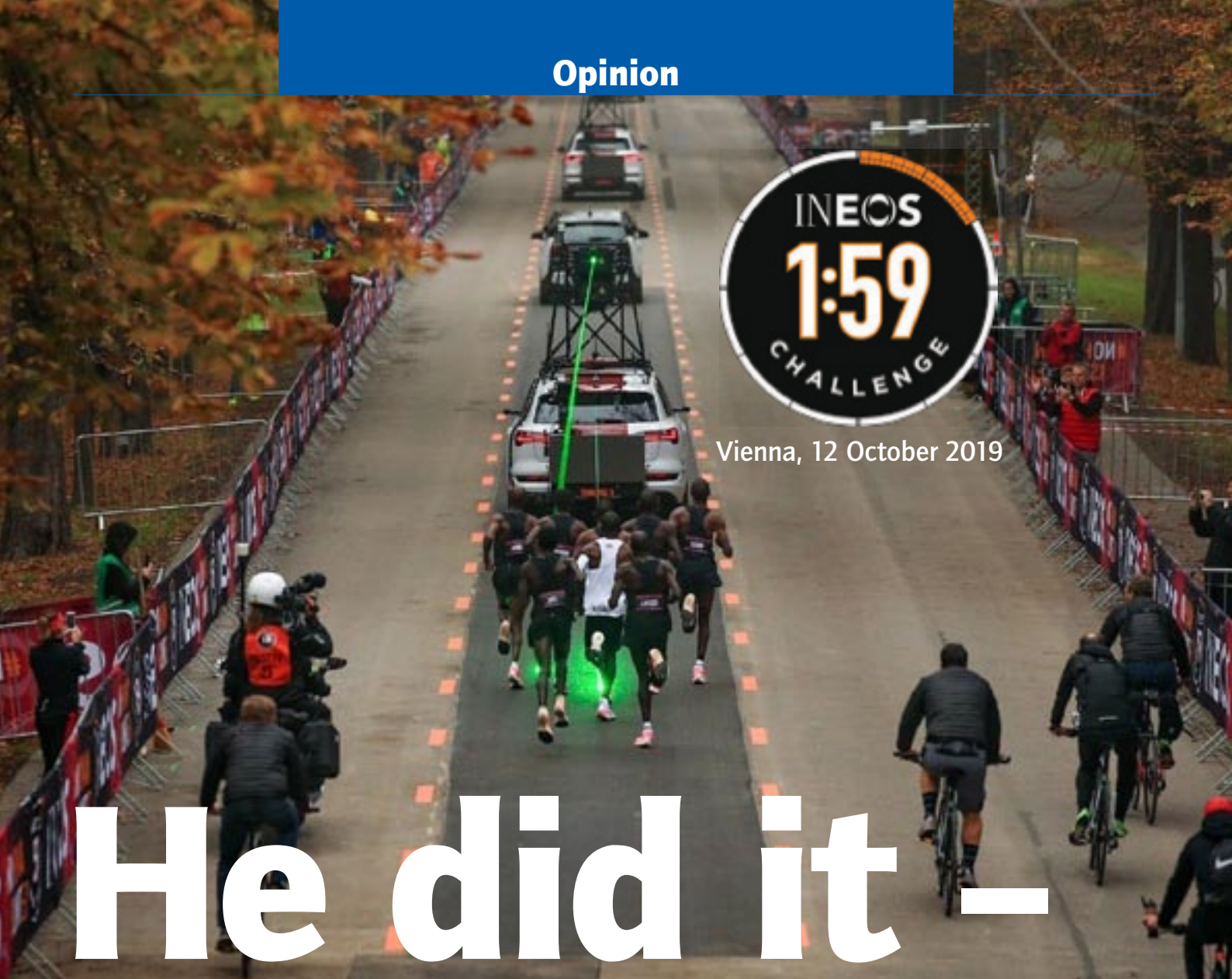
"At the time, the Berlin Marathon didn't have the significance it has today in the marathon scene. Like New York, and because of its successful example in becoming a city-wide event, Berlin was also able to relocate itself from the confines of the Grunewald to follow a route all around West Berlin. It was only in 1990, after the fall of the Berlin Wall a year earlier, that it took in all of the city.

"I got to know Fred better on the occasion of the 3rd AIMS World Congress held in September 1985 in Berlin and at Board meetings in the following years. I suddenly got to know a completely different side of the race director of what was then the world's biggest marathon: friendly, cheerful, humorous and open to everything new.

"The nicest thing was that you could talk to him about anything under the sun for a long time without the word 'marathon' being mentioned. I had the feeling that at that time he had also largely revised his reservations about everything German, which were born of his personal experiences during his youth.

"The news about his serious illness in early summer 1990 made me very sad. A small hope that he could still defeat the tumour sparked in me when I saw how he ran 'his' marathon – the 69th of his career – at Grete Waitz's side on 1 November 1992 and finished it in 5:32:34."

Fred succumbed within two years but, in the New York City Marathon, left a legacy that has directly benefitted millions of people – and indirectly many millions more.



Eliud Kipchoge and pacemaking team following the timing vehicle which is projecting a green laser to guide them on the Hauptallee. Picture: Jon Super/The INEOS 1:59 Challenge

On 12 October Eliud Kipchoge propelled himself over a distance of 42,195 metres in less than two hours. It was the second time that he, along with scores of supporting personnel, had applied himself to this task.

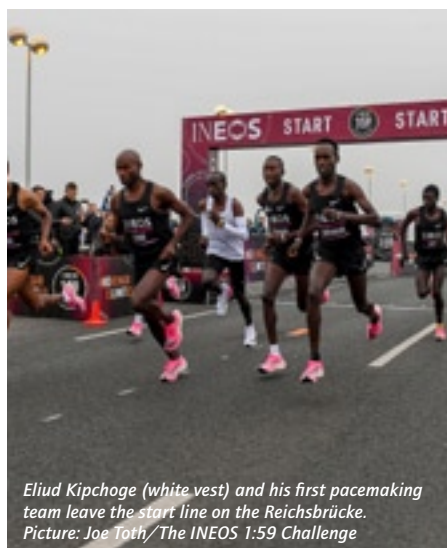
First time around, in May 2018, it was a Nike-sponsored "Sub-2" [hours] attempt made on the racetrack at Monza which fell short of the target time by 25 seconds. Kipchoge nonetheless stunned many informed observers by how close he got to it.

So it was not too surprising that there was a second attempt, as long as the man himself was up for it. INEOS is a company that has promoted itself through performance – particularly in endurance sport – and they were the driving force behind this second attempt.

They took over from Sky in the sponsorship of the eponymous cycle team which has in recent years enjoyed great success in the Tour de France. The back-story is significant as the Vienna enterprise concentrated very much on science-led performance, following the "marginal gains" approach advocated by general manager of Team INEOS Dave Brailsford.

'Marginal gains' refers to small changes that can be made in many different areas which

will have some effect beneficial towards achieving the defined goal. Among those areas the most significant are basic physical conditions: temperature and wind (the reason for having kept the precise date of the event flexible); wind resistance, with elaborate tests in wind tunnels to establish the most effective formation for the seven-strong phalanx of pacemakers; and minimisation of elevation gain, while maximising allowable elevation loss.



"Allowable": a word with infinitely flexible meaning but which tacitly acknowledges the existence of rules which may be relevant to legitimising the performance. After all – there would be little credibility (and a lot of pain) if Kipchoge had run the distance down an Alpine pass dropping 40m or more every kilometre (such races have been run).

The project directors were unequivocal about this: they chose which rules they would observe, which they will modify, and which they would break. It's very different to an open race like the Berlin or London Marathons – both of which Kipchoge has won, Berlin in his world record time of 2:01:39.

Competition rules preclude "assistance" through pacemaking and through supply of liquid or solid refreshment but most people would make allowances for that as an understandable concession: an acceptable 'modification'.

What might not be understood is any compromise on the distance that has to be covered. Yet the 'marginal gains' approach pursued included marginally shortening the distance.

There is an official method of measurement, and guidance related to it, which has become universally accepted (and used to the exclusion of any other method) since tentatively



Picture: Thomas Lovelock/The INEOS 1:59 Challenge

but what exactly was it?

by Hugh Jones

introduced in the 1960s and popularised in the 1980s. This 'calibrated bicycle' method recognises that there is no such thing as an exact measurement – there is always a margin of error involved in the measurement process. Accepted practice allows plus-or-minus 1m for every kilometre. So marathons are measured out 42m longer than might be necessary to avoid the embarrassment that when re-measured they could be found short- but the 42m is not definitive: there is no golden rule to determine what is (absolutely) necessary.

The margin of error was the marginal gain identified by the project directors because they embraced a new high-tech and highly expensive method which claims vanishingly small margins of error. They consequently felt justified in excising 42m from the distance measured out in all officially-measured marathons the world over.

To maintain some continuity with the real

world of open competition the distance Eliud Kipchoge covered in the 1:59 Challenge was subjected to validation. If there is no built-in margin of error then there is a 50-50 chance that the course could fail a subsequent validation measurement.

To safeguard against this the course used for the project was "pre"-validated and found to be 42195m and 42206m by two measurers using the traditional (and approved) calibrated bicycle method. So it passed the test: but was in all likelihood about 40m (or

7 seconds) shorter than the distances run by Kipchoge for his Berlin and London victories.

These marginal gains added up to one big difference: this was not sport as open competition but as a scientific quest, costing millions upon millions of dollars, focused upon seeing what one superlative athlete could do in experimentally contrived conditions. No one gets another chance at this. Unfortunately Kipchoge's feat may mean that when the 2-hour barrier is broken in open competition the public yawns: "but it's been done before."



Picture: Jed Leicester/The INEOS 1:59 Challenge



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World Mountain Running Championships

Villa La Angostura, Argentina, 15–16 November 2019



The U20 men were first off, in heavy rain, and the pace was fast and furious with Britain's Joe Dugdale leading from the start but chased hard by Sebih Bahar of Turkey. Only 17 seconds separated the first five men with Dugdale's teammates Matthew Mackay and Matthew Knowles completing the top five.

The rain didn't abate during the U20 women's race. The river was getting higher and conditions were tough.

The standard distance races of 14km were held on a course of dirt roads, forest tracks, a waist-deep and fast-moving river crossing, and a swift descent back down to the road.

Joe Gray led the men's race from early and, although the gap was never big, held off all opposition. In the women's race US trials winner Grayson Murphy took an early lead while Elise Poncet of France chased hard. Britain's Philippa Williams was a little way behind with several more runners bunched closely behind her.

On the second day Jim Walmsley of the US and Cristina Simion of Romania took victory in the long distance races. The course, 41.5km with a total ascent of 2184m, began on road before heading along a dirt track through a dense forest on a gradual ascent to the Cerro Bayo ski station. From there it was a long, steep and arduous climb up to the summit of the snow-capped 1785m-high Cerro Bayo, before returning back down to the finish line.

Both races were fast at the front. Walmsley forged an early lead but never opened up much of a gap on Puppi, the 2017 champion. In the

women's race world trail running champion Blandine L'Hirondel was the early leader but Simion took the lead as they approached Cerro Bayo with Adeline Roche and L'Hirondel in pursuit.

Both leaders maintained their advantage once they hit the flat for unchallenged wins.

MEN 41.5km:

1	Jim WALMSLEY	USA	3:12:16
2	Francesco PUPPI	ITA	3:13:04
3	Oriol CARDONA	ESP	3:20:24

WOMEN 41.5km:

1	Cristina SIMION	ROU	3:49:57
2	Adeline ROCHE	FRA	3:51:56
3	Blandine LHIRONDEL	FRA	3:52:07

MEN 14km:

1	Joseph GRAY	USA	1:05:13
2	Cesare MAESTRI	ITA	1:05:21
3	Marek CHRASCINA	ITA	1:05:57

TEAMS: 1 Czech Republic; 2 United States; 3 Italy

WOMEN 14km:

1	Grayson MURPHY	USA	1:15:20
2	Elise PONCET	FRA	1:15:41
3	Philippa WILLIAMS	GBR	1:16:45

TEAMS: 1 France; 2 Czech Republic; 3 Great Britain & NI

U20 MEN:

1	Joe DUGDALE	GBR	32:44
2	Sebih BAHAR	TUR	32:50
3	Yael Paniagna MORTALES	MEX	32:50

TEAMS: 1 Great Britain & NI; 2 Turkey; 3 Italy

U20 WOMEN:

1	Angela MATTEI	ITA	37:12
2	Barbora HAVLICKOVA	CZE	37:56
3	Jade RODRIGUEZ	FRA	38:48

TEAMS: 1 Italy; 2 Turkey; 3 Czech Republic

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www.wmra.info

Final race of WMRA World Cup

Smarna Gora Mountain Race

Ljubljana, Slovenia,
12 October 2019

Kenya's Lucy Murigi and Eritrea's Petro Mamu, were victorious in the final race of the 2019 World Cup held within the 40th Smarna Gora Mountain race. But it was Andy Douglas and Sarah McCormack who went away with the World Cup titles.

Eritrean Filimon Abraham attacked early but Mamu let him go and led a following group including Douglas. They kept the gap to under 20s and after a strong second climb Mamu overtook his compatriot just 400m before the summit finish.

In the women's race defending Champion Lucy Murigi took the win after a long absence through injury. Sarah McCormack stayed close early on but Murigi turned on her trademark power in the second half for a comfortable win.

MEN:

1	Petro MAMU	ERI	42:17
2	Filimon ABRAHAM	ERI	42:21
3	Timotej BECAN	SLO	43:19
4	Andrew DOUGLAS	GBR	43:23
5	Alberto VENDER		43:58

WOMEN:

1	Lucy MURIGI	KEN	50:55
2	Sarah MCCORMACK	IRL	51:51
3	Lucie MARSANOVA	CZE	52:20
4	Alice GAGGI	ITA	53:58
5	Emma CLAYTON	GBR	54:19

Scotsman Andy Douglas topped the World Cup standings ahead of the two Eritreans Filimon Abraham and Petro Mamu. Among the women Sarah McCormack was untouchable with 495 points, Lucy Murigi moved up to second with 210, level with Briton Emma Clayton but ahead of her by virtue of her two wins.



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World Cup race 6

Dreizinnen Alpine Run

Sesto, Italy, 14 September 2019

Exceeding all expectations 900 runners started and two new records were set as Sarah Tunstall (GBR) and Petro Mamu (ERI) took the wins.

The tough 17km-long course climbs 1300m but rewarded with sun and blue sky over the wonderful Dolomite peaks of this UNESCO heritage site.

By the first checkpoint at 7km Petro Mamu had already attacked. Joe Gray (USA) and Mamu's compatriot Filimon Abraham kept pace while Andy Douglas followed just behind.

In the women's race Sarah Tunstall attacked from the start and took a minute out of Sarah McCormack by 7km. It was steep climbing from there to 12km. Mamu and Gray were clear in the lead but neither could break free of the



other. Tunstall passed by two minutes clear and on course record pace.

A short but steep descent leads on to the final climb. Mamu drew clear and marginally improved his own course record. Sarah Tunstall won by nearly five minutes in another course record.

MEN:

1	Petro MAMU	ERI	1:22:37
2	Joe GRAY	USA	1:23:04
3	Filimon ABRAHAM	ERI	1:25:55

WOMEN:

1	Sarah TUNSTALL	GBR	1:41:45
2	Sarah MCCORMACK	IRL	1:46:21
3	Victoria KREUZER	SUI	1:47:40

A fairy-tale Danish marathon for everyone

H.C. Andersen Marathon invites both debutants and experienced runners to an unforgettable day Sunday 27 September 2020 in Odense.

You cannot mention Odense without mentioning Hans Christian Andersen. The famous Danish fairy tale author was born in the city, and it now does everything possible to keep his stories alive. So does the H.C. Andersen Marathon, in Denmark called the HCA Marathon.

HCA Marathon is more than just a race. The route resembles the scenery from some of H.C. Andersen's fairy tales; there are characters from his stories on each kilometre sign, so you might even spot him cheering for you on the route.

A marathon route that is ideal for both debutants and runners looking to beat their personal best. It sounds like a fairytale and it almost is.

"The route is very well thought-through as you run in the shape of a four-leaf clover, which means that you run towards the centre of the city on a couple occasions, giving families and friends several chances to cheer for you," Simonsen explains.

HCA Marathon is also host for the National Marathon Championships for the 15th time.

HCA Marathon is collaborating with the city's hotels, so if you are travelling from abroad to participate in the run you can get a good deal for your stay in Odense.

H.C. Andersen Marathon

Denmarks Fairytale Marathon
½ Marathon & "Run the last 10K"
27 September 2020
www.hcamarathon.dk

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HCA Marathon
Denmark



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2019 IAU 24h World Championships

26–27 October 2019, Albi, France



45 member federations participated in what was the biggest 24h championship yet. Camille Herron recorded a World Best Performance; USA took gold for in both men's and women's categories; six men's National Best times were set for CZE, FRA, HUN, LTU, POL and UKR and seven women's National Best times for ARG, CRO, DEN, GER, IND, URU and USA.

In the men's competition three runners of the 205-strong field set the pace headed by Erik Clavery from France. He led for the first eight hours followed by Aleksandr Sorokin from Lithuania and Ivan Penalva Lopez from Spain. Sorokin took over the lead after nine hours and managed to hold his position through to the end. In the last four hours Hungary's Tamas Bodis pushed through strongly to secure second place while Oliver Leblond

(USA) came through behind him to take third.

In the women's race Camille Herron led throughout and at halfway almost managed to catch the leading man. Radka Churanova (CZE) and Nele Alder-Baerens (GER) followed and Malgorzata Pazda-Pozorska and Patrycja Bereznowska (POL) moved up after nine hours of running. After halfway Churanova started to slip. In the last three hours Pazda-Pozorska dropped from third to seventh as Bereznowska moved up to eventually finish third.

MEN:

1. Aleksandr SOROKIN	LTU	278.973 km
2. Tamas BODIS	HUN	276.222 km
3. Oliver LEBLOND	USA	275.485 km

TEAMS: 1. USA 799.754km; 2. Hungary 782.241km; 3. France 779.076km

WOMEN:

1. Camille HERRON	USA	270.116km
2. Nele ALDER-BAERENS	GER	254.288km
3. Patrycja BEREZNOWSKA	POL	247.724km

TEAMS: 1. USA, 746.132km; 2. Poland 721.124km; 3. Germany 696.846km

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)

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Malcolm Campbell (GBR)

Honorary Life Vice-President:

Harry Arndt (GER)

Honorary Life Members: Soto Rojas (ESP); Souhei Kobayashi (JPN); Pierre Weiss (FRA)

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[instagram.com/iau_ultrarunning](https://www.instagram.com/iau_ultrarunning)

IAU 100km Asia/Oceania Championship

23 November 2019, Aqaba, Jordan

Japan's Hideaki Yamauchi and Mai Fujisawa took the individual titles. While Fujisawa led the women's race throughout Yamauchi only came through in the last 10km in the men's race as leader Tatsuya Itagaki dropped back dramatically. In the women's race Australia's Amelia Griffith made a late run to get the runner-up spot.

MEN:

1 Hideaki YAMAUCHI	JPN	7:11:42
2 Brendan DAVIES	AUS	7:49:16
3. Deepak Vasudev BANDHE	IND	8:04:16

TEAMS: 1. India 24:40:00; 2. Jordan 31:14:21

WOMEN:

1 Mai FUJISAWA	JPN	8:20:44
2 Amelia GRIFFITH	AUS	8:57:02
3 Konoka AZUMI	JPN	9:03:22

TEAMS: 1. Australia 30:21:40; 2. India 30:40:33

IAU podcasts

Starting with the IAU 50km Championships IAU has introduced podcasts as a new platform from which to share information and generate feedback. In Albi IAU used the format to discuss the development of ultra-running in different countries and regions. Pablo Barnes (Argentina), Sunil Chainani (India), José Daniel Vaz Cabral (Cape Verde) and Mirsad Abdakovic (Bosnia and Herzegovina) shared their experiences and vision for the next few years [see IAU Facebook page].

IAU is delivering a live stream from different events that take place during Championship weekends: press conference, opening ceremony, build-up to the race, start, during the race, last hour of the race and the award ceremony. This helps to bring the event close to those that can't be on site and provides global projection.

IAU 50km World Championship

1 September 2019, Brasov, Romania



On the first occasion the Championship had been held in Europe Alyson Dixon (GBR) set a new World Best Performance. She improved Frith van der Merwe's (RSA) 30-year old record of 2:08:39.

The next IAU 50km World Championships will take place in Taipei (TPE) on 31 October 2021 and will be organised by the Chinese Taipei Association of Ultrarunners (CTAU).

MEN:

1 Iraitz ARROSPIDE	ESP	2:47:42
2 Lungile GONGGA	RSA	2:48:26
3. Daniel NASH	GBR	2:49:01

TEAMS: 1. South Africa 8:28:38; 2. Germany 8:35:52; 3. Great Britain & NI 8:41:00

WOMEN:

1 Alyson DIXON	GBR	3:07:20
2 Helen DAVIES	GBR	3:09:16
3 Alicia PEREZ	ESP	3:15:09

TEAMS: 1. Great Britain & NI 9:39:33; 2. United States 10:03:18; 3. Austria 10:19:58



ZAFIRO PALMA MARATHON


11-10-2020



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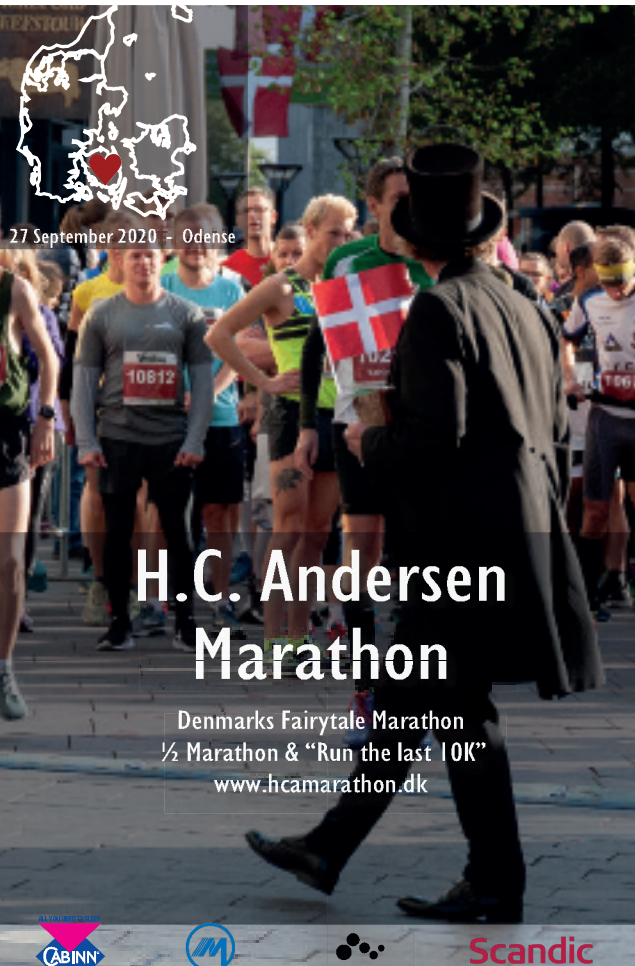
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27 September 2020 - Odense

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Brigid Kosgei
Picture: Quinn Harris/Getty



Marathon

These lists give the current standings in the world of road racing, and are believed accurate at 16 December 2019. They focus primarily on the Marathon and Half Marathon, as these constitute 75% and 18% of the AIMS membership respectively.

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

Men

Time	Athlete	Nation	Rank	Venue	Date
2:01:41	Kenenisa BEKELE	ETH	1	Berlin	29 SEP
2:02:37	Eliud KIPCHOGE	KEN	1	London	28 APR
2:02:48	Berhanu LEGESE	ETH	2	Berlin	29 SEP
2:02:55	Mosinet GEREMEW	ETH	2	London	28 APR
2:03:16	Mule WASHIHUN	ETH	3	London	28 APR
2:03:34	Getaneh MOLLA	ETH	1	Dubai	25 JAN
2:03:36	Sisay LEMMA	ETH	3	Berlin	29 SEP
2:03:40	Herpasa NEGASA	ETH	2	Dubai	25 JAN
2:03:51	Kinde Atanaw AYALEW	ETH	1	Valencia	01 DEC
2:04:11	Marius KIPSEREM	KEN	1	Rotterdam	07 APR
2:04:16	Kaan Kigen OZBILAN	TUR	2	Valencia	01 DEC
2:04:24	Asefa MENGISTU	ETH	3	Dubai	25 JAN
2:04:40	Reuben Kiprop KIPYEGO	KEN	1	Abu Dhabi	06 DEC
2:04:42	Guye ADOLA	ETH	3	Valencia	01 DEC
2:04:46	Titus ERIKU	KEN	1	Milano	07 APR
2:04:48	Birhanu LEGESE	ETH	1	Tokyo	03 MAR
2:04:51	Abebe NEGEGWO	ETH	4	Valencia	01 DEC
2:05:00	Evans CHEBET	KEN	1	Buenos Aires	22 SEP
2:05:00	Philemon RONO	KEN	1	Toronto	20 OCT
2:05:01	Shura KITATA	ETH	4	London	28 APR
2:05:02	Emmanuel SAINA	KEN	4	Dubai	25 JAN
2:05:09	Vincent KIPCHUMBA	KEN	1	Amsterdam	20 OCT
2:05:09	Lemi BERHANU	ETH	2	Toronto	20 OCT
2:05:12	Filex CHEMONGES	UGA	3	Toronto	20 OCT
2:05:13	Benson KIPRUTO	KEN	4	Toronto	20 OCT
2:05:16	Solomon DEKSSA	ETH	2	Amsterdam	20 OCT
2:05:18	Shifera TAMRU	ETH	5	Dubai	25 JAN
2:05:18	Elisha ROTICH	KEN	3	Amsterdam	20 OCT
2:05:19	Rueben KIPROP	KEN	2	Buenos Aires	22 SEP
2:05:23	Kaan Kigen OZBILAN	TUR	2	Rotterdam	07 APR
2:05:28	Betesfa GETAHUN	ETH	4	Amsterdam	20 OCT
2:05:29	Shifera TAMRU	ETH	1	Seoul	03 NOV
2:05:33	Felix KIPCHIRCHIR	KEN	1	Daegu	07 APR
2:05:39	Mo FARAH	GBR	5	London	28 APR
2:05:42	Emanuel SAINA	KEN	3	Rotterdam	07 APR
2:05:45	Lawrence CHERONO	KEN	1	Chicago	13 OCT
2:05:46	Dejene DEBELA	ETH	2	Chicago	13 OCT
2:05:48	Asefe MENGISTU	ETH	3	Chicago	13 OCT
2:05:53	Bedan KAROKI	KEN	4	Chicago	13 OCT
2:05:58	Dazza ALMAHJIOUB	BRN	1	Prague	05 MAY
2:06:00	Thomas Kiplagat RONO	KEN	1	Seoul	17 MAR
2:06:00	Andalem SHIFERAW	ETH	1	Lisboa	20 OCT
2:06:02	Samuel WANJIKU	KEN	2	Lisboa	20 OCT
2:06:02	Alemu GEBRE	ETH	2	Seoul	03 NOV
2:06:04	Alemu BEKELE	BRN	1	Barcelona	10 MAR
2:06:04	Fentahun HUNEGNAW	ETH	5	Amsterdam	20 OCT
2:06:04	Philemon KACHERAN	KEN	5	Valencia	01 DEC
2:06:09	Kelkile GEZAHEGN	ETH	6	Dubai	25 JAN
2:06:12	Elisha ROTICH	KEN	2	Seoul	17 MAR
2:06:12	Asenafi MOGES	ETH	6	Valencia	01 DEC
2:06:13	Tadu ABATE	ETH	6	Amsterdam	20 OCT
2:06:14	Abdi BASHIR	BEL	5	Chicago	13 OCT
2:06:16	Sondre Nordstad MOEN	NOR	7	Valencia	01 DEC
2:06:31	Abdi NAGEEYE	NED	4	Rotterdam	07 APR
2:06:38	Wolde DAWIT	ETH	2	Prague	05 MAY
2:06:21	Shifera Tamru AREDO	ETH	2	Daegu	07 APR
2:06:21	Fred MUSUBI	KEN	3	Daegu	07 APR
2:06:21	Joel Kemboi KIMURER	KEN	2	Abu Dhabi	06 DEC
2:06:22	Stephen CHEMLANY	KEN	3	Lisboa	20 OCT
2:06:23	Bantie AYCHEW	ETH	3	Prague	05 MAY
2:06:24	Mike Kiptum BOIT	KEN	3	Seoul	17 MAR
2:06:24	Morris GACHAGA	KEN	7	Amsterdam	20 OCT
2:06:25	Chale DECHASA	ETH	3	Seoul	03 NOV
2:06:27	Fikre BEKELE	ETH	4	Seoul	17 MAR
2:06:31	Daniel KEMBOI	KEN	8	Amsterdam	20 OCT
2:06:32	Aduugna TAKELE	ETH	7	Dubai	25 JAN
2:06:33	Barnabus KIPTUM	KEN	4	Lisboa	20 OCT
2:06:36	Tsedat Abege AYANA	ETH	1	Sevilla	17 FEB
2:06:39	Belay Asefa BEDADA	ETH	2	Sevilla	17 FEB
2:06:40	Laban MUTAI	KEN	1	Eindhoven	13 OCT
2:06:41	Birhanu Bekele BERGA	ETH	3	Sevilla	17 FEB
2:06:45	Jonathan KORIR	KEN	4	Berlin	29 SEP
2:06:46	Obukay TSEGAY	ERI	4	Sevilla	17 FEB
2:06:46	Kipruto AMOS	KEN	4	Prague	05 MAY
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 NEGEGWO	ETH	2	Barcelona	10 MAR
2:06:50	Tsegaye GETACHEW	ETH	8	Valencia	01 DEC
2:06:51	Birhan NEBEBEW	ETH	5	Lisboa	20 OCT
2:06:52	Daniel KIPKORE	KEN	3	Buenos Aires	22 SEP
2:06:54	Anthony MARITIM	KEN	3	Barcelona	10 MAR
2:06:56	Vincent KIPCHUMBA	KEN	1	Wien	07 APR
2:06:57	Tamirat TOLA	ETH	6	London	28 APR
2:06:59	Kennedy CHEBORBOR	KEN	4	Daegu	07 APR
2:06:59	Silas MWETICH	KEN	5	Toronto	20 OCT
2:07:00	Reuben KERIO	KEN	2	Eindhoven	13 OCT
2:07:00	Robert KWAMBAI	KEN	1	Chuncheon	27 OCT
2:07:03	Bashir ADBI	BEL	7	London	28 APR
2:07:05	Abraha MILAW	ETH	1	Paris	14 APR
2:07:06	Mathew KISORIO	KEN	1	Beijing	03 NOV
2:07:09	Evans KORIR	KEN	5	Daegu	07 APR
2:07:08	Fikre TEFERA	ETH	1	Frankfurt	27 OCT
2:07:10	Vincent RONO	KEN	5	Rotterdam	07 APR
2:07:10	Dawit WOLDE	ETH	2	Frankfurt	27 OCT
2:07:10	El Mahjoub DAZZA	MAR	1	Fukuoka	01 DEC
2:07:11	Robert KIPKEMBOI	KEN	5	Seoul	17 MAR
2:07:11	John LANGAT	KEN	3	Eindhoven	13 OCT
2:07:12	Philemon KACHERAN	KEN	4	Barcelona	10 MAR
2:07:12	Aweke YIMER	BRN	3	Frankfurt	27 OCT
2:07:15	Leul GEBRESILASIE	ETH	8	London	28 APR
2:07:18	GEBRESILASIE	ETH	9	Valencia	01 DEC
2:07:20	Josphat BOIT	USA	6	Rotterdam	07 APR
2:07:20	Martin KOSGEY	KEN	4	Frankfurt	27 OCT
2:07:22	Evans CHEBET	KEN	2	Milano	07 APR
2:07:22	Balew DERSEH	ETH	2	Chuncheon	27 OCT
2:07:24	Tadesse ABRAHAM	SUI	2	Wien	07 APR
2:07:25	Asefa MENGISTU	ETH	2	Paris	14 APR
2:07:29	Paul LONYANGATA	KEN	3	Paris	14 APR
2:07:29	Kelkile GEZAHEGN	ETH	1	Ljubljana	27 OCT
2:07:30	Limenih GETACHEW	ETH	5	Barcelona	10 MAR
2:07:30	Yego Solomon KIRWA	KEN	5	Prague	05 MAY
2:07:35	Julius KIPRONO	KEN	4	Eindhoven	13 OCT
2:07:39	Koen NAERT	BEL	7	Rotterdam	07 APR
2:07:39	Abdi NAGEEYE	NED	1	Amsterdam	20 OCT
2:07:45	Morris GACHAGA	ETH	4	Paris	14 APR
2:07:46	Abrar OSMAN	ERI	10	Amsterdam	20 OCT
2:07:46	Thomas RONO	KEN	10	Valencia	01 DEC
2:07:47	Asefa TEFERA	ETH	1	Osaka	01 DEC
2:07:48	Albert KANGOGO	KEN	11	Valencia	01 DEC
2:07:50	Yuta SHITARA	JPN	1	Gold Coast	07 JUL
2:07:52	Salah-Eddine BOUNASR	MAR	1	Otsu	10 MAR
2:07:52	Anthony MARITIM	KEN	2	Ljubljana	27 OCT

New world record, pending ratification (mixed competition):
Brigid Kosgei (KEN), 2:14:04, Chicago, 13 Oct 2019
Present world record (women's-only race)
Mary Keitany (KEN), 2:17:01, London, 23 Apr 2017

Women

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
2:14:04	Brigid KOSGEI	KEN	1	Chicago	13 OCT	2:23:19	Birke DEBELE	ETH	4	Toronto	20 OCT
2:17:08	Ruth CHEPNGETICH	KEN	1	Dubai	25 JAN	2:23:19	Yebrgual MELESE	ETH	1	Shanghai	17 NOV
2:17:20	KOSGEI	KEN	1	London	28 APR	2:23:23	Bedatu HIRPA	ETH	5	Tokyo	03 MAR
2:17:41	Worknesh DEGEFA	ETH	2	Dubai	25 JAN	2:23:28	Birukayit DEGEFA	ETH	1	Houston	20 JAN
2:18:30	Roza DEREJE	ETH	1	Valencia	01 DEC	2:23:30	Rachel MUTGA	KEN	5	Toronto	20 OCT
2:18:33	Azmara ABREHA	ETH	2	Valencia	01 DEC	2:23:31	Sutume ASEFA	ETH	1	Beijing	03 NOV
2:18:46	Birhane DIBABA	ETH	3	Valencia	01 DEC	2:23:33	Meseret DEFAR	ETH	4	Nagoya	10 MAR
2:18:52	Vivian CHERUIYOT	KEN	4	Valencia	01 DEC	2:23:32	Mary KEITANY	KEN	2	New York	03 NOV
2:19:10	Valary AYABEI	KEN	1	Frankfurt	27 OCT	2:23:34	Stella BARSOSIO	KEN	2	Rotterdam	07 APR
2:19:26	Degitu AZIMERAW	ETH	1	Amsterdam	20 OCT	2:23:35	Azmara ABREHA	ETH	3	Paris	14 APR
2:19:27	Zeineba YIMER	ETH	5	Valencia	01 DEC	2:23:40	Hirut TIBEBU	ETH	1	Istanbul	03 NOV
2:19:46	Lonah Chemtai SALPETER	ISR	1	Prague	05 MAY	2:23:41	Clemence CALVIN	FRA	4	Paris	14 APR
2:19:52	Tigist GIRMA	ETH	2	Amsterdam	20 OCT	2:23:44	Desi Jisa MOKONIN	BRN	1	Seoul	17 MAR
2:20:14	Vivian CHERUIYOT	KEN	2	London	28 APR	2:25:46	Rodah JEPKORIR	KEN	1	Buenos Aires	22 SEP
2:20:14	Ashebe BEKERE	ETH	1	Berlin	29 SEP	2:23:50	Peres JEPCHIRCHIR	KEN	1	Saitama	08 DEC
2:20:21	Mare DIBABA	ETH	2	Berlin	29 SEP	2:23:50	Hiwot GEBREKIDAN	ETH	1	Guangzhou	08 DEC
2:20:24	Worknesh EDESA	ETH	6	Valencia	01 DEC	2:23:52	Reia IWADE	JPN	5	Nagoya	10 MAR
2:20:39	Purity RIONORIPO	KEN	7	Valencia	01 DEC	2:23:54	Sally CHEPYEGO	KEN	5	Paris	14 APR
2:20:40	Ruti AGA	ETH	1	Tokyo	03 MAR	2:23:57	Melet KEJETA	GER	6	Berlin	29 SEP
2:20:48	Azmara GEBRU	ETH	3	Amsterdam	20 OCT	2:23:59	Monica JEPKOECH	KEN	6	Nagoya	10 MAR
2:20:51	Roza DEREJE	ETH	3	London	28 APR	2:24:00	Sara DOSSENA	ITA	7	Nagoya	10 MAR
2:20:51	Abebel YESHANEH	ETH	2	Chicago	13 OCT	2:24:02	Ababel YESHANEH	ETH	6	Tokyo	03 MAR
2:20:52	Gladys CHERONO	KEN	4	London	28 APR	2:24:03	Wude YIMER AYALEW	ETH	2	Abu Dhabi	06 DEC
2:20:55	Gelete BURKA	ETH	3	Chicago	13 OCT	2:24:05	Hirut TIBEBU	ETH	2	Seoul	17 MAR
2:20:58	Mary KEITANY	KEN	5	London	28 APR	2:24:09	Kayoko FUKUSHI	JPN	8	Nagoya	10 MAR
2:21:01	Helen TOLA	ETH	2	Tokyo	03 MAR	2:24:11	Sinead DIVER	AUS	7	London	28 APR
2:21:03	Besu SADO	ETH	4	Amsterdam	20 OCT	2:24:13	Askale MERACHI	ETH	1	Los Angeles	24 MAR
2:21:05	Worknesh EDESA	ETH	3	Dubai	25 JAN	2:24:13	Ruth CHEBITOK	KEN	6	Toronto	20 OCT
2:21:05	Shure DEMISE	KEN	3	Tokyo	03 MAR	2:24:15	Tigist ABAYECHEW	ETH	2	Istanbul	03 NOV
2:21:06	Sally CHEPYEGO	ETH	3	Berlin	29 SEP	2:24:16	Maurine CHEPKEMOI	KEN	3	Istanbul	03 NOV
2:21:10	Megertu KEBEDE	ETH	2	Frankfurt	27 OCT	2:24:19	Miyuki UEHARA	JPN	9	Nagoya	10 MAR
2:21:11	Vivian Jerono KIPLAGAT	KEN	1	Abu Dhabi	06 DEC	2:24:21	Marta MEGRA	ETH	1	Hengshui	22 SEP
2:21:22	Mimi BELETE	BRN	5	Amsterdam	20 OCT	2:24:22	Yeshi CHEKOLE KALAYU	ETH	3	Abu Dhabi	06 DEC
2:21:26	Bornes KITUR	KEN	1	Ljubljana	27 OCT	2:24:29	Gutene SHONE	ETH	1	Sevilla	17 FEB
2:21:33	Shitaye ESHETE	BRN	2	Ljubljana	27 OCT	2:24:30	Aberu MERKURIA	ETH	1	Chongqing	31 MAR
2:21:50	Florence KIPLAGAT	KEN	4	Tokyo	03 MAR	2:24:30	Shiuko GENEMO	ETH	7	Toronto	20 OCT
2:22:07	Diana CHEMTAI	KEN	3	Ljubljana	27 OCT	2:24:33	Mao ICHIYAMA	JPN	7	Tokyo	03 MAR
2:22:11	Meskerem ASSEFA	ETH	3	Frankfurt	27 OCT	2:24:33	Stellah BARSOSIO	KEN	1	Sydney	15 SEP
2:22:12	Nancy KIPROP	KEN	1	Wien	07 APR	2:24:34	Genet YALEW	ETH	3	Prague	05 MAY
2:22:16	Sarah HALL	USA	4	Berlin	29 SEP	2:24:42	Dibabe KUJMA	ETH	1	Hamburg	28 APR
2:22:16	Magdelyne MASAI	KEN	1	Toronto	20 OCT	2:24:42	Worknesh ALEMU	ETH	6	Amsterdam	20 OCT
2:22:25	Helalia JOHANNES	NAM	1	Nagoya	10 MAR	2:24:42	Caroline ROTICH	KEN	5	Frankfurt	27 OCT
2:22:25	Vivian KIPLAGAT	KEN	1	Milano	07 APR	2:24:44	Kuftu TAHIR	ETH	1	Barcelona	10 MAR
2:22:29	Abeba GEBREMENSEKEL	ETH	8	Valencia	01 DEC	2:24:46	Priscah JEPTOO	KEN	10	Valencia	01 DEC
2:22:38	Joyline JEPKOSGEI	KEN	1	New York	03 NOV	2:24:47	Carla Salome ROCHA	POR	8	London	28 APR
2:22:39	Shitaye ESHETE	BRN	2	Prague	05 MAY	2:24:48	Celestine CHEPCHIRCHIR	KEN	3	Seoul	17 MAR
2:22:40	Birukayit ESHETU	ETH	2	Toronto	20 OCT	2:24:49	Abeba TEKELU	ETH	2	Sevilla	17 FEB
2:22:41	Afera GODFAY	ETH	1	Dongying	20 APR	2:25:45	Zinash MEKONNEN	ETH	11	Valencia	01 DEC
2:22:43	Betsy SAINA	KEN	3	Toronto	20 OCT	2:25:03	Askale WEGI	ETH	6	Frankfurt	27 OCT
2:22:45	Waganeesh MEKASHA	ETH	4	Dubai	25 JAN	2:25:10	Birhane DIBABA	ETH	9	London	28 APR
2:22:47	Gelete BURKA	ETH	1	Paris	14 APR	2:25:14	Sally KIPYEGO	USA	7	Berlin	29 SEP
2:22:52	Megertu ALEMU	ETH	1	Roma	07 APR	2:25:31	Sharon Jemutat CHEROP	KEN	5	Ljubljana	27 OCT
2:22:52	Azmara GEBRU	ETH	2	Paris	14 APR	2:25:35	Hanami MAEDA	JPN	1	Tokyo	15 SEP
2:22:53	Tadeleh BEKELE	ETH	9	Valencia	01 DEC	2:25:38	Angela TANUI	KEN	4	Istanbul	03 NOV
2:22:55	Ashebe BEKERE	ETH	1	Rotterdam	07 APR	2:25:20	Josephine CHEPKOECH	KEN	2	Barcelona	10 MAR
2:22:58	Vasiline JEPKESHO	KEN	2	Nagoya	10 MAR	2:25:20	Agnes Jeruto BARSOSIO	KEN	1	Hangzhou	03 NOV
2:23:01	Valary JEMELI	KEN	3	Nagoya	10 MAR	2:25:25	Sairi MAEDA	JPN	10	Nagoya	10 MAR
2:23:08	Emily SISSON	USA	6	London	28 APR						
2:23:11	Lonah SALPETER	ISR	4	Frankfurt	27 OCT	Other performances					
2:23:14	Kuftu Tahir DADISO	ETH	4	Ljubljana	27 OCT	2:23:51	Worknesh DEGEFA	ETH	1	Boston	15 APR
2:23:19	Waganeesh MEKASHA	ETH	2	Dongying	20 APR	2:24:32	Edna KIPLAGAT	KEN	2	Boston	15 APR
						2:25:10	Jordan Hasav	USA	3	Boston	15 APR

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Couples Run |
Kids' Athletics |

Marathon Expo |
Pasta Party |
Music Marathon |
Diamond Club |

In the Footsteps of Marathon Legends |
My First Marathon |
Marathon Flame Ceremony |
White Night – Nuit Blanche |
Shoot the Marathon |
Boating Marathon |
Family Walk |
Run with your Heart |



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World fastest times 2019

Half Marathon

Men

New world record (pending ratification):
Geoffrey Kamworor (KEN), 58:01, Copenhagen, 15 Sep 2019
Present world record:
Abraham Kiptum (KEN), 58:18, Valencia, 28 Oct 2018

Time	Athlete	Nation	Rank	Venue	Date
58:01	Geoffrey KAMWOROR	KEN	1	Copenhagen	15 SEP
58:42	Steven KIPROP	KEN	1	Ras Al Khaimah	08 FEB
58:44	Abadi HADIS	ETH	2	Ras Al Khaimah	08 FEB
59:05	Bedan KAROKI	KEN	1	Buenos Aires	25 AUG
59:05	Yomif KEJELCHA	ETH	1	Valencia	27 OCT
59:07	Bernard KIMELI	KEN	1	Prague	06 APR
59:07	Bernard NGENO	KEN	2	Valencia	27 OCT
59:08	Fikadu HAFTU	ETH	3	Ras Al Khaimah	08 FEB
59:08	Felix KIBITOK	KEN	2	Prague	06 APR
59:09	Jemal YIMER	ETH	3	Valencia	27 OCT
59:09	Leonard BARSOSTON	KEN	4	Valencia	27 OCT
59:10	Annamalai BELIHU	ETH	1	Delhi	20 OCT
59:13	Julien WANDERS	SUI	4	Ras Al Khaimah	08 FEB
59:16	Seifu TURA	ETH	2	Buenos Aires	25 AUG
59:16	Bernard Kipkorir NGENO	KEN	2	Copenhagen	15 SEP
59:17	Solomon BERIHU	KEN	2	Delhi	20 OCT
59:20	Stephen KIPROP	KEN	3	Prague	06 APR
59:22	Morris GACHAGA	KEN	5	Ras Al Khaimah	08 FEB
59:22	Berhanu Wendimu TSEGU	ETH	3	Copenhagen	15 SEP
59:27	Edwin Kiprop KIPTOO	KEN	4	Copenhagen	15 SEP
59:30	Leonard LANGAT	KEN	1	Cardiff	06 OCT
59:31	Kibiwott KANDIE	KEN	1	Lille	31 AUG
59:32	Shadrack KIMINING	KEN	2	Cardiff	06 OCT
59:33	Kibiwott KANDIE	KEN	3	Delhi	20 OCT
59:34	Mule WASHIHUN	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
59:37	Amos KURGAT	KEN	5	Copenhagen	15 SEP
59:39	Amedework WALELEGN	ETH	8	Ras Al Khaimah	08 FEB
59:40	Abel KIPCHUMBA	KEN	9	Ras Al Khaimah	08 FEB
59:40	Shadrack KIMINING	KEN	5	Valencia	27 OCT
59:41	Berehanu TSEGU	ETH	2	Lisboa	17 MAR
59:42	KIMINING	KEN	10	Ras Al Khaimah	08 FEB
59:42	HADIS	ETH	1	Manama	15 MAR
59:42	Abraham CHEROBON	BRN	2	Lille	31 AUG
59:44	Isaac Kipsang TEMOI	KEN	3	Lisboa	17 MAR
59:45	Jemal YIMER	ETH	2	Manama	15 MAR
59:46	Alfred BARKACH	KEN	4	Delhi	20 OCT
59:47	Bernard NGENO	KEN	3	Manama	15 MAR
59:47	Abdir Osman	ERI	4	Lisboa	17 MAR
59:48	Kaan Kigen OZBILEN	TUR	11	Ras Al Khaimah	08 FEB
59:48	Paul LONYANGAT	KEN	3	Buenos Aires	25 AUG
59:49	HAFTU	ETH	4	Manama	15 MAR
59:50	Stephen MOKOKA	RSA	4	Buenos Aires	25 AUG
59:54	Kelvin CHERUYIOT	KEN	5	Lisboa	17 MAR
59:56	Bernard NGENO	KEN	1	Istanbul	07 APR
59:56	Berehanu TSEGU	ETH	1	Yangzhou	21 APR
59:56	Geoffrey KOECH	KEN	6	Valencia	27 OCT
59:57	Philemon KIPLIMO	KEN	6	Copenhagen	15 SEP
59:58	Edwin Kiprop KIPTOO	KEN	6	Lisboa	17 MAR
59:58	Abayneh DEGU	KEN	2	Istanbul	07 APR
59:58	Moses KIBET	KEN	2	Yangzhou	21 APR
1:00:01	Dawit FIKADU	ETH	5	Manama	15 MAR
1:00:01	Hillary KIPCHUMBA	KEN	2	Istanbul	07 APR
1:00:04	Abraham KIPTUM	KEN	6	Manama	15 MAR
1:00:08	Bernard NGENO	KEN	1	San Diego	02 JUN
1:00:09	Morris GACHAGA	KEN	7	Manama	15 MAR
1:00:09	John Kipsang LOITANG	KEN	7	Lisboa	17 MAR
1:00:10	Vincent KERIMOI	KEN	1	Milano	24 MAR
1:00:10	Titus EKIRU	KEN	1	Lisboa	20 OCT
1:00:11	Shura KITATA	ETH	1	Houston	20 JAN
1:00:11	Bernard KIMANI	KEN	8	Lisboa	17 MAR

Time	Athlete	Nation	Rank	Venue	Date
1:00:12	Simon CHEPROT	KEN	9	Lisboa	17 MAR
1:00:12	Shadrack KOECH	KEN	7	Copenhagen	15 SEP
1:00:12	Henry RONO	KEN	7	Valencia	27 OCT
1:00:12	Felix KIPKOECH	KEN	1	Boulogne-B't	17 NOV
1:00:13	Kinde Atanaw AYALEW	ETH	8	Copenhagen	15 SEP
1:00:14	YIMER	ETH	2	Houston	20 JAN
1:00:14	Sondre Nordstad MOEN	NOR	8	Valencia	27 OCT
1:00:18	Bedan KAROKI MUCIRI	KEN	3	Houston	20 JAN
1:00:18	Albert KANGOGO	KEN	9	Valencia	27 OCT
1:00:20	Edwin Kiprop KIPTOO	KEN	12	Ras Al Khaimah	08 FEB
1:00:20	Nicholas KOSIMBEI	KEN	10	Lisboa	17 MAR
1:00:20	Sondre Nordstad MOEN	NOR	9	Copenhagen	15 SEP
1:00:21	Robert KIPCHIRCHIR	KEN	1	Venlo	31 MAR
1:00:22	John LOTIANG	KEN	3	Yangzhou	21 APR
1:00:22	Aldred BARKACH	KEN	10	Copenhagen	15 SEP
1:00:24	Abdi NAGEEYE	NED	1	Marugame	03 FEB
1:00:24	William WANJIKU	KEN	1	Zwolle	15 JUN
1:00:25	Aron KIFLE	ERI	10	Valencia	27 OCT
1:00:26	Gabriel GEAY	TAN	4	Houston	20 JAN
1:00:26	Getaneh MOLLA	ETH	8	Manama	15 MAR
1:00:26	Haymanot ALEW	ETH	3	Istanbul	07 APR
1:00:26	Adugna Takele BIKILA	ETH	4	Istanbul	07 APR
1:00:27	Polat Kemoi ARIKAN	TUR	11	Lisboa	17 MAR
1:00:28	Seifu TURA	ETH	4	Yangzhou	21 APR
1:00:28	John LOTIANG	KEN	3	Cardiff	06 OCT
1:00:28	Precious MASHELE	RSA	2	Boulogne-B't	17 NOV
1:00:29	Vincent KIBOR	KEN	3	Lille	31 AUG
1:00:29	Amos CHERUYIOT	KEN	1	Tallinn	08 SEP
1:00:30	Geoffrey KOECH	KEN	4	Prague	06 APR
1:00:31	Bayelign TESHAGER	ETH	1	Azpeitia	30 MAR
1:00:32	Jairus Birech KIPCHOGE	KEN	2	Milano	24 MAR
1:00:34	Amos KURGAT	KEN	1	Gifu Seiryu	28 APR
1:00:36	Lelisa DESISA	ETH	13	Ras Al Khaimah	08 FEB
1:00:37	Henry RONO	KEN	5	Prague	06 APR
1:00:37	Evans MAYAKA	KEN	5	Yangzhou	21 APR
1:00:37	Emanuel GISAMODA	KEN	4	Lille	31 AUG
1:00:37	John LANGAT	KEN	11	Copenhagen	15 SEP
1:00:37	Noel HITIMANA	RWA	1	Udine	22 SEP
1:00:38	Shadrack KIMINING	KEN	1	Goteborg	18 MAY
1:00:38	Kelvin KIPTUM	KEN	12	Copenhagen	15 SEP
1:00:39	Kennedy KIMUTAI	KEN	4	Cardiff	06 OCT
1:00:40	Erick Kipruto TIROP	KEN	12	Lisboa	17 MAR
1:00:41	Herpasa NEGASA	ETH	9	Manama	15 MAR
1:00:41	Abera KUMA	ETH	2	Azpeitia	30 MAR
1:00:42	Elisha ROTICH	KEN	5	Lille	31 AUG
1:00:43	Simon KARIUKI	KEN	2	Marugame	03 FEB
1:00:43	Peter KWEMOI	KEN	1	Verona	17 FEB
1:00:44	Joshua NAKERI	BRN	10	Manama	15 MAR
1:00:45	Philemon KIPLIMO	KEN	2	Venlo	31 MAR
1:00:44	Tsedat Abege AYANA	ETH	6	Yangzhou	21 APR
1:00:44	Victor KIPLANGAT	UGA	6	Lille	31 AUG
1:00:45	Daniel SIMIYU	KEN	1	Laayoune	03 NOV

Time	Athlete	Nation	Rank	Venue	Date
59:05	Mo FARAH	GBR	1	South Shields	09 SEP
59:13	Tamarit TOLA	ETH	2	South Shields	09 SEP
59:53	Kiptum CHERUYIOT	KEN	2	Belfort	29 SEP
59:54	Geoffrey KUSURO	KEN	2	Belfort	29 SEP
59:55	Abdi NAGEEYE	NED	3	South Shields	09 SEP
1:00:07	Guye ADOLA	ETH	1	Ostia	10 MAR
1:00:11	Moses KOECH	KEN	3	Belfort	29 SEP
1:00:16	Victor KIPLANGAT	UGA	4	Belfort	29 SEP
1:00:23	Geoffrey YEGON	KEN	2	Ostia	10 MAR

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59:54	Geoffrey KUSURO	KEN	2	Belfort	29 SEP
59:55	Abdi NAGEEYE	NED	3	South Shields	09 SEP
1:00:07	Guye ADOLA	ETH	1	Ostia	10 MAR
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59:54	Geoffrey KUSURO	KEN	2	Belfort	29 SEP
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1:00:16	Victor KIPLANGAT	UGA	4	Belfort	29 SEP
1:00:23	Geoffrey YEGON	KEN	2	Ostia	10 MAR

Time	A
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EDP LISBON MARATHON



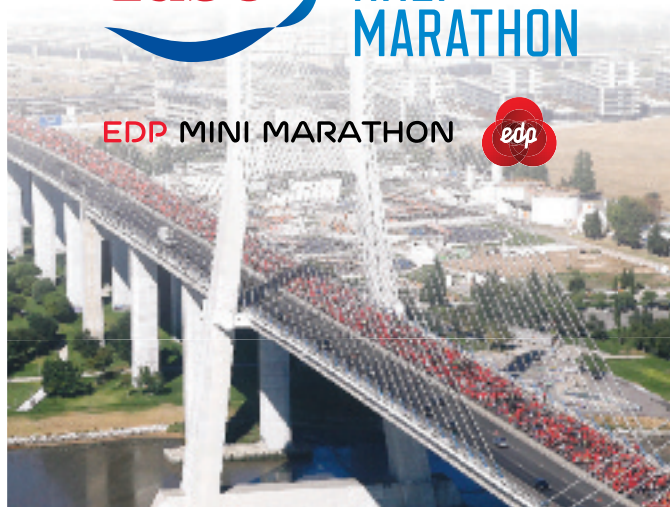
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11 October 2020 | Lisbon-Portugal

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17.10.2020

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thessaloniki NIGHT Run

INTERNATIONAL Thessaloniki Night HALFMARATHON

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www.thessalonikihalfmarathon.org - info@thessalonikihalfmarathon.org

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.semi-marathon-de-bejaia.com
fb: facebook.com/semi-marathon-de-bejaia

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@marathonontours.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

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/Yerevanmarathon/

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
Simon Duncan
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

Barossa Marathon Festival

Simon Duncan
E: events@sarrc.asn.au
W: www.barossamarathon.com.au
fb: facebook.com/SARoadRunnersClub/

Brisbane Marathon Festival

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

The Canberra Times Marathon Festival

Julie Tedde
E: info@solemotive.com
W: events.solemotive.com/canberra-times-marathon-festival
fb: bit.ly/2Qt8BNF

Gold Coast Marathon

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

Melbourne Marathon Festival

Marcus Gale
E: enquiries@melbournemarathon.com.au
W: www.melbournemarathon.com.au
fb: facebook.com/melbournemarathonfestival

RunFun Travel Rottneest Running Festival

Raymond Lampard
E: wamc@wamc.org.au
W: www.wamc.org.au
fb: bit.ly/2pbsPuk

7 Sunshine Coast Marathon

Jason Crowther
E: jason@atlasmultisports.com.au
W: www.sunshinecoastmarathon.com.au
fb: facebook.com/SunshineCoastMarathon

Blackmores Sydney Running Festival (incl. Sydney Marathon)

Wayne Larden
E: info@sydneyrunningfestival.com.au
W: www.sydneyrunningfestival.com.au
fb: facebook.com/officialbsrf

McDonald's Townsville Running Festival

Scott Piper
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Westlink M7 Blacktown Running Festival

Tanya Bigeni
E: events.team@blacktown.nsw.gov.au
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fb: facebook.com/BlacktownCityCouncil

AUSTRIA

3 Country Sparkasse Marathon

Günter Ernst
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W: www.sparkasse-3-laender-marathon.at
fb: facebook.com/Sparkasse3LaenderMarathon

ASICS Austrian Women's Run

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W: www.austrianwomensrun.com

Salzburg Marathon

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Vienna City Marathon

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Int'l WACHAUmarathon

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BAHAMAS

Marathon Bahamas, Half & Relay

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BANGLADESH

CCCL-Race Bangladesh Int'l 10K

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BARBADOS

Cave Shepherd & Co Run Barbados Marathon Weekend

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BELARUS

Minsk Half Marathon

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Race contact details

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

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Antwerp Marathon SEP
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Course not measurable to AIMS standards

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Rio de Janeiro City Marathon JUN
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Angkor Wat Int'l Half Marathon DEC
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***The Khmer Empire Marathon** AUG
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Phnom Penh Int'l Half Marathon JUN
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Sihanoukville Int'l Half Marathon

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SSQ Insurance Quebec City Marathon OCT
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Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k OCT
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Toronto Marathon

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GoodLife Fitness Victoria Marathon

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Volcano Marathon NOV
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CHINA

Beijing Marathon SEP
Wang Dawei
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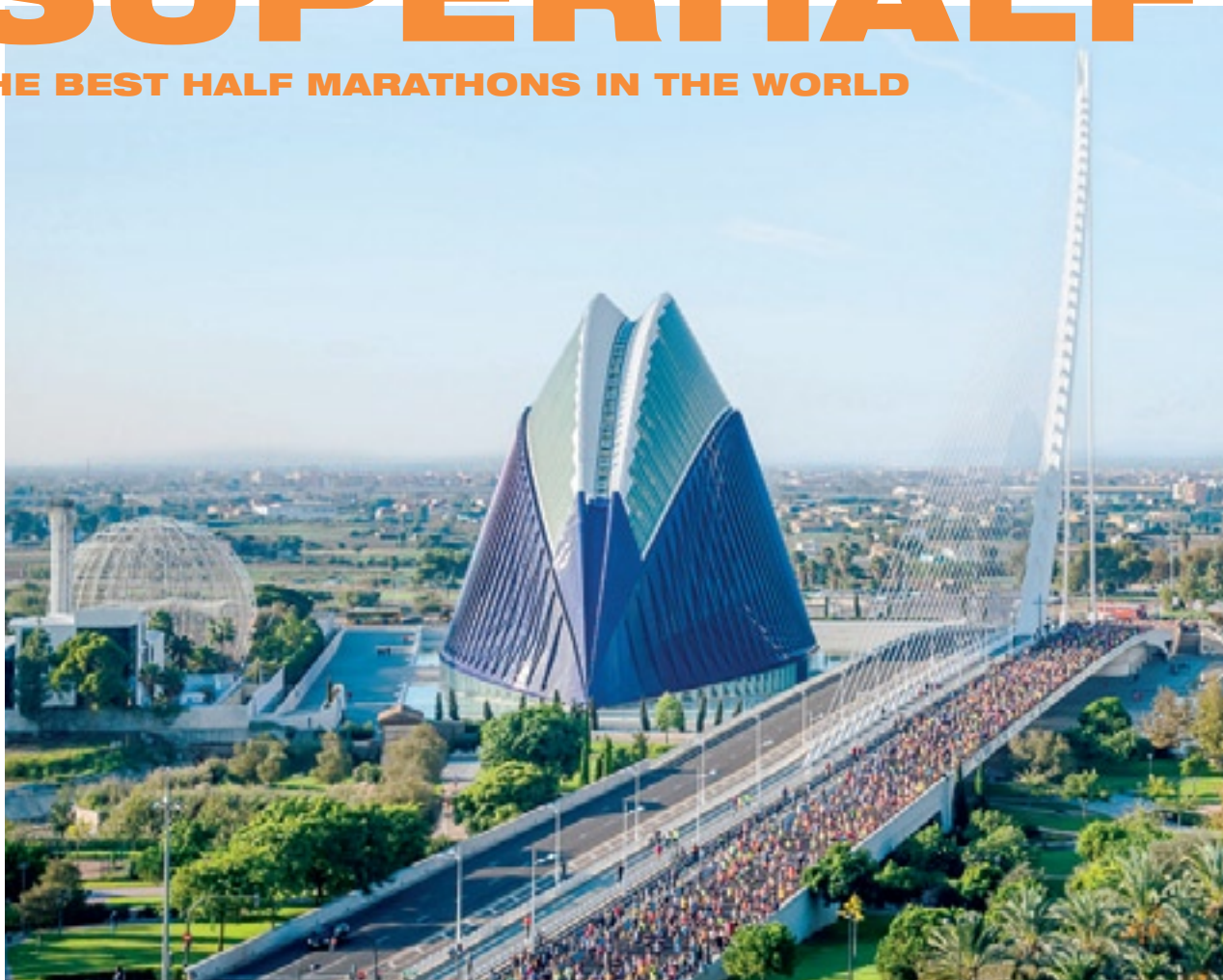


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Dalian Int'l Marathon MAY
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***Great Hakka Marathon** NOV
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Standard Chartered Taipei Charity Marathon JAN
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Taishin Women Run Taipei MAR
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Zengwen Reservoir Marathon DEC
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Ston Wall Marathon SEP
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Radisson Blu Larnaka Int'l Marathon NOV
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FAROE ISLANDS

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FINLAND

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FRANCE

French Riviera Marathon Nice-Cannes NOV
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Schneider Electric Marathon de Paris APR
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Serge Vigot La Rochelle Int'l Marathon NOV
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St Denis Half Marathon – La Voie Royale OCT
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fb: [facebook.com/semimarathon.saintdenis/](https://www.facebook.com/semimarathon.saintdenis/)

Gulf of St Tropez Marathon APR
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Race contact details

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

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GEORGIA

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SAN SEBASTIÁN -SPAIN- A VERY COMFORTABLE TOWN FOR RUNNING



29.11.2020

www.zurichmaratondonostia.com

43th edition



Every year over 8,000 runners take part in the Zurich San Sebastian marathon, where you can choose to run the 10k, half marathon or marathon.

San Sebastián is a town with a great athletic tradition (International Cross every year, World Marathon Cup in 1993, European Indoor Athletics Championship, one of the oldest marathons in Spain etc). It is also a very runner-friendly town, offering a practically flat route and ideal temperatures for running in November. Located in the north of Spain, just 20km from the French border, San Sebastian is a small beautiful town in the Basque Country and it's very easy to reach from other countries.

Reaching San Sebastian is very easy by road or by train from any Spanish towns (Renfe) and from France (TGV to Hendaye, which is just 20km from the town). If you are travelling by plane there are several airports nearby, such as Hondarribia, Biarritz, Bilbao, Vitoria, Santander, Zaragoza and

Bordeaux, with low-cost airlines operating from them.

What can you do in San Sebastian? You can enjoy everything and not just the race. It is also ideal for sightseeing. Known worldwide for its beauty, it offers endless options. The most popular attraction is its most famous beach: La Concha. It is ranked as the most beautiful beach in Europe by TripAdvisor users and the route of the marathon goes along La Concha. Other interesting visits are Kursaal Congress Palace, Miramar Palace, the Comb of the Wind, Santa Clara Island... In addition to all this, the town's gastronomy can't be overlooked. You will fall in love with it. San Sebastian has more Michelin Stars per square kilometre than any other town in the world; there are 18 Michelin

stars in 11 restaurants within a 25 km radius. Go to the Old Town and taste its famous tapas or pintxos and the local wine Txakoli, or visit many of the cider houses in the area. It is a great opportunity to run with friends or family as there are different distances to suit all levels and then you can spend a few unforgettable days visiting and tasting the local gastronomy which will exceed all your expectations. San Sebastian is definitely special and you can enjoy a great few days not only running but also visiting the town and other beautiful nearby places such as Hondarribia, Pasai Donibane, Zumaia, and Biarritz.

Registrations are open at reduced fees: 10k, half marathon and marathon. Make your choice, run and enjoy the town and the Zurich San Sebastian Marathon on November 29th 2020.

50 50
2025

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Maratón Donostia - San Sebastián NOV
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W: www.zurichmaratondonostia.com
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Medio Maratón Valencia Trinidad Alfonso EDP OCT
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W: www.valenciaciudadadelrunning.com/medio-maraton
fb: facebook.com/mediomaratonvalencia

Valencia Trinidad Alfonso EDP Marathon DEC
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SWEDEN

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Stockholm Half Marathon SEP
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ASICS Stockholm Marathon MAY
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SWITZERLAND

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Course not measurable to AIMS standards

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SwissCityMarathon – Lucerne OCT
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TAJIKISTAN

Dushanbe International Half Marathon APR
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Race contact details

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

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THAILAND

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Bangkok Midnight Marathon AUG
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Bangsae10 JAN
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***Bangsae21 Half Marathon** DEC
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***Bangsae42 Chonburi Marathon** NOV
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Buriram Marathon FEB
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TRINIDAD & TOBAGO

UWI SPEC Int'l Half Marathon OCT
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W: sta.uwi.edu/spec/marathon
fb: facebook.com/UWISPEC

TUNISIA

***Semi Marathon Int'l de Sfax** APR
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: facebook.com/TheCarthageRace/

Sfax Marathon Olive Trees NOV
Naamen Bouhamed
E: contact@sports-med-events.com
W: www.sportsmedevents.tn
fb: bit.ly/20VpGLC

Marathon COMAR Tunis - Carthage DEC

M. Lotfi Ben Haj Kacem
E: dg@comar.tn, marathon@comar.tn, marketing@comar.tn
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fb: facebook.com/comarmarathon/

***Tunisia Women's Run Int'l Half** APR
Naamen Bouhamed
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W: www.sportsmedevents.tn

TURKEY

Runatolia Marathon (Half + 10km) MAR
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Vodafone Istanbul Half Marathon APR
I. Renay Onur
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fb: on.fb.me/1OYHCP2

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W: www.maraton.istanbul
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U.S. VIRGIN ISLANDS

The St. Croix Int'l Marathon DEC
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W: virginislandspace.org/sbxmarathon2019.html

UKRAINE

Bila Tserkva Marathon OCT
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Wizz Air Kyiv City Marathon OCT
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UNITED ARAB EMIRATES

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The Ras al Khaimah Half Marathon FEB

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UNITED STATES OF AMERICA

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Big Sur Int'l Marathon APR
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B.A.A. Boston Marathon APR
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fb: facebook.com/TheBostonMarathon

Bank of America Chicago Marathon OCT
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Chevron Houston Marathon and Aramco Houston Half Marathon & 5k JAN
Brant Kotch
E: marathon@houstonmarathon.com
W: www.houstonmarathon.com
fb: facebook.com/houstonmarathon

Marine Corps Marathon OCT
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fb: facebook.com/MarineCorpsMarathon

Maui Oceanfront Marathon & Half JAN
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fb: facebook.com/runmaui/

TCS New York City Marathon NOV
Peter Ciaccia
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W: www.tcsnycmarathon.org
fb: facebook.com/nycmarathon

Philadelphia Marathon NOV
Leo Dignam
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W: www.philadelphiamarathon.com
fb: facebook.com/PhiladelphiaMarathon

Rock 'n' Roll DC Marathon & Half Marathon MAR
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W: www.runrocknroll.com/DC
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***Run716 15K and 3 Person Relay** AUG
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Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon NOV
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fb: bit.ly/2i84RBF

URUGUAY

***Maratón de Montevideo** APR
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W: tihm.uz

VENEZUELA

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Gatorade Caracas Rock 10K OCT
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fb: on.fb.me/1Re3mA

VIETNAM

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W: www.rundanang.com
fb: facebook.com/dananginternationalmarathon

***VPBank Hanoi Marathon** OCT
Nguyen Manh Hung
E: vie@mf.iaaf.org
W: hanoiheritagemarathon.com

***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

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