Edition 2 2020

Distance Running

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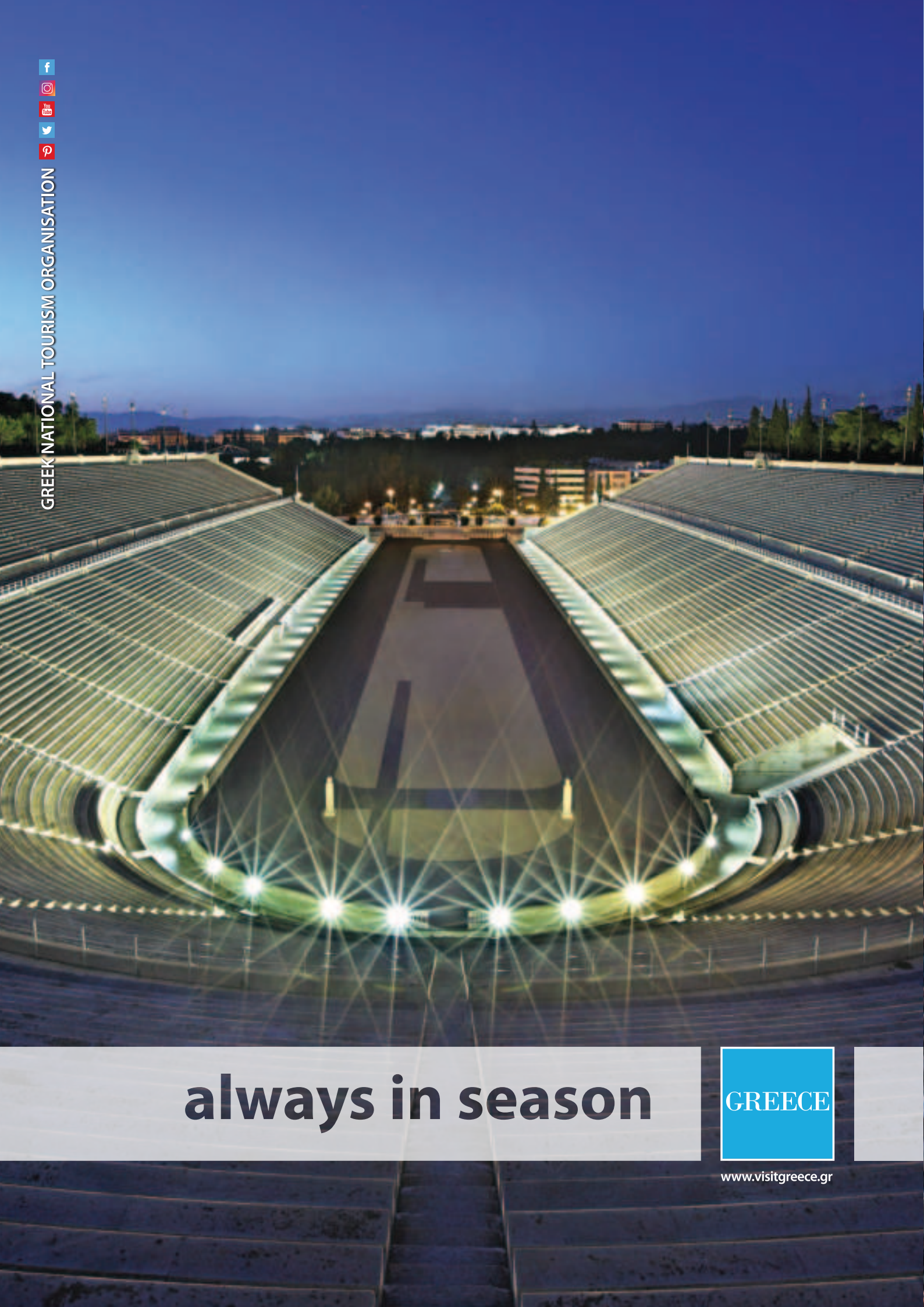
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Message from the President

Dear runners, dear race organisers, dear sponsors and dear friends of AIMS,

Because of the coronavirus pandemic many AIMS events have been – and will yet be – either cancelled or postponed from their previously planned dates. With ever-growing feelings of sadness and responsibility we are having to face up to increasing levels of alarm arising from different sources but which all impact upon us.

The coronavirus started in Asia then moved to Europe and quickly involved the whole world with a battle that we never imagined could affect us so deeply – and the depths of the crisis have yet to be discovered.

That said, on behalf of our Association allow me to offer some ideas from the running community towards what I believe could infuse a positive approach for organisers, sponsors, and runners in order to strengthen our physical and mental focus. This is not just to help ourselves but to raise the motivation of our teams and our family to face up to this daunting challenge.

Firstly, as in any competition, we must fully accept and comply with the rules: in this case those issued by the responsible authorities. This is a collective struggle requiring collective answers; our sporting community must be exemplary.

Then we must work to promote, within our community, the sporting values of responsibility and solidarity in order to support those who cannot, under the present demanding conditions, fulfil their basic activities.

Finally: we must keep training to maintain ourselves in the best possible condition. By doing so we help not only ourselves but all the people who surround us. Believe me: they will be grateful.

We can do it for a very basic reason: we belong to the RUNNING community.

Adelante...

Paco Borao

IN THIS ISSUE...

News

AIMS 5

WMRA 58

IAU 62

Looking ahead

Take part in Helsinki's story 9
Helsinki Half Marathon, Finland
An invitation to Finland's hidden gem

Run wild in Borneo 13
Borneo Marathon, Malaysia
Concentrated natural charm and a much-loved community event

City of pearls, challenge of running 15
Airtel Hyderabad Marathon, India
Can you handle the "toughest marathon in India"?

Run together in Minsk 17
Minsk Half Marathon, Belarus
New visa regime makes running in hospitable Belarus even easier

The race over the River Kwai 19
River Kwai International Half Marathon, Thailand
Run through World War II history on an amazing route surrounded by lush mountains on the banks of the 'River of Brutality'

From the castle to the countryside 21
Volksbank-Münster-Marathon, Germany
Run in historic Münster and see why its marathon was voted top in its region

Magical city returns to its roots 25
Wrocław Maraton, Poland

Discover Udine 27
Maratonina Città di Udine, Italy
The "most interesting", the "most beautiful", indisputably one of the fastest courses, yet surrounded by Venetian charm

A sea of ice 29
Polar Circle Marathon, Greenland
Called 'the coolest marathon', in more ways than one

Features

Marathon movers 35
A celebration of humanity
30 years ago the Chicago Marathon endured troubled times but emerged to become a leader in the world of distance running. Race director Carey Pinkowski explains...

Sport science
Sudden death in distance races 31
Back in the 1970s a pathologist from California, Thomas Bassler, suggested that any properly-trained marathon runner would not die from heart attack during a race. Decades have passed and we now know this is not true...

Running and mental health 39
New insights into benefits of running

Running on air 53
Air pollution has forced cancellation of some major distance running events in recent years, but Dr Srikanth Sola describes a new technology to combat it

Regulars

Calendar
Official listings for AIMS events 43

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

Race contact details
AIMS member races with full contact details 68

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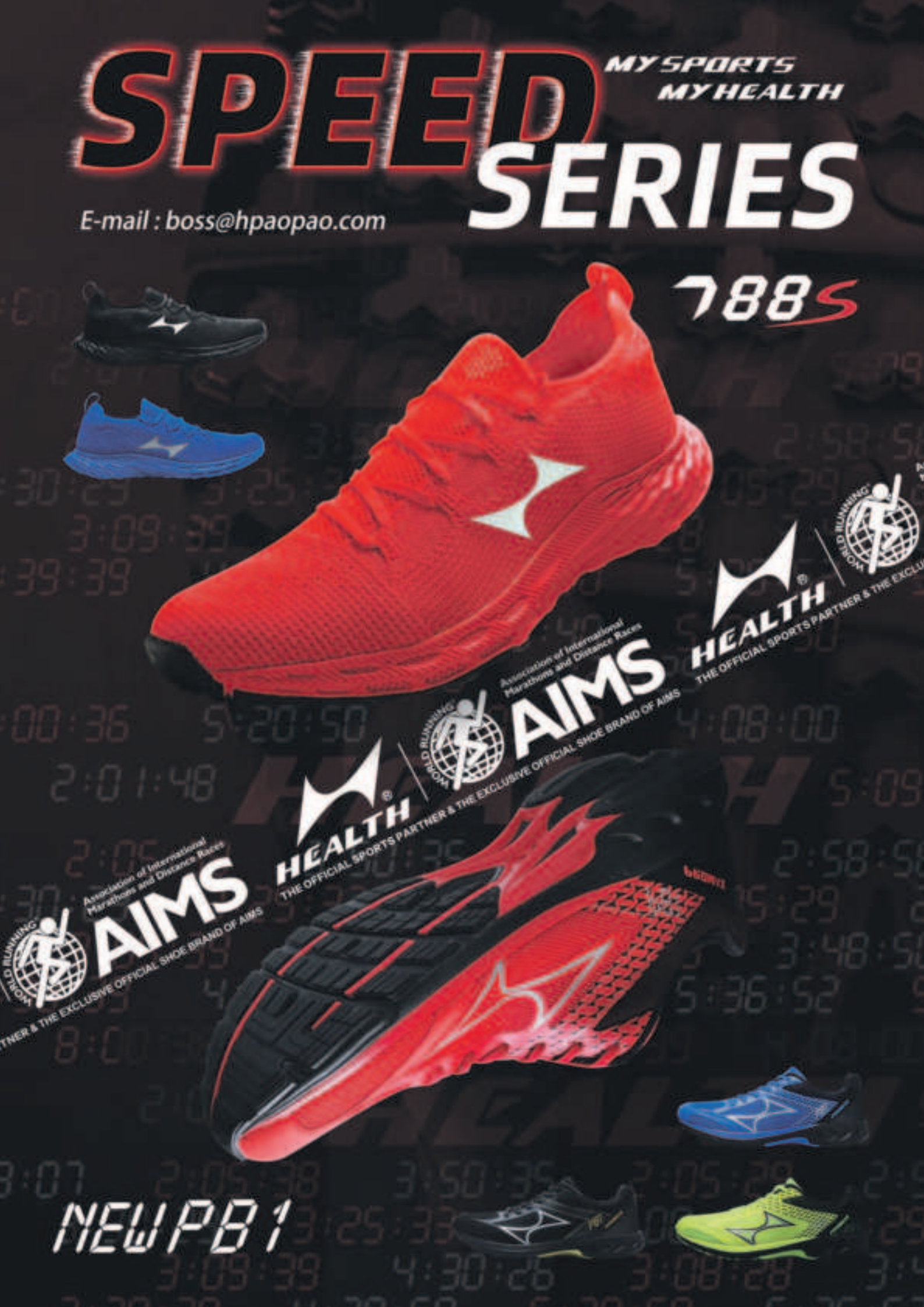
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Coronavirus

As *Distance Running* print deadlines approached more and more races were being postponed due to the spread of coronavirus cases and consequent decisions of many governments to impose travel restrictions.

These changes of race dates have been posted on the AIMS website as they are announced. For up-to-date information please check the AIMS calendar at https://aims-worldrunning.org/calendar.html

Races have been postponed for external reasons which have nothing to do with the underlying state of the sport. Distance running remains healthy in all aspects and will eventually, after the restrictions imposed in response to the coronavirus are eased, spring back to reclaim the ground that has temporarily been yielded.

Nagoya Women's Marathon finds a way

With marathons being cancelled all over the world and Japan being one of the countries hardest hit during the build-up to the Nagoya Women's Marathon on 8 March, the organisers took some innovative measures to cope with the situation.

As with the Tokyo Marathon held a week earlier Nagoya had to downsize to a race with only 114 elite athletes. Race director Tetsuya Okamura said "It was a very small race compared to other years, but I consider us lucky and blessed just to have held a race under the circumstances."

"The winner this year was Mao Ichiyama – we had not seen a Japanese winner in the last seven years and it was a national record in the single gender women's marathon. Despite the rain and cold temperatures Ichiyama made a spectacular record and secured the last spot in the women's marathon team for the Tokyo Olympic Games.

"For general participants who missed out on the event an online marathon has been offered as a replacement since the afternoon of race day. We are offering several apps and options for runners. We formed a partnership with Joyrun as our official online race app. Fortuitously three members of the Joyrun team were registered to run our marathon this year.

"Even at this moment, all around the world, women runners are setting their goals and running toward them. We will send our finisher T-shirt and the Tiffany pendant to all finishers. Considering the varying environments around the world because of the virus we set the event period to last until 31 May. We will mail the finisher items to our runners from June.

"So our 2020 race is still continuing. We see many runners getting connected online and running in the city. Many women runners encourage each other and run at their locations across the country. I hear that in China participants who were registered for the Nagoya Marathon are doing the same. I feel the circle of women's running is spreading around the world.

"We are planning on allowing all women runners in the world to take part in this movement and run starting from the end of this month. I would like runners and women to feel strong through sports, especially now in this time of crisis."

New race members

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

- **Almaty Half Marathon** (KAZ)
- **StraLugano** (SUI)
- **Pushkin Marathon** (RUS)
- **Airlie Beach Marathon Festival** (AUS)
- **Bangsaen 10km** (THA)
- **Adani Ahmedabad Marathon** (IND)
- **BI Marathon** (KAZ)
- **Corrida Zegotta sidi Kacem** (MAR)
- **Korat Powdurance Marathon** (THA)

New associates

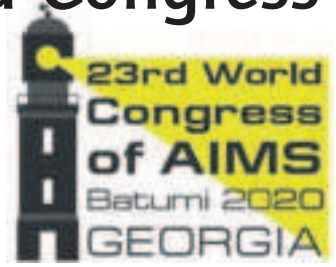
- **RunBangla-CCCL International 10km** (BAN)

Postponement of AIMS World Congress

The 23rd World Congress of AIMS, due to be hosted by the Great Batumi Night Race in Georgia from 23–26 April 2020, has been cancelled.

On 4 March a letter was sent to all members, speakers and partners of AIMS informing them of the cancellation of the Congress due to the spread of the "COVID-19 – coronavirus" epidemic and the increasing uncertainty over how circumstances will change in the coming weeks.

The new date for Congress will be 8–11 April 2021 in Batumi, Georgia.



Distance Running

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

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New women's half marathon world record

In a surprise result Ethiopia's Abebel Yeshaneh set a new women's world record of 1:04:31 at the Ras al Khaimah Half Marathon (UAE) on 21 February. She finished 100m ahead of Kenya's Brigid Kosgei (1:04:48) who was also inside the old record.

The previous record of 1:04:51 was set by Joyciline Jepkosgei in Valencia in October 2017. Last September Kosgei recorded 1:04:28 in the Great North Run in Great Britain but the course did not conform to world record criteria (descent exceeding 1m/km and straight-line separation of start & finish exceeding 50% of the race distance).

Pre-race favourite Kosgei was set a pace of 3:03/km (projecting a finish time of 1:04:21) by compatriot Geoffrey Pyego. She kept close to the schedule, passing 5km in 15:07, 10km in 30.18 and 15km in 45:41. Coming from just behind her Abebel Yeshaneh forged her lead by covering the distance from 15-20km 18 seconds faster than Kosgei (15:31 to 15:49). Both ran the last 1097.5m in the same time.

Yeshaneh said "I did not imagine this result, improving my best by more than a minute."

Second Inspirational Woman Award goes to Meseret Defar

The AIMS Inspirational Woman Award, inaugurated on International Women's Day (8 March) in 2019, was presented for the second time on 13 March 2020 in Addis Ababa to Meseret Defar, two-time Olympic Champion and two-time world champion.

The award was to recognise the work she has done in inspiring women to run both in Ethiopia and beyond. It was presented to her two days before the "Women First" 5km race in Addis Ababa of which she has been a long-time supporter. It was the 17th edition of the race which this year topped 15.000 runners.

The first recipient of the AIMS Inspirational Woman Award was Namibia's Commonwealth Games Marathon gold medallist Helalia Johannes who received the award after winning the 2019 Nagoya Women's Marathon, the world's largest women's marathon (20,000 women).

AIMS Women's Commission

The AIMS Women's Commission was launched in 2019 by AIMS Vice President Martha Morales and President Paco Borao to promote the participation of women in distance running throughout the world, while empowering women through the sport of running.

To mark their first anniversary the AIMS Women's Commission launched a special new section of the AIMS website under the slogan 'All Women Can Run' which will host all the latest developments and announcements from the AIMS Women's Commission (allwomencanrun.org).

AIMS President Paco Borao comments: "AIMS is proud to have founded this movement which has brought together a very impressive group of leaders of women in sport. This commission is working to ensure that the voice for women in sport grows stronger and will echo around the world, encouraging all women to run and develop their health and well-being."

Lives remembered

Dana Zátopková 1922–2020

Dana Zátopková, gold medal winner in the javelin at the 1952 Olympics and former world record holder, died on 13 March aged 97.

She survived her husband, multiple gold medallist and world record holder in the 5000m and 10000m and Olympic Marathon champion in 1952 Emil Zátopek, by almost 20 years. Both were born on the same day – 19 September 1922 – and arguably also reached the height of their athletic achievement on the same day, 24 July 1952.

Zátopek had become Olympic 10,000m champion four days earlier and was contesting the 5000m as Zátopková was preparing for the Javelin final in which two Soviet throwers were heavily favoured. She heard the roar of the crowd acclaiming her husband's victory as they passed each other on the infield and Zátopková took his medal in her bag "for good luck". Luck or not Zátopková recorded an Olympic record 50.47m with her first throw, a distance no one else could match, and became the first Czech woman to win Olympic gold in any athletic event.

She went on to place 4th in the 1956 Olympics, set a world record of 55.73m in 1958 and to win a silver medal in the 1960 Olympics before retiring in 1962. Both Zátopeks suffered censure and separation after the "Prague Spring" of 1968. Although the Velvet Revolution of 1989 restored them to the national pantheon Dana spent the next 10 years caring for her husband whose health was failing. She continued to coach Javelin and followed the sport closely and also set up a half marathon event in her husband's memory.

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Take part in Helsinki's story

An invitation to Finland's hidden gem

The Helsinki Half Marathon is organised by runners for runners: we are a team of current and ex-professional runners who do it purely for the love of running.

We do it because we want you all to experience the best that running can offer. Competing against yourself, getting mentally and physically stronger and above all challenging yourself while enjoying what you are doing.

As runners we had run in many races but there was something we missed in Finland: an internationally interesting race. We created the Helsinki Half Marathon to offer a glimpse of the wider world that we felt was missing in Finnish races.

The first Helsinki Half Marathon in 2014 had around 1500 runners with just a few international entries. Now, with the 7th HHM coming up, we attract around 25% of all 4000 foreign participants that come to Finland.

Let us give you some reasons to become one of those runners.

Helsinki is a hidden gem between fancy Sweden and outsize Russia – but what does it have to offer? It is full of parks, natural scenery and coastline and the sea plays a big role in the landscape and life of the city. These things put a smile on our faces.

HHM takes you through the best parts of Helsinki: the coastline, parks and new urban areas. The course starts from the famous Finlandia Concert Hall and follows the coastline past the traditional Market Square, Uspenski Cathedral and new urban areas before the finish back at Finlandia Hall.

The race is a good enough reason to visit Helsinki – but there is also the midnight sun. In early June the sun rises at 04.01 and sets at 22:37 – and only slips gently below the horizon so that there are just a few slightly darker hours each day.

Enjoy the early morning sunrise, a dip in the sea and a sauna and then picnic in one of Helsinki's many parks or take a ferry to one of the islands just offshore.

We aim to take care of our runners. There are several hydration stations on the course, many cheering zones to support you and pacers helping to usher you home.

We have pacers for all pedigrees of runner. You choose your goal: to get through the race or to run a personal best – and we will help you to achieve it.

The Kids' Run Helsinki offers distances of 500m–1000m for all the younger runners.

Helsinki Half Marathon is the main running event in the city's summer sporting calendar. It will show you the best of our capital and offer you the best running conditions, but more than that: it will give you an unforgettable experience.

Accept our invitation to take part in our story and we will be more than happy to be part of your story.

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Borneo Marathon, Malaysia

Run wild in Borneo

Concentrated natural charm and a much-loved community event

Pictures: Jaidon Lomuntun

For more than a century the word 'Borneo' has evoked visions of a faraway land of wilderness and exotic cultures. The world's third largest island, shared among three countries, has lost none of that appeal.

Sabah, on the Malaysian side of the island, offers a concentrated natural charm varying from old rainforests to the mysterious underwater world. It is the ideal destination for every enthusiastic runner-traveller.

Sabah's Borneo Marathon is a relatively small race of 11,000 participants organised by a group of volunteers. It offers three distances: 42.2km, 21.1km and 10km – this last accounting for the majority of entrants. It was started in 2007 with only 529 runners in a place where road running was an alien concept.

In recent years more and more running events have taken root in Sabah – mostly shorter races held around the Borneo Marathon date.

Sabah lies in the tropics and has a hot and humid climate not well suited to record-breaking. But the race caught the attention of the Japanese World Championships runner Azusa Nojiri who has won twice. It has also provided the opportunity for home-grown stars to make their names on the international trail running scene such as Daved Simpat and Wincenbert Latius.

To avoid the worst of the heat the marathon flags off at 03:00 and the half marathon at 05.00 with the 10km following an hour later. Well-trained participants finish by daybreak with the sun rising on their backs as they run the final 200m inside the stadium.

The course was designed to feature the old and new of Sabah's capital Kota Kinabalu. It traces the original town boundary before land reclamation was carried out after independence. The second half of the course includes an elevation inside the local campus and the tall government buildings overlooking the bay.

Cultural cheerleaders line the route – a welcome distraction from the warm temperatures and catering to the mid- to back-of-the-pack runners. Finishers get medals and race t-shirts featuring Sabah ethnic designs.

Borneo Marathon is a much-loved community event with over 1000 volunteers who are members of local charitable bodies. Since 2008 runners in the Borneo Marathon have raised a total of USD 450,000 for 25 charitable organisations. The organisers partnered with UNICEF

from 2016–2019 and conducted relevant campaigns through the event for inclusivity, anti-bullying and healthy eating. Special 3km events were held for about 500 UNICEF-backed participants during the three years.

The event has benefitted local brands that supply the hydration, pre- and post-event meals and nutrition, venues, physiotherapists and sports photographers, as well as local hotels and eateries both large and small that welcome the out-of-town and international participants and their supporters.

The Borneo Half Marathon was introduced this year in February and was held four months before the main event. It featured a new half marathon course heading south to the famous Tanjung Aru beach. The organisers hope to showcase more of Kota Kinabalu through running events.

Borneo Marathon was recognised as one of the World's 50 Best Running Races by *Runner's World* magazine in 2018. The event attracts local and international runners from over 50 nations.

■ **www.borneomarathon.com**

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Airtel Hyderabad Marathon, India

Can you handle the "toughest marathon in India"?

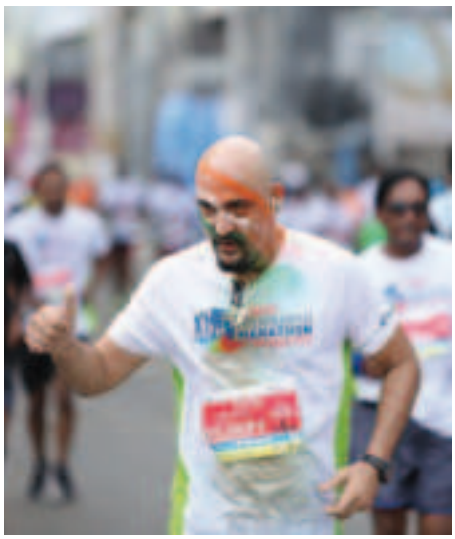
City of pearls, challenge of running

Hyderabad is a vibrant city of royal heritage nestling on the Deccan Plateau in southern India. In its 400-year history Hyderabad has witnessed various successions after which traditions and cultures mingled together to form a uniquely mixed pattern of living. Home to global IT majors, pharma capital of the country, heart of badminton in India and one of the first cities in the country to have its own marathon.

The inaugural edition of the Airtel Hyderabad Marathon was held on 28 August 2011. Mass participation sporting events like the marathon were hardly known in Hyderabad or in most of India. Conceived and organised by the Hyderabad Runners, a running club of dedicated volunteers who are passionate about running, this year marks the tenth anniversary edition.

The Marathon has earned the reputation of being the toughest city marathon in India with runners tackling hilly inclines and flyovers on a point-to-point course. With solid support from the police and local government the Hyderabad Marathon has been instrumental in creating a fitness revolution by helping people lead an active lifestyle.

The marathon starts by the Hussain Sagar Lake in the heart of the city and leads runners on a steady climb through the newer IT district showcasing Hyderabad's transformation into a global hub for information technology. It ends with a vibrant, colourful finish inside the sprawling Gachibowli Stadium Complex. The event has grown in size from 1300 runners in 2011 to a record 26,000-plus participants in all categories in 2019 – attracting both domestic and international runners.



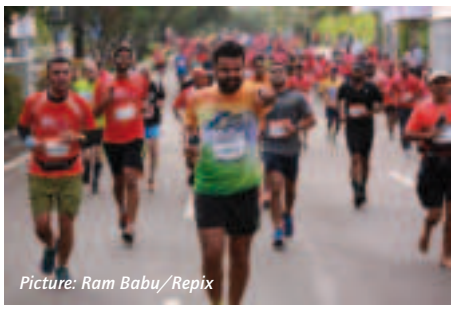
Hyderabad houses stately mosques and noisy bazaars alongside swanky new office buildings and malls. These glimpses into the city's rich past offer the promise of an even better future. The city of pearls and biryani, Hyderabad is also home to iconic landmarks like the Charminar and other historical places such as the Golconda Fort, tombs of the legendary Qutub Shahi kings, the Chow Mohalla Palace and Taramati Baradari. The rich culinary heritage of Hyderabad has recently earned recognition in UNESCO's network of creative cities under the gastronomy category.

The monsoon month of August is now synonymous with the Airtel Hyderabad Marathon. Marathon weekend is an exciting three-day running event including a 5km fun run and 10km, Half Marathon and Marathon races along with a pre-race lifestyle, wellness and fitness SportExpo. The city's vibrant culture and hospitality is evident in the passion and energy of the thousands of volunteers at the races.

The Airtel Hyderabad Marathon provides a platform for charities and NGOs to raise funds for the causes they champion. The thousands of runners and guests coming in from different cities makes the race a heavy contributor to the local economy.

Some call it a city of pearls, others call it a software hub while still others find glory in the classical heritage of the city. Come to the erstwhile City of the Nizams and run the Airtel Hyderabad Marathon.

■ **www.airtelhyderabadmarathon.com**



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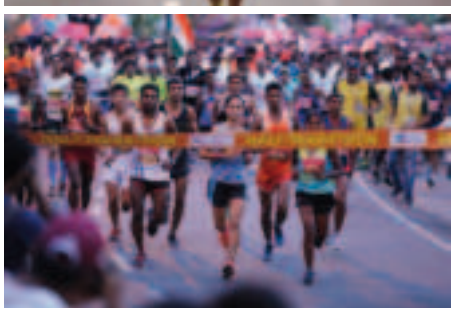

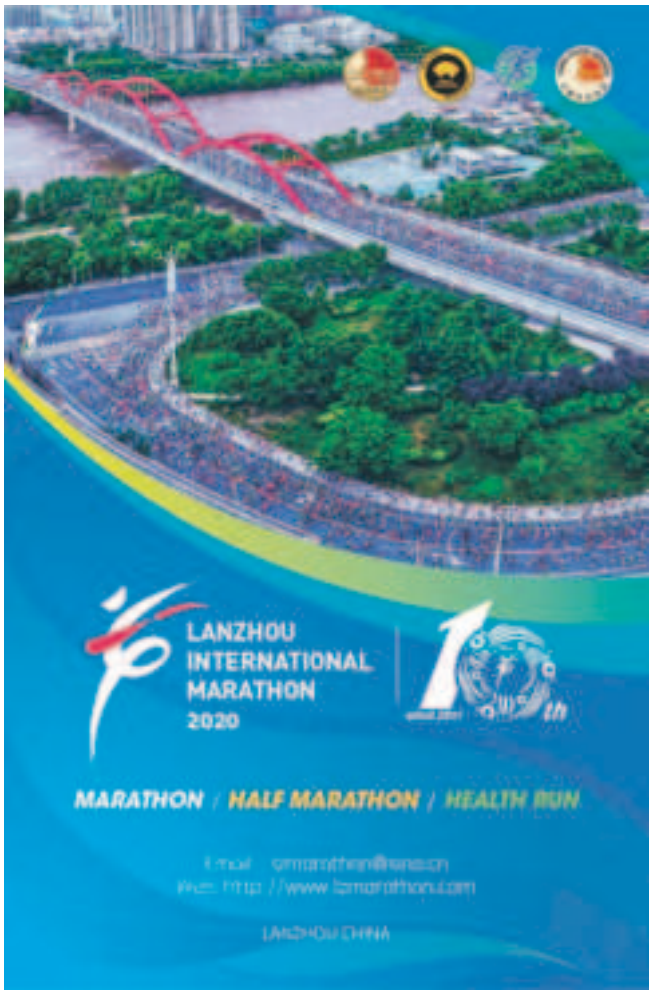
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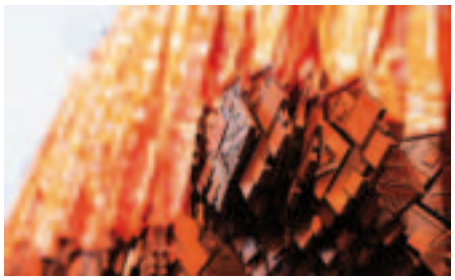


First run in 2013 the Minsk Half Marathon has increased participation by two and a half times since then. In 2019 the race won a World Athletics 'silver label'.

Between the 2018 and 2019 editions entries increased from 35,000 to 40,000 and from 53 to 68 countries represented. Runners come from as far apart as Thailand to Trinidad, from Iran to Israel and from throughout Europe.

Belarus is famous for its hospitality and it is now becoming popular for its road races. It has become easier for foreign runners to take part thanks to the new visa-free regime for all runners coming to Belarus through the national airport for 30 days or less: just register for the race and we will send you the 'Letter of Invitation'.

The course takes runners past Nemiga the House of Parliament, Victory Square, the Bolshoi Opera and Ballet Theatre, Trinity suburb, Minsk Arena, the Great Patriotic War Museum and other historical and attractive sights. The race takes place on Minsk City Day, so you can enjoy activities and entertainments after participating in this emotional event.

Apart from the half marathon there is a 10km, 5.5km and races for children. All the races have separate starts and some runners participate in several races and get multiple medals. Each year there is a new design for the finisher's medal allowing regular runners to show off their collections. One of the particularities of the race is a bright and emotional start that energises you to run as fast as you can.

The most popular distance is 5.5km. Registration is capped at 25,000 and closes long before the event is held. Last year 8500 people ran the half marathon and a similar number the 10km. The number of corporate teams increases year on year.

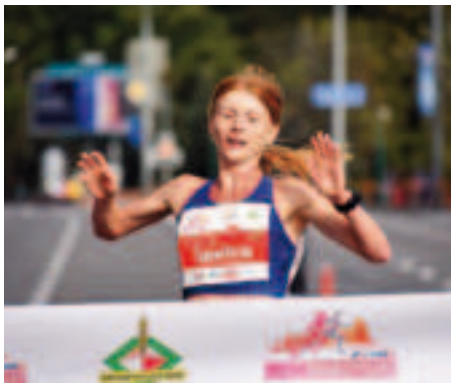
New visa-free regime makes running in hospitable Belarus even easier

Run together in Minsk

The Minsk Half Marathon is a real celebration for each participant. While you run the distance you can also take part in many related competitions such as for the best-dressed runner, funniest costume, most motivating poster, best photo, best running family, Mister and Miss Minsk Half Marathon and many others.

While running you will mingle with the Minister of Sport of the Republic of Belarus, politicians, TV-presenters, singers, models, famous businesspeople – and even Olympic champions.

For several years Belarus's Volha Mazuronak



was the face of Minsk Half Marathon. In 2020 we anticipate that the European Marathon Champion will herself take part in the race. The event attracts amateur runners and elite athletes from all over the world. Split times are given every 5km which can be checked online and the race is streamed live.

For a 50-rouble (20 EUR) entry fee runners get bonuses from organisers and sponsors; those who run the 21.1km get a Minsk Half Marathon T-shirt. $60,000 in prize money is up for grabs.

Under the slogan "Run Together" the Minsk Half Marathon unites people of different ages and origins. It is an emotional and very heartfelt event.

■ **minskhalfmarathon.by**

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The race over the River Kwai

Here lie buried the atrocities and disasters of War. Over 80,000 Allied prisoners of war and Asian forced labourers, toiling in the rainforest and plagued by malaria and hunger, lost their lives during the construction of the railway connecting Thailand to Myanmar.

It was built for the transport of supplies and Japanese troops to Myanmar and became known as the Railway of Death. These historical events took place in Kanchanaburi province about 230km west of Bangkok.

A cemetery for the prisoners of war has been built as a memorial. The River Kwai Bridge, kept in its original condition, has become a popular tourist destination in Kanchanaburi. "Hellfire Pass", where the captives were forced to cut through the mountain to construct the railway, lies about 70km from the city in Sai Yok district and has become part of the race route.

The River Kwai Half Marathon was the first in the country and will be held for the 39th time this year. It was first organised in September 1982 by a group of European expatriates with only 80 runners entering from Thailand and abroad. The organisers' inspiration was the natural beauty of the mountains on the banks of the River Kwai. The unique and romantic River Kwai Village Hotel and Resort is located here at the start and finish line of the race.

The out-and-back course is on Route 323 which connects the city of Kanchanaburi to Thong Pha Phum. stretching to the Thailand-Myanmar border. The running surface is smooth and has some slopes to create a challenge. Green mountains wreathed in fog lie along both sides of the road. Runners often stop to take pictures here and of the rural villages and old temples. The weather is usually bright with a temperature of 18–20C and a sprinkling of drizzle that, as well as creating the misty effect, helps to cool you off. The views have left lasting impressions on many participants.

The half marathon is the main event but there is also a 10.55km race. Runners were unable to get enough of the route in the half marathon and lobbied for longer races so that on the 35th anniversary a 35km race was held. It has lengthened each year to match the edition of event and a 39km race is part of this year's competition. Every participant receives a medal and commemorative shirt and 21.1km and 39km racers are also awarded a 'Conqueror' T-shirt.

The River Kwai International Half Marathon attracts runners from over 40 countries. Past events were able to accommodate only 4000 participants. This has increased since the River Kwai Village Hotel and Resort became the event's official hotel but the organiser Amazing Field Co., Ltd. urges you to make decisions early.

■ **www.amazingfield.net**

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Picture: Techawat Songsuairoop

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Info and registration: www.msm.no

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From the castle to the countryside

The Volksbank-Münster-Marathon is a perfect mix between an urban and rural marathon.

Runners start directly in front of Münster Castle and the first part of the course goes through the historic city centre, the green belt and alongside Lake Aa. The urban districts of Nienberge and a scenic passage towards Roxel and Gievenbeck follow. In the final kilometres runners pass back through the city centre to the Prinzipalmarkt, festooned with flags. The finish line, directly in front of the town hall, is one of the most attractive in Germany.

First held in 2002 the event now attracts up to 2300 marathon runners and 5600 relay runners (42.195km between four runners); 300 children run the Kids-Marathon (1500m) and there are 350 health runners (non-timed 6.2km) and 100 charity runners (non-timed 10km). Runners come from a total of 40 different countries.

Possibly a record number of students participate in the DZ HYP-Student Cup. With about 230 runners in 2019 it is the biggest student marathon in Germany. Münster is known as a student city with 60,000 of them living in the city among a total population of 300,000.

Over 300 performers line the route to give the Volksbank-Münster-Marathon a unique flavour. "A huge sport-and-cultural event with an unmatched historical finish line at the Prinzipalmarkt" was what won the race the title of "most popular marathon within North Rhine-Westphalia" every year from 2012–2017 and again in 2019.

Run past the gabled houses of historic Münster

Münster's reconstructed historical city centre impresses with its imposing gabled houses. The city is surrounded by a 5km-long green belt – also known as the Promenade – which is very popular with runners. Münster's Lake Aa is close to the city centre and ideal for walking, running or a sailing tour. It is a well-known meeting place among all generations with a harbour area including renowned bars, nightclubs and leisure activities.

The city centre with the Prinzipalmarkt, Lambertikirche (church) and historic town hall is very inviting for pedestrians. The Friedenssaal (Hall of Peace) in the town hall provided the backdrop to the invocation of the Spanish-Dutch Peace, which formed part of the Peace of Westphalia.

With its wide variety of shops, theatrical and artistic shows, live concerts, museums, cinemas and readings Münster has something to offer for all ages and tastes.

The Marathon experience and the festive atmosphere make the Volksbank Münster Marathon a noteworthy race. A 59 EUR entry fee (for registrations up until 15 May), includes a technical finishers' T-shirt, a specially-designed medal and a finisher's certificate.

Professionally-taken photographs are available for sale. The organisers take great care in providing medical attention during the race and runners are supplied with fruit, electrolyte drinks, cola and water along the route.

Course records of 2:09:28 for men and 2:29:12 for women were set by elite runners but Münster is especially suitable for first-time marathoners. Prize money ranges from 300–3000 EUR for the open category and 500–2000 EUR for German citizens.

The 19th edition of the Volksbank-Münster-Marathon promises to be unforgettable for all participants, reflected in our slogan: "Unique. Eventful."

■ **www.volksbank-muenster-marathon.de**

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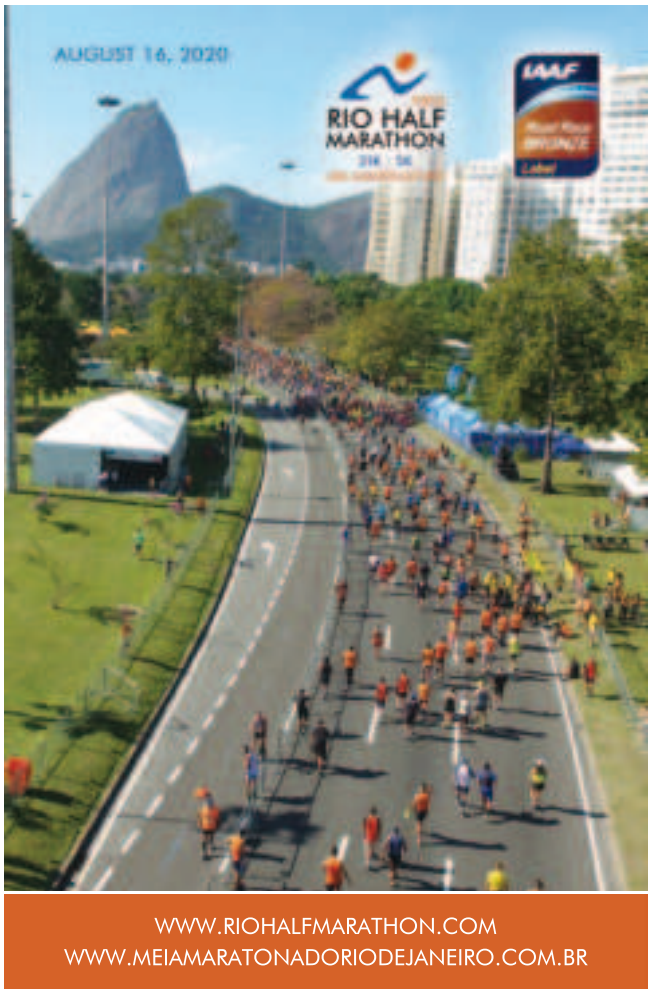
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Wrocław Maraton, Poland

Magical city returns to its roots

Wrocław is an extremely enthusiastic running city. Last year over 16,500 people ran events in the Silesian capital: 10,740 in the 7th Night PKO Wrocław Half Marathon, 3,151 in the 37th PKO Wrocław Marathon and 2,636 in the Wrocław Independence Race.

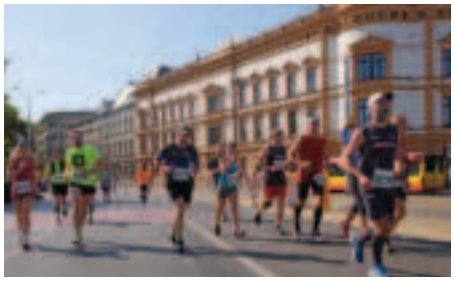
Half the places for this year's 8th Night PKO Wrocław Half Marathon were sold on the opening day of registration – and all within two weeks. Registration opens for the 38th PKO Wrocław Marathon soon – and with a cap of 3000 runners.

It is the magic of the city itself which makes the races so popular, says race director Wojciech Gęstwa. Some of the runners tick off events in which they have participated and then look further afield for their next targets. But people come back to Wrocław; everyone talks about the unique climate of our events which cannot be replicated elsewhere.

This year Wrocław Marathon returns to its roots. As for the first 10 editions (of the predecessor event, the Silesian Marathon, run from 1983–1992) part of the Marathon route will be run outside the city limits. Runners start from the Market Square in Kąty Wrocławskie at 09.00 and finish on the speedway track of the Olympic Stadium. About half of the route will be run within the Kąty Wrocławskie Commune. It will be a city running event organised in cooperation with the surrounding administrative area – unique within Poland.

Runners will see not only the unique monuments of Wrocław's 1000-year history but also the landscape and smaller towns located along the race route. Local products and delicacies and regional folk bands await them. Runners come from about 30 countries of Europe and around the world so the new course will allow them a way of getting to know Poland better.

For anyone wanting to see Wrocław at a more leisurely pace the third edition of the WrocWalk Marathon will be held the day before the running version. In previous editions of the 'Walk for a Medal' event a total of 3100 participants of all ages marched the route.



On registration and payment of a very modest entry fee participants collect the event map showing marked points to visit. At each place they get a stamp and have the chance of a guided visit. There will be two routes to choose from, both finishing at the Olympic Stadium where, after presentation of the stamped sheet, the 'walkers' will be decorated with commemorative medals. The wandering time and the exact route will not be measured.

■ **www.wroclawmaraton.pl**

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Maratonina Città di Udine, Italy

Discover Udine

The "most interesting", the "most beautiful", indisputably one of the fastest courses, yet surrounded by Venetian charm

Picture: Daniele Dal Monte

Udine is a small town in the north east of Italy halfway between the sea and the mountains. It lies in a strategic position between Austria and Slovenia and just an hour away from Venice.

Characterised by squares and palaces with Venetian charm it is surmounted by Castle Hill and its park, the view from which extends 360 degrees from the peaks of the Dolomites to the Adriatic Sea. The Udine Half Marathon starts and finishes among the stunning historical streets of the city at the foot of Castle Hill.

Organised by the Associazione Maratonina Udinese with the aim of promoting Udine and the Friuli Venezia Giulia region through sport, it is one of the fastest half marathons in the world. The course is totally flat and many internationally renowned athletes choose Udine to improve their times. From its first edition back in 2000 the Udine International Half Marathon was the first half marathon in Italy and the second in the world for timing.

In 2007 Udine hosted the second edition of the World Road Running Championships during which the Dutch champion Lornah Kiplagat set a world record of 1:06:25 which remained unbeaten for almost 10 years.

In 2015 it was the only race in Italy featured in an ESPN America documentary about the most interesting running events in the world. Since 2016 it has been included among the 100 most beautiful races in the world by the American website My Best Runs.

Picture: Gianfranco Pisera

Now in its 21st edition Udine International Half Marathon has become one of the most important sporting events in the region of Friuli Venezia Giulia. It involves as many people as possible in a weekend dedicated to sport which attracts over 4,000 participants from the region, from all over Italy and from abroad.

The program includes two days of activities designed to appeal to everyone, including sporting conferences, thematic exhibitions and several associated events.

Saturday morning starts with a schools' relay race. In the afternoon there is the children's "MiniRun" and a race for runners accompanied by their dogs called the "Corsa con il Cane". Sports Saturday ends with the introduction of the top runners and with a time trial run on the steep slopes of Castle Hill at sunset.

Sunday is the day of the main event, the competitive 21km race, but also of "StraUdine" – an 8km fun run open to everybody from children to grandparents.

There is something for everyone. We await you in Udine on 26–27 September 2020 for this great sports gathering and invite you to stay on afterwards in our beautiful region, to visit our historical villages and to enjoy the spectacular naturalistic views that Friuli Venezia Giulia offers.

■ **www.maratoninadiudine.it**

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Polar Circle Marathon, Greenland

A sea of ice

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I'm standing in a sea of ice. Frozen waves in every shade of blue surround me. I've run about 2km of a 4km loop on the Greenlandic Ice Sheet. I don't want to leave this otherworldly place. The freezing temperatures urge me to keep moving but I do so slowly so this scenery doesn't pass by too quickly.

A few hours earlier, as we walked from the hotel to the special Arctic buses that took us 35km inland, the sky was lit up by the Northern Lights. As we approached the start of the Polar Circle Marathon, close to the Greenland Ice Sheet, I was shaking both from nerves and the -10ºC temperature but was eager to get started and run it off.

Dawn was breaking as we reached the start line, revealing that this would be a beautiful, cold and cloud-free day. Along with 140 other runners from 28 different countries I was keen to get moving and get warm. Normally an uphill start in a marathon would be unwelcome but here it served to warm us up more quickly.

Pictures: Matt Karwen

After 2km I was tiptoeing down the slippery, narrow trail of the moraine that would lead us onto the vast Greenlandic Ice Sheet.

Nothing can compare to the atmosphere of that Ice Sheet. With the sun rising the ice took on every imaginable tint of blue while its first rays made both ice and snow sparkle like diamonds. What a start to a race – and how privileged I felt to be part of it.

I was thankful for the spikes that we'd been required to put under our shoes. Without them I would have been Bambi on ice. Leaving the ice sheet the route passes by glacier tongues and Arctic tundra which seems to stretch on forever. The field of runners had quickly spread out and it felt like I was alone in this vast landscape. No manmade structures were in sight and the silence was so intense that you could hear a bird's wings flapping high above your head.

The course drops 500m from the ice sheet to the finish line in the village of Kangerlussuaq but the constant rises along the way make it challenging. I took my time, enjoying the warm drinks served at the water stations while chatting with the hardy locals who manned them in the freezing weather. The last hill, 3km from the finish, forced me to dig deep but I was rewarded with a spectacular view over Kangerlussuaq.

At the finish line many faster runners had come back out after showering to cheer the rest of us. It demonstrated the special atmosphere and social bonds we had forged during our stay.

Next morning 133 runners ran the Polar Circle half-marathon – 101 of whom had completed the marathon alongside me – to complete the 'Polar Bear Challenge'. Part of me was happy to stay in my warm hotel bed but another part longed to be back out on the Greenlandic Ice Sheet.

■ **www.polar-circle-marathon.com**

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Sudden death in distance races

By William O. Roberts MD, MS and Rebecca G. Breslow MD

Cardiac arrest and sudden cardiac death during marathon races have become well documented. They are not common, occurring about once in every 50,000–100,000 marathon finishes, and are usually due to cardiac problems either known or unknown to the runner.

Deaths are decreasing due to the use of automatic external defibrillators (AEDs) that are easy to carry and apply. Some road races have achieved an 80% survival rate through a rapid response, cardiopulmonary resuscitation (CPR), and immediate transport to an emergency cardiac care centre.

Based on the combined Marine Corps Marathon and Twin Cities Marathon database the risk of sudden cardiac arrest is about six times greater in men than in women and arrests occur mainly in men over 40 years old. Although most cardiac arrests happen at or near the finish line they have been documented along the entire length of the marathon course.

Cardiac arrests at shorter-distance races are even less common. In a large registry of American road race participants (RACER) they occurred at a rate of less than 3 per million half-marathon finishers. At the Twin Cities 10-mile race there have been 3 cardiac arrests in about 140,000 finishers since 2001 (2 per 100,000) – and all have survived. In a recent study of nineteen 10km road races held in the Boston area between 2011–2017, only one runner in nearly 100,000 finishers suffered a cardiac arrest – and this runner also survived.

This speaks to the critical nature of rapid response, access to an AED and on-site presence of trained first responders. It is very likely that the first responder to a collapsed runner will be a fellow runner. Every runner should be trained in basic CPR and should be prepared to assist if needed during a race or training run. This great service to the affected runner and to the race can easily be rewarded. For example, at Twin Cities in Motion runners who help in critical situations are given complimentary registration to the next year's race.

The cardiac event rates for runners during training is not so well defined. We do not have good data on the number of runners who experience a cardiac arrest during training and die on the streets or trails. In 1984 Jim Fixx, who was instrumental in launching the popular running movement, suffered a cardiac arrest and died during a training run. He started running to reverse his unhealthy lifestyle and improve his cardiac risk profile. His death would likely have gone unnoticed had he not attained celebrity status through his writing about the health benefits of running.

Back in the 1970s a pathologist from California, Thomas Bassler, suggested that any properly-trained marathon runner would not die from heart attack during a race. Decades have passed and we now know this is not true...

In 1981 Paul Thompson MD, PhD looked at deaths amongst joggers in Rhode Island. He estimated the death rate at 1 per 7500 runners each year, which is considered low risk. Based on this data and the data from road racing, preparticipation screening is not recommended for healthy runners without symptoms or risk factors. But if you do have symptoms, a family history of heart disease or other risk factors (diabetes, high cholesterol, high blood pressure or smoking) you should consult your doctor before start to run or increasing your training.

Picture: Jane Rix/123rf.com

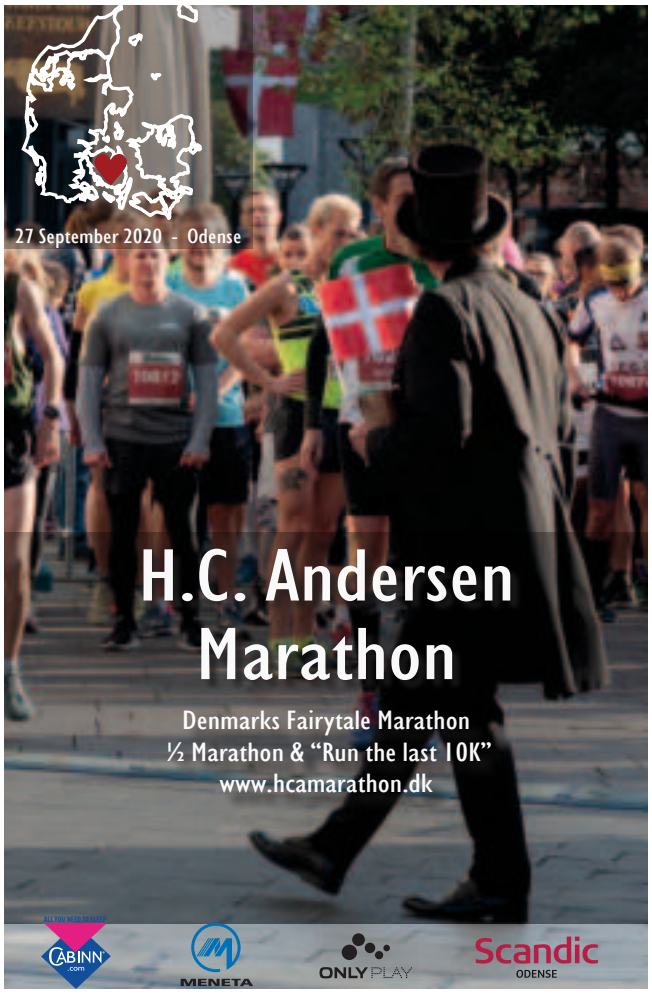
If you have any of the risk factors mentioned above or you answer "yes" to any of the following questions you should get an evaluation by your primary care physician.

Heart health questions about you and your family:

- Have you ever passed out or nearly passed out *during* or *after* exercise?
- Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?
- Does your heart ever race or skip beats (irregular beats) during exercise?
- Has a doctor ever told you that you have any heart problems like high blood pressure, a heart murmur, high cholesterol, a heart infection, or Kawasaki disease?
- Has a doctor ever ordered a test for your heart? (For example, electrocardiogram (ECG/EKG) or echocardiogram)
- Do you get lightheaded or feel shorter of breath than expected during exercise?
- Have you ever had an unexplained seizure?
- Do you get more tired or short of breath more quickly than your friends during exercise?
- Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?
- Does anyone in your family have coronary artery disease, hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?
- Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?
- Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?

■ **www.racemedicine.org**

Picture: Gennaro Leonardi/123rf.com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ÁGUA OFICIAL

Vitalis ÁGUA MINERAL NATURAL

A celebration of humanity

Back in 1977 the Bank of America Chicago Marathon started with a vision to make running part of Chicago's sports culture.

30 years ago the Chicago Marathon endured troubled times but emerged to become a leader in the world of distance running. Race director Carey Pinkowski explains...

That year more than 4200 runners crossed the finish line to create the foundation of what would become one of the world's largest and most prestigious marathons.

When I think back on that moment, I think about the things that have stayed the same in marathon running, the things that have changed dramatically and Chicago's unique role in driving the sport forward.

I came to the helm of the Bank of America Chicago Marathon in 1990 – well before the second running boom revolutionised the sport. I had seen the success of Boston and New York and I knew the elements existed in Chicago to produce one of the world's best running events. But the pieces needed to be connected. At the beginning a significant part of my job was to be visible and get out into the communities; talk with people and gain the trust and support of Chicago's local political, corporate and community leaders.

The late Fred Lebow was a great mentor and helped to guide me in the early years. He shared the lessons he learned when founding the New York City Marathon. He knew that distance running had the potential to be a vibrant cultural phenomenon. He pioneered the idea of bringing the marathon to the people and connecting with the communities surrounding the event. Fred loved the sport and was supportive of those who wanted to see it grow. Today his vision is seen in Chicago and around the world in what has become the modern marathon.

In my early years as race director I found that the event itself was the best marketing vehicle we had. You could tell the story of the race to runners and sponsors but once they personally witnessed the magic of the marathon there was no going back. I never imagined that 45,000 runners would be coming to Chicago but I am not surprised that so many people have developed a passion for the sport, and specifically for our race.

I'm proud of the positive changes that have come since those early days. In 1990 only about 800 women crossed the Bank of America Chicago Marathon finish line. Today women make up half our field. Technology, nutrition and access to training groups have exploded. Running has shifted from an individual, serious and sometimes lonely endeavour to a social movement that is celebrated, diverse and inclusive. Charity runners have added depth and meaning to the sport and since 2002 our Charity Program has contributed more than $230 million to local, national and global causes. The marathon has boosted local economies. Our race generates $378 million for the city's economy. These changes reflect the growth of our event and the marathon's impact on the individuals who run them, the cities that host them and the mass appeal of running 42.2km.

In spite of the many changes over the last 43 years running remains a celebration of humanity. So many things swirl around our busy lives but running will always be about the human spirit, doing the training and putting one foot in front of the other. It's an experience that is so basic but has the power to change people's lives. We all run the same 26.2 miles of roadway and we know it's going to be heart-breaking, exhilarating, depressing and euphoric – sometimes all in the same mile.

Thirty years ago, when I joined the Bank of America Chicago Marathon, this experience and our event existed on the margins. Why would anyone run a marathon? But today everyone in Chicago knows what "Marathon Sunday" means and almost everyone knows someone running, volunteering or spectating. That's ultimately what our race is about: the people, the communities and the city that built this event into a global phenomenon.

We've had our triumphs in Chicago – five world records – and we've had hard times. Looking to the future I am excited about the potential of our sport and proud of the legacy we've created. We've grown tenfold since 1977 but we remain rooted in the vision of the original founders: to put on a race that anyone can come and enjoy; to harness the energy of our local and global running communities; and to put on one of the greatest shows on earth.

■ **Next event: Sun 11 October 2020**
chicagomarathon.com

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H.C. Andersen Marathon not only has the fastest route in Denmark but in the world! As if that was not already enough to make you sign up, the race is also the marathon in the world with the cleanest air. This truly is a fairytale marathon.

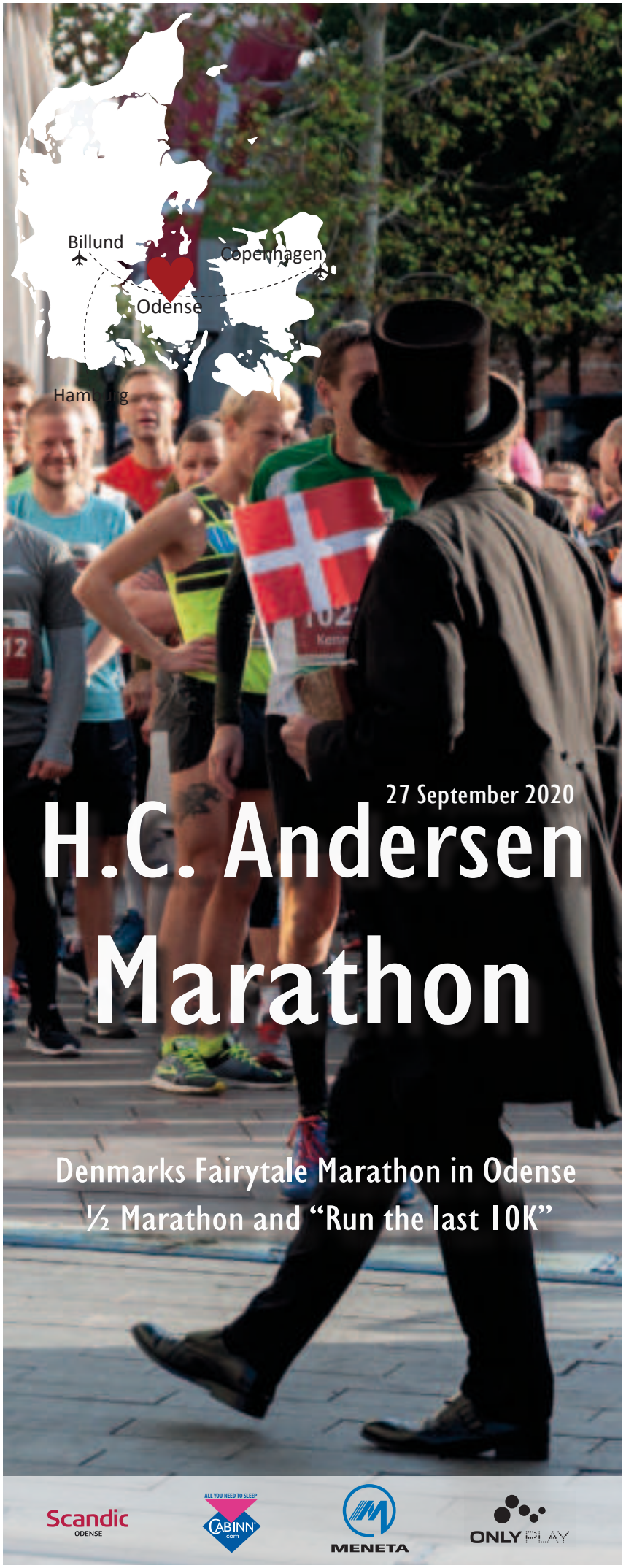
H.C. Andersen Marathon invites both debutants and experienced runners to an unforgettable day 27 September 2020 in Odense.

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.

The HCA Marathon is quite popular among foreigners because of the fairy tale element but also because we have the fastest route in the world, which makes it an ideal run for runners looking to beat their personal record. On average the runners finish the marathon in just 3:51:22 which is just 8 minutes 50 second a mile.

it sounds like a fairytale and it almost is.

www.hcamarathon.com



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Running and mental health

New insights into benefits of running

Every distance runner has their own reasons for running. There are as many reasons as there are runners. Behind each runner is a different story of how they got to the start line and why they are challenging themselves to complete a 10km, half marathon or the full 42.195km distance.

For many it is a physical challenge: to get fitter, to have more energy to play with the kids – or for any number of other known health benefits of running: like building stronger bones and muscles, helping to manage weight, to lower blood pressure and cholesterol and to reduce the risk of heart disease.

But for others running presents a way to improve their mental health rather than their physical fitness. With increased awareness of how mental health permeates people's lives the number of people running to improve their mental health is increasing.

Race organisers can facilitate this movement and help to bring the connection between running and mental health even closer, as the Village Roadshow Theme Parks Gold Coast Marathon has attempted to do.

The race organisers teamed up with mental health crusaders LIVIN to encourage people to engage in a conversation about mental health. The charity provides early education programs in schools around Australia to promote wellness and positive living for young people.

LIVIN's motto is "It ain't weak to speak" and the charity succeeded in selling a range of branded clothing designed to start conversations about mental health and to generate funds for these school programs.

LIVIN psychologist Luke Foster outlines five different ways in which we can literally run ourselves into a better state of mind:

1. Running promotes all kinds of changes in the brain. It stimulates the release of chemicals like endorphins and serotonin, which give you warm feelings. It can lead to neural growth and new activity patterns in the brain that promote feelings of calm and reduce inflammation. Running, it seems, is literally a positive 'brain changer'.

2. Running can often be a shared activity which gives you an opportunity to interact with others and reap the benefits of social support. Interacting with others has been shown to promote the release of feel-good chemicals like oxytocin and dopamine.

3. Running can help to release muscular and skeletal tension leaving you feeling more relaxed. Your morning or afternoon jog can also help you sleep better and create better sleep habits. This will in turn leave you feeling more energised and keep your moods regulated more effectively.

4. Running towards a certain goal, like completing a marathon, gives you a sense of accomplishment. Add to that the positive effect on your self-esteem as your fitness and physique improves the closer you get to reaching your goal and running can give you a real dose of feel-good energy.

5. Running can reduce the effects of stress. Heading out for a gentle run after a stressful experience lowers cortisol levels (or the stress hormone in the brain) and can expedite a return to baseline. Running allows you time to ruminate which fast-tracks turning off your body's stress responses.

While improving their own mental health, participants in any one of the eight races on offer at the Gold Coast Marathon can contribute to the well-being of others by raising money for LIVIN through the fundraising platform everydayhero.

Picture: Ben Whitmore

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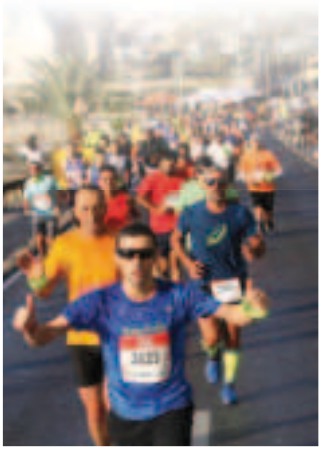

Run Lisbon
11 October 2020 | Lisbon-Portugal
Registrations: Lisbon-Marathon.com

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Calendar

AIMS member events for the forthcoming 12 months
April 2020 – March 2021

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

Please note: Due to the coronavirus pandemic many race events across the world have been postponed and further changes are inevitable after *Distance Running* has gone to press. Please consult the AIMS calendar online *aims-worldrunning.org/calendar.html* or the races' own websites for up-to-date information. Races marked with a 'P' are postponed.

April 2020

P **35th Telekom Vivicittá Spring Half Marathon**
Postponed

5 **Gulf of St Tropez Marathon**
FRA M,H 70

5 **São Paulo Int'l Marathon**
BRA M,R 68

P **NN Marathon Rotterdam**
Postponed

P **13th PKO Poznań Half Marathon**
Postponed

P **Generali Milano Marathon**
Postponed

P **Dogi's Half Marathon**
Postponed

P **Daegu Int'l Marathon**
Postponed

P **Schneider Electric Marathon de Paris**
Postponed until October 2020

P **Vodafone İstanbul Half Marathon**
Postponed until September 2020

P **Wizz Air Cluj-Napoca Marathon**
Postponed

P **United Airlines Guam Marathon**
Postponed until September 2020

P **Semi Marathon Int'l de Sfax**
Postponed until October 2020

P **Generali Berlin Half Marathon**
Postponed

5 **Maratón "Las Batallas de Celaya"**
MEX M,H,R 78

P **North Pole Marathon**
Postponed

P **LG Dead Sea Ultra Marathon**
Postponed

P **Old Mutual Two Oceans Marathon**
Postponed

P **Tunisia Women's Run**
Postponed

P **Pardubice Wine Half Marathon**
Postponed

P **Taishin Women Run Taipei**
Postponed until March 2020

P **Crete Marathon**
Postponed

P **Mangyongdae Prize Int'l Marathon**
Postponed

P **Int'l Marathon Alexander the Great**
Postponed until June 2020

P **The Great Batumi Night Race**
Postponed

19 **Maratón de Montevideo**
URU M,H 82

P **Vienna City Marathon**
Postponed until April 2021

P **Maraton Cartago**
Postponed

P **Santiago Marathon**
Postponed until September 2020

P **Padova Marathon**
Postponed until September 2020

P **Almaty Marathon**
Postponed

P **Enschede Marathon**
Postponed

P **Haspa Marathon Hamburg**
Postponed

P **NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K**
Postponed

P **Nagano Marathon**
Postponed

P **B.A.A. Boston Marathon**
Postponed until September 2020

P **The Great Batumi Night Race**
Postponed

P **Fjordkraft Bergen City Marathon**
Postponed until August 2020

P **Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)**
Postponed until September 2020

P **METRO Marathon Düsseldorf**
Postponed

P **Gifu Half Marathon**
Postponed until April 2021

P **HAJ Hannover Marathon**
Postponed until April 2021

P **EDP Rock 'n' Roll Madrid Maratón & 1/2**
Postponed until November 2020

P **Zürich Marathon**
Postponed until April 2021

P **Big Sur Int'l Marathon**
Postponed

tbc **CAF Caracas Maratón**
VEN M 82

tbc **Dushanbe International Half Marathon**
TJK H 82

tbc **Gunsan Saemangeum Int'l Marathon, 10km & 5km**
KOR M,R 75

tbc **Tunisia Women's Run Int'l Half**
TUN H,R 82

May 2020

P **Milton Keynes Marathon & Half**
Postponed

P **Trieste Running Festival**
Postponed

P **Milton Keynes Marathon & Half**
Postponed

P **Toronto Marathon**
Postponed

P **Rio City Half Marathon**
Postponed

P **Rhodes Marathon**
Postponed until April 2021

P **Deep RiverRock Belfast City Marathon**
Postponed until September 2020

P **Kazan Marathon**
Postponed until August 2020

P **Volkswagen Prague Marathon**
Postponed

3 **Maratón Internacional de Mendoza**
ARG M,H,R 68

P **Diacore Gaborone Marathon**
Postponed

9-10 **Harmony Genève Marathon for Unicef**
SUI M,H,R 82

10 **Volkswagen Bucharest Half Marathon**
ROU H,R 80

P **Leiden Marathon**
Postponed until November

10 **Lisbon Eco Marathon**
POR M,H,R Course not measurable to AIMS standards 80

10 **iWelt Marathon Wuerzburg**
GER M 74

P **Wizz Air Skopje Marathon**
Postponed until October 2020

P **PKO Bialystok Halfmarathon**
Postponed

P **The Great Wall Marathon**
Postponed until May 2021

P **Göteborgsvarvet Half Marathon**
Postponed

P **Helsinki City Marathon**
Postponed

16 **Moonlight Half Marathon**
ITA H 75

P **Three Hearts Marathon**
Postponed until May 2021

16-17 **Rimi Riga Marathon**
LAT M,H planned date 75

P **StraLugano**
Postponed until August 2020

P **Salzburg Marathon**
Postponed

17 **Nafplio Marathon**
GRE M,H 74

17 **Maraton y Medio Maraton Municipalidad de San José**
CRC M,H 70

P **Banja Luka Half Marathon**
Postponed until October 2020

17 **Int'l Asunción Half Marathon**
PAR H 79

P **ASICS Austrian Women's Run**
Postponed

P **TCS World 10K Bengaluru**
Postponed

P **Copenhagen Marathon**
Postponed

P **Marathon Life Lima42k**
Postponed until September 2020

23-24 **Scotiabank Ottawa Marathon and Ottawa 10K**
CAN M,R 68

23 **15th PZU Warsaw Half Marathon**
POL H 80

24 **Pushkin Marathon**
RUS M,H,R 14

P **Kigali International Peace Marathon**
Postponed until June 2020

24 **Thunder Dragon Marathon**
BHU M,H Course not measurable to AIMS standards 68

30-31 **Novi Sad Half Marathon**
SRB H planned date 80

30 **ASICS Stockholm Marathon**
SWE M 82

31 **Maraton Cartago**
CRC M planned date 70

Continued on page 45

Key

M Marathon H Half Marathon
R Road Race U Ultradistance

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

Mallorca Illes Balears

Illes Balears Sostenibles

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Calendar

Continued from page 43

31 Scotiabank Calgary Marathon
CAN M **68**

31 BI Marathon
KAZ M,H,R **75**

P Adelaide Marathon Festival
Postponed

31 Moscow Half Marathon
RUS H,R **80**

tbc Brasov Int'l Marathon
ROU M,H,R **80**

tbc Dalian Int'l Marathon
CHN M **68**

tbc Okpekpe Int'l 10km Road Race
NGR R **79**

June 2020

6 Helsinki Half Marathon
See race preview on page 9
FIN H,R **70**

6-7 Int'l Marathon Alexander the Great
GRE M,R **74**

6 Spitsbergen Marathon
NOR M,H,R **79**

7 Kaunas Marathon
LTU M,H,R **78**

P KLM Aruba Marathon
Postponed until October 2020

P McDonald's Brisbane Marathon Festival
Postponed

7 Quito Últimas Noticias 15k
ECU R predicted date **70**

7 Atlantic Airways Tórshavn Marathon
FRO M,H,R **70**

13 Yarche Tomsk International Marathon
RUS M,H **80**

13-14 Laguna Phuket Marathon
THA M **82**

P Rio de Janeiro City Marathon
Postponed until October 2020

14 Comrades Marathon
RSA U **80**

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

14 Lanzhou Int'l Marathon
CHN M,H,R **70**

14 Phnom Penh Int'l Half Marathon
CAM H,R **16**

P RunFun Travel Rottnest Running Festival
Postponed

14 JCP Swansea Half Marathon
GBR H **18**

20 Midnight Sun Marathon
NOR M,H **20**

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

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

20 PKO Wroclaw Night Half Marathon
POL H **80**

21 Telesia City Trophy Int'l Road Race 10k
ITA R **75**

21 Borneo Marathon
See race preview on page 13
MAS M,H,R **78**

21 Kigali International Peace Marathon
RWA M,H **80**

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

27 Hvar Half Marathon
CRO H Course not measurable to AIMS standards **44**

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**

28 White Nights Marathon
RUS M **80**

tbc RAHAL Mémorial Casablanca
MAR R **79**

July 2020

4 Gornergrat Zermatt Marathon
SUI U,M,H **82**

4-5 Gold Coast Marathon
See Sport science article on page 39
AUS M **68**

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

P Maraton Varmex
Postponed until October 2020

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

17-19 Golden Ring Ultra Trail 100
RUS U,R Course not measurable to AIMS standards **22**

18 Island Chill Suva Marathon
FIJ M,H,R **22**

19 Airlie Beach Marathon Festival
AUS M,H,R **22**

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 **82**

26 media maratón de Bogotá
COL H **70**

26 Sao Paulo City Marathon
BRA M **68**

26 Westlink M7 Blacktown Running Festival
AUS M **22**

tbc Media Maratón Ciudad de Guayaquil – Diaro Expreso
ECU H **70**

August 2020

1 Siberian Int'l Marathon
RUS M,H,R **80**

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

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

2 Airtel Hyderabad Marathon
See race preview on page 15
IND M,H,R **74**

2 The Khmer Empire Marathon
CAM M,H,R **16**

9 Manulife Danang Int'l Marathon
VIE M,H,R **23**

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

9 10km Int'l de Dakhla
MAR R **79**

16 Rio Half Marathon
BRA H **23**

16 7 Sunshine Coast Marathon
AUS M,H,R **23**

16 Kazan Marathon
RUS M,H,R **80**

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

16 Dadi Prakashmani Mount Abu Int'l Half Marathon
IND H **74**

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

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

22 Paavo Nurmi Marathon, Half and 10k
FIN M,H,R **70**

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

23 The Canberra Times Marathon Festival
AUS M,H,R,U **68**

29 Fjordkraft Bergen City Marathon
NOR M,H,R **79**

29 La Ruta de las Iglesias
ECU R **24**

29-30 StraLugano
SUI H,R **82**

29 Stavanger Marathon
NOR M,H,R **24**

30 Abbott Longford Marathon
IRL M **74**

30 Maybank Bali Marathon
INA M,H,R **36**

P Hokkaido Marathon
Postponed

30 Peru Runners – Lima Half Marathon
PER H,R **80**

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

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

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

September 2020

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

5-6 EDP Lisbon Half Marathon
POR H **80**

5 Stockholm Half Marathon
SWE H **26**

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

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

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

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

6 Maratón Medellín
COL M,H,R **28**

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

6 Santiago Marathon
CHI M **68**

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

6 ČSOB Bratislava Marathon
SVK M,H,R **80**

6 35th Wizz Air Budapest Half Marathon
HUN H **24**

6 Cork City Marathon
IRL M **74**

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

11-13 Tallinna Maraton, Half & 10k
EST M,H,R **30**

12 Jungfrau-Marathon
SUI M Course not measurable to AIMS standards **82**

12 Antwerp Marathon
BEL M **68**

13 Danske Bank Vilnius Marathon
LTU M,H **78**

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

13 Copenhagen Half Marathon
DEN H **32**

13 United Airlines Guam Marathon
GUM M,H,R **74**

13 River Kwai Int'l Half Marathon
See race preview on page 19
THA H **82**

13 Minsk Half Marathon
See race preview on page 17
BLR H,R **36**

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

14 B.A.A. Boston Marathon
USA M **82**

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

19 Greifenseelauf Uster
SUI H,R **82**

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

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

20 38th Wroclaw Maraton
See race preview on page 25
POL M **40**

20 Ston Wall Marathon
CRO M,R **36**

20 17a Treviso Marathon
ITA M **75**

20 Deep RiverRock Belfast City Marathon
GBR M **74**

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

20 Dam tot Damloop
NED R **79**

20 Hengshui Lake Int'l Marathon
CHN M,H,R **70**

20 Vodafone İstanbul Half Marathon
TUR H **82**

20 Maratón León Guiar
MEX M,H,R **78**

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

20 Volksbank-Münster-Marathon
See race preview on page 21
GER M **74**

20 Padova Marathon
ITA M **75**

20 Porto Half Marathon
POR H **34**

20 Sarajevo Sberbank Half Marathon
BIH H **68**

26 Losinj Half Marathon
CRO H **70**

26-27 Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)
CRO H,R **70**

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

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

Continued on page 47

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Continued from page 45

27 Maratonina Città di Udine
See race preview on page 27
ITA H 75

27 23rd Int'l WACHAUmarathon
AUT M,H 68

27 42nd PZU Warsaw Marathon
POL M,R 80

27 H.C. Andersen Marathon
DEN M 37

27 Bangsaen10
THA R 82

27 BMW Berlin-Marathon
GER M 74

27 Marathon Life Lima42k
PER M,H,R 79

27 ING Route du Vin Half Marathon
LUX H 78

tbc Beijing Marathon
CHN M,H 68

tbc Flamingo Beach Marathon
CRC M,H,R 70

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

tbc 20km & 10km Int'l de Marrakech
MAR R 79

tbc Mykonos Run
GRE R 74

tbc HeidelbergCement TbilisiHalfMarathon
GEO H,R 74

October 2020

2-4 SSQ Insurance Quebec City Marathon
CAN M 68

3 Tartu City Marathon
EST M,H,R 40

4 3 Country Sparkasse Marathon
AUT M,H 68

4 Bila Tserkva Marathon
UKR M 82

4 XIX Gatorade CCS Rock 10K
VEN R 82

4 Cardiff Half Marathon
GBR H 74

4 Marathon Int'l de Casablanca
MAR M 40

4 Generali Cologne Marathon
GER M,H 74

4 LSR Colombo Marathon
SRI M 80

4 Guayaquil Marathon
ECU M predicted date 70

4 Košice Peace Marathon
SVK M 42

4 Baxters Loch Ness Marathon & Festival of Running
GBR M 38

4 Movistar Medio Maratón de Madrid
ESP H 80

4 Melbourne Marathon Festival
AUS M 68

4 Silesia Marathon
POL M,H,R 41

4 Wizz Air Skopje Marathon
MKD M,H,R 79

4 Tlajomulco Half Marathon
MEX H 78

4 Telesia Half Marathon
ITA H 75

4 Trento Half Marathon
ITA H 75

9 Samsung Amman Int'l Marathon
JOR M,H,R 75

P Wizz Air Kyiv City Marathon
Postponed until November 2020

10-11 35th SPAR Budapest Marathon Festival
HUN M 24

11 Raiffeisen Bank Bucharest Marathon
ROU M,H 46

11 Banja Luka Half Marathon
BIH H 44

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

11 Bank of America Chicago Marathon
See Marathon Movers article on page 35
USA M 82

11 Marathon Eindhoven
NED M 79

11 EDP Lisbon Marathon | Luso Half Marathon
POR M,H 41

11 Generali München Marathon
GER M,H,R 41

11 Novi Sad Marathon
SRB M 48

11 Zafiro Palma Marathon
ESP M,H,R 44

11 Wizz Air Sofia Marathon
BUL M,H,R 44

11 GoodLife Fitness Victoria Marathon
CAN M 44

11 Zagreb Marathon & Half
CRO M,H 70

12 Rio de Janeiro City Marathon
BRA M 68

16 Semi Marathon Int'l de la Ville de Béjaia
ALG H 54

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

18 TCS Amsterdam Marathon
NED M 48

18 KLM Aruba Marathon
ARU M,H,R 68

18 33rd Belgrade Marathon
SRB M 80

18 Sanlam Cape Town Marathon
RSA M 80

18 Airtel Delhi Half Marathon
IND H 74

18 Donga-A Ilbo Gyeongju Marathon
KOR M 75

18 Maraton Int'l de Juarez
MEX M,H 78

18 Linker Oevert Marathon Antwerp
BEL H,R 68

18 Schneider Electric Marathon de Paris
FRA M 70

18 21st PKO Poznan Marathon
POL M 48

18 Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k
CAN M,H,R 50

18 Maraton Varmex
MEX M,H,R 78

18 VPBank Hanoi Marathon
VIE M,H,R 82

18 Almaty Half Marathon
KAZ H,R 75

24 Polar Circle Marathon
See race preview on page 29
GRN M,H 74

25 Medio Maratón Valencia Trinidad Alfonso EDP
ESP H 56+57

25 Venicemarathon
ITA M 60

25 Semi Marathon Int'l de Sfax
TUN H 82

25 Maratón Aguascalientes
MEX M,H,R 78

25 Zurich Marató de Barcelona
ESP M 80

25 Chengdu Marathon
CHN M,H,R 68

25 Chuncheon Int'l Marathon
KOR M 75

25 KBC Dublin Marathon
IRL M 61

25 Mainova Frankfurt Marathon
GER M 52

25 Lausanne Marathon
SUI M 60

25 Volkswagen Ljubljana Marathon
SLO M 48

P Podgorica Marathon
Postponed until November 2020

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

25 Marine Corps Marathon
USA M 82

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

25 Sun Moon Lake Marathon
TPE M,R 60

25 SwissCityMarathon – Lucerne
SUI M 51

30 Erbil Marathon
IRQ M,H,R 74

tbc Brussels Airport Marathon & Half Marathon
BEL M,H 68

tbc 1/2 Maraton de Bucaramanga - FCV
COL H 70

tbc Changsha Int'l Marathon
CHN M,H,R 68

tbc 7th PZU Cracovia Royal Half Marathon
POL H 80

tbc Eva Air Half Marathon
TPE H,R 70

tbc Jakarta Marathon
INA M,H,R 74

tbc Kanazawa Marathon
JPN M 75

tbc Longbien Marathon
VIE M,H,R 82

tbc St Denis Half Marathon – La Voie Royale
FRA H 70

tbc UWI SPEC Int'l Half Marathon
TRI H 82

tbc Yerevan Marathon and Half Marathon
ARM M,H,R 68

November 2020

1 Wizz Air Kyiv City Marathon
UKR M,H,R 82

1 Taichung Int'l Marathon
TPE M,R 70

1 ASB Auckland Marathon
NZL M,H,R 79

1 JTBC Seoul Marathon
KOR M predicted date 75

1 SPORTWAY Lake Maggiore Marathon
ITA M,H,R 75

1 Toyama Marathon
JPN M,R 61

1 TCS New York City Marathon
USA M 82

1 Sfax Marathon Olive Trees
TUN M,H 82

5 Volcano Marathon
CHI M,H Course not measurable to AIMS standards 68

6 Jerusalem Marathon, Half & 10k
ISR M,H,R 75

7 3-Sjøersløpet (The 3 Lakes Race)
NOR H 66

8 Ravenna Marathon – City of Art
ITA M,H 75

8 Vizag Navy Marathon
IND M,H,R 74

8 Athens Marathon The Authentic
GRE M 74

8 Bangsaen42 Chonburi Marathon
THA M 82

8 BLOM BANK Beirut Marathon
LIB M,H 75

8 Brasilia City Half Marathon
BRA H 68

8 Cracovia Marathon
POL M 80

8 10k Garda Trentino
ITA H,R 61

8 Vodafone İstanbul Marathon
TUR M 55

8 French Riviera Marathon Nice-Cannes
FRA M 61

8 Podgorica Marathon
MNE M 78

8 Porto Marathon EDP
POR M 59

14 Gulf Bank 642 Marathon
KUW M,H,R 75

15 EDP Rock 'n' Roll Madrid Maratón & 1/2
ESP M,H 80

15 BDMS Bangkok Marathon
THA M,H,R predicted date 82

15 Monterey Bay Half Marathon
USA H 82

15 Borobudur Marathon
INA M,H,R 74

15 Great Ethiopian Run 10km
ETH R 66

15 Cajasiete Gran Canaria Marathon
ESP M,H 80

15 Kobe Marathon
JPN M 63

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

15 Humana Rock 'n' Roll Las Vegas Marathon & 1/2
USA M,H 82

15 Verona Marathon, Half Marathon & 10K
ITA M,H,R 75

20 Pharaonic 100km
EGY U 66

21-22 OPAP Limassol Marathon GSO
CYP M,H,R 70

22 Leiden Marathon
NED M,H,R 79

22 Penang Marathon
MAS M,H 78

Continued on page 49

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Novi Sad Marathon

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Calendar

Continued from page 47

22 Philadelphia Marathon
USA M,H,R **82**

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

27 Eilat Full Desert Marathon
ISR M,H,R Course not measurable to AIMS standards **67**

27-29 Malta Int'l Challenge Marathon
MLT M **65**

28 Bagan Temple Marathon
MYA M,H,R Course not measurable to AIMS standards **79**

29 Serge Vigot La Rochelle Int'l Marathon
FRA M,H **67**

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

29 Adani Ahmedabad Marathon
IND M,H,R **74**

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

29 Firenze Marathon
ITA M **71**

29 Mount Fuji Marathon
JPN M predicted date **75**

29 Osaka Marathon
JPN M **67**

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

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

tbc Great Hakka Marathon
CHN M,H,R Course not measurable to AIMS standards **70**

tbc Maratón Guadalajara
MEX M **78**

tbc Hangzhou Marathon
CHN M **70**

tbc Semi Marathon Int'l de Laayoune
MAR H **79**

tbc 21km Nuevo León
MEX H **78**

tbc Panama Int'l Marathon
PAN M **79**

tbc Phukethon
THA M,H,R **82**

tbc Shanghai Int'l Marathon
CHN M **70**

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

December 2020

4-6 Cave Shepherd & Co Run Barbados Marathon Weekend
BAR M,H,R **68**

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

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

6 Intertrust Cayman Islands Marathon
CAY M **68**

6 Discoveries Half Marathon
POR H **80**

6 Fukuoka Int'l Open Marathon Championship
JPN M **75**

6 Galaxy Entertainment Macao Int'l Marathon
MAC M,H **78**

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

6 Reggae Marathon, Half & 10K
JAM M,H,R **67**

P Saitama Int'l Marathon
Postponed

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

6 Marathon COMAR Tunis - Carthage
TUN M,H,R **82**

6 Valencia Trinidad Alfonso EDP Marathon
ESP M **56+57**

6 Angkor Wat Int'l Half Marathon
CAM H,R **16**

6 Maratón del Atlántico
HON M **74**

11 ADNOC Abu Dhabi Marathon
UAE M,R **82**

13 Antarctic Ice Marathon & 100k
ATA U,M **68**

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

13 Zurich Maratón Málaga
ESP M **80**

13 Nara Marathon
JPN M **71**

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

20 Bangsaen21 Half Marathon
THA H,R **82**

20 Tafilalet 10km Errachidia
MAR R **79**

20 Nong Khai ASEAN Marathon
THA M **82**

20 PisaMarathon
ITA M,H **69**

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

31 São Silvestre de Luanda 10km
ANG R predicted date **68**

tbc Ayla Red Sea Half Marathon
JOR H,R **75**

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

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

tbc El Corte Inglés São Silvestre de Lisboa
POR R **80**

tbc Maratón Powerade Monterrey
MEX M **78**

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

tbc São Silvestre Int'l Road Race
BRA R **68**

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

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

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

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

January 2021

1 Sea of Galilee Tiberias Marathon
ISR M **75**

1 Neujahrsmarathon Zürich
SUI M,H,R **82**

3 CNS Solapur Half Marathon
IND H,R **74**

9 PolarNight Halfmarathon
NOR H,R **20+71**

10 10K Valencia Ibercaja
ESP R **80**

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

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

16-17 Chevron Houston Marathon, Aramco Houston Half Marathon and We Are Houston 5K
USA M,H,R **82**

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

17 Tata Mumbai Marathon
IND M **74**

17 Marathon Bahamas, Half & Relay
BAH M,H **78**

24 Funchal Marathon
POR M,H **81**

24 Standard Chartered Hong Kong Marathon
HKG M **74**

31 Marathon & Semi Int'l de Marrakech
MAR M,H **79**

31 Osaka Women's Marathon
JPN M **75**

tbc Gammon China Coast Marathon & Half
HKG M,H **74**

tbc Chombeung Marathon
THA M,H,R **82**

tbc Marathon Int'l de Fes
MAR M,H,R **79**

tbc Khon Kaen Int'l Marathon
THA M **82**

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

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

tbc Corrida de Sao Sebastiao
BRA R **68**

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

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

tbc Xiamen Marathon
CHN M **79**

February 2021

5 Dead Sea Marathon Israel
ISR U,M,H,R **75**

7 Montepio Meia Maratona de Cascais
POR H **80**

7 Hawassa Half Marathon
ETH H,R **70**

7 IDBI Federal Life Insurance Kolkata Marathon
IND M,H,R **74**

21 IDBI Federal Life Insurance New Delhi Marathon
IND M,H **74**

21 Zurich Maratón de Sevilla
ESP M **80**

28 Seychelles Eco-Friendly Marathon
SEY M **80**

tbc eDreams Mitja Marató de Barcelona
ESP H **80**

tbc Beppu-Oita Mainichi Marathon
JPN M **75**

tbc Buriram Marathon
THA M,H,R **82**

tbc The Carthage Race Int'l Marathon
TUN M,H,R **82**

tbc Ehime Marathon
JPN M **75**

tbc 27km for Freedom
RSA R **80**

tbc Gensan Giulietta & Romeo Half Marathon
ITA H **75**

tbc 21k Guadalajara Electrolit Nutrido por Granvita
MEX H **78**

tbc AU Bank Jaipur Marathon
IND M,H,R **74**

tbc Kagawa Marugame Int'l Half Marathon
JPN H **75**

tbc Kaohsiung Int'l Marathon
TPE M **70**

tbc Kinmen Marathon
TPE M,H,R **70**

tbc Kitakyushu Marathon
JPN M **75**

tbc Kochi Ryoma Marathon
JPN M **75**

tbc Kyoto Marathon
JPN M **75**

tbc Al Mouj Muscat Marathon
OMA M,H,R **79**

tbc Napoli City Half Marathon
ITA H **74**

tbc Navi Mumbai Half Marathon
IND H,R **74**

tbc Ohme-Hochi 30km Road Race & 10km
JPN R **75**

tbc The Ras al Khaimah Half Marathon
UAE H **82**

tbc Sahara Marathon
ALG M Course not measurable to AIMS standards **68**

tbc KIX Senshu Int'l Marathon
JPN M **75**

tbc Split Marathon
CRO M,H,R **70**

tbc Tel Aviv Samsung Marathon
ISR M,H,R **75**

tbc Thai Sikh Run
THA H,R **82**

tbc Maratona di San Valentino
ITA M,H **75**

tbc World Marathon Challenge
IRL M,H **74**

March 2021

21 Logicom Cyprus Marathon
CYP M,H,R **70**

tbc Athens Half Marathon
GRE H,R **74**

tbc Abu Dhabi "Yes I Can" 10km Int'l
UAE R **82**

tbc Runatolia Marathon (Half + 10km)
TUR M,H,R **82**

tbc Antarctica Marathon & Half
ATA M,H Course not measurable to AIMS standards **68**

tbc CCCL RUNBANGLA Int'l 10K
BAN R **68**

tbc Freedom of Movement Palestine Bethlehem Marathon
PLE M,H,R **79**

tbc Lake Biwa Mainichi Marathon
JPN M **75**

tbc Chongqing Int'l Marathon
CHN M,H,R **68**

tbc Gyeonggi Int'l Half Marathon
KOR H **75**

tbc Incheon Int'l Half Marathon
KOR H **75**

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tbc **Kilimanjaro Marathon** TAN M 82
tbc **Kingston City Marathon** JAM M,H,R 75
tbc **Korat Powdurance Marathon** THA M,H,R 82
tbc **Maratón Int'l Lala** MEX M 78
tbc **Nagoya Women's Marathon** JPN M 75
tbc **Rock 'n' Roll DC Marathon & Half Marathon** USA M,H,R 82
tbc **Run Rome The Marathon** ITA M 75
tbc **Saipan Marathon** MNP M,H,R 79
tbc **Seoul Marathon** KOR M 75
tbc **Sihanoukville Int'l Half Marathon** CAM H,R 68
tbc **Standard Chartered Stanley Marathon** FLK M 70
tbc **Tainan Historical Capital Int'l Half Marathon** TPE H,R 70
tbc **Taipei Freeway Marathon** TPE M,H,R 70
tbc **Tashkent International Half Marathon** UZB H,R 82
tbc **Tokushima Marathon** JPN M 75
tbc **Tokyo Marathon** JPN M 75
tbc **New Taipei City Wan Jin Shi Marathon** TPE M,R 70
tbc **Taishin Women Run Taipei** TPE H,R 70
tbc **Wuxi Marathon** CHN M,H,R 70

April 2021

9 **North Pole Marathon** NPO M predicted date Course not measurable to AIMS standards 79
10-11 **The Canberra Times Marathon Festival** AUS M,H,R,U 68
17-18 **Int'l Marathon Alexander the Great** GRE M,R 74
18 **HAJ Hannover Marathon** GER M,H,R 76
18 **NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K** ITA H,R 75
18 **Rhodes Marathon** GRE M,R 74
18 **Vienna City Marathon** AUT M,H,R 68
25 **Gifu Half Marathon** JPN H 75
25 **Zürich Marathon** SUI M 82
tbc **Corrida Zegotta sidi Kacem** MAR R 79
tbc **Almaty Marathon** KAZ M,H,R 75
tbc **The Great Batumi Night Race** GEO H 74
tbc **Fjordkraft Bergen City Marathon** NOR M,H,R 79
tbc **Generali Berlin Half Marathon** GER H 74
tbc **Big Sur Int'l Marathon** USA M,H 82
tbc **36th Telekom Vivicittá Spring Half Marathon** HUN H,R 74
tbc **CAF Caracas Maratón** VEN M 82
tbc **Maratón "Las Batallas de Celaya"** MEX M,H,R 78
tbc **Wizz Air Cluj-Napoca Marathon** ROU M,H,R 80
tbc **Crete Marathon** GRE M,R 74
tbc **Daegu Int'l Marathon** KOR M 75
tbc **LG Dead Sea Ultra Marathon** JOR U,H,R 75
tbc **Dogi's Half Marathon** ITA H 75
tbc **METRO Marathon Düsseldorf** GER M 74
tbc **Dushanbe International Half Marathon** TJK H 82
tbc **Enschede Marathon** NED M 79
tbc **Gunsan Saemangeum Int'l Marathon, 10km & 5km** KOR M,R 75
tbc **Haspa Marathon Hamburg** GER M 74
tbc **NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K** ITA H,R 75
tbc **Mangyongdae Prize Int'l Marathon** PRK M,H,R 70
tbc **Generali Milano Marathon** ITA M 75
tbc **Maratón de Montevideo** URU M,H 82
tbc **Nagano Marathon** JPN M 75
tbc **Padova Marathon** ITA M 75
tbc **Pardubice Wine Half Marathon** CZE H 70
tbc **14th PKO Poznań Half Marathon** POL H 80
tbc **NN Marathon Rotterdam** NED M 79
tbc **São Paulo Int'l Marathon** BRA M,R 68
tbc **Gulf of St Tropez Marathon** FRA M,H 70
tbc **Tunisia Women's Run Int'l Half** TUN H,R 82
tbc **Old Mutual Two Oceans Marathon** RSA U 80
tbc **ORLEN Warsaw Marathon** POL M,R 80
tbc **Yellow River Estuary Int'l Marathon** CHN M,H,R 70

May 2021

15 **The Great Wall Marathon** CHN M Course not measurable to AIMS standards 70
15 **Three Hearts Marathon** SLO M,H,R 80
29 **BI Marathon** KAZ M,H,R 75

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Running on air

As I lace up for my morning run I take stock of what I need to carry: water bottle, check; light snack, check; cap, check; mask, check... wait – what was that?

There was a time not so long ago when my runs gave me my dose of fresh air. When the cool, fresh breeze would tease my senses and make me want to run further. As I put one foot in front of the other all I would hear was a refreshing wind brushing past my ears. The rhythm of my breathing would be like music as I became one with nature. Running was like meditation or *pranayama* – the breath of life.

With increased urbanisation our cities are becoming more polluted and the joy of running has been marred. What tickles my senses now is the particulate matter – soot – which smothers our cities.

As a cardiologist I have always focused on fitness. I am also a triathlete and love to run, bike and swim. My colleague, an environmental engineer and fellow runner, vouches for the fact that air quality over the years has worsened and made it more difficult to run – especially for long distance runners. As marathon runners we train long and hard and poor air quality is now becoming an occupational hazard. But, unlike drinking water, we have no choice – we have to breathe the air that is available to us.

According to World Health Organisation (WHO) figures 91% of the world's population live in areas with above average levels of air pollution. World Athletics says that: "athletes are disproportionately affected by poor air quality due to the nature of their profession. It becomes worse when they train for large proportions of the day in cities where the air pollution is more intense."

According to WHO figures air pollution kills seven million people annually; almost equal to the number of people killed by tobacco. Nitrogen oxide is among the four key pollutants that air quality monitors can capture, along with particulates PM10 and PM2.5 (meaning tiny particles with a diameter of less than one-hundredth of a millimetre and twenty-five thousandths of a millimetre respectively), and soot. The presence of these contaminants have a significant correlation with the runner's performance. Despite months of meticulous training if the air quality on the day of competition exceeds a safe level it can be a major spoiler.

Air pollution has forced cancellation of some major distance running events in recent years but *Dr Srikanth Sola* describes a new technology to combat it

In the last five years at least three marathons across the world have been cancelled due to poor air quality and several other runs (both half and full marathons) have come very close to it but were still held despite high levels of air pollution.

Devic Earth has deployed the Pure Skies air purifying technology during five distance running events in India and the results are encouraging. Pure Skies technology uses pulsed radio wave technology in the WiFi spectrum to accelerate the natural deposition of pollutants.

The theory behind it is that the pulsed radio waves induce a charge in the particulates, causing them to attract, aggregate and settle down. This technology has been shown to reduce particulate pollution by at least 30% in outdoor urban environments. With a coverage area of at least 1500m radius Pure Skies can be successfully deployed along the route of a marathon and ensure clean air for the athletes on marathon day.

As the founder of Devic-Earth I was both excited and encouraged to use this technology at distance running events. My colleague, who heads Engineering at Devic-Earth, and runner, Radhica Kanniganti, recently completed the Mumbai Marathon 2020. Talking of her experience she recalls the fresh sea breeze that was instrumental in keeping the pollution levels low along the course. It literally provided a breath of fresh air to the runners.

Radhica Kanniganti

Again, it comes back to the roots. Clean air is a necessity for an athlete. If the body and mind are fit, you can do anything. Where the Pure Skies technology has been used we have seen dramatic results in the improvement of air quality. It fills me with a sense of satisfaction to know that runners like me from across the world are able to run comfortably without worrying about the level of air pollution.

When my alarm goes off, gently reminding me of my run, I envision a city without pollution – a city with a network of Pure Skies, I also envision runners across the city getting up with the sun to get their dose of fresh air. For now, I have Pure Skies in my locality and I do what I love – while feeling the wind blowing against my face.

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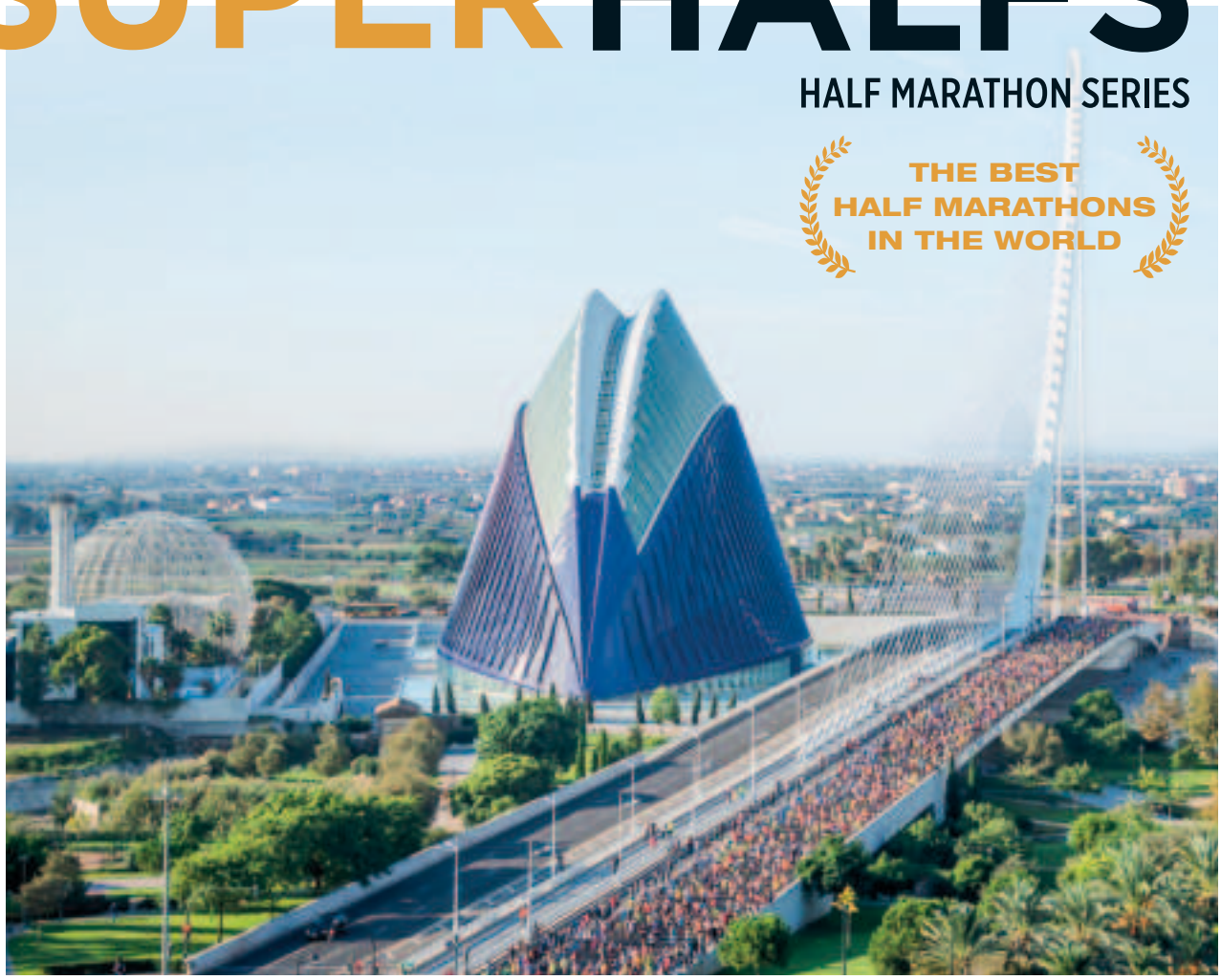

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PLATINUM LABEL WORLD ATHLETICS ROAD RACE 2020

+ Info: maratonvalencia.com

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Picture: Sebastian Wolpers

WMRA created the first Mountain Running World Championship back in 1985 with the Vertical Mountain Race held at the Italian village of San Viglio di Marebbe over a 14km/+1.080m route. Ever since then the WMRA World Championships have been the annual highlight for mountain runners with the 2020 edition to be hosted by the Haria Extreme Lanzarote on 14–15 November.

Beyond the World Championship there remained a need for a circuit for the best mountain runners to race against each other over the year – and in 1999 the WMRA World Cup was born.

The 22nd edition of the World Cup reaches further and wider than ever. It has been expanded to 12 races held at nine venues spread across Austria, the Czech Republic, Italy, Switzerland, Spain and the USA. There will be three types of races to choose from: the vertical uphill, 'classic' mountain races and long mountain races. Runners amass points from all categories to compete for the overall title.

The unique combination of races selected for the 2020 World Cup allows not only the best mountain runners of the world to race together but also for everyday runners to follow in their footsteps and enjoy some of the greatest mountain views and events in the world.

The series starts in Spain with the Zumaia Flysch Trail Mendi Maratoia on 3 May which consists of a 42km mountain race with 3000m of ascent and a classic mountain race of 14km with 425m of ascent.
http://www.zumaiaflyschtrail.com/

Next stop is on 16 May in northern Italy for the Vertical Nasego and Trofeo Nasego. the vertical uphill race will take place, over a distance of 4.2k and the following day the classic mountain race will be contested over a 21.5km course with 1336m of climbing.
http://www.trofeonasegocorsainmontagna.com/

The World Cup returns to the Broken Arrow Skyrace in Squaw Valley, California after a break of three years. The races span three days, from 19–21 June, but it's the 26km race with 1700m of ascent which forms part of the World Cup Series. A long mountain race with steep terrain and massive vertical gain and loss it is mostly at over 2000m altitude.
https://www.brokenarrowskyrace.com/

The next couple of races are on familiar terrain. The Grossglockner Berglauf in Heilenblut, Austria on 12 July offers a classic 13km race with 1265m of uphill (no down) against a stunning backdrop.
http://www.grossglocknerberglauf.at/berglauf.html

Then it's back to the Sierre-Zinal in Switzerland on 9 August for a 31km-long mountain race with 2200m of ascent. *https://www.sierre-zinal.com/*

Continuing on to the north of the Czech Republic the Krkonossky Half Marathon is held just a week after Sierre-Zinal as a classic mountain race of 21km with 1200m of climbing. *http://www.maratonstav.cz/*

The final long mountain race is Canfranc-Canfranc in the Pyrenees on 12-13 September. Runners can choose between the 45km-long race (+3910m) or the classic mountain distance with 1195m of ascent.
https://canfranccanfranc.com/

On 19 September the World Cup is at the Nordkette Vertical in Innsbruck, Austria, described as 'the jewel in the Alps'. The race ascends 1400m over its 6km route.

The 2020 World Cup rounds off with one more uphill race on 4 October – the Kilometro Verticale Chiavenna-Lagunac in Italy.
http://www.kilometroverticalelagunc.it/

See: *http://www.wmra.info/world-cup*

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www.wmra.info

Calendar

27-29 Mar	European Masters MR Championships Madeira, POR	
18 May	12. Balkan MR Championships Poiana Brasov, ROU	
4 Jul	19. European MR Championships Cinfaes, POR	
20 Jun	15. International U18 MR Cup Ambleside/ENG	GBR
27 Jun	17. NACAC MR Championships Golden, BC, CAN	
5 Sep	20. World Masters MR Championships Telfes, AUT	
10 Oct	41. Int. Šmarna Gora Race Ljubljana, SLO	
13 Nov	17. World Long Distance MR Championships Haria-Lanzarote Canary Islands	ESP
14 Nov	36. World MR Championships Haria-Lanzarote Canary Islands	ESP

World Cup

3 May	12. Zumaia flysch trail mendi maratoia ESP · 42,5 km Long/14km Classic	
16 May	5. Vertical Nasego ITA · 4,2 km Uphill	
17 May	19. Trofeo 21,5 km Classic	
19-21 Jun	5. Broken Arrow Skyrace USA · 26 km Long	
12 Jul	21. Grossglockner Berglauf AUT · 13,4 km Uphill	
9 Aug	47. Sierre - Zinal SUI · 31 km Long	
16 Aug	Krkonosky half marathon CZE · 21 km Classic	
12-13 Sep	Canfranc - Canfranc ESP · 45 km Long/16 km Classic	
19-20 Sep	Nordkette Vertical AUT · 6 km Uphill	
4 Oct	21. Kilometro Vericale Chiavenna-Lagunac ITA · 3,2km Uphill	

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www.maratonadoporto.com

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Yuko Arimori
Registration starts in April
Online (In order of registration)
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Registration Website
JTB Sports Station or RUNNET GLOBAL.
* You must register as a member of each site
Toyama
Event
Capacity
Start Time
Marathon (42.195 km)
13,000
9:00 (Takaoka City Hall)
Finish
Time Limit
Participation Fee (Tax included, handling charges not included)
Toyama Prefecture Fugan Canal Kansui Park
7 hour
10,000 yen
Masuzushi
Glass Shrimp Tempura Rice Ball
For details about the course map
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Toyama Marathon Executive Committee
(Within the Toyama Prefectural Government Office)
1-7 Shinsogawa, Toyama City
MAIL : tm-info@toyamamarathon.com
JTB Business Network Chubu MICE Center TEL : 052-446-5099 FAX : 050-3730-4343
For details and applications, please visit the marathon website
Toyama Marathon
Search
https://www.toyamamarathon.com/
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Review of the year

In 2019 IAU held six ultra-distance championships covering all regions – including one in Africa for the first time.

The year was marked by the establishment of the 14-member Athletes Commission led by Wayne Botha (NZL) and Virginia Oliveri (ITA). The IAU Technical Committee completed Technical Delegate training with seminars in Brazil (July), Romania (August) and Jordan (November).

The schedule for IAU Championships in 2020 is:

6-hour Nordic Challenge
Copenhagen, Denmark
18 April

24H Americas Championships
Termas de Rio Hondo, Argentina
16–17 May

6-hour Balkan Challenge
Timisoara, Romania
23 May

24H Asia & Oceania Championships
Bengaluru, India
18–19 July

100km World Championships
Winschoten, Netherlands
12 September

24H European Championships
Verona, Italy,
19–20 September

50km World Championships
Aqaba, Jordan
27 November

Podium at the World 24h Championships 2019: (L to R) Nele Alder-Baerens (GER, 2nd), Camille Herron (USA, 1st) and Patrycja Bereznowska (POL, 3rd) Picture: Lukasz Mikulski

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author of several rule books on the subject, but also as one of the founding members of the IAU.

The 2019 IAU Athletes of the Year titles were awarded to Camille Herron (USA) and Aleksandr Sorokin (Lithuania). Camille had previously won the award in 2015 and 2018.
Jacek Bedkowski

IAU Career Awards

In February the annual IAU career award for 2020 was presented to Ian Cornelius from Australia and Andy Milroy from the UK.

With almost a decade of service as president of the Australian Ultra Runners Association (AURA) from 2002–2011, Ian Cornelius played a pivotal role in establishing ultra-running in Australia. He passed away in 2019, and his award was presented posthumously.

Andy Milroy has been a cornerstone of ultrarunning, not only as the world authority on recordkeeping and statistics, the co-ordinator of the Association of Road Racing Statisticians, and

Aleksandr Sorokin Picture: Jacek Bedkowski

10th ANNIVERSARY

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2,000

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http://www.kobe-marathon.net

World leading times

These lists give the current standings in the world of road racing, and are believed accurate at 25 March 2020. They focus primarily on the Marathon and Half Marathon as these constitute 75% and 18% of the AIMS membership respectively.

For a deeper listing and the most up-to-date times consult the AIMS World Leading Times page online at http://aims-worldrunning.org/statistics.html

Marathon

Men

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

Time	Athlete	Nation	Rank	Venue	Date
2:04:15	Birhanu LEGESE	ETH	1	Tokyo	01 MAR
2:04:49	Bashir ABDI	BEL	2	Tokyo	01 MAR
2:04:46	Mekuant AYENEW	ETH	1	Sevilla	23 FEB
2:04:51	Sisay LEMMA	ETH	3	Tokyo	01 MAR
2:05:05	Barnabas KIPTUM	KEN	2	Sevilla	23 FEB
2:05:29	Suguru OSAKO	JPN	4	Tokyo	01 MAR
2:06:15	Olika ADUGNA	ETH	1	Dubai	24 JAN
2:06:15	Bedan KAROKI	KEN	5	Tokyo	01 MAR
2:06:17	Eric KIPTANUI	KEN	2	Dubai	24 JAN
2:06:18	Tsedat ABEJE	ETH	3	Dubai	24 JAN
2:06:18	Lencho TESFAYE	ETH	4	Dubai	24 JAN
2:06:21	Yitayal ATNAFU	ETH	5	Dubai	24 JAN
2:06:22	Yihunilign ADANE	ETH	6	Dubai	24 JAN
2:06:22	El Hassan El ABBASHI	BRN	6	Tokyo	01 MAR
2:06:23	Aychew BANTIE	ETH	7	Dubai	24 JAN
2:06:23	Asefa MENGSTU	ETH	7	Tokyo	01 MAR
2:06:24	Regasa BEJIGA	ETH	3	Sevilla	23 FEB
2:06:26	Seifu TURA	ETH	8	Dubai	24 JAN
2:06:27	Workneh TESFA	ETH	4	Sevilla	23 FEB
2:06:29	Chalu DESO	ETH	9	Dubai	24 JAN
2:06:31	Zewudu HAILU	ETH	10	Dubai	24 JAN
2:06:32	Hicham LAQOUAHI	MAR	1	Marrakech	26 JAN
2:06:34	Beshah YERSSIE	ETH	11	Dubai	24 JAN
2:06:43	Michael KANYUGO	KEN	5	Sevilla	23 FEB
2:06:45	Ryu TAKAKU	JPN	8	Tokyo	01 MAR
2:06:47	Bazu WORKU	ETH	6	Sevilla	23 FEB
2:06:54	Daisuke UEKADO	JPN	9	Tokyo	01 MAR
2:07:05	Toshiki SADAKATA	JPN	10	Tokyo	01 MAR
2:07:09	Zelalem BACHA	BRN	12	Dubai	24 JAN
2:07:16	Jacob KENDAGOR	KEN	2	Marrakech	26 JAN
2:07:19	Eyob FANIEL	ITA	7	Sevilla	23 FEB
2:07:20	Maru TEFERI	ISR	8	Sevilla	23 FEB
2:07:20	Shin KIMURA	JPN	11	Tokyo	01 MAR
2:07:23	Yusuke OGURA	JPN	12	Tokyo	01 MAR
2:07:23	Alemayehu MEKONEN	ETH	9	Sevilla	23 FEB
2:07:26	Balew YIHUNLE	ETH	13	Dubai	24 JAN
2:07:27	Javier GUERRA	ESP	10	Sevilla	23 FEB
2:07:27	Yuta SHIMODA	JPN	13	Tokyo	01 MAR
2:07:28	Girmaw AMARE	ISR	11	Sevilla	23 FEB
2:07:31	Masato KIKUCHI	JPN	14	Tokyo	01 MAR
2:07:32	Wondwosen FELEKE	ETH	3	Marrakech	26 JAN
2:07:33	Hamid Ben DAOUD	ESP	12	Sevilla	23 FEB
2:07:39	Tadshi IISHIKI	JPN	15	Tokyo	01 MAR
2:07:40	Dadi Yami GEMEDA	ETH	4	Marrakech	26 JAN
2:07:43	Lemi DUMECHA	ETH	1	Castellon	16 FEB
2:07:45	Yuta SHITARA	JPN	16	Tokyo	01 MAR
2:07:46	Haimro ALAMAY	ISR	13	Sevilla	23 FEB
2:07:49	Evans CHEBET	KEN	1	Otsu	08 MAR
2:07:51	Abdi FUFA	ETH	14	Dubai	24 JAN
2:07:55	Alemayehu AMETA	ETH	14	Sevilla	23 FEB
2:07:56	Simon KARIUKI	KEN	17	Tokyo	01 MAR
2:07:58	Abdi KEBEDE	ETH	5	Marrakech	26 JAN
2:08:00	Amnos KIPRUTO	KEN	18	Tokyo	01 MAR
2:08:01	Hamza SAHLI	MAR	1	Oita	02 FEB
2:08:02	Fikre WORKNEH	ETH	6	Marrakech	26 JAN
2:08:03	Gezaw BEKELE MEGERSSA	ETH	7	Marrakech	26 JAN
2:08:05	Steven MOKOKA	RSA	2	Otsu	08 MAR
2:08:06	Abdela GODANA	ETH	2	Oita	02 FEB
2:08:09	Derara HURISA	ETH	1	Mumbai	19 JAN
2:08:12	Getaneh MOLLA	ETH	19	Tokyo	01 MAR
2:08:16	Birhan NEBEBEW	ETH	1	Xiamen	05 JAN
2:08:20	Ayele ABSHERO	ETH	2	Mumbai	19 JAN

Women

Present world record (mixed competition):
Brigid Kosgei (KEN), 2:14:04, Chicago, 13 OCT 2019
World record (women-only race)
Mary Keitany (KEN); 2:17:01, London, 23 APR 2017

Time	Athlete	Nation	Rank	Venue	Date
2:17:45	Lonah Chemtai SALPETER	ISR	1	Tokyo	01 MAR
2:18:35	Birhane DIBABA	ETH	2	Tokyo	01 MAR
2:19:38	Worknesh DEGEFA	ETH	1	Dubai	24 JAN
2:20:11	Guteni SHONE	ETH	2	Dubai	24 JAN
2:20:29	Mao ICHIYAMA	JPN	1	Nagoya	08 MAR
2:20:30	Asefa KEBEDE	ETH	3	Tokyo	01 MAR
2:21:42	Selly CHEPYEGO	KEN	4	Tokyo	01 MAR
2:21:47	Mizuki MATSUDA	JPN	1	Osaka	26 JAN
2:21:55	Bedatu HIRPA	ETH	3	Dubai	24 JAN
2:21:56	Tigist GIRMA	ETH	5	Tokyo	01 MAR
2:22:40	Mimi BELETE	BRN	2	Osaka	26 JAN
2:22:41	Yuka ANDO	JPN	2	Nagoya	08 MAR
2:22:45	Tigist ABAYECHEW	ETH	4	Dubai	24 JAN
2:22:52	Dera DIDA	ETH	5	Dubai	24 JAN
2:22:56	Purity RIONORIPO	KEN	3	Nagoya	08 MAR
2:22:58	Azmera GEBRU	ETH	6	Tokyo	01 MAR
2:23:03	Sintayehu LEWETEGN	ETH	3	Osaka	26 JAN
2:23:13	Juliet CHEKWEL	UGA	1	Sevilla	23 FEB
2:23:17	Hirut Tiberu DAMTE	ETH	4	Nagoya	08 MAR
2:23:29	Askale MERACHI	ETH	1	Houston	19 JAN
2:23:31	Meskerem ASSEFA	ETH	4	Osaka	26 JAN
2:23:36	Hawi FEYSA	ETH	6	Dubai	24 JAN
2:23:37	Sayaka SATO	JPN	5	Nagoya	08 MAR
2:23:39	Gada BONTU	ETH	2	Sevilla	23 FEB
2:23:49	Sifan MELAKU	ETH	3	Sevilla	23 FEB
2:23:52	Helen TOLA	ETH	6	Nagoya	08 MAR
2:24:14	Josephine CHEPKOECH	KEN	4	Sevilla	23 FEB
2:24:30	Purity CHANGWONY	KEN	5	Sevilla	23 FEB
2:24:47	Biruktayit DEGEFA	ETH	2	Houston	19 JAN
2:24:50	Malindi ELMORE	CAN	3	Houston	19 JAN
2:24:51	Amane BERISO	ETH	1	Mumbai	19 JAN
2:24:54	Meseret BELETE	ETH	4	Houston	19 JAN
2:25:08	Birke DEBELE	ETH	7	Nagoya	08 MAR
2:25:22	Senbere TEFERI	ETH	7	Tokyo	01 MAR
2:26:02	Lisa Weightman	AUS	5	Osaka	26 JAN
2:26:12	Medina Deme ARMINO	ETH	1	Xiamen	05 JAN
2:26:24	Bornes JEPKURUI	KEN	6	Osaka	26 JAN
2:26:28	Mesera HUSSEN	ETH	2	Xiamen	05 JAN
2:26:34	Ai HOSODA	JPN	8	Nagoya	08 MAR
2:26:35	Haruka YAMAGUCHI	JPN	7	Osaka	26 JAN
2:26:42	Afera GODFAY	ETH	3	Xiamen	05 JAN
2:26:54	Hiwot AYALEW	ETH	4	Xiamen	05 JAN
2:26:59	Bezunesh DEBA	ETH	7	Dubai	24 JAN
2:27:03	Yebrgual MELESE	ETH	5	Xiamen	05 JAN
2:27:07	Gladys TEJEDA	PER	6	Sevilla	23 FEB
2:27:14	Rodah JEPKORIR	KEN	2	Mumbai	19 JAN
2:27:17	Fatuma SADO	ETH	8	Osaka	26 JAN
2:27:20	Birhan MIHRETU	ETH	6	Xiamen	05 JAN
2:27:22	Tsehay Gebre GETISO	ETH	7	Xiamen	05 JAN
2:27:23	Aliphine TULIAMUK	USA	1	Atlanta	20 FEB
2:27:31	Molly SEIDEL	USA	2	Atlanta	20 FEB
2:27:34	Shitaye ESHETE	BRN	8	Tokyo	01 MAR
2:27:39	Webalem BAZASNEW	ETH	1	Castellon	16 FEB
2:27:41	Zinash DEBEBE	ETH	8	Xiamen	05 JAN
2:27:42	Shure DEMISE	ETH	9	Tokyo	01 MAR
2:27:50	Haftamnesh TESFAY	ETH	9	Osaka	26 JAN
2:27:50	Beji BEKELU	ETH	7	Sevilla	23 FEB
2:27:51	Hanae TANAKA	JPN	10	Osaka	26 JAN
2:27:54	Ayaka INOUE	JPN	11	Osaka	26 JAN
2:27:56	Hawi ALEMU	ETH	1	Marrakech	26 JAN
2:27:57	Naomi JEBET	KEN	2	Castellon	16 FEB

Half Marathon

Men

Present world record:
Geoffrey Kamworor (KEN); 58:01; Copenhagen, 15 SEP 2019

Time	Athlete	Nation	Rank	Venue	Date
58:58	Kibiwott KANDIE	KEN	1	Ras Al Khaimah	21 FEB
59:09	Alexander MUTISO	KEN	1	Santa Pola	19 JAN
59:16	Alexander MUTISO	KEN	2	Ras Al Khaimah	21 FEB
59:25	Jemal YIMER	ETH	1	Houston	19 JAN
59:26	Bernard NGENO	KEN	2	Houston	19 JAN
59:27	Shadrack KIMINING	KEN	3	Houston	19 JAN
59:28	Philemon KIPLIMO	KEN	4	Houston	19 JAN
59:35	Abel KIPCHUMBA	KEN	5	Houston	19 JAN
59:36	Geoffrey KOECH	KEN	6	Houston	19 JAN
59:42	Gabriel Gerald GEAY	TAN	7	Houston	19 JAN
59:47	Shura KITATA	ETH	8	Houston	19 JAN
59:47	Mule WASIHUN	ETH	3	Ras Al Khaimah	21 FEB
59:49	Alfred Chelal BARKACH	KEN	4	Ras Al Khaimah	21 FEB
59:51	Vincent Kibor RAIMOI	KEN	5	Ras Al Khaimah	21 FEB
59:52	Andamlak BELIHU	ETH	9	Houston	19 JAN
59:56	Geofrey KUSURU	UGA	10	Houston	19 JAN
59:57	Brett ROBINSON	AUS	1	Marugame	02 FEB
59:58	Victor CHUMO	KEN	2	Barcelona	16 FEB
59:58	Dawit WOLDE	ETH	1	Den Haag	08 MAR
59:59	Kelvin KIPTUM	KEN	2	Den Haag	08 MAR
1:00:00	Yusuke OGURA	JPN	2	Marugame	02 FEB
1:00:00	Stephen KISSA	UGA	3	Barcelona	16 FEB
1:00:00	Moses KOECH	KEN	4	Barcelona	16 FEB
1:00:00	Bernard KIMANI	KEN	3	Den Haag	08 MAR
1:00:01	Callum HAWKINS	GBR	3	Marugame	02 FEB
1:00:02	Leonard BARSOTON	KEN	6	Ras Al Khaimah	21 FEB
1:00:03	Leonard LANGAT	KEN	4	Den Haag	08 MAR
1:00:04	Henry RONO	KEN	1	Napoli	23 FEB
1:00:06	Taku FUJIMOTO	JPN	4	Marugame	02 FEB
1:00:06	Abrar OSMAN	ERI	5	Barcelona	16 FEB
1:00:09	Gabriel Gerald GEAY	TAN	7	Ras Al Khaimah	21 FEB
1:00:10	Tesfahun AKALNEW	ETH	6	Barcelona	16 FEB
1:00:10	Moses KOECH	KEN	5	Den Haag	08 MAR
1:00:12	Jake ROBERTSON	NZL	11	Houston	19 JAN
1:00:13	Joseph N'GAN'GA	KEN	8	Ras Al Khaimah	21 FEB
1:00:14	Mande BUSHENDICH	UGA	7	Barcelona	16 FEB
1:00:18	James RUNGARU	KEN	6	Den Haag	08 MAR
1:00:20	Maxwell Kortek ROTICH	UGA	9	Ras Al Khaimah	21 FEB
1:00:22	Kenenisa BEKELE	ETH	1	London	01 MAR
1:00:27	James Gitahi RUNGARU	KEN	1	Yamaguchi	09 FEB
1:00:35	Abdallah Kibet MANDE	UGA	10	Ras Al Khaimah	21 FEB
1:00:35	Abel KIPCHUMBA	KEN	2	Napoli	23 FEB
1:00:40	Joel MWANGI	KEN	1	Verona	16 FEB
1:00:42	Evans CHERUIYOT	KEN	3	Napoli	23 FEB
1:00:44	Eyob FANIEL	ITA	1	Sevilla	26 JAN
1:00:43	Masato KIKUCHI	JPN	5	Marugame	02 FEB

Women

New world record, pending ratification (mixed competition):
Abebel Yeshaneh (ETH), 1:04:31, Ras Al Khaimah, 21 FEB 2020
World record (women-only race)
Netsanet Gudeta (ETH); 1:06:11, Valencia, 24 MAR 2018

Time	Athlete	Nation	Rank	Venue	Date
1:04:31	Ababel YESHANEH	ETH	1	Ras Al Khaimah	21 FEB
1:04:48	Brigid KOSGEI	KEN	2	Ras Al Khaimah	21 FEB
1:05:34	Rosemary WANJIRU	KEN	3	Ras Al Khaimah	21 FEB
1:06:01	Evaline CHIRCHIR	KEN	4	Ras Al Khaimah	21 FEB
1:06:16	Joan Chelimo MELLY	KEN	5	Ras Al Khaimah	21 FEB
1:06:35	Yalemzerf YELAHUN	ETH	6	Ras Al Khaimah	21 FEB
1:06:37	Ashete BEKERE	ETH	1	Barcelona	16 FEB
1:06:37	Magdalena SHAURI	TAN	7	Ras Al Khaimah	21 FEB
1:06:38	Hitomi NIIYA	JPN	1	Houston	19 JAN
1:06:38	Vivian Jerono KIPLAGAT	KEN	8	Ras Al Khaimah	21 FEB
1:06:47	Viola CHEPTOO	KEN	1	Napoli	23 FEB
1:07:02	Degitu Azimeraw ASIRES	ETH	9	Ras Al Khaimah	21 FEB
1:07:04	Asnakech AWOKE	ETH	2	Barcelona	16 FEB
1:07:10	Dorcas KIMELI	KEN	3	Barcelona	16 FEB
1:07:57	Gidey ADHENA	ETH	2	Napoli	23 FEB
1:08:02	Fancy CHEMUTAI	KEN	10	Ras Al Khaimah	21 FEB
1:08:06	Brillian JEPKORIR	KEN	2	Houston	19 JAN
1:08:10	Helalia JOHANNES	NAM	1	Marugame	02 FEB
1:08:13	Caroline KIPKIRUI	KEN	3	Houston	19 JAN
1:08:19	Gotytom GEBRESLASE	ETH	4	Houston	19 JAN
1:08:24	Dorcas TUITOEK	KEN	5	Houston	19 JAN
1:08:23	Charlotte PURDUE	GBR	2	Marugame	02 FEB
1:08:25	Ruti AGA	ETH	6	Houston	19 JAN
1:08:35	Kyung-Sun CHOI	KOR	3	Marugame	02 FEB
1:08:38	Roza DEREJE	ETH	4	Barcelona	16 FEB
1:08:50	Sinead DIVER	AUS	4	Marugame	02 FEB
1:08:53	Caroline ROTICH	KEN	7	Houston	19 JAN
1:08:55	Stephanie TWELL	GBR	8	Houston	19 JAN
1:08:56	Mao ICHIYAMA	JPN	5	Marugame	02 FEB
1:08:56	Melat Yisak KEJETA	GER	11	Ras Al Khaimah	21 FEB
1:08:58	Sara HALL	USA	9	Houston	19 JAN
1:09:01	Irene KAMAIS	ETH	1	Adana	05 JAN
1:09:05	Gelete BURKA	ETH	10	Houston	19 JAN
1:09:12	Kaena TAKEYAMA	JPN	1	Yamaguchi	09 FEB
1:09:14	Sakiho TSUTSUI	JPN	2	Yamaguchi	09 FEB
1:09:16	Ayano IKEMITSU	JPN	3	Yamaguchi	09 FEB
1:09:28	Vivian CHEPKURUI	KEN	1	Santa Pola	19 JAN
1:09:29	Monicah WANJUHI	KEN	11	Houston	19 JAN
1:09:30	Glenrose XABA	RSA	3	Napoli	23 FEB
1:09:32	Nancy Jepkosgei KIPROP	KEN	2	Santa Pola	19 JAN
1:09:34	Molly HUDDLE	USA	12	Houston	19 JAN
1:09:35	Molly SEIDEL	USA	13	Houston	19 JAN
1:09:35	Katie MOEN	USA	14	Houston	19 JAN
1:09:37	Lindsay FLANAGAN	USA	15	Houston	19 JAN
1:09:38	Andrea SECCAFIEN	CAN	6	Marugame	02 FEB
1:09:40	Becky WADE	USA	16	Houston	19 JAN

10km

Men

New world records (pending ratification):
Joshua Cheptegei (UGA), 26:38, Valencia, 01 DEC 2019;
Rhonex Kipruto (KEN), 26:24, Valencia 12 JAN 2020
Present world record: **Leonard Patrick Komon (KEN); 26:45, Utrecht, 26 SEP 2010**

Time	Athlete	Nation	Rank	Venue	Date
26:24	Rhonex KIPRUTO	KEN	1	Valencia	12 JAN
27:13	Benard KIMELI	KEN	2	Valencia	12 JAN
27:13	Julien WANDERS	SUI	3	Valencia	12 JAN
27:30	Jacob KIROP	KEN	4	Valencia	12 JAN
27:32	Shadrack KOECH	KEN	5	Valencia	12 JAN
27:47	Stephen KISSA	UGA	6	Valencia	12 JAN
27:50	Djilali BEDRANI	FRA	7	Valencia	12 JAN
27:53	Alex KORIO	KEN	8	Valencia	12 JAN
28:00	Chala Regasa KETEMA	ETH	9	Valencia	12 JAN
28:00	Amine SOUIDA	MAR	1	Casablanca	09 FEB

Women

Present world record (mixed competition):
Joyciline Jepkosgei (KEN); 29:43, Prague, 09 SEP 2017
Present world record (women-only race):
Asmae Leghzaoui (MAR); 30:29, New York, 8 Jun 2002

Time	Athlete	Nation	Rank	Venue	Date
29:46	Sheila CHEPKIRUI	KEN	1	Valencia	12 JAN
29:50	Rosemary WANJIRU	KEN	2	Valencia	12 JAN
29:51	Norah JERUTO	KEN	3	Valencia	12 JAN
30:50	Bosena MULATE	ETH	4	Valencia	12 JAN
31:09	Lonah Chemtai SALPETER	ISR	5	Valencia	12 JAN
31:23	Selamawit DAGNACHEW	ETH	1	Tiberias	03 JAN
31:55	Rediet DANIEL	ETH	6	Valencia	12 JAN
32:00	Rachael Zena CHEBET	UGA	7	Valencia	12 JAN

THE EUROSPORT MALTA INTERNATIONAL CHALLENGE MARATHON

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DOLMEN

STAGE 1
SIGGIEWI

10 MILES 16.097KM
START 10.00HRS
TIME LIMIT 2HRS 30MIN

FRIDAY 27th NOVEMBER 2020

Starting and finishing in the Centre of the quaint village of Siggiewi in the South-West of the Island. This 10 Mile stage (16.097km) heads South out of Siggiewi in an anti-clockwise loop finishing back in Siggiewi.

STAGE 2
MARSASCALA

5KM
START 11.00HRS
TIME LIMIT 1HR

SATURDAY 28th NOVEMBER 2020

Start and finish in this beautiful seaside resort of Marsascala near the church in Triq Iz-Zonqor, in the very South-East of the Island. This 5km is a clock wise loop finishing back to the starting point.

STAGE 3
ST. PAUL'S BAY
BURMARRAD QAWRA

½ MARATHON 21.098KM
START 8.00HRS
TIME LIMIT 3HRS 30MIN

SUNDAY 29th NOVEMBER 2020

Starting and finishing in the North-Eastern seaside resorts of St. Paul's Bay & Qawra. Starting near the Marina in St. Paul's Bay & finishing within the grounds of the Malta National Aquarium in Qawra.

Packages available with Guaranteed Race Entry
Airport – 7 nights Race HQ Hotel – Hospitality – Airport

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VIP "Entry Only" Packages also available with Guaranteed Race Entry at **€105**

For International bookings, please contact:
Barry M. Whitmore – Founder, Race Director & Official Incoming Agent
Email: bookings@maltachallengemarathon.com

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www.MALTACHALLENGEMARATHON.com
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DECEMBER 6, 2020

www.reggaemarathon.com
E: racedirector@reggaemarathon.com
P: 876 967 4903

OSAKA
MARATHON 2020
SUNDAY,NOVEMBER 29,2020
08:55/Wheelchair Rece start 09:00/Marathon start
The race entry will start in April 2020.
https://www.osaka-marathon.com/index_en.html

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
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Course not measurable to AIMS standards

ANGOLA

São Silvestre de Luanda 10km DEC
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ANTARCTICA

Antarctic Ice Marathon & 100k DEC
Richard Donovan
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Antarctica Marathon & Half MAR
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Course not measurable to AIMS standards

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Maratón Internacional de Mendoza MAY
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ARMENIA

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ARUBA

KLM Aruba Marathon OCT
Kees van Muiswinkel
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AUSTRALIA

Adelaide Marathon Festival MAY
Simon Duncan
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W: www.adelaidemarathon.com.au
fb: facebook.com/SARoadRunnersClub

Airlie Beach Marathon Festival JUL
Tim McQuoid-Mason
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W: www.runairlie.com.au
fb: facebook.com/runairlie

Australian Outback Marathon JUL
Michael Walton
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fb: facebook.com/outbackmarathon
Course not measurable to AIMS standards

Barossa Marathon Festival AUG
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McDonald's Brisbane Marathon Festival JUN
Jason Crowther
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fb: facebook.com/brisbanemarathon

The Canberra Times Marathon Festival AUG
Julie Tedde
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fb: bit.ly/2Qt8BNF

Gold Coast Marathon JUL
Cameron Hart
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fb: facebook.com/gcmarathon

Melbourne Marathon Festival OCT
Marcus Gale
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fb: facebook.com/melbournemarathonfestival

RunFun Travel Rottnest Running Festival JUN
Raymond Lampard
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W: www.wamc.org.au
fb: bit.ly/2pbsPuK

7 Sunshine Coast Marathon AUG
Jason Crowther
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fb: facebook.com/SunshineCoastMarathon

Blackmores Sydney Running Festival (incl. Sydney Marathon) SEP
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fb: facebook.com/officialbsrf

McDonald's Townsville Running Festival AUG
Scott Piper
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W: www.townsvillerunningfestival.com
fb: facebook.com/townsvillerunningfest

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

AUSTRIA

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

ASICS Austrian Women's Run MAY
Ilse Dippmann, Andreas Schnabl
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W: www.austrianwomensrun.com

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

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

Int'l WACHAUmarathon SEP
Michael Buchleitner
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fb: facebook.com/wachaumarathon

BAHAMAS

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

BANGLADESH

***CCCL RUNBANGLA Int'l 10K** MAR
Jon Michael Boka
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W: www.Run-Bangla.com
fb: facebook.com/RunBanglaInternational

BARBADOS

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

BELARUS

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

BELGIUM

Antwerp Marathon SEP
Thomas Huyberechts
E: info@golazo.com
W: www.antwerpmarathon.be
fb: facebook.com/antwerpmarathon

Brussels Airport Marathon & Half Marathon OCT
Thomas Huyberechts
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W: www.brusselsmarathon.be
fb: facebook.com/brusselsmarathon

Linker Oevert Marathon Antwerp OCT
Kid Van Thienen
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BHUTAN

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

BOSNIA

Banja Luka Half Marathon OCT
Vladimir Selec
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Sarajevo Sberbank Half Marathon SEP
Franjo Sola
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BOTSWANA

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

BRAZIL

Brasilia City Half Marathon NOV
Paulo Roberto Passos Carelli
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Rio de Janeiro City Marathon OCT
Joao Traven
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Rio City Half Marathon MAY
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Rio Half Marathon AUG
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São Silvestre Int'l Road Race DEC
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Sao Paulo City Marathon JUL
Paulo Roberto Passos Carelli
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São Paulo Int'l Marathon APR
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Corrida de Sao Sebastiao JAN
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BULGARIA

Wizz Air Sofia Marathon OCT
Daniel Hristov Dukov
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CAMBODIA

Angkor Wat Int'l Half Marathon DEC
Sem Phalla
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fb: facebook.com/angkorwathalfmarathon

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

Phnom Penh Int'l Half Marathon JUN
Sem Phalla
E: direct@cambodia-events.org, info@cambodia-events.org
W: www.cambodia-events.org
fb: facebook.com/cambodiaamazingevents/

Sihanoukville Int'l Half Marathon MAR
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E: direct@cambodia-events.org, info@cambodia-events.org
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CANADA

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Scotiabank Ottawa Marathon and Ottawa 10K MAY
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SSQ Insurance Quebec City Marathon OCT
Patrice Gagnon
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Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k OCT
Alan Brookes
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fb: facebook.com/TOwaterfront42k/

Toronto Marathon MAY
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GoodLife Fitness Victoria Marathon OCT
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CAYMAN ISLANDS

Intertrust Cayman Islands Marathon DEC
Rhonda Kelly
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CHILE

Santiago Marathon SEP
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Volcano Marathon NOV
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Course not measurable to AIMS standards

CHINA

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Changsha Int'l Marathon OCT
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Chengdu Marathon OCT
Liu Yue
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Chongqing Int'l Marathon MAR
Guo Liya
E: 569065820@qq.com
W: www.cqmarathon.com

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

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LOOKING FORWARD FOR DEC 20TH - 2020
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Race contact details

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

** Associate member*

Great Hakka Marathon NOV
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Course not measurable to AIMS standards

The Great Wall Marathon MAY
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Course not measurable to AIMS standards

Hangzhou Marathon NOV
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Hengshui Lake Int'l Marathon SEP
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Lanzhou Int'l Marathon JUN
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Shanghai Int'l Marathon NOV
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Xiamen Marathon JAN
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fb: facebook.com/xiamenmarathon

Yellow River Estuary Int'l Marathon APR
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CHINESE TAIPEI

***Eva Air Half Marathon** OCT
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Kaohsiung Int'l Marathon FEB
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fb: facebook.com/khmarathon/

Kinmen Marathon FEB
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Sun Moon Lake Marathon OCT
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Taichung Int'l Marathon NOV
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Tainan Historical Capital Int'l Half Marathon MAR
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Taipei Marathon DEC
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Standard Chartered Taipei Charity Marathon JAN
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New Taipei City Wan Jin Shi Marathon MAR
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Taishin Women Run Taipei MAR
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Course not measurable to AIMS standards

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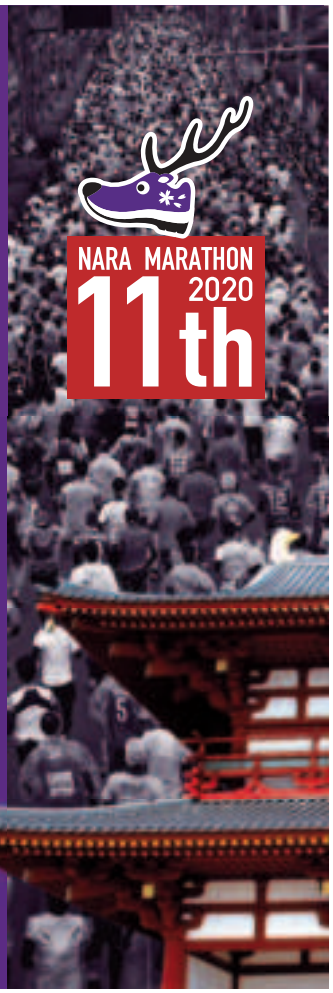

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A MARATHON TO FLY

It's a race which caters for all kind of runners – marathon, half marathon and 10k – where 60% of participants improved their PB in 2019.

Figures in the past few years clearly show what it means to run the Zurich San Sebastian Marathon; 60% of the runners who took part in 2019 improved their PB. What about you? Would you like to do so in this year's edition? The race offers 10k, half marathon and marathon and is held in the beautiful town of San Sebastian.

The date for 2020 is November 29th, so you have plenty of time to plan ahead your trip to the Basque Country, an ideal location to enjoy a few days of relaxation as well as running a marathon which will be hosting its 43rd edition this year. You will visit a wonderful town where you can also taste its world-famous food and drink.

The marathon route is practically flat and goes past some of the most emblematic and magical buildings and areas in the town, such as La Concha Beach, the best beach in Europe. Each year the race welcomes around 7,000 runners, and half of them do the full marathon. Among them you will find all kind of runners – the very fast ones, and the ones whose goal is just to have fun and to try and get their own PB. This is what is so great about this sport: there is room for everyone.

76,57% of finishers in 2019 ran between 2h50 and 4h10. If your goal is to run the 42.195k under 3h, this is your ideal marathon. And the same can be said if you want to run under 4h.

Pacers

In the Zurich San Sebastian Marathon you will find pacers for everyone. 2h45, 3h, 3h15, 3h30, 3h45, 4h and 5h. Whatever your time goal is, you can follow one of these pacers. They will be easy to spot and they will help you the whole time all along the route. They are really experienced pacers.

Reduced entry fees

If you hurry and register as soon as possible, you will pay reduced entry fees. Remember you can choose among 3 distances; 10k, half marathon or marathon. If you have children, they can also run the Zurich Race for Children on Saturday, the day before the race. Registrations for children will open in September.

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Race contact details

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

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***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

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Econet Victoria Falls Marathon JUL
John Addison
E: info@kilimanjaromarathon.com
W: www.vicfallsmarathon.com
fb: facebook.com/VictoriaFallsMarathon

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