2020 Edition 3

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Contents

Maratón Donostia – San Sebastián, Spain

News

AIMS News 5

Looking ahead

A fairytale marathon 7
H.C. Andersen Marathon, Denmark
The course is so flat it's magical – and that's before you experience the 1000-year-old city

A Scottish spectacular 9
Baxters Loch Ness Marathon & Festival of Running, Great Britain
Unforgettable scenery and the legend of a monster make this a race not to be missed

Run the skyline 11
Mainova Frankfurt Marathon, Germany
Skyscrapers of 'Mainhattan' are backdrop for Germany's oldest city marathon

Planting a seed 13
Vodafone Istanbul Marathon, Turkey
Only here can you start running in Asia and finish in Europe

Room to run 15
Maratón Donostia - San Sebastián, Spain
The beach and a tasty pintxo are never far away when you run in San Sebastian

An Atlantic winter escape 16
Funchal Marathon, Portugal
Extraordinary setting for Madeira's biggest running event

Race Features

Opinion
Out of the woods? 17
Interview with Horst Milde

Breaking new ground 20
CCCL RUNBANGLA International 10K, Bangladesh
First AIMS member race in world's eighth most populous country

Running into history
War games 23
A deadly pandemic killed millions in the lead up to the 1920 Olympics

Sport science
How far did you go, really? 26

Marathon greats
Mamo Wolde 43
Ethiopian runner who eclipsed favourite Abebe Bikila at Mexico City Olympics

Lives remembered
Yutaka Sasai 41
17 March 1947 – 31 March 2020
Andy Galloway 41
10 December 1930 – 20 March 2020

Regulars

Calendar
Official listings for AIMS events 29

World leading times
The top times for men and women at Marathon, Half Marathon and 10km 45

Race contact details
AIMS member races with full contact details 47

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On the horizon

The Covid-19 storm hit hard. It cast the running world into a sea of uncertainty but with a gradual becalming we can raise our eyes to the horizon and see some things to aim for.

Danang International Marathon (VIE)

A few races have returned in a radically revised format. These are the barest reminder of distance running as a shared activity but do provide a glimpse towards a gradual return to what went before.

Some countries have removed all 'isolation' restrictions: 43,000 people attended a rugby game in New Zealand. Vietnam withstood the onslaught of the coronavirus remarkably well, with no deaths recorded and no infections since mid-April, and the Manulife Danang Marathon goes ahead as originally planned on 8 August.

Remember what it was like just three months ago: the worldwide advice to 'self-isolate' meant not only the cancellation of races but limitations placed on any kind of outdoor physical activity. Races were either cancelled or postponed for six months or more.

We went into a period when 'virtual' events were held as a replacement for cancelled races – but different in nearly every respect. A runner participating in a virtual event will likely never catch sight of any fellow participant. The afterglow of the achievement may still be there, and any funds pledged from sponsorship, but there is no crowd to encourage you when you begin to flag and no one to welcome you when you cross the finish line.

In Europe the first easing of social distancing restrictions has brought a return to 'real' racing on a restricted scale. Swiss organisers were the trailblazers in this particular effort with fields of up to 300 runners promised from late June on. If national social distancing requirements reduce, as looks increasingly like a realistic expectation, then race fields can be raised accordingly but many races will not be economically feasible until all distancing restrictions are lifted.

Looking forward for the next three months we can see some races being held before the start of September. The Swissalpine Marathon is set to go ahead on 25–26 July in a revised format: to comply with the hygiene and distance rules still in place runners will be started on a staggered basis. The Siberian, Helsinki and Reykjavik marathons are scheduled in August – in the case of Helsinki "with special arrangements which take into account the restrictions and recommendations in force at the time".

Those scheduled in September, including races postponed from earlier in the year, are conditional on the remission of the pandemic and further easing of public health restrictions – in particular the cessation of all social distancing requirements. The Hans Christian Andersen Marathon in Denmark, scheduled for 27 September, was clear-sighted about their chances from the start: "There is a maximum of 500 allowable participants in force. We hope the Government will increase the limit to 5000 participants if there still is a maximum after 1 September – this is a number we can work with." There may yet be a fairytale ending.

Task force

AIMS' partner the International Institute for Race Medicine (IIRM) and World Athletics set up an Outbreak Prevention Taskforce of medical professionals in April which launched an online risk assessment and mitigation tool for endurance event organisers in June. Derived from the WHO's general advice for mass gatherings event organisers enter details into the tool which generates a document that event organisers can use to guide their decisions.

Distance Running

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

New race members

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

- **Dhaka Half Marathon** (BAN)
- **RUNBANGLA Half Marathon** (BAN)

Congress and symposium

23rd World Congress of AIMS Batumi 2020 GEORGIA

The new date for the 23rd World Congress of AIMS will be 8–11 April 2021 in Batumi, Georgia.

The 14th AIMS Marathon Symposium will take place in Athens on 6–7 November.

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The course is so flat it's magical – and that's before you experience the 1000-year-old city

A fairytale marathon

The H C Andersen Marathon in Odense has just about the flattest route in the world. It is also among those marathons with the cleanest air. This is truly a fairytale marathon.

The city has a history of more than 1000 years. There are cosy streets in the old town and in the modern part shopping areas, cafés and restaurants calling you for a cappuccino or a great meal.

The first H.C. Andersen Marathon took place in the year 2000 with around 2000 participants. This year 6000 participants are expected to run the half and full marathon as well as a 10km over the final part of the course.

The race is named after Odense's foremost son: the writer Hans Christian Andersen. He is famed for fairytales such as *The Little Mermaid* and *The Ugly Duckling*. At each kilometre sign you will see characters from his stories and you might even spot H.C. Andersen himself cheering for you on the route. The finisher medal also tells a story: each year a new Hans Christian Andersen fairytale is featured on the medal, while the the number of the race edition is hidden in his portrait on the reverse side.

In addition to all the enchanting fairytale the countryside around Odense is as flat as a pancake and makes the marathon course one of the fastest anywhere. It's ideal for runners looking to beat their personal record or running a marathon for the first time. "On average our runners finish the marathon in 3:51:22," says Race Director Erik Mogensen.

The start and finish of both marathon and half marathon are at the Odense Sports Centre about 2km from the city centre and most of the hotels. Runners complete the last 300m of their race on the stadium track. The Sports Centre area also houses the Expo, changing facilities, and entertainment throughout race day.

Marathon runners do two laps of the half marathon route. With several spots in close proximity in the City Centre it is possible for friends and family to cheer for you several times during your race. On the second lap a small detour takes you to the newest addition to the city's infrastructure: Odin's Bridge.

"In 2017 we decided to make it possible just to run the last 10km of the race. It turned out to be such a great success that we continued with 'Run the last 10K'. It gives families and running clubs with runners of different ability the option to participate on the same day", says Mogensen.

H.C. Andersen Marathon is co-operating with the city's hotels so if you are travelling from abroad to participate in the run you can get a good deal for your stay in Odense.

■ **www.hcamarathon.dk**

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NEW PB1

Baxters Loch Ness Marathon & Festival of Running, Great Britain

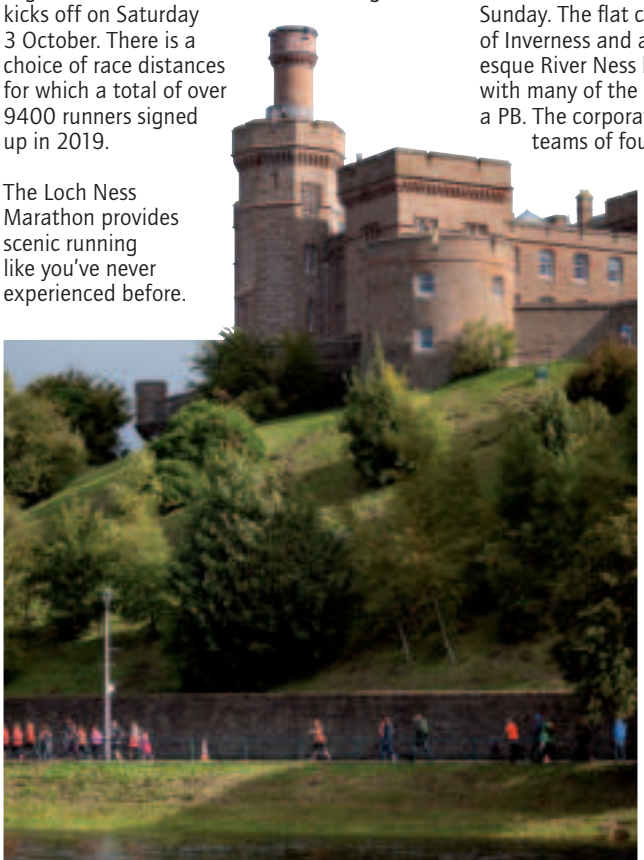
A Scottish spectacular

This bucket-list event, returning for its 19th year, has become a long-standing staple in the UK sporting calendar.

Since the first race in 2002 the Baxters Loch Ness Marathon and Festival of Running has been a highlight of the Highlands and is recognised as one of the most beautiful races in the world. Boasting spectacular scenery, fantastic atmosphere and a truly memorable experience it continues to grow each year.

Inverness is the capital of the Scottish Highlands where the Festival of Running kicks off on Saturday 3 October. There is a choice of race distances for which a total of over 9400 runners signed up in 2019.

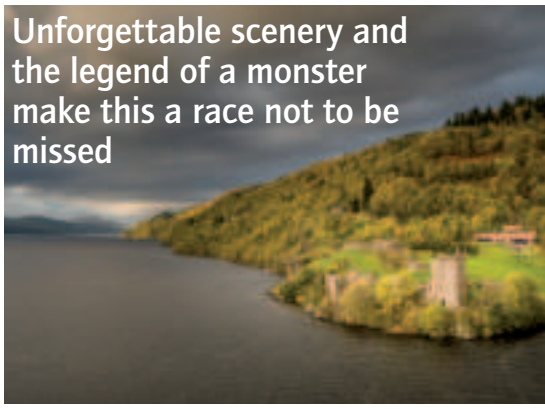
The Loch Ness Marathon provides scenic running like you've never experienced before.



The spectacular point-to-point route flows alongside the world famous Loch. It starts in an atmospheric moorland landscape and continues through stunning Highland scenery, taking you along the south-eastern shores of Loch Ness before crossing the River Ness to finish in Inverness. Expect an early but exciting start before watching the magical beauty of the Highlands unfold as you weave and undulate your way along the loch.

The Baxters River Ness 10K and Corporate Challenge acts as the little sister of the marathon and will also be taking place on the Sunday. The flat course through the historic city of Inverness and along the banks of the picturesque River Ness brings out the best in runners with many of the 2500 participants achieving a PB. The corporate challenge brings together teams of four to six colleagues joining forces for a good cause in an inspiring setting.

There is also the Baxters River Ness 5K for those wanting a shorter distance without missing out on the scenery. Open to runners of all ages and abilities including wheelchair entrants, the 5K follows a flat route along the scenic River Ness to finish alongside other races at Bught Park, Inverness. Finally, the Wee Nessie race, open to children aged five and under, follows a short circular route in the enclosed park proving that there really is something for everyone.



Unforgettable scenery and the legend of a monster make this a race not to be missed

Last year over 5200 marathon runners finished. Glorious scenery, a wide range of race distances – and a chance to spot the elusive Nessie – make this a popular event. With visitors from over 45 countries it has become a global attraction. Many international runners are already looking forward to the 20th edition on 3 October 2021.

The two-day festival promises a packed family-friendly agenda with Sports Expo, Runners Café, street food, live music, guest speakers, and kids' activities.

■ **www.lochnessmarathon.com**

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Run the skyline

Skyscrapers of 'Mainhattan' are backdrop for Germany's oldest city marathon

The key motif of the race is the view from the old bridge towards the glorious silhouette of the city of Frankfurt. But not just that: the course is fast, the atmosphere along the route fantastic and the finish overwhelming.

Now in its 39th edition the Mainova Frankfurt Marathon offers a very special kind of running experience. The flat course is tailor-made both for elite athletes and mass runners to achieve personal bests.

It's a magnificent run through the Opernplatz and among the skyscrapers. Runners get views of the Frankfurt skyline from a variety of perspectives. Music bands create an atmosphere where there is never a dull moment. Over 25,000 participants on race weekend – more than 15,000 of them in the Marathon itself – and hundreds of thousands of spectators come together to create Frankfurt's biggest street festival.

Held on the last Sunday in October Frankfurt is the oldest city marathon in Germany. The "Gudd Stubb" or showpiece arena hosts what is probably the most atmospheric finish straight anywhere in the world. The place bubbles, comes to the boil and then overflows as the winners produce their finishing kick over the red carpet in the Festhalle to cross the finish line. The race has held a World Athletics Gold Label for the last eight years. In 2019 there were only 44 marathons worldwide which earned this award.

The race brings elite and mass athletes together on one stage. "We are a brand with worldwide reach and national and regional accents," says race director Jo Schindler.

By Friday of race week the Marathon Mall in the Expo Centre is packed and is open right through to Sunday. It's an El Dorado for active sports fans and for one weekend a year people in running shoes are everywhere around the Expo and Festhalle from where it is just a short walk to the start and finish.

Frankfurt is also Germany's "greenest" marathon. The organisers have earned this title with numerous innovative projects. Protecting the environment through waste management, energy efficiency and limiting CO2 emissions are a priority.

Runners can also participate as a member of a four-person team in the Generali Relay Marathon. You can do a warm-up the day before with a relaxed 5km in the Breakfast Run powered by InterAir, alongside some well-known names and with everyone in celebratory mood.

The Schneider Electric Mini-Marathon and the Kids Race powered by Schneider Electric (for children from 5–17 years old) give the little ones the chance to cross the finish line under the bright lights of the Festhalle. The scenes there every year make for so many pictures in the family album. The 39th edition of the Mainova Frankfurt Marathon offers an unforgettable experience for the whole running family.

■ **www.frankfurt-marathon.com**

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Looking ahead | 8 November 2020

Vodafone İstanbul Marathon, Turkey

Planting a seed

Istanbul Marathon offers the unique opportunity to run from one continent to another; from Asia to Europe.

The city has welcomed recreational runners from all over the world every year since 1979 for its largest annual sporting event. The race was first organised with only 74 runners, six years after the two continents were connected by the first of the three suspension bridges there are today. It was then called the Asia-Europe Race, later renamed as the Intercontinental Istanbul Eurasia Marathon. In 2013 it became simply Istanbul Marathon but kept its "intercontinental" concept.

The race starts on the Asian side and crosses the 15 July Martyrs Bridge over the Bosphorus Strait separating the two continents. It finishes on the European side in the ancient Roman Hippodrome, one of the oldest race tracks in the world. Having served successively as the capital of the Roman, Byzantine and Ottoman empires, over a period of 1600 years, Istanbul has a wealth of historical monuments as well as magnificent scenic beauty along the course.

Despite being a city of over 16 million people the citizens of Istanbul are happy to leave the streets once a year to participants in the country's foremost running event. The first 5km of the course are mostly downhill, then it is mostly flat, but the runners must face a 2km uphill stretch before the finish. The course is closed to traffic until the 6-hour cut-off time is reached. Each finisher is certified as an "Intercontinental Runner" and receives a medal. The race offers prize money to the top three in both national and foreign masters age groups in 5-year increments from 35–85+ years.

Istanbul Metropolitan Municipality, the organiser of the event, initiated a project in 2014 called "A Greener World", and the Istanbul Marathon has been committed to delivering a sustainable event ever since, with further initiatives taken every year. Besides adopting and promoting programs that conserve natural resources, eliminate waste, and minimise possible harmful emissions, a "Commemorative Marathon Forest", which is the biggest legacy of the Istanbul Marathon to future generations, was created following a sapling planting campaign. Runners who register with the event donate saplings on voluntary basis during the Marathon Expo, including many foreign runners who bring seedlings from their countries to support the campaign.

Only here can you start running in Asia and finish in Europe

Istanbul Marathon, a World Athletics Gold Label event, is just one of the three races on the day. It is the only occasion each year to travel from one continent to the other on foot. The 15km and the marathon attract 35,000 runners while the traditional 8km fun run receives about 70 thousand entrants.

The finish is in the heart of the old city next to famous attractions such as the Blue Mosque and Hagia Sophia. The Grand Bazaar, one of the largest and oldest covered markets in the world with 61 covered streets and over 4000 shops, is also close by. As most visiting runners stay in Sultanahmet, near the finish area, the organisers provide shuttle buses from here to the start on race morning. All tourist runners are treated with traditional Turkish hospitality in Istanbul.

■ **www.maraton.istanbul**

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Room to run

The beach and a tasty *pintxo* are never far away when you run in San Sebastian

San Sebastian is a synonym for enjoyment. Recognised worldwide for its beauty and gastronomy, it is known as the 'Pearl of the Cantabrian Sea'. The town is also ideal for running and the San Sebastian Marathon is one of the best in the world. It is the second oldest in Spain after Madrid, both of them having started in 1978.

The race is not as crowded as other marathons held in big cities. There are around 3500 runners in the marathon and 2500 in the half marathon. This year for the first time the 10km race will be held the day before, on the Saturday, and it usually attracts around 1500 runners. There are also children's races for those aged 3–13 with different distances according to age. 1200 children usually take part.

San Sebastian has a great athletic background: Seb Coe won 800m gold here in the 1977 European Indoor Championship. Sergei Bubka set a world indoor pole vault record here of 6.10m. The town also hosts the International Cross Country every year, an event which holds its 65th edition this year and which hosted the International Cross-Country Championships back in 1955.

Thanks to the great course (which is flat and at sea level) and the perfect running temperature (averaging 11C in November) the race offers ideal conditions. The Marathon World Cup was held in San Sebastian in 1993 and has hosted the Spanish Marathon Championships on

many occasions. The current Spanish women's marathon record of 2:26:51 was set here by Ana Isabel Alonso.

Participants in the marathon complete two laps of a route which is practically flat and which passes by the three beaches that lie within the town. The Concha Beach has been named several times in the past few years as the best beach in Europe according to TripAdvisor users. Runners see this wonderful beach from just a few metres away several times along the route.

There is little pollution which also helps runners set personal best times. More than 65% of participants improve their PBs in this race which is officially timed and included in the calendar of the Spanish Athletics Federation. The race was given top grading by European Athletics as a Quality Road Race and it is fully committed to environmental protection and reducing waste.

San Sebastian is located in the Basque Country in the North of Spain and is just 20km from the French border. It welcomes thousands of tourists every year. More than 15 Michelin stars within a 25km radius testify to San Sebastian being one of the best places in the world to eat. Visitors on tighter budgets shouldn't miss the famous tapas – locally called *pintxos* – which are offered by the many bars and restaurants in the Old Town.

Other attractions include the Kursaal Congress Centre, Victoria Eugenia Theatre, Miramar Palace, Buen Pastor Cathedral, Santa Clara Island, Igeldo Mountain – and the beaches. No doubt about it: San Sebastian is an ideal place to spend a magical weekend and take part in a top-quality race where marathon and half marathon participants will get a finisher medal and all participants receive the official T-shirt.

■ **www.zurichmaratondonostia.com**

An Atlantic winter escape

The Funchal Marathon held every January is one of Madeira's biggest sporting events. It involves hundreds of local athletes and hundreds of foreign runners who choose this event for the quality of the route and for the good weather (averaging 20C during January). Runners should take advantage of their visit to discover the island that has been named, for several years, as the best island destination in the world (according to 'World Travel Awards').

At a time when the world is struggling with the Covid-19 pandemic the archipelago of Madeira guarantees unique health conditions for visitors. Hotel units in the capital receive the highest praise of visitors from the four corners of the world.

Demand for race entries is high. Including the half marathon and mini marathon there are always more than a thousand participants.

The Madeira Athletics Association has over two decades of experience in organising the event,

Extraordinary setting for Madeira's biggest running event

evidenced by the quality of the races, including having staged numerous national and international championship events.

The Funchal Marathon is more than just a sporting event: it involves the whole community who spill out onto the streets to support the runners. It brings together the families of athletes in moments of leisure and fun that contribute to the event's international recognition.

Specialities of the event include live music along the course and provision for food and drink which gives a unique atmosphere for all who attend, especially for those who travel to Madeira to accompany the runners.

Expectations are high for 2021. Madeira calls out to you and guarantees you one of the best possible marathon experiences. The archipelago

also offers historical monuments, traditional markets, the Lido promenade, and various gardens and parks. There are also the smaller islands to explore, including the nature reserves of the uninhabited islands.

The Madeira Archipelago was discovered in 1419 during a push to expand Portuguese territory, spread the Catholic faith and develop the kingdom's economy. Settlers began to arrive soon after, producing and exporting wheat, sugar and wine. Economic development of the archipelago centred on agricultural production and the island's role as a convenient port of call on trade routes. The islands continue to offer unique products in an extraordinary setting, which has made Madeira the excellent tourist destination it is today.

Several airlines fly direct to the island from European airports. The Aeroporto de Madeira lies the east of Funchal at Santa Cruz. Taxis into town take around 15–20 minutes and fares are metered. Buses are cheaper but take much longer.

■ **www.madeiramarathon.com**

Out of the woods?

By Jörg Wenig (www.race-news-service.com)

Picture: Helmut Winter

After three months of struggling through 'lockdown' the 'Berlin 10km Invitational' run on 7 June became the first race worldwide since the start of the pandemic to produce internationally relevant times, as women's winner Alina Reh (in the middle of the picture) posted a time of 31:26, the seventh-fastest of the year.

The only other top distance run that has taken place since mid-March was a 5km road race in Stavanger (NOR) where Jakob Ingebrigtsen set a national record of 13:28.

The 'Berlin 10k Invitational' was put on by Mark Milde, race director of the Berlin marathon, Christoph Kopp, elite athlete co-ordinator for the Frankfurt marathon and Helmut Winter, who implements lead vehicle time displays for the elite runners in many major international races. To ensure that the current corona rules were observed the organisers did not announce the race in advance. Local media knew nothing about it so there were almost no spectators along the course.

The race was in southeast Berlin on a completely flat asphalt forest road. Eight men and seven women (with pacemakers) started. The men set off two minutes ahead of the women and the individual starting positions were fixed so that there was a 2m distance between the runners.

After watching the event 'Return of the Road Run' Horst Milde, Chairman of German Road Races (HM), gave the following interview to Jörg Wenig (JW) of race-service-news.com

Horst Milde
Picture: Gesine Milde

JW: *When you watched the race you must have been reminded of past times – like 50 years ago...*

HM: Yes, but you would have to compare it with much earlier times because we didn't have such small starting fields even 50 years ago. But the general conditions: the race on a forest road, and the few spectators – did remind us of our early days in the 60s and 70s. It was a bit like the start of running races on Sundays. While on the one hand a lot was kept very simple on the other technology was used that is usually found only in large international marathon races.

JW: *How important can this small race be for German and also international running?*

HM: It was a breakthrough. It was like a redemption for everyone involved and a demo that emboldens. This event showed that something is possible if you have the courage to approach the appropriate places for approval, then implement the concept and organise it in an exemplary manner for everyone. I've heard only positive things from athletes and coaches. Everyone hopes that there will be more races. They are very important for top runners to get into position with regard to the Olympic Games. If we don't do anything there is a risk that at some point nobody will be interested any more.

JW: *Do you think there will be running events in the second half of the year? And what could they look like?*

HM: I think there will definitely be elite races, nationally and internationally. Perhaps larger runs will be possible again from September if they can be organised according to a similar scheme as the Berlin race. In Switzerland, South Tyrol and Austria there are already some events in the summer, including the traditional Swiss Alpine Marathon. Whether larger runs are possible in Germany depends on the requirements of public health authorities. Current rules on hygiene are not feasible for large road races. I expect the first major races to take place abroad again but that we will have to wait a while in Germany for this.

JW: *When you see big demonstrations and crowds of people in shopping streets doesn't it seem disproportionate if running events are not allowed?*

HM: Yes. There are demonstrations with five-digit numbers and most people do not even have a mask; minimum distances are not observed. Small and medium-sized running events as well as elite races should be able to take place. As the steeplechaser Gesa Krause put it: 22 soccer players can fight for the ball with physical contact, but ten runners are not allowed to run in a row on the track? Where is the logic, why shouldn't there be such races?

JW: *The German Athletics Federation has cancelled all road racing championships for 2020 due to the corona crisis. Could German Road Races take the initiative and turn suitable races into national GRR championships?*

HM: I hope that the last word has not yet been spoken, because it cannot be that way. It would be a disgrace if we in Germany would not be able to organise these championships elite-only fields. The Austrians and Swiss are way ahead of us. Championships cannot just be cancelled. That would be digging our own grave. German Road Races are not organisers but if it goes that way I could imagine that we would discuss and support such an idea.

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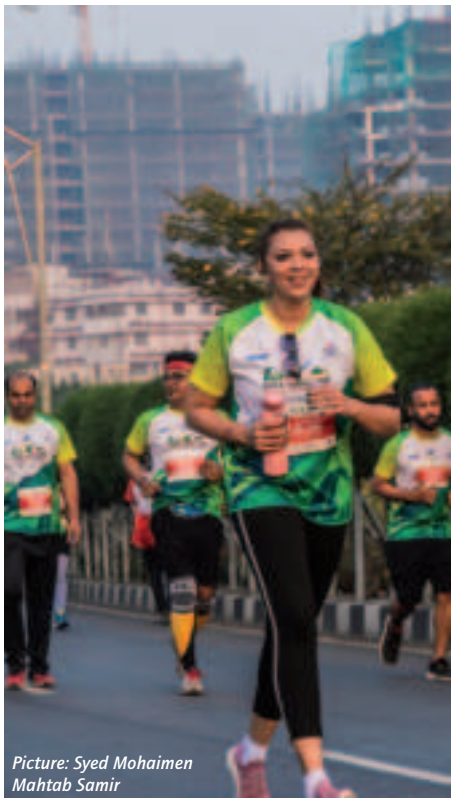
First AIMS member race in world's eighth most populous country

Picture: Shahriar Mohammod

On 13 March 2020 a starter's pistol ushered in a new era of running in Bangladesh.

Beside the beautiful Lake Hatirjheel in the nation's capital city of Dhaka the CCCL-RUN-BANGLA International 10K got underway as 1400 enthusiastic runners made history winding their way around the lake. It was a beautiful cool morning as the sun rose on a new dawn for running in Bangladesh.



Picture: Syed Mohaimen Mahtab Samir

The newly-formed sports organiser, RUNBANGLA International LLC, staged the first ever AIMS member event in Bangladesh, using the first internationally certified course in the country. A flag had been planted.

RUNBANGLA founder Jon Michael Boka, a New York architect, began travelling to Bangladesh for professional reasons in 2011. As a lifelong runner he seeks races wherever his travels take him. "Over the course of a few years I saw that Bangladesh was changing," he said. "Its economy was surging and the time felt right for Bangladesh to join the international running community. It's an exotic location with a rich culture, history, natural beauty, youthful entrepreneurial energy and an incredibly generous people."

In early 2019 Boka and his partners from Bangladesh and North America created RUNBANGLA International LLC. Co-founders included marketing expert and Bangladeshi runner Mehedi Hasan, branding specialist Paolo Bertolotti of New York City, and its directors Rajib Hossain, an influential local Bangladeshi runner and race director along with Veronika Valentovičová, a Slovak citizen residing in Canada, who specializes in social media and public relations.

For their first race RUNBANGLA teamed up with the Cadet College Club Ltd (CCCL), one of the most esteemed private clubs in Bangladesh, as the title sponsor. RUNBANGLA's mission is to create multiple running and sporting events for adults and children, connect with domestic charities and promote issues concerning climate change and the environment – especially critical in this low-lying country.

"We were surprised by the overwhelming support shown to our organisation," said Boka. "AIMS helped us a lot and several leading race directors gave us great advice on how to set up a world class race in a country new to the international running world stage." But the

Picture: Khaja Naser Ahmed

local response was even more impressive: "We received support from local government, business sponsors, local and international runners and groups. Without their help we never would have been able to get the race onto the road." From the time the course was measured and certified in December 2019 the RUNBANGLA team had three months to their race date but, with local and international endorsement, it was achieved.

The first race was a great success. Thousands of participants shared pictures and posts of their experiences and looked forward enthusiastically to future events. "The entire community is excited about this new milestone," said Hossain. "Runners have a new standard for what to expect from a race."

On 20 November 2020 the RUNBANGLA Half Marathon will be held at the same venue. This event includes a certified half marathon course, a 7.3km fun run and several children's races to offer an inclusive, family-friendly community for all runners, from the serious to the casual. The influence of RUNBANGLA is already being felt as the three-year old Dhaka Half Marathon, organised by BD Runners and Dhaka Run Lords, have subsequently applied for AIMS membership and expect to have a new AIMS event by 2021.

While many of Bangladesh's best athletes travel abroad to compete the country is also home to several dedicated grass roots running communities. The oldest and largest running group, BD Runners, was formed in 2011. This group has connected running enthusiasts of all levels and continues to sponsor community races, open training runs and to inspire other smaller groups throughout the nation to bring running to their communities.

But perhaps what grabbed national attention most was when Shamsuzzaman Arafat, an avid runner and Ironman competitor, ran his solo 1000km Great Bangladesh Run in 2017 to promote the health and fitness of the running lifestyle. He remarked: "[running] is a mind game and a test of one's self-confidence. People can do everything if they try with confidence."

Picture: Khaja Naser Ahmed

This credo has served as an inspiration for many local runners to this day.

Geopolitically Bangladesh is a relatively young country, having achieved its independence in 1971. Today it is the world's eighth most populous country and has one of the fastest growing economies in the world. Bangladesh Prime Minister Sheikh Hasina, who among the leaders of the world's fifteen largest countries is the only woman, has been praised for her leadership and the economic growth under her tenure.

For the international runner who chooses to visit Bangladesh there are many things to do and see. Access is eased by visas granted on arrival to visitors from many countries – but do check before you make plans. There are several travel companies that can arrange your trip, one preferred travel partner is listed on the www.run-bangla.com website.

Dhaka has over 20 million residents, and a lot of traffic, so staying near the race course at Lake Hatirjheel is advisable. The Gulshan business district, about 2km from the race course, is where you will find first-rate international hotels, restaurants and shopping. We recommend using a local tour guide to see the sights of Dhaka including the world-famous National Parliament House designed by Louis Kahn, the Bangladesh National Museum, Old Dhaka City, Dhaka university and much more.

If you have time you might want to catch a one-hour domestic flight to Cox's Bazar in the southeast coastal region. There you'll find the longest natural sand beach in the world with many picturesque fishing villages along with several top-notch resort hotels and delicious local cuisine. If you're lucky you might even glimpse an elephant; or if you travel to the western mangroves of the Sundarbans one of the 400 or so remaining Bengal Tigers.

RUNBANGLA's first event came just days before the Covid-19 pandemic shut down the globe. In response Boka shared RUNBANGLA's hope for the future: "As the world struggles with this crisis I believe our best action as individuals is to support our communities and those suffering around us as best as we can, while planning for a positive future. 20 November 2020 is the date for the RUNBANGLA Half Marathon in Dhaka. We will deliver this event with the greatest care following all regulations for the safety of all our runners. If an alternate date is required, we will be prepared. We hope to see you there!"

■ **www.Run-Bangla.com**

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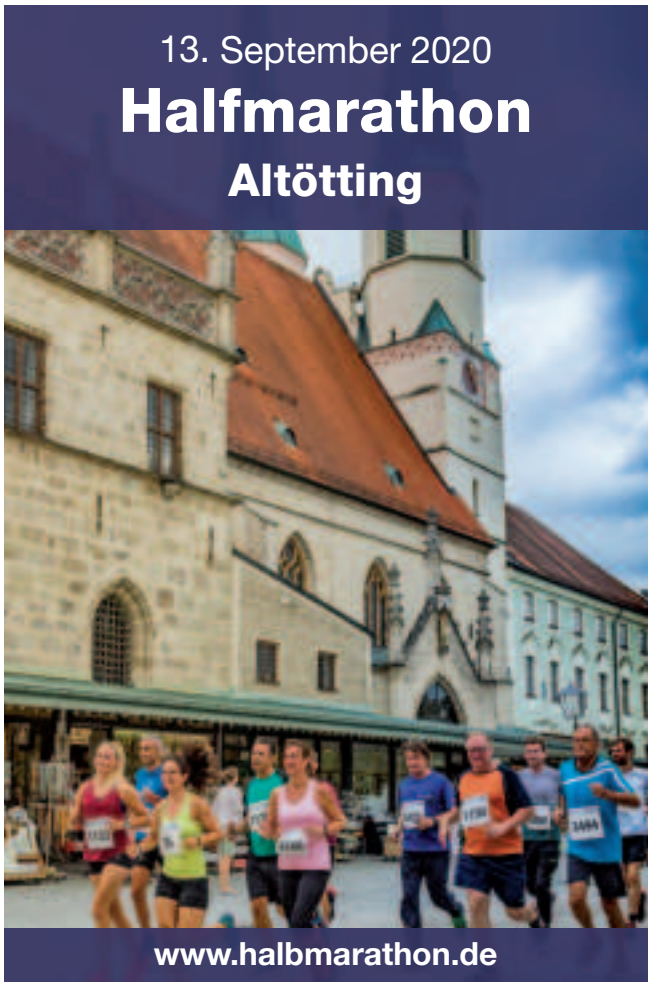
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War games

A deadly pandemic killed millions in the lead up to the 1920 Olympics

Opening ceremonies of the VII Olympic Games on April 20, 1920 in Antwerp, Belgium. Picture:Getty

By Hugh Jones

With additional material from Bob Phillips, Track Stats

'Unprecedented' has become perhaps the world's most overused word since the coronavirus struck – but there was a precedent.

One hundred years ago, in the build-up to the 1920 Olympic Games, a virus emerged that at first appeared as just a more contagious and virulent form of the usual annual flu bugs. An early reported case was in March 1918 when an American army cook in Kansas was afflicted by a 40ºC fever. It spread rapidly through the camp and from there, through troop deployments, to Britain and France. In the next three months three-quarters of the French army and half of the British became infected. That was the first wave, in which the death rate seemed no more than that of a seasonal flu.

Hannes Kolehmainen arrives in the stadium

The 1916 Games were to have been held in Berlin but wartime hostilities led to Germany's exclusion from the post-war Olympic Games (until 1928). A Belgian Olympic organising committee had been formed as early as August 1913 which proposed Antwerp as the host city. IOC founder Pierre de Coubertin made a site inspection in September and in June 1914 the 6th IOC Congress in Paris considered a 109-page bid document. Proposals from Amsterdam, Budapest and Rome were also discussed but no decision was made.

Marathon start

The 'Great War' inflicted such damage on the leading Olympic nations that there was some uncertainty whether the Games would be held but immediately after the war ended the IOC gave Antwerp first refusal to host the Games. In March 1919 the Belgian Olympic Committee accepted and on 5 April 1919 Antwerp was officially declared the host city for the games of the VIIth Olympiad*.

Wartime censorship had mostly kept the lid on news of the virus that had swept through the allied armies but as neutrals Spanish journalists could report more freely and for that reason it became known as 'Spanish flu'. Infections receded over the summer but when the virus mutated it returned with a vengeance, now able to kill otherwise healthy adults within 24 hours of them showing symptoms.

From late August 1918 troop deployments again spread the disease – now a global pandemic – and the death toll escalated in the autumn: 195,000 Americans died in October alone. This lethal second wave abated by December but from January 1919 there came yet a third wave, migrating back to Europe and the US from Australia. Mortality rates were just as high but, now that the war was over, the conditions that had allowed the disease to spread so easily no longer existed and the death toll was consequently much lower.

The third wave had run its course by the summer of 1919 by which time it is estimated that 500 million people had been infected and upwards of 25 million had died. Yet despite the huge death toll there was no question of the 1920 Olympic Games being cancelled. Preparations went on at full speed with construction of the new Olympic Stadium started in July 1919 and completed on 23 May 1920.

Only the French Olympic Committee demurred, arguing that: "The Olympic Games should not be held before 1921 as there would not be sufficient time for the Allied countries which have supported, and are still supporting, the burdens of the war to prepare adequately for a meeting in 1920". There was no mention of the Spanish flu pandemic.

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Juri Lossman (left) and Hannes Kolehmainen

A century ago people lived with the impact of infectious diseases every day of their lives to a far greater extent than we do today. The idea of suspending major international sporting events attracting thousands of spectators was never seriously considered. An Inter-Allied Games was held in Paris from 22 June–6 July 1919 attended by 1500 athletes from 18 nations.

The protracted 1920 Olympic Games opened in Antwerp on 20 April and lasted until 12 September with 29 athletics events held between 15–23 August. The number of athletes exceeded those who had attended the previous Games in Stockholm in 1912.

On Sunday 22 August in cool, damp conditions 48 runners started the Marathon in the Beerschot Stadium. The race began and ended with 1.5 laps of the track. The weather was cool and damp. South Africa's Chris Gitsham and Belgium's Auguste Broos led through the first 3km. Approaching halfway the lead pack consisted of Gitsham, Broos, Hannes Kolehmainen, and Italy's Ettore Blasi, with Estonia's Juri Lossmann and the Finn, Juho Tuomikoski, close behind. Kolehmainen then took over the lead and he and Gitsham ran together for almost 15km. Gitsham withdrew with leg problems at 37km leaving Kolehmainen, who had won gold in the 5000m, 10,000m and cross-country at the last Olympic Games, with what looked like it would be an easy victory. But Lossmann was closing fast and finished only 13 seconds behind Kolehmainen as they both ran faster than the previous world record. Kolehmainen's new world record figures were 2:32:35.8. His older brother Tatu finished 10th in 2:44:02. Of the 35 finishers 24 ran under three hours.

Innovations at the VIII Olympiad included some that can be seen as a reaction to the suffering of the previous six years: the five-ring Olympic flag, signifying the universality of the Olympic Games, was flown for the first time; the Olympic oath was taken for the first time by an athlete on behalf of all competitors; and for the first time doves were released as a symbol of peace.

The local Olympic Organising Committee went bankrupt during the Games and no official report was ever produced. The documents of the Games were archived at the Belgian Olympic Committee headquarters in Brussels and a report was produced in 1957.

** "Olympiads" are counted as the 4-year intervals since Olympic foundation, so the VI Olympiad was in 1916 even though the Olympic Games were not held. Tokyo is the Games of the XXXII Olympiad but will be only the 29th Modern Olympic Games.*

How far did you go, really?

By Tom Gray

For distance runners across the globe the COVID 19 lockdown has wrought havoc on their running routines.

Cancelled races or only being allowed to run solo is the least of it. In some countries allowance is made for daily exercise but in others exercise has either been banned or restricted to the immediate surrounds of the home.

The result has been the rise of the lockdown marathon. It may have started with French runner Elisha Nochomovitz who, having been prevented from running the Paris Marathon after its six-month postponement, ran the length of a marathon on his 7m balcony.

In South Africa, where exercise outside the home was completely banned, runners signed up pledging to run 2km per day in order to cover a marathon distance by the end of the period of lockdown (or an ultra-marathon, should it be extended).

In Tokyo's western suburbs 25-year-old Goshi Osada spent 54 hours and 40 minutes running 10,667 laps of a 15m trail he had marked out around a tree with a 1m difference between its highest and lowest points. He covered 100 miles (just over 160km), and climbed higher than Mount Everest and back down en route.

Keeping count of thousands of laps must have been difficult, especially for runners who admitted to becoming dizzy and light-headed at times. If they hadn't carefully measured the length of the lap and kept an accurate count of laps run there would have been no way to calculate the distance because running wearables under these conditions are just not accurate.

Take the 'balcony marathon' and look at the sheer insanity of the record that Elisha got from his wearable (Figure 1) and posted on Strava. If we were to believe the data then his balcony is a few hundred metres wide, spans several highways and includes elevation changes of over 20 vertical metres.

Colin Harper, a veteran of the Marathon des Sables, had carefully measured out a course in his back garden so as to run an accurate marathon, only to discover that his sports watch had recorded him as running a full 10km short (Figure 2).

Figure 1: Data produced by Elisha Nochomovitz's GPS device

Figure 2: Colin Harper's back garden marathon

"As you can see [the satellite trace] struggled to keep track of me," said Harper. "And as a result underestimated the distance by quite a bit. I'm quite sure that I ran at least 26.2 miles."

Beyond the frustrations and indignity of having your distance incorrectly recorded accurate positioning really matters both for training and on race day.

The ability to run at a constant pace is a foundation of training but without an accurate record of distance travelled wearables are reduced to guesswork.

For Lars Rasmussen, one of the co-founders of what became Google Maps, performance is all about planning. He ran the NYRR Staten Island half marathon last year. It was his first half marathon and he used his watch to get split time audio cues during the run.

"I wanted to break two hours and maintained an average pace of nine minutes per mile throughout the first 12 miles according to my app. But then, a few minutes after the app told me I had hit 12.5, I noticed the 12-mile marker on the course. Suddenly realising I had more than a mile left when I thought it was less than half that totally floored me mentally. I had to walk-run a fair bit of that last mile and failed to make the two-hour mark as a result."

There's also the issue with where you are in the world, especially for fell-runners, where it can become an issue of personal safety. Colin Harper said: "There are occasions when it is really important to be the right side of a hedge or ditch but the accuracy of GPS isn't enough to indicate you are off-course by only a few metres. I have run several hundred metres on the wrong side of a hedge until the paths gradually diverged and I realised I was on the wrong one. I had no idea where I had missed the gap in the hedge, only that there was no way through where I was."

Why are current fitness trackers so inaccurate? What's really going on?

Running in confined spaces has shone a light on just how untrustworthy today's wearables are in terms of reporting your location. Here's why:

• Poor satellite reception/not enough satellites
By watching the films posted by Nochomovitz, we can see that his balcony has a limited view of the open sky. What that means is that when his sports wearable is trying to get "GPS ready", i.e. to get a satellite fix, it only has a fraction of the available satellites to look at. With so few satellites to fix on, and all in the same region of the sky, his device would expect a margin of error around 60m – hence the trace thinking that he was flying Superman-style over the highway across from his balcony.

• Poor sensor fusion
Take a look at the elevations reported on the Strava trace: apparently his balcony ranges from +13m to –19m in elevation. This is probably because of the poor GPS sky coverage and the barometer on his phone is getting confused by changes in temperature and pressure on the balcony – tricking it into thinking that he climbed the equivalent of 10 flights of stairs.

What can we do about it?
FocalPoint is a Cambridge-based start-up that has developed software upgrades for standard GPS chips to make them 10 times more accurate, especially in urban environments where signals get really messy.

Lockdown has created the constraints for FocalPoint's engineers to test it in a similar way to the lockdown marathoners. Figure 3 shows a micro-version of Strava Art, running a heart-shaped trace in a 5m×5m back garden. Here's what it looks like on a major brand watch vs a Google Pixel equipped with FocalPoint D-Tail technology. Remember – this is run in a yard that is just 5m×5m.

Trial the tech
The much higher integrity trace is created by using a machine-learning-driven human motion model to get a true picture of how runners move through space, together with precise sensor fusion to get a true reading of elevation.

Combine that with FocalPoint S-GPS technology, soon to be available in some consumer-grade smartphones, and runners can expect a fix that is ten times better.

FocalPoint tech is currently trialing a number of sports wearables, and is expected to be available in smartphones from 2021.

What can you do about it?
Runners interested in getting a more accurate measurement of their run can join the FocalPoint trialist community by filling out FocalPoint's demo request form: *https://focalpointpositioning.com/demo-form*

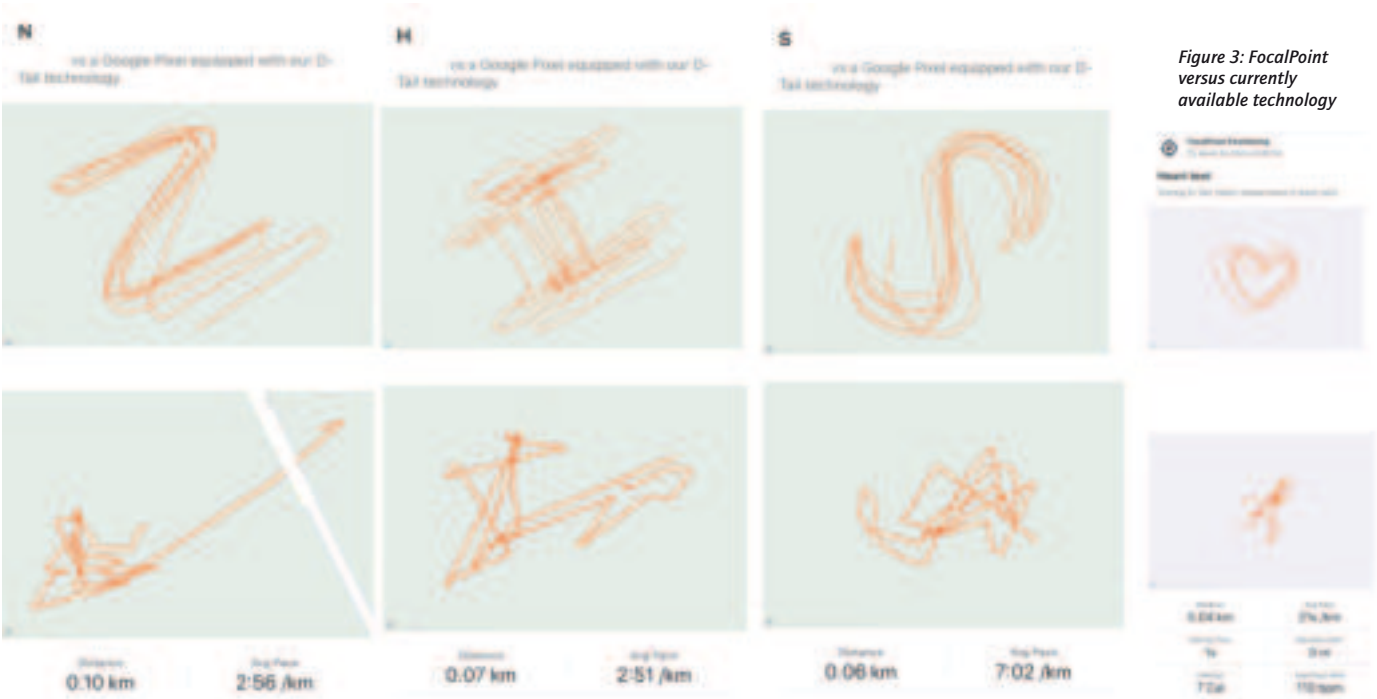


Figure 3: FocalPoint versus currently available technology

A fairy-tale Danish marathon for everyone

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

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

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

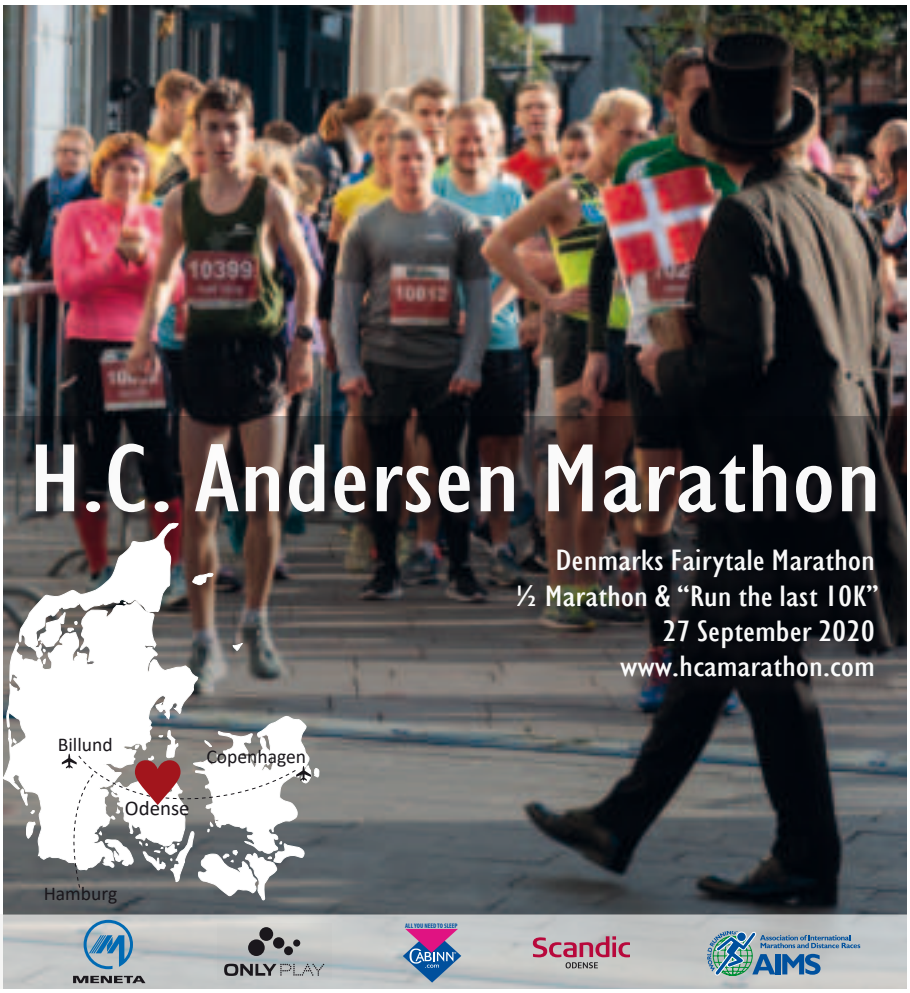
A marathon route that is ideal for both debutants and runners looking to beat their personal best. It sounds like a fairytale and it almost is.

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

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

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

www.hcamarathon.com



Calendar

AIMS member events for the forthcoming 12 months
July 2020 – June 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 cancelled, postponed or rescheduled, and further changes are likely to occur after *Distance Running* has gone to press. Please consult the AIMS calendar online and/or the races' own websites for up-to-date information.

July 2020

- P Gold Coast Marathon — Postponed until July 2021
- P Gornergrat Zermatt Marathon — Postponed until July 2021
- P Econet Victoria Falls Marathon — Postponed until December 2020
- P Maraton Varmex — Postponed until October 2020
- P Correcaminos Half Marathon and 10k — Postponed
- 17-19 **Golden Ring Ultra Trail 100** — RUS U,R Course not measurable to AIMS standards — 55
- P Island Chill Suva Marathon — Postponed
- P Mauritius Marathon — Postponed until December 2020
- P Airlie Beach Marathon Festival — Postponed until July 2021
- 25-26 **Swissalpine** — SUI U Course not measurable to AIMS standards — 56
- P Australian Outback Marathon — Postponed until July 2021
- P media maratón de Bogotá — Postponed until July 2021
- P Sao Paulo City Marathon — Postponed until October 2020
- P Westlink M7 Blacktown Running Festival — Postponed until July 2021
- tbc **Media Maratón Ciudad de Guayaquil Diaro Expreso** — ECU H — 48

August 2020

- P McDonald's Townsville Running Festival — Postponed
- P The Khmer Empire Marathon — Postponed until August 2021
- 2 **Moscow Half Marathon** — RUS H,R — 55
- P Run716 15K and 3 Person Relay — Postponed until August 2021
- 2 **Siberian Int'l Marathon** — RUS M,H,R — 55
- P Airtel Hyderabad Marathon — Postponed
- 8 **Manulife Danang Int'l Marathon** — VIE M,H,R — 57
- P Manulife Danang Int'l Marathon — Postponed until August 2020
- 9 **SPB Half Marathon. The Northern Capital** — RUS H,R — 55
- 9 **10km Int'l de Dakhla** — MAR R — 51
- P 7 Sunshine Coast Marathon — Postponed
- 16 **Kazan Marathon** — RUS M,H,R — 55
- P Kuching Marathon — Postponed
- P Dadi Prakashmani Mount Abu Int'l Half Marathon — Postponed
- P Rio Half Marathon — Postponed until January 2021
- P Maybank Bali Marathon — Postponed
- 22 **Helsinki Marathon** — FIN M,R — 48
- 22 **Paavo Nurmi Marathon, Half and 10k** — FIN M,H,R — 48
- 22 **Islandsbanki Reykjavik Marathon** — ISL M,H — 50
- P Barossa Marathon Festival — Postponed
- 23 **Taishin Women Run Taipei** — TPE H,R — 48
- P The Canberra Times Marathon Festival — Postponed until April 2021
- P Maratón Int'l Asunción — Postponed
- P Int'l Asunción Half Marathon — Postponed
- 29 **Stavanger Marathon** — NOR M,H,R — 53
- P Fjordkraft Bergen City Marathon — Postponed
- P La Ruta de las Iglesias — Postponed
- P StraLugano — Postponed until May 2021
- P Hokkaido Marathon — Postponed
- P Abbott Longford Marathon — Postponed until August 2021
- P Airtel Hyderabad Marathon — Postponed
- P Maybank Bali Marathon — Postponed
- 30 **Peru Runners Lima Half Marathon** — PER H,R — 53
- tbc **Bangkok Midnight Marathon** — THA M,H,R — 56
- tbc **Maratón de la Ciudad de México Telcel** — MEX M — 51

September 2020

- 4-6 **Knarvikmila The Great Fjord Run** — NOR H — 53
- 5-6 **Milton Keynes Marathon & Half** — GBR M,H,R — 49
- P ASICS Stockholm Marathon — Postponed
- P EDP Lisbon Half Marathon — Postponed until May 2021
- 5 **Pushkin Marathon** — RUS M,H,R — 55
- P Petra Desert Marathon — Postponed until September 2021
- P Stockholm Half Marathon — Postponed
- 6 **Santiago Marathon** — CHI M — 47
- 6 **Vaal River City Marathon** — RSA M,H,R — 55
- P Maratón Medellín — Postponed until September 2021
- P IDBI Federal Life Insurance Mumbai Half Marathon — Postponed until November 2020
- 6 **Pila Int'l Half Marathon** — POL H — 55
- 6 **Taipei Freeway Marathon** — TPE M,H,R — 48
- 6 **Astana Marathon** — KAZ M,R — 51
- 6 **CSOB Bratislava Marathon** — SVK M,H,R — 55
- 6 **Volkswagen Bucharest Half Marathon** — ROU H,R — 55
- 6 **35th Wizz Air Budapest Half Marathon** — HUN H — 50
- P Cork City Marathon — Postponed until June 2021
- 6 **Medio Maratón Atlas de Guadalajara** — MEX H — 51
- 11-13 **Ladakh Marathon & Ultra** — IND M,H,R,U — 50
- 11-13 **Tallinna Maraton, Half & 10k** — EST M,H,R — 48
- P Jungfrau-Marathon — Postponed until September 2021
- 12 **Antwerp Marathon** — BEL M — 47
- 13 **Satara Hill Half Marathon** — IND H,R — 50
- 13 **Halfmarathon Altötting** — GER H,R — 22
- P TCS World 10K Bengaluru — Postponed until November 2020
- 13 **Copenhagen Half Marathon** — DEN H — 48
- 13 **United Airlines Guam Marathon** — GUM M,H,R — 49
- 13 **Haspa Marathon Hamburg** — GER M — 49
- 13 **River Kwai Int'l Half Marathon** — THA H — 56
- 13 **Lanzhou Int'l Marathon** — CHN M,H,R — 48
- 13 **Minsk Half Marathon** — BLR H,R — 25
- 13 **Danske Bank Vilnius Marathon** — LTU M,H — 51
- P B.A.A. Boston Marathon — Postponed
- P Dhiraagu Maldives Road Race — Postponed
- 19 **BMW Oslo Maraton** — NOR M,H,R — 53
- 19 **Greifenseelauf Uster** — SUI H,R — 56
- 20 **17a Treviso Marathon** — ITA M — 50
- P 38th Wroclaw Maraton — Postponed
- 20 **Blackmores Sydney Running Festival (incl. Sydney Marathon)** — AUS M — 47
- 20 **Trieste Running Festival** — ITA H — 50
- 20 **Athens Half Marathon** — GRE H,R — 49
- P Deep RiverRock Belfast City Marathon — Postponed
- P Buenos Aires Int'l Marathon — Postponed
- P Dam tot Damloop — Postponed
- 20 **Hengshui Lake Int'l Marathon** — CHN M,H,R — 22
- 20 **Vodafone Istanbul Half Marathon** — TUR H — 56
- 20 **Maratón León Guiar** — MEX M,H,R — 51

Continued on page 31

Key

M Marathon H Half Marathon
R Road Race U Ultradistance
AIMS Events are highlighted in red
IMPORTANT: At the time of publication, the above dates were believed correct, however, runners should confirm directly with race organisers prior to booking arrangements.

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Continued from page 29

20 Absolute Moscow Marathon
RUS M,R 55

20 Volksbank-Münster-Marathon
GER M 49

20 Padova Marathon
ITA M 50

P Porto Half Marathon
Postponed until September 2021

20 Sarajevo Sberbank Half Marathon
BIH H 47

20 Ston Wall Marathon
CRO M,R 48

P Hengshui Lake Int'l Marathon
Postponed until September 2020

P Stavanger Marathon
Postponed until August 2020

26 Losinj Half Marathon
CRO H 48

2627 Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)
CRO H,R 48

26 Helsinki Half Marathon
FIN H,R 48

26 Galaxy Vladivostok Marathon
RUS M,H,R 25

P ING Route du Vin Half Marathon
Postponed until September 2021

P Maratonina Città di Udine
Postponed

27 23rd Int'l WACHAUmarathon
AUT M,H 47

27 42nd PZU Warsaw Marathon
POL M,R 55

P Maratonina Città di Udine
Postponed

27 H.C. Andersen Marathon
See race preview on page 7
DEN M 28

27 Bangsaen10
THA R 56

P BMW Berlin-Marathon
Postponed

27 Chisinau Int'l Marathon
MDA M,H,R 51

P Marathon Life Lima42k
Postponed

27 HeidelbergCement TbilisiHalfMarathon
GEO H,R 48

tbc Beijing Marathon
CHN M,H 47

tbc Flamingo Beach Marathon
CRC M,H,R 48

tbc Incheon Songdo Int'l Marathon
KOR M,H,R 51

tbc 20km & 10km Int'l de Marrakech
MAR R 53

October 2020

24 SSQ Insurance Quebec City Marathon
CAN M 47

3 Tartu City Marathon
EST M,H,R 48

3 Helsinki City Running Day
FIN M,H,R 48

4 Tlajomulco Half Marathon
MEX H 51

4 Trento Half Marathon
ITA H 28

4 Yarche Tomsk International Marathon
RUS M,H 55

4 3 Country Sparkasse Marathon
AUT M,H 47

4 Bila Tserkva Marathon
UKR M 57

4 Brussels Airport Marathon & Half Marathon
BEL M,H 47

4 XIX Gatorade CCS Rock 10K
VEN R 57

P Cardiff Half Marathon
Postponed until March 2021

4 Marathon Int'l de Casablanca
MAR M 51

4 Generali Cologne Marathon
GER M,H 49

4 LSR Colombo Marathon
SRI M 55

4 Kosice Peace Marathon
SVK M 55

4 Baxters Loch Ness Marathon & Festival of Running
See race preview on page 9
GBR M 30

4 Movistar Medio Maratón de Madrid
ESP H 55

4 Melbourne Marathon Festival
AUS M 47

4 Silesia Marathon
POL M,H,R 55

4 Wizz Air Skopje Marathon
MKD M,H,R 28

4 Telesia City Trophy Int'l Road Race 10k
ITA R 50

4 Telesia Half Marathon
ITA H 50

9 Samsung Amman Int'l Marathon
JOR M,H,R 51

10-11 35th SPAR Budapest Marathon Festival
HUN M 50

10-11 Rimi Riga Marathon
LAT M,H 51

P Wizz Air Kyiv City Marathon
Postponed until October 2020

1011 Maraton Cartago
CRC M 48

11 Bank of America Chicago Marathon
USA M 57

P Rimi Riga Marathon
Postponed until October 2020

11 Banja Luka Half Marathon
BIH H 47

P Shriram Properties Bengaluru Marathon
Postponed until December 2020

11 Raiffeisen Bank Bucharest Marathon
ROU M,H 32

11 Marathon Eindhoven
NED M 53

P EDP Lisbon Marathon | Luso Half Marathon
Postponed until October 2021

11 Generali München Marathon
GER M,H,R 34

11 Novi Sad Marathon
SRB M 55

11 Novi Sad Half Marathon
SRB H 55

11 Zafiro Palma Marathon
ESP M,H,R 55

11 Volkswagen Prague Marathon
CZE M 48

11 Sao Paulo City Marathon
BRA M 47

11 Wizz Air Sofia Marathon
BUL M,H,R 47

P GoodLife Fitness Victoria Marathon
Postponed until October 2021

11 Zagreb Marathon & Half
CRO M,H 48

12 Rio de Janeiro City Marathon
BRA M 47

16 Semi Marathon Int'l de la Ville de Béjaia
ALG H 47

17 Int'l Thessaloniki Night Half Marathon
GRE H,R 49

18 KLM Aruba Marathon
ARU M,H,R 47

18 33rd Belgrade Marathon
SRB M 55

18 Sanlam Cape Town Marathon
RSA M planned date 55

18 Airtel Delhi Half Marathon
IND H 50

18 Donga-A Ilbo Gyeongju Marathon
KOR M 51

18 VPBank Hanoi Marathon
VIE M,H,R 57

18 Maraton Int'l de Juarez
MEX M,H 51

18 Linker Oevert Marathon Antwerp
BEL H,R 47

18 Schneider Electric Marathon de Paris
FRA M 48

18 21st PKO Poznan Marathon
POL M 55

18 Tainan Half Marathon
TPE H,R 34

18 Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k
CAN M,H,R 47

18 Maraton Varmex
MEX M,H,R 51

18 Yerevan Marathon and Half Marathon
ARM M,H,R 47

18 Almaty Half Marathon
KAZ H,R 51

18 TCS Amsterdam Marathon
NED M 53

24 Polar Circle Marathon
GRN M,H 49

P Podgorica Marathon
Postponed until November 2020

25 Semi Marathon Int'l de Sfax
TUN H 56

25 Maratón Aguascalientes
MEX M,H,R 51

25 Zurich Marató de Barcelona
ESP M 55

25 Chengdu Marathon
CHN M,H,R 47

25 Chuncheon Int'l Marathon
KOR M 51

P KBC Dublin Marathon
Postponed

25 Eva Air Half Marathon
TPE H,R 48

25 Mainova Frankfurt Marathon
See race preview on page 11
GER M 36

25 Jakarta Marathon
INA M,H,R 50

P Kanazawa Marathon
Postponed

25 Medio Maratón Valencia Trinidad Alfonso EDP
ESP H 38+39

25 Venicemarathon
ITA M 34

25 Lausanne Marathon
SUI M 56

25 Volkswagen Ljubljana Marathon
SLO M 55

25 EDP Medio Maratón de la Mujer de Madrid
ESP H 55

25 Marine Corps Marathon
USA M 37

25 Standard Chartered Nairobi Marathon
KEN M,H predicted date 51

25 Sun Moon Lake Marathon
TPE M,R 48

P SwissCityMarathon Lucerne
Postponed

30 Erbil Marathon
IRQ M,H,R 50

31 Wizz Air Kyiv City Marathon
UKR M,H,R 57

tbc 1/2 Maraton de Bucaramanga - FCV
COL H 48

tbc Changsha Int'l Marathon
CHN M,H,R 47

tbc 7th PZU Cracovia Royal Half Marathon
POL H 55

tbc UWI SPEC Int'l Half Marathon
TRI H 56

November 2020

1 JTBC Seoul Marathon
KOR M predicted date 51

P Toyama Marathon
Postponed

1 Taichung Int'l Marathon
TPE M,R 48

1 ASB Auckland Marathon
NZL M,H,R 53

1 Correcaminos Half Marathon and 10k
CRC H,R planned date 48

1 SPORTWAY Lake Maggiore Marathon
ITA M,H,R 50

1 Longbien Marathon
VIE M,H,R 57

1 IDBI Federal Life Insurance Mumbai Half Marathon
IND H,R 50

1 TCS New York City Marathon
USA M 57

1 Sfax Marathon Olive Trees
TUN M,H 56

1 JCP Swansea Half Marathon
GBR H 49

2 São Paulo Int'l Marathon
BRA M,R 47

5 Volcano Marathon
CHI M,H Course not measurable to AIMS standards 47

6 Jerusalem Marathon, Half & 10k
ISR M,H,R 50

7 3-Sjøersløpet (The 3 Lakes Race)
NOR H 53

8 Podgorica Marathon
MNE M 51

8 Vizag Navy Marathon
IND M,H,R 50

8 Ravenna Marathon City of Art
ITA M,H 50

8 Athens Marathon The Authentic
GRE M 49

8 Bangsaen42 Chonburi Marathon
THA M 56

P BLOM BANK Beirut Marathon
Postponed

8 PKO Bialystok Halfmarathon
POL H 55

8 Brasilia City Half Marathon
BRA H 47

Continued on page 33

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Continued from page 31

8 Wizz Air Cluj-Napoca Marathon
ROU M,H,R 55

8 Cracovia Marathon
POL M 55

8 10k Garda Trentino
ITA H,R 50

8 Vodafone Istanbul Marathon
See race preview on page 13
TUR M 40

8 French Riviera Marathon Nice-Cannes
FRA M 48

8 Porto Marathon EDP
POR M 55

P Monterey Bay Half Marathon
Postponed

14 Gulf Bank 642 Marathon
KUW M,H,R 51

15 Humana Rock 'n' Roll Las Vegas Marathon & 1/2
USA M,H 57

P Monterey Bay Half Marathon
Postponed

15 BDMS Bangkok Marathon
THA M,H,R predicted date 56

15 Big Sur Int'l Marathon
USA M,H 57

15 Borobudur Marathon
INA M,H,R 50

15 Great Ethiopian Run 10km
ETH R 48

P Kobe Marathon
Postponed

15 Radisson Blu Larnaka Int'l Marathon
CYP M,H,R 48

15 EDP Rock 'n' Roll Madrid Maratón & 1/2
ESP M,H 55

15 Verona Marathon, Half Marathon & 10K
ITA M,H,R 50

20 RUNBANGLA Half Marathon
BAN H,R 37

20 Pharaonic Race 100km
EGY U 48

21-22 OPAP Limassol Marathon GSO
CYP M,H,R 48

22 TCS World 10K Bengaluru
IND R 50

22 Penang Bridge International Marathon
MAS M,H 51

22 Leiden Marathon
NED M,H,R 53

22 Marabana Marathon & Half
CUB M,H 48

22 Philadelphia Marathon
USA M,H,R 57

22 Maraton y Medio Maraton Municipalidad de San José
CRC M,H 48

22 BMW Tangamanga Int'l Marathon
MEX M 51

27 Eilat Full Desert Marathon
ISR M,H,R Course not measurable to AIMS standards 50

27-29 Malta Int'l Challenge Marathon
MLT M 51

28 Bagan Temple Marathon
MYA M,H,R Course not measurable to AIMS standards 53

29 KLM Curaçao Marathon
CUR M,H,R 48

29 Firenze Marathon
ITA M 50

29 Mount Fuji Marathon
JPN M predicted date 51

29 Nafplio Marathon
GRE M,H 49

P Osaka Marathon
Postponed

29 Panama Int'l Marathon
PAN M 53

P Valencia Trinidad Alfonso EDP Marathon
Postponed until December 2020

29 Maratón Donostia - San Sebastián
See race preview on page 16
ESP M 55

29 Serge Vigot La Rochelle Int'l Marathon
FRA M,H 48

29 Maratón Monumental Primer Santiago de America
DOM M,H,R 48

29 Adani Ahmedabad Marathon
IND M,H,R 50

29 Int'l Marathon Alexander the Great
GRE M,R 49

tbc Goa River Marathon
IND M,H,R 50

tbc Great Hakka Marathon
CHN M,H,R Course not measurable to AIMS standards 48

tbc Maratón Guadalajara
MEX M 51

tbc Hangzhou Marathon
CHN M 48

tbc Semi Marathon Int'l de Laayoune
MAR H 53

tbc 21km Nuevo León
MEX H 51

tbc Phukethon
THA M,H,R 56

tbc Shanghai Int'l Marathon
CHN M 48

tbc World Marathon Challenge
IRL M,H 50

December 2020

4 Ayla Red Sea Half Marathon
JOR H,R 51

46 Cave Shepherd & Co Run Barbados Marathon Weekend
BAR M,H,R 47

5 Bengaluru Midnight Marathon
IND M,H,R 50

5 Standard Chartered Singapore Marathon
SIN M,H,R 55

6 Intertrust Cayman Islands Marathon
CAY M 47

6 Discoveries Half Marathon
POR H 55

6 Galaxy Entertainment Macao Int'l Marathon
MAC M,H 42

6 Pune Int'l Marathon
IND M predicted date 50

6 Reggae Marathon, Half & 10K
JAM M,H,R 50

P Saitama Int'l Marathon
Postponed

6 San José Costa Rica Half & Marathon
CRC M,H 48

6 Marathon COMAR Tunis - Carthage
TUN M,H,R 56

6 Valencia Trinidad Alfonso EDP Marathon
ESP M 38+39

6 Fukuoka Int'l Open Marathon Championship
JPN M 50

6 Angkor Wat Int'l Half Marathon
CAM H,R 47

6 Maratón del Atlántico
HON M 49

11 ADNOC Abu Dhabi Marathon
UAE M,R 57

13 Shriram Properties Bengaluru Marathon
IND M,H,R 50

13 Antarctic Ice Marathon & 100k
ATA U,M 47

13 Techcombank Ho Chi Minh City Int'l Marathon
VIE M,H,R 57

13 Zurich Maratón Málaga
ESP M 55

13 Mauritius Marathon
MRI M,H,R 51

P Nara Marathon
Postponed

13 The St. Croix Int'l Marathon
ISV M 57

13 Tarblazer 42.2
IND M,H,R 50

13 Econet Victoria Falls Marathon
ZIM M 57

13 Zengwen Reservoir Marathon
TPE M,H,R 49

20 Bangsaen21 Half Marathon
THA H,R 56

20 Pisa Marathon
ITA M,H 46

20 Tafilalet 10km Errachidia
MAR R 53

20 Nong Khai ASEAN Marathon
THA M 56

20 Cairn Pink City Half Marathon
IND H,R 50

20 Cetilar Maratona di Pisa
ITA M,H 46

20 Taipei Marathon
TPE M,H,R 44

20 Tata Steel Kolkata 25k
IND R 50

20 UNICEF Run for Every Child Half Marathon & 10km
HKG H,R 50

26 El Corte Inglés São Silvestre de Lisboa
POR R 55

27 Mizuno Hong Kong Half-Marathon Championships
HKG H 49

31 São Silvestre de Luanda 10km
ANG R predicted date 47

31 São Silvestre Int'l Road Race
BRA R 47

tbc Gran Maratón Pacifico Mazatlán
MEX M 51

tbc Maratón Powerade Monterrey
MEX M 51

January 2021

1 Sea of Galilee Tiberias Marathon
ISR M 50

1 Neujahrsmarathon Zürich
SUI M,H,R 56

3 CNS Solapur Half Marathon
IND H,R 50

7 Siberian Ice Half Marathon
RUS H Course not measurable to AIMS standards 49

9 PolarNight Halfmarathon
NOR H,R 53

10 10K Valencia Ibercaja
ESP R 55

10 MG Vadodara Int'l Marathon
IND M,H 50

15 Egyptian Marathon
EGY M,H 52

15-16 Al Mouj Muscat Marathon
OMA M,H,R 53

16-17 Chevron Houston Marathon, Aramco Houston Half Marathon and We Are Houston 5K
USA M,H,R 57

17 Tata Mumbai Marathon
IND M 50

17 Marathon Bahamas, Half & Relay
BAH M,H 52

17 Maui Oceanfront Marathon, Half, 15K, 10K, 5K
USA M,H,R 57

24 Rio Half Marathon
BRA H 47

24 Funchal Marathon
See race preview on page 16
POR M,H 54

24 Standard Chartered Hong Kong Marathon
HKG M 49

24 Khon Kaen Int'l Marathon
THA M 56

P Dead Sea Marathon Israel
Postponed until February 2021

31 Marathon & Semi Int'l de Marrakech
MAR M,H 53

31 Osaka Women's Marathon
JPN M 51

tbc Bangsaen10
THA R 56

tbc Gammon China Coast Marathon & Half
HKG M,H 49

tbc Chombeung Marathon
THA M,H,R 56

tbc Marathon Int'l de Fes
MAR M,H,R 53

tbc Merida Marathon
MEX M,H,R 51

tbc Mitja Marato Int'l Vila de Santa Pola
ESP H 55

tbc Corrida de Sao Sebastiao
BRA R 47

tbc Standard Chartered Taipei Charity Marathon
TPE M,H,R 48

tbc Xiamen Marathon
CHN M 52

February 2021

5 Dead Sea Marathon Israel
ISR U,M,H,R 50

7 Montepio Meia Maratona de Cascais
POR H 55

7 Hawassa Half Marathon
ETH H,R 48

7 Kagawa Marugame Int'l Half Marathon
JPN H 50

7 IDBI Federal Life Insurance Kolkata Marathon
IND M,H,R 50

14 Zurich Maratón de Sevilla
ESP M 55

19 Tel Aviv Samsung Marathon
ISR M,H,R 50

19 Dhaka Half Marathon
BAN H 47

21 Kyoto Marathon
JPN M 51

21 IDBI Federal Life Insurance New Delhi Marathon
IND M,H 50

28 Lake Biwa Mainichi Marathon
JPN M 50

Continued on page 35

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Continued from page 33

28 Kilimanjaro Marathon
TAN M 56

28 Napoli City Half Marathon
ITA H 50

28 Seychelles Eco-Friendly Marathon
SEY M 55

tbc eDreams Mitja Marató de Barcelona
ESP H 55

tbc Beppu-Oita Mainichi Marathon
JPN M 50

tbc Buriram Marathon
THA M,H,R 56

tbc The Carthage Race Int'l Marathon
TUN M,H,R 56

tbc Ehime Marathon
JPN M 50

tbc 27km for Freedom
RSA R 55

tbc Giulietta & Romeo Half Marathon
ITA H 50

tbc 21k Guadalajara Electrolit Nutrido por Granvita
MEX H 51

tbc AU Bank Jaipur Marathon
IND M,H,R 50

tbc Kaohsiung Int'l Marathon
TPE M 48

tbc Kinmen Marathon
TPE M,H,R 48

tbc Kitakyushu Marathon
JPN M 51

tbc Kochi Ryoma Marathon
JPN M 51

tbc Navi Mumbai Half Marathon
IND H,R 50

tbc Ohme-Hochi 30km Road Race & 10km
JPN R 51

tbc The Ras al Khaimah Half Marathon
UAE H 57

tbc Sahara Marathon
ALG M Course not measurable to AIMS standards 47

tbc KIX Senshu Int'l Marathon
JPN M 51

tbc Split Marathon
CRO M,H,R 48

tbc Thai Sikh Run
THA H,R 56

tbc Maratona di San Valentino
ITA M,H 50

March 2021

7 Tokyo Marathon
JPN M 51

14 Zurich Marató de Barcelona
ESP M 55

14 Kingston City Marathon
JAM M,H,R 50

21 Run Rome The Marathon
ITA M 50

21 Logicom Cyprus Marathon
CYP M,H,R 48

21 New Taipei City Wan Jin Shi Marathon
TPE M,R 48

27-28 OPAP Limassol Marathon GSO
CYP M,H,R 48

28 Cardiff Half Marathon
GBR H 49

tbc Athens Half Marathon
GRE H,R 49

tbc Abu Dhabi "Yes I Can" 10km Int'l
UAE R 57

tbc Runatolia Marathon (Half + 10km)
TUR M,H,R 56

tbc Antarctica Marathon & Half
ATA M,H Course not measurable to AIMS standards 47

tbc CCCL RUNBANGLA Int'l 10K
See race feature on page 20
BAN R 47

tbc Freedom of Movement Palestine Bethlehem Marathon
PLE M,H,R 53

tbc Chongqing Int'l Marathon
CHN M,H,R 48

tbc Gyeonggi Int'l Half Marathon
KOR H 51

tbc Incheon Int'l Half Marathon
KOR H 51

tbc Korat Powdurance Marathon
THA M,H,R 56

tbc Maratón Int'l Lala
MEX M 51

tbc EDP Lisbon Half Marathon
POR H 55

tbc Nagoya Women's Marathon
JPN M 51

tbc Rock 'n' Roll DC Marathon & Half Marathon
USA M,H,R 57

tbc Saipan Marathon
MNP M,H,R 53

tbc Seoul Marathon
KOR M 51

tbc Sihanoukville Int'l Half Marathon
CAM H,R 47

tbc Standard Chartered Stanley Marathon
FLK M 48

tbc Tainan Half Marathon
TPE H,R 48

tbc Taipei Freeway Marathon
TPE M,H,R 48

tbc Tashkent International Half Marathon
UZB H,R 57

tbc Tokushima Marathon
JPN M 51

tbc 17a Treviso Marathon
ITA M 50

tbc Taishin Women Run Taipei
TPE H,R 48

tbc Wuxi Marathon
CHN M,H,R 48

April 2021

2 São Paulo Int'l Marathon
BRA M,R 47

3 Old Mutual Two Oceans Marathon
RSA U 55

9 North Pole Marathon
NPO M predicted date 53
Course not measurable to AIMS standards

10-11 The Canberra Times Marathon Festival
AUS M,H,R,U 47

8-11 23rd World Congress of AIMS
Batumi, Georgia

10 The Great Batumi Night Race
GEO H 56

11 Generali Milano Marathon
ITA M 50

11 Generali Berlin Half Marathon
GER H 49

11 Mangyongdae Prize Int'l Marathon
PRK M,H,R 48

17-18 Int'l Marathon Alexander the Great
GRE M,R 56

17-18 36th Telekom Vivicittá Spring Half Marathon
HUN H,R 50

18 Enschede Marathon
NED M 53

18 HAJ Hannover Marathon
GER M,H,R 49

18 NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K
ITA H,R planned date 50

18 13th PKO Poznan Half Marathon
POL H 55

18 Rhodes Marathon
GRE M,R 49

18 Vienna City Marathon
AUT M,H,R 47

18 Int'l Marathon Alexander the Great
GRE M,R 56

25 Gifu Half Marathon
JPN H 50

25 Zürich Marathon
SUI M 56

tbc Semi Marathon Int'l de Sfax
TUN H 56

tbc Almaty Marathon
KAZ M,H,R 51

tbc Fjordkraft Bergen City Marathon
NOR M,H,R 53

tbc Big Sur Int'l Marathon
USA M,H 57

tbc B.A.A. Boston Marathon
USA M 57

tbc CSOB Bratislava Marathon
SVK M,H,R 55

tbc CAF Caracas Maratón
VEN M 57

tbc Maratón "Las Batallas de Celaya"
MEX M,H,R 51

tbc Wizz Air Cluj-Napoca Marathon
ROU M,H,R 55

tbc Cracovia Marathon
POL M 55

tbc Crete Marathon
GRE M,R 49

tbc Daegu Int'l Marathon
KOR M 51

tbc LG Dead Sea Ultra Marathon
JOR U,H,R 51

tbc Dogi's Half Marathon
ITA H 50

tbc METRO Marathon Düsseldorf
GER M 49

tbc Dushanbe International Half Marathon
TJK H 56

tbc Gunsan Saemangeum Int'l Marathon, 10km & 5km
KOR M,R 51

tbc Haspa Marathon Hamburg
GER M 49

tbc Maratón de Montevideo
URU M,H 57

tbc Nagano Marathon
JPN M 51

tbc Pardubice Wine Half Marathon
CZE H 48

tbc Schneider Electric Marathon de Paris
FRA M 48

tbc NN Marathon Rotterdam
NED M 53

tbc Santiago Marathon
CHI M 47

tbc Gulf of St Tropez Marathon
FRA M,H 48

tbc Tunisia Women's Run Int'l Half
TUN H,R 56

tbc ORLEN Warsaw Marathon
POL M,R 55

tbc Corrida Zegotta sidi Kacem
MAR R 53

May 2021

2 Toronto Marathon
CAN M 47

2 Lisbon Eco Marathon
POR M,H,R Course not measurable to AIMS standards 55

8-9 Harmony Genève Marathon for Unicef
SUI M,H,R 57

9 EDP Lisbon Half Marathon
POR H 57

9 Leiden Marathon
NED M,H,R 53

15 The Great Wall Marathon
CHN M Course not measurable to AIMS standards 48

15 Helsinki City Running Day
FIN M,H,R 48

15 Three Hearts Marathon
SLO M,H,R 55

15-16 Rimi Riga Marathon
LAT M,H 51

15 Salzburg Marathon
AUT M,H,R 47

16 Copenhagen Marathon
DEN M 48

16 iWelt Marathon Wuerzburg
GER M 49

22 Göteborgsvarvet Half Marathon
SWE H 55

23 Thunder Dragon Marathon
BHU M,H Course not measurable to AIMS standards 47

29 BI Marathon
KAZ M,H,R 51

29-30 Scotiabank Ottawa Marathon and Ottawa 10K
CAN M,R 47

29-30 StraLugano
SUI H,R 56

30 ASICS Austrian Women's Run
AUT R 47

30 Barossa Marathon Festival
AUS M,H,R planned date 47

tbc Adelaide Marathon Festival
AUS M,H,R 47

tbc Int'l Asunción Half Marathon
PAR H 53

tbc Banja Luka Half Marathon
BIH H 47

tbc Deep RiverRock Belfast City Marathon
GBR M 49

tbc TCS World 10K Bengaluru
IND R 50

tbc PKO Bialystok Halfmarathon
POL H 55

tbc Brasov Int'l Marathon
ROU M,H,R 55

tbc Volkswagen Bucharest Half Marathon
ROU H,R 55

tbc Scotiabank Calgary Marathon
CAN M 47

tbc Maraton Cartago
CRC M 48

tbc Dalian Int'l Marathon
CHN M 48

tbc Diacore Gaborone Marathon
BOT M,H,R 47

tbc Kazan Marathon
RUS M,H,R 55

tbc Marathon Life Lima42k
PER M,H,R 53

Continued on page 37

mainova FRANKFURT MARATHON

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mainova asics SPORTSTADT FRANKFURT AM MAIN messe frankfurt

Continued from page 35

tbc	Maratón Internacional de Mendoza	ARG M,H,R	47
tbc	Milton Keynes Marathon & Half	GBR M,H,R	49
tbc	Moonlight Half Marathon	ITA H	50
tbc	Moscow Half Marathon	RUS H,R	55
tbc	Nafplio Marathon	GRE M,H	49
tbc	Novi Sad Half Marathon	SRB H	55
tbc	Okpekpe Int'l 10km Road Race	NGR R	53
tbc	Volkswagen Prague Marathon	CZE M	48
tbc	Pushkin Marathon	RUS M,H,R	55
tbc	Rio City Half Marathon	BRA H	47
tbc	Maraton y Medio Maraton Municipalidad de San José	CRC M,H	48
tbc	Wizz Air Skopje Marathon	MKD M,H,R	53
tbc	ASICS Stockholm Marathon	SWE M	55
tbc	Trieste Running Festival	ITA H	50
tbc	16th PZU Warsaw Half Marathon	POL H	55

June 2021

5	Spitsbergen Marathon	NOR M,H,R	53
5	Helsinki Half Marathon	FIN H,R	48
6	Cork City Marathon	IRL M	50
6	Atlantic Airways Tórshavn Marathon	FRO M,H,R	48
6	McDonald's Brisbane Marathon Festival	AUS M,H,R	47
6	KLM Aruba Marathon	ARU M,H,R	47
12	Madagascar Marathon & Half	MAD M,H Course not measurable to AIMS standards	51
13	Comrades Marathon	RSA U	55
13	Phnom Penh Int'l Half Marathon	CAM H,R	47
19	The Big Five Marathon	RSA M,H	55
19	Midnight Sun Marathon	NOR M,H	53
20	Telesia City Trophy Int'l Road Race 10k	ITA R	50
24	Suzuki Midnight Sun Run	ISL H,R	50
26	Waterford Viking Marathon	IRL M,H,R	50
27	hella hamburg halbmarathon	GER H	49
tbc	Borneo Marathon	MAS M,H,R	51
tbc	RAHAL Mémorial Casablanca	MAR R	51
tbc	Hvar Half Marathon	CRO H Course not measurable to AIMS standards	48
tbc	Kaunas Marathon	LTU M,H,R	51
tbc	Kigali International Peace Marathon	RWA M,H	55
tbc	Kuala Lumpur Standard Chartered Marathon	MAS M,H,R	51
tbc	Laguna Phuket Marathon	THA M	56
tbc	Lanzhou Int'l Marathon	CHN M,H,R	48
tbc	Quito Últimas Noticias 15k	ECU R	48
tbc	Rio de Janeiro City Marathon	BRA M	47
tbc	RunFun Travel Rottnest Running Festival	AUS M,H,R	47
tbc	Lake Saroma 100km Ultra Marathon	JPN U	51
tbc	JCP Swansea Half Marathon	GBR H	49
tbc	BMW Tangamanga Int'l Marathon	MEX M	51
tbc	Yarche Tomsk International Marathon	RUS M,H	55
tbc	PKO Wroclaw Night Half Marathon	POL H	55

July 2021

3-4	Gold Coast Marathon	AUS M	47
3	Gornergrat Zermatt Marathon	SUI U,M,H	56
4	Econet Victoria Falls Marathon	ZIM M	57
18	Airlie Beach Marathon Festival	AUS M,H,R	47
25	media maratón de Bogotá	COL H	48
25	Westlink M7 Blacktown Running Festival	AUS M	47
31	Australian Outback Marathon	AUS M Course not measurable to AIMS standards	47

August 2021

1	Run716 15K and 3 Person Relay	USA R	57
8	10km Int'l de Dakhla	MAR R	51
8	The Khmer Empire Marathon	CAM M,H,R	47
21	Islandsbanki Reykjavik Marathon	ISL M,H	50
29	36th Wizz Air Budapest Half Marathon	HUN H	50
29	Abbott Longford Marathon	IRL M	50

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Yutaka Sasai

17 March 1947 – 31 March 2020

Yutaka Sasai, longtime servant to distance running in Japan and throughout the world, passed away on 31 March 2020. He was undergoing hospital treatment for cancer of the liver but during surgery a strong lung cancer was found. The additional surgery proved to be too much.

Sasai acted as interpreter to Hiroaki Chosa from the founding Congress of AIMS held in London in 1982 and at the preparatory meetings held before in New York and Honolulu. He fulfilled the role of 'interpreter' in the broadest possible sense and with Mr Chosa's succession to the AIMS Presidency in 1990 he became a valued confidant.

Now President Emeritus of AIMS Mr Chosa said: "Yutaka acted as my personal secretary for 40 years. His always cheerful demeanour was matched by serious, honest dedication and an unwillingness to criticise anyone. He was a real gentleman, self-taught in English and with an easy manner. His AIMS reports were always accurate and quick and guided my decisions. Right now I'm feeling like I've lost an arm. Yutaka will be talked about forever."

Yutaka Sasai attended Rikkyo University in Tokyo, a leading institution in the field of sports, internationally orientated and involved in many overseas projects. After graduation in 1973. He joined the sports shoe manufacturing company Onitsuka Tiger. Onitsuka had provided the shoes in which Derek Clayton smashed the Marathon word record in 1967 by running the first ever sub-2:10 time. In 1977 the company merged with two other sports clothing and equipment manufacturers to form Asics.

In 1984, as the marathon boom took off in Europe, Sasai began to work at Asics' European headquarters in Dusseldorf. Race director of the Budapest Marathon and AIMS Board member Arpad Kocsis said: "I first met him in Budapest in 1991. He always smiled. He always had some kind words. I am sure there was no man or woman who didn't like him. He was a very conscientious person, working a lot and working hard."

He moved back to Japan to become public relations manager of Asics in 1992. Mr Chosa had become President of AIMS in 1990 and Sasai continued to work closely with him. He changed jobs at Asics to become promotions manager in 1996 and marketing department manager in 2009. Throughout this time he was deeply involved with AIMS as membership grew from 70 to over 300 under Mr Chosa's tenure of the Presidency.

He retired from Asics in July 2014 and became an advisor to R-bies, Japan's largest running company with interests in publishing, race organisation and providing support services. He was instrumental in R-bies becoming AIMS' registration partner. Right up until he went in for surgery he continued to work through R-bies on the promotion of Japanese races to overseas runners and holding the 24th World Congress of AIMS in Osaka, Japan.

Andy Galloway

10 December 1930 – 20 March 2020
Founder member of AIMS and AIMS secretary from 1982–1996

As race director of the Hamilton Marathon (NZL) Andy Galloway was a founder member of AIMS in 1982 and became Secretary of the Association for the next 14 years.

He started running at 17 and worked in race organisation for more than 30 years. Joining the local running club Hamilton Harriers he went on to become committee member, president, and life member. He was the organiser of 27 Hamilton marathon events. As a pioneer of mass participation in marathons in 1978 he co-founded the Hamilton Marathon Clinic alongside doctors Denis Friedlander and Harry Nicholls.

Andy set up a tour company and accompanied trips to, among other races, the Honolulu Marathon, New York Marathon, Boston Marathon and London Marathon. He got to know many international race organisers and on a trip to Honolulu in December 1981 was asked to attend a meeting of race directors who wanted to set up a world Marathon circuit. Five months later he was elected to the Board of AIMS at its founding Congress in London on 6–7 May 1982. He was appointed Secretary of the Association and remained in that role until July 1996.

After stepping down from AIMS Andy resurrected Hamilton's iconic Round The Bridges event in 1997, which had slumped to fewer than 80 participants. That year 900 took part.

In 1995 Andy had the idea of holding the first marathon of the new millennium in Hamilton – which at five degrees of longitude west of the 180 meridian would be one of the first landfalls of daylight on 1 January 2000. The scheme was five years in the making but tour companies picked up on the idea. At 06.00 on New Year's Day 2000 2200 runners from 23 countries charged off the start line in the First to the Future Millennium Marathon.

"I've lived here all my life and I have a certain loyalty to Hamilton," said Galloway. "I just wanted to do something for the city." In April 2000 he presented a NZD 10,000 (EUR 5,700) cheque from funds raised by the Marathon to the Murray Halberg Trust.

Andy ran 60 marathons in his lifetime, the first at age 20 and the last on his 60th birthday in 1990. He received a Queens Service Medal for services to athletics in 1990.

39

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Mamo Wolde

Ethiopian runner who eclipsed favourite Abebe Bikila at Mexico City Olympics

By Hugh Jones
Photos by Jiro Mochizuki (SHOT)

The Olympic Games held in Mexico City in 1968 were more dramatic than most.

The city was erupting with protest. Inside the stadium there were the 'Black Power' salutes. There was technical change as well: it was the first Olympics to be held on an all-weather track and the high jump was revolutionised by the 'Fosbury Flop'. It was also the first – and so far only – Olympics held at high altitude – the effects of which had already been seen in fast sprint times and Bob Beamon's stratospheric long jump.

One thing that looked like it might not change was the Marathon. The Ethiopian Abebe Bikila had sensationally won gold in the 1960 Rome Olympics and defended his title with a new world record in Tokyo four years later. He started as the race favourite based both on his past performances and his preparedness for racing at altitude – a factor which had wrecked the aspirations of race favourite Ron Clarke in the 10,000m held a week earlier.

Bikila's countryman Degaga "Mamo" Wolde was also in that race. His Olympic experience had started before Bikila's with appearances at the 1956 Melbourne Olympics in the 800m, 1500m and 4x400m relay. Aged 36, two months older than Bikila, he had focused on running longer distances since the early 1960s.

Because of the altitude the early pace in the 10,000m was cautious and four runners remained together with two laps to go. Wolde was one of them and took the lead with a lap to go. The Kenyan Naftali Temu chased and caught Wolde on the final straight to win by half a second.

On a warm, sunny afternoon 75 runners from 41 countries lined up at the Plaza de la Constitucion for the start of the Olympic Marathon. As in the 10,000m a cautious start led to a large leading group but by 20km only six remained, and Bikila was not among them. He had sustained a stress fracture after arriving in Mexico City but still started the race. He dropped out at 17km after having informed Wolde of his intention. By 20km Wilde and Temu were both in the lead group of six. Temu went ahead at 25km but Wolde took the lead at 30km and went on to win by over three minutes as former world record holder Kenji Kimihara came through to take second behind him.

Wolde was born on 12 June 1932 in the Oromia region of Ethiopia to the south of Addis Ababa. Despite coming from different areas both he and Bikila moved to the capital In 1951 and joined the Imperial Guard. Wolde served as a peacekeeper in Korea from 1953 to 1955.

He missed competing in the Rome Olympics where Bikila had scored his sensational victory. Perhaps partly due to both these facts Wolde began to concentrate on longer distances. He won high-profile international cross-country races in Spain in 1963 and 1964. In the Ethiopian Olympic Marathon trials on 3 August Wolde qualified by finishing just 0.4 seconds behind Bikila, with his brother Demissie finishing third to also make the Ethiopian team.

In Tokyo Wolde came fourth in the 10,000m but dropped out early on in the Marathon. As Bikila sailed away to a largely uncontested win in a new world record of 2:12:12 Demissie finished 10th in 2:21.25.

With his own victory in the Mexico Olympic Marathon four years later Wolde extended Ethiopia's streak to three in a row and now possessed an enviable Olympic record of a gold, a silver and a fourth place – but he wasn't done yet.

At the 1972 Olympic Games in Munich, aged 40, Wolde took third place in the Marathon in 2:15:08 behind Frank Shorter and Belgium's Karel Lismont. He became only the second person (Bikila was the first) to win medals in successive Olympic marathons.

Wolde's last notable marathon win was in the All-Africa Games in 1973. He withdrew into the ranks of the military as junior officers seized control of the government in the form of the 'Derg' junta. During the time of the Derg (1974–1991) he served in a neighbourhood-level committee but was also allowed to coach runners.

After the Ethiopian People's Revolutionary Party (EDRP) overthrew the Derg Wolde was arrested in 1993 and accused of being involved in an execution during the Derg dictatorship. He admitted being present but denied participating in the killing. An international campaign for his release started from 1995 which seemingly had little effect. Eventually though, in early 2002, he was convicted and sentenced to six years' imprisonment but was released because he had already been held in jail for nine years.

Just a few months after his release Wolde died of liver cancer on 26 May 2002, aged 69. His grave lies in Saint Joseph's Church Cemetery in Addis Ababa, next to that of Abebe Bikila.

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World leading times

These lists give the current standings in the world of road racing, and are believed accurate at 19 June 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	1	Santa Pola	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	10	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

Present world record:
Rhonex Kipruto (KEN), 26:24, Valencia 12 JAN 2020

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
31:26	Alina REH	GER	1	Berlin	07 JUN
31:55	Rediet DANIEL	ETH	6	Valencia	12 JAN
32:00	Rachael Zena CHEBET	UGA	7	Valencia	12 JAN

#EVERYTHINGWILLBEALRIGHT

LOOKING FORWARD FOR DEC 20TH - 2020

Cetilar run / MARATONA DI PISA

WWW.CETILARMARATONADIPISA.COM

Race contact details

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

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Course not measurable to AIMS standards

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Airlie Beach Marathon Festival JUL
Tim McQuoid-Mason
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Australian Outback Marathon JUL
Michael Walton
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Course not measurable to AIMS standards

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McDonald's Brisbane Marathon Festival JUN
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The Canberra Times Marathon Festival AUG
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Melbourne Marathon Festival OCT
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RunFun Travel Rottnest Running Festival JUN
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7 Sunshine Coast Marathon AUG
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Blackmores Sydney Running Festival (incl. Sydney Marathon) SEP
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McDonald's Townsville Running Festival AUG
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Westlink M7 Blacktown Running Festival JUL
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AUSTRIA

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ASICS Austrian Women's Run MAY
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Salzburg Marathon MAY
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BELARUS

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BELGIUM

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Brussels Airport Marathon & Half Marathon OCT
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BHUTAN

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Course not measurable to AIMS standards

BOSNIA

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BRAZIL

Brasilia City Half Marathon NOV
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Rio de Janeiro City Marathon OCT
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Sao Paulo City Marathon JUL
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The Khmer Empire Marathon AUG
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Phnom Penh Int'l Half Marathon JUN
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Sihanoukville Int'l Half Marathon MAR
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Scotiabank Ottawa Marathon and Ottawa 10K MAY
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SSQ Insurance Quebec City Marathon OCT
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Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k OCT
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GoodLife Fitness Victoria Marathon OCT
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CAYMAN ISLANDS

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Course not measurable to AIMS standards

CHINA

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Chengdu Marathon OCT
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Course not measurable to AIMS standards

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Course not measurable to AIMS standards

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CROATIA

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Course not measurable to AIMS standards

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CUBA

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CURAÇAO

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CYPRUS

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CZECH REPUBLIC

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DPR OF KOREA

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DENMARK

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