GREECE
A 365 DAY DESTINATION
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Association of International Marathons and Distance Races
Dear All, Dear Runners,

In only about six months’ time the 23rd World Congress of AIMS will take place on 23–25 April 2020 in Batumi on the Black Sea coast of Georgia. Even for this lively and well-visited port city the Congress is a very special event. All residents and the responsible persons are excitedly looking forward to welcoming the 400 delegates expected to visit from all over the world.

Preparations are in full swing. The organising team is planning everything down to the last detail and will offer a unique event. The Congress itself of course – but also an accompanying program that will fascinate participants.

“Enhancing the Race Experience Through Technology” is the theme of the Congress programme. Since digitalisation does not stop at running this topic will be illuminated by specialist speakers. Look forward to interesting presentations from which you, as a race organiser, can draw great benefit.

The hosting member is The Great Batumi Night Race and Congress hotel is the unique Hotel Colosseum Marina. The Congress Hall is a pleasant 10-minute walk down the beach boulevard at the Hotel Hilton Batumi. Delegates are accommodated in these two hotels.

Batumi is ready. Look forward to a great Congress in a beautiful city.

Marathon Symposium

The 13th AIMS Marathon Symposium will be held on Saturday 9 November 2019 under the title “Technology & Mass Running events”. During the Symposium, four main speakers and other round table participants will present and discuss with the audience various themes related to the main topic, aiming to offer useful ideas, solutions and practises to race organisers and city or sport authorities involved.

In addition to the Symposium sessions, all Symposium participants are invited to attend all events taking place from 8–10 November 2019: the 4-day ERGO Marathon EXPO (Wed to Sat, 6–9 November), the AIMS Best Marathon Runner Gala (Friday evening, 8 November), the Athens Marathon Opening Ceremonies & Marathon Flame Lighting at the archaeological site of Marathon Tomb (Saturday 9 November), as well as Athens Marathon – the Authentic, to be held on Sunday morning, 10 November.
November 24
Mt. Fuji International Marathon
Yamanashi, Japan

MARATHON → 42.195km
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https://runnetglobal.com/ Search
AIMS Children’s Series 2019
Erbil, Iraqi Kurdistan, 29 June 2019

For the third consecutive year the Erbil Marathon for Sport & Peace staged the AIMS Children’s Series race in Erbil under the slogan “Running into the Future”.

In all a thousand children participated aged from 6-13 years old. Besides the race itself, the event presented an opportunity to bring together members of all the communities that live in Erbil and its surroundings. Children of the host community, Syrian refugees and internally displaced people (“IDP”) all participated. The social harmony that the event generates makes it an outstandingly beautiful occasion.

Teba, a 10-year old IDP from Mosul, lives in the Bahrka camp around 10km north of Erbil, “I feel very happy today. Yes, I’m tired but I’m so happy that I could participate in such nice event outside of the camp, and it was a beautiful occasion.

I have received a medal and certificate and I wish I could participate every time”.

Children of both genders took part in a 2km race in the most beautiful and biggest park in Erbil. The children were accompanied by their parents and other family members which made the race a social and family event enjoyed by all.

It went off successfully and smoothly from beginning to end. There were two age categories: 6-10 years old and 11-13 years old. Each category started separately to give more organisation to the race.

The children were very happy and each received a T-shirt, cup, sports bag and some other gifts provided by the sponsors such as balloons, booklets and painting kits. They were extremely excited to receive their first ever medals and certificates. In addition to providing water stations around the course, the children also received milk and juice at the finish line.

There were several other supporting activities for the children to keep them happy and make the race a social and entertaining event that would make them want to come back again. Four cartoon characters were present including SpongeBob and Mickey Mouse. There was also face painting and other activities.

The awards ceremony was another high point for the children as all of them received a medal, certificate, water and juice and other gifts.

Everyone attending enjoyed music, singing and dancing and the organisers delivered certificates of appreciation to those who helped with the event such as the park administration, ambulance units, sponsors, the media and volunteers.

The JOJO MAMA the local children’s channel was the media sponsor of the event, promoting it before and after the races were held. Rudaw and the K24 satellite channel broadcasted it live.

SuperHalfs – a new runners’ odyssey

A new race series, the “SuperHalfs”, consisting of five European half-marathons – four of them members of AIMS – has been launched for the coming year.

Lisbon, Prague, Copenhagen, Cardiff and Valencia are all IAAF ‘Gold Label’ races or have hosted the IAAF World Half Marathon Championships. Several of them boast courses on which world records have been run. They all meet the 5-star standard of organisation awarded by European Athletics.

Elite runners travel from city to city and from challenge to challenge – often to these same races. The series provides a chance for regular runners to travel in their footsteps on an adventure of their own.

The SuperHalfs currently attract fields of between 11,500—27,500 which total just short of 100,000 runners for the series. But size is not all that counts: each race was selected for its desirability as a travel destination, for the quality of its organisation and for the organisation’s commitment to sustainability.

Runners can register their interest in becoming a ‘Super Runner’ when they first register to run one of the five races. After finishing the runner receives a SuperRunner passport. After each race an e-stamp will appear on this virtual and personalised document. All communications will be digital.

Runners have 36 months to complete the series to become a SuperRunner, listed in the SuperHalfs Hall of Fame and receive a special SuperMedal.

A portion of registration fees goes towards supporting the programme of sustainability initiatives being undertaken by the SuperHalfs so that “the only kind of footprints we leave behind are those we make with our feet”.

Series organisers are confident of boosting participation in their races for three reasons: the half marathon is the race of choice in Europe; one-third of runners are women and their rate of participation is increasing, and there is a Europe-wide trend towards greater numbers of runners coming from outside the country hosting the race.

New half marathon world record

Geoffrey Kamworor set a new world record of 58:01 at the Copenhagen Half Marathon on 15 September taking 17 seconds off the 58:18 run by Abraham Kiptum in the Valencia Half Marathon last year.

The 26-year-old Kenyan returned to the Danish capital, where he won the first of his three world half-marathon titles, to run his first non-championship half marathon for almost five years.

“IT is very emotional for me to set this record. And doing it in Copenhagen, where I won my first world title, adds something to it,” Kamworor said.

His time at 15km (41:05) was the fastest ever recorded for the distance.

Over the final 5km his pace dropped marginally but he passed 20km (55:00) in another “world best” before breaking the tape 75 seconds (450m) ahead of second-placed Bernard Kipkorir.
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The city of Agadir lies on Morocco’s Atlantic Coast, 500km south-west of Casablanca. It is home to nearly 500,000 inhabitants and hosts a relatively young Marathon event.

Organisers are preparing to hold the sixth edition on 22 December. Moroccan and international elite athletes have already confirmed their participation and a total field of around 6000 is expected. Around a dozen countries are usually represented, including Kenya and Ethiopia.

The local economy depends heavily on tourism, supported by fishing and agriculture. The Marathon was founded partly with the aim of supporting the tourist industry by attracting foreigners – especially from a winter-bound Europe – in the ‘off’ season. The course was designed with the aim of showcasing the city and this applies to the Half Marathon and seven-kilometre fun run as much as it does to the title Marathon event. The Atlas Mountains provide a scenic backdrop and the Atlantic surf and beaches are never far away.

The International Green Marathon of Agadir is the first of its kind in Morocco and the only one in Africa which specifically promotes the environment. The three principal objectives are to promote sports tourism, to protect the environment – including the designation of a car-free day – and to combat drug addiction among young people.

The marathon is enhanced by parallel activities for protecting the environment. Participants are provided with 100% organic food, green-coloured T-shirts as a symbol of nature and medals representing the Argan tree, the symbol of the region.

The International Green Marathon of Agadir is sponsored by RBM Sports, the Regional Council of Souss Massa, Agadir Territorial Commune, the Rahhal Group and many other local, national and international partners.

www.agadirmarathon.com
Back in 2012 a friendly group of amateur athletes – the Muscat Road Runners – decided it was time Oman’s famously welcoming capital city had a marathon it could call its own. So it was that a modest field of 135 competitors set off on the first ever Muscat Marathon.

Seven years later a certain Paula Radcliffe was on hand to flag off a rather larger field, with the Al Mouj Muscat Marathon now the centrepiece of a vibrant and family-friendly two-day festival of running.

From elite athletes to enthusiastic amateurs, the Muscat Marathon offers something for everyone as more than 8000 runners from 103 countries discovered for themselves earlier this year.

The women’s world marathon record holder will return as ambassador for the Al Mouj Muscat Marathon on 17 January 2020 to send the hundreds of full marathon runners on their way before joining the popular 10km race. Paula will again be on hand next day to run alongside and encourage the thousands taking part in the Kids’ Run and 5km Charity Fun Run events.

The course for all races is flat, fast and largely coastal. It starts within the attractive Al Mouj waterfront community before heading out through palm-lined streets and passing iconic sites like the Sayyida Fatima bint Ali Mosque on one side and crystal-clear sea on the other.

Runners can expect an authentic Arabian experience in the Sultanate of Oman, with the country’s legendary hospitality and ideal weather. Oman was ranked the fourth safest country in the world by the World Economic Forum as recently as 2017, while many visitors agree with Lonely Planet and National Geographic that Muscat is a ‘must-see’ destination – and it’s a friendly place.

Another open secret is the country’s magical climate in January that provides perfect running conditions with average temperatures ranging from 17-25°C.

For the professionals the Al Mouj Muscat Marathon offers a perfect warm weather early season start to their programme, with the certified courses allowing them a good chance of setting a new personal best time.

The Al-Mouj Muscat Marathon offers a combination that has proved increasingly attractive to international runners. They have seized the opportunity and flown into Muscat International Airport’s impressive new terminal on direct flights from Europe and beyond.

On the ground they will find themselves warmly welcomed into a running community embracing both native Omanis and expats.

Muscat Road Runners’ mission to ‘help and inspire people through running’ remains at the heart of the Muscat Marathon, now boosted by the organisational expertise of Oman Sail and support of Al Mouj Muscat. The Race Village located in the heart of Al Mouj offers a fantastic range of activities for the whole family. Registered runners can take advantage of exclusive discount offers at many of Muscat hot spots including fitness, wellness and beauty facilities, alongside restaurants and coffee shops.

[Visit www.muscatmarathon.com for more information]
If you want a photo of you at your best, a photo of you at your strongest. If you want a photo that inspires you every time you look at it – this is that photo.
Santa Pola is a beautiful touristic fishing town located 17km south of the city of Alicante and only 10km from the international airport. There are direct flights to many European countries. In Santa Pola the natural landscapes, beaches, and local cuisine combine to offer you an unforgettable stay.

Must-see attractions are its Fortress located on the Glorieta Square, the natural salt marshes or “Salinas” where flamingos and black-winged stilts can be seen, the Sea and Fishing Museums, the Salt Museum and the Aquarium.

In 2017 the International Half Marathon of Santa Pola was ranked fourth by the Spanish Federation of all half marathons in the country. It is an IAAF Bronze label race and in 2016 incorporated the Spanish half marathon championships.

The first race in 1990 attracted only 324 runners but by 2016 there were 9260 registrations. From the start the Santa Pola Running Club has always strived to offer a joyful experience, as well as to provide the very best race services including healthcare and massage and help with finding accommodation. It has also taken advantage of technical innovations such as a giant screen at the finish, live transmission of the event, broadcasting on the Spanish sports channel Teledeporte, the bib timing chip, mobile app and a full runner bag.

Runners have always valued the way the Santa Pola race and the whole town takes care of them and this is what brings them back to Santa Pola on the last but one Sunday of January - year after year.

The hopes, enthusiasm and sheer hard work put in by the Santa Pola Running Club generates an atmosphere that you can feel during the entire week-end which rubs off on the runners and makes the race so special. The whole town is there to support and encourage runners in their efforts with endless applause. The weather is unfailingly good: it rained only once out of 28 races. The course is practically flat and is 80% beside the sea (the men’s course record is 1:00:14).
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Jaipur was a princely capital from where kings reigned for generations. They left a lasting impression of royalty, grandiosity and ostentation.

The sublime streets of the City generated a yearning among its citizens for integrity and righteousness. The shimmery glow of lights over the pink walls sets the mood to explore the cultural festivities of the city along with experiencing a run full of thrill and gusto. The race is organised by Sanskriti Yuva Sanstha and the World Trade Park under the slogan “Run with the pace of the wind”.

The AU Bank Jaipur Marathon, apart from the Marathon itself, offers a Half Marathon, 10km, 5km and Dream Run. The event has gained popularity over the years through its good organisation and fast, certified course with personal best potential. Several runners have recorded Guinness world records – including one of 3:05 for completing the Marathon dressed as an astronaut.

Runners who take part get glimpses of the vibrant culture and unique traditions of the city. The international tourists visiting the world heritage site are practically mesmerised by the alluring architecture of the palaces and havelis (townhouses). The city’s lovely aura during the spring season makes it the perfect time of the year for this event.

Participants come from far and wide to demonstrate their passion for a life of fitness and health. Over the years, Bollywood celebrities like Akshay Kumar, Salman Khan, Farhan Akhtar, Milind Soman and Kangana Ranaut have been a part of this exceptionally scenic run.

As a UNESCO world heritage site the Pink City attracts people from all over the globe. The run starts from heart of the city near the Albert Hall Museum – which houses glorious collections of paintings, jewellery, ivory, carpets and other artefacts. The route passes by prominent tourist sights like Hawa Mahal and the City Palace and continues past Moti Dungri fort, Birla Temple, Smriti Van, the Peacock Garden, and some of the renowned colleges of Rajasthan University. The World Trade Park is a major feature and the run takes you to the vividly multi-coloured Patrika Gate which opens onto the largest circular park in Asia.

The numerous shades of Rajasthani culture, as seen during the marathon, is a truly wonderful sight that no one should miss. Artists portray the scenic beauty during the run and feature the landmarks along the way as a passionate runner’s image – a delightful experience for all the art lovers out there.

The AU Bank Jaipur Marathon is one of the most exhilarating marathons in India. Jaipur welcomes you to “Run with the pace of the wind” in the 11th edition of its Marathon on 2 February 2020.

www.marathonjaipur.com
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The first competitive Ohme race, held on 5 March 1967, was over 30km – but in the popular usage of the time was called a Marathon.

For reasons of tradition the race is still called the Ohme Marathon in Japan but in English is labelled as the Ohme 10K & 30K road races. In that first race 182 people ran including Tokyo Olympic Marathon bronze medallist Kokichi Tsuburaya.

The race was ‘twinned’ with the Boston Marathon on 15 October 1975. The city of Ome is pronounced Ōume and the marathon was written as Ohme for the purpose of capturing the pronunciation. Throughout its history the race has been known as the Ohme Marathon but the city remains as Ome. What has changed is the number of participants which now exceeds 4000 at 10km and 15,000 at 30km.

The 30km course starts by Ome City Hall and goes northwest on Okutama-kaido street to make a round trip during which runners will enjoy the many beautiful scenic spots along the course. The course is hilly and many runners suffer from the repeated ups and downs but all of them receive the enthusiastic support of people all along the course.

The Ohme 10K & 30K races are held on the third Sunday of February every year. Participants and spectators enjoy watching and listening to taiko drums and many other customs of Japanese culture at the opening ceremony held on the day before the race.

Ome city is about two hours from Haneda Airport by train and about 2:30 from Narita Airport. Near Ome city there are many restaurants offering delicious Japanese gourmet foods such as tofu, soba (buckwheat noodles), udon (flour noodles), ramen noodles, tonkatsu (pork cutlet) and much more. Ome has one of the leading sake breweries in Japan and a historic shrine named Mitake-san.

If you want to stay in a typical Japanese historical temple there are over 20 possible options. These were originally places for worshippers to stay but in recent years more and more are accepting tourists as guests. Some temple lodgings offer experiences you will not find anywhere else, such as pre-breakfast purification rituals and waterfall meditation. Most temple lodgings offer rooms and baths similar to a modern Japanese inn. Meals are not traditional Buddhist vegetarian cuisine but local fare to make it easier for first-timers to stay.

Experiences you will find nowhere else

Ome’s course has its ups and downs but enthusiastic support and remarkable scenery make up for it anywhere else. Historical hot springs nestle in the mountains near Ome. Legend has it that Yamato Takeru, the son of the 12th Emperor of Japan, bathed there. The soft waters come from a single alkaline spring and are said to be good for beauty and rejuvenating after a run. Some inns offer meals for non-staying guests as well.

Ome city tourist information (closed Mondays) Tel: +81 428-20-0011
Association of Ome City sightseeing: www.omekanko.or.jp
www.ohme-marathon.jp
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“It’s the most beautiful marathon of my life. I’ve never felt so much human emotion: the encouragement from Tunisians, the support from volunteers... I ran freely, in peace and security,” enthused one runner from the USA.

“Carthage is magnificent, a course where time stops”; “I will be back next year”; “What beauty, what a beautiful country”; “Carthage is unique in the world, I have never seen a landscape as rich in history”. Testimonials flowed free and fast from the finishers.

Carthage has a unique history: come here to run and discover a historical site, a millenary city, a unique new race in the world. Welcome to Tunisia, Ahlan wa Sahlan in Carthage.

The Carthage Race Marathon is contained within a restricted perimeter which requires it to be a lap course. Three distances are offered: Marathon, Half Marathon and 10km. All are officially measured, certified and timed using the ChronoSports Race Result timing system.

The courses of the various races each allow runners to discover or re-discover the wealth of the archaeological heritage of Carthage and the authenticity of its environment. The courses are very ‘green’ and at the highest point offer a 135-degree panorama of the Mediterranean Sea. This point is located near the Great Mosque Malik Ibn Anas and the

A historical site and an exhilarating race

Cathedral Saint-Louis, built in 1890 in honor of Saint Louis who died in Tunis in 1270.

The show starts as runners pass by the Roman Theatre (selected as the start location) and other major monuments of Carthage: the Mosque Malek Ibn Nas, the remains of the Basilica of Damous El Karita, the mythical village of Sidi Bou Said, the tanks of La Malga (a UNESCO World Heritage Site) and the passage in front of the Presidential Palace.

The Carthage Race Marathon is the first genuinely international running event in Tunisia. Thirty-two nationalities were represented including many from European and North African countries but also from as far afield as Ethiopia, Kenya, Russia, United States, Canada, Iran, India and Japan. All runners received a T-shirt and designer finish medal as a unique reminder of their Carthage Marathon experience.

The Carthage Race, first launched in 2015 was exceptional in aspiring to be a world-class marathon of the highest level. The “Triple 7 Quest” brought in runners from around the globe seeking to run seven official marathons or half-marathons on seven continents in seven days. The Quest starts in Australia and finishes in Antarctica and in 2015 included events in Melbourne, Abu Dhabi, Paris, Carthage, New York, Punta Arenas and Antarctica. Fifteen Guinness World Records were set. It was a unique moment and the support of all Tunisian Authorities showed Tunisia as a great African and Mediterranean country.

Naamen Bouhamed, a Franco-Tunisian who built the Sports Med Events in Tunisia, said “After launching the Sfax International Marathon of the Olive Trees in 2012 – the first AIMS-IAAF certified course in Tunisia – we now stage three AIMS races: The Carthage Race Marathon in February, the Tunisia Women’s Run Half Marathon, held in Sousse in April, and the Sfax Marathon in October.”

See: www.sportsmedevents.tn
NOVEMBER 8
AIMS BMR AWARDS GALA & SPECIAL AWARDS

NOVEMBER 9
AIMS MARATHON SYMPOSIUM FOR RACE ORGANISERS

NOVEMBER 9
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NOVEMBER 10
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A piece of heaven

There is a piece of heaven lying between Provence and the Côte d’Azur. Nestling in an amphitheatre of wooded hills, it slopes gently down through a mosaic of farmland to the turquoise waters of the Mediterranean Sea.

It is a prestigious destination with a festive atmosphere. The towns of the Saint-Tropez Gulf retain their authenticity but are friendly and outward-looking with an abundant diversity of colours, essences and flavours. During the Easter holiday come and discover the mythical Gulf of Saint-Tropez in a convivial, festive and sporting atmosphere.

Come and enjoy a unique course combining seaside views, vineyards, hills and garrigue with your best costume. Knights, adventurers, clowns, fairies, Mayan bees, corsairs… you will have to use your imagination and creativity to win the trophy for the best costume.

Apart from the Marathon, organisers also offer a 2 × 21.1km option, the "TransGolfe" and a Marathon Relay.

The Marathon starts at Sainte-Maxime and ends at Cavalaire with a total climb and drop of 340m and a six-hour time limit. Seven pace groups will be available for this 3rd edition of the race with target times from 3 hours 30 minutes at 15-minute intervals up to 5 hours.

The 2 × 21.1 km offers two people the chance to each run a half-Marathon from Ste Maxime to St Tropez and from St Tropez to Cavalaire.

The TransGolfe race is an 18.5km flat route from St Maxime to Saint Tropez, 80% beside the sea, which allows you to join the party in a friendly and festive atmosphere (and a 6-hour time limit) where you can enjoy the specialities of the region.

The Marathon Relay allows you to choose your own formula to experience the best of the Marathon with stages from from 3 to 10.7km and teams of anything from three to seven runners: you decide, as long as they change over at the official relay points.

As part of the the program runners receive festive refreshments with rosé wine, tropézienne tart, a Marathon bottle of rosé, a gym bag, a t-shirt and the outsize finisher medal.

Runners gave the latest edition rave reviews: “Great organization, a beautiful course and a small climb to spice things up”; “We feasted on the race, and will do it again”; “Big thanks to everyone. A great time and top organisation”; “A super marathon – breath-taking landscapes, exceptional refreshments provided and the tropezian pie on arrival is just great”; “A huge thank you to all the volunteers, you were adorable”; “Really a super marathon and a huge medal, so beautiful”; “The landscape is sublime, the organisation, volunteers, sponsors – everything is perfect... don’t miss it”.

See: www.marathondugolfedesainttropez.com/uk/index.htm
Running with you

Attica.
Authentic Marathon’s Land
European Hipster smiles at Athens International Airport
Ceramic, 2019 A.D.
THE CITY AND THE MARATHON OF STARS
Hollywood movies are made in San Sebastian – and you can also run one of the best marathons in the world.

San Sebastian is a small and breathtaking town located in the North of Spain very close to France. It not only hosts one of the oldest and most beautiful marathons in Europe but it is also the chosen place for Hollywood directors to make their films.

This summer has been really hectic in San Sebastian. Woody Allen has chosen the town as the location to make his next film and a few movie stars have been seen around town. Apart from this, San Sebastian is so amazingly beautiful and it has so many things to do and visit that for the second year in a row, Matt Damon, Elba Pataki and Chris Hemsworth have decided to spend their summer holidays here. Every year in September San Sebastian also hosts one of the most prestigious cinema festivals in the world. Definitely, San Sebastian is the City of Stars.

We don’t know if any of those actors, directors and movie personalities will take part in the town’s marathon on 24th November, but we can guarantee that the participants will be able to enjoy the visit to a movie town visited by thousands of tourists; some of them really famous, as you can see. San Sebastian offers incredible beauty, its restaurants and bars are amazing, and it is very easy to reach from anywhere in Europe.

Without a doubt, Zurich San Sebastian Marathon is a great choice if you like running. You can choose to run the marathon, half marathon or 10K and you can get there by flying to Bilbao, Bilaniz or San Sebastian airports. The furthest away is just a one-hour drive from San Sebastian. You can also easily get there by car or by train to San Sebastian or Hendaye in France.
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COMEMORAÇÃO DO 20.º ANIVERSÁRIO DO ESTABELECIMENTO DA RAEM
GALAXY ENTERTAINMENT MARATONA INTERNACIONAL DE MACAU 2019

CELEBRATION OF THE 20TH ANNIVERSARY OF THE ESTABLISHMENT OF THE MACAO SAR
2019 GALAXY ENTERTAINMENT MACAO INTERNATIONAL MARATHON
Surrounded by the famous Blue Mountains and home to the Bob Marley Museum, Kingston impresses with its setting.

This city has been recognised as the Creative City of Music by UNESCO. It represents the heartbeat of Jamaica through its strong cultural and economic influence. The Kingston City Marathon has intertwined the city’s culture with fitness. An earlier version of the event, the Kingston City Run, had been held for six years but the Kingston City Marathon (KCM) was introduced earlier this year as a weekend celebration focused around a Marathon, Half Marathon, 10km Run and 5km Walk/Run.

Next year’s eighth edition will give runners the opportunity to embark on a picturesque tour of the capital’s historic sites and major landmarks. The race starts by The Courtleigh Hotel and Suites entrance in New Kingston and from there leads you through some of the capital’s most iconic spots, from Devon House to the Bob Marley Museum to Hope Gardens. Runners will also enjoy entertainment at fan zones along the course. You can soak up all the sights and sounds and experience the heartbeat of Jamaica on foot.

The opening night welcome party will be on Friday 13 March. A Health and Fitness Expo follows next day at the Jamaica Pegasus Hotel. On race day, Sunday 15 March, the excitement doesn’t stop when the run finishes at the beautiful historical site, Emancipation Park. The Park will host the Race Village for post-run celebrations, the awards ceremony and a finish line reggae party.

The Kingston City Marathon encourages families, friends, corporate companies, children, fitness enthusiasts and wheelchair athletes to run this iconic city. The event was conceptualised to help raise funds to support projects for the homeless in Kingston and to raise awareness of Kingston as a travel destination, thereby increasing the number of visitors to the city. The event was started in 2013 and from its inception has raised over 15 million Jamaican dollars (110,000 USD) to give to deserving charities such as the Open Arms Development Centre, the Marie Atkins Night Shelter, the Alpha Boys Institute, Food for the Poor and Missionaries for the Poor.

The race is a treat for Jamaicans and overseas participants alike as it provides a tour through all the history and beauty that Kingston has to offer. The race is AIMS-certified and uses chip timing. Vacation packages have been designed to include hotel accommodation, entry to the race and the Health and Fitness Expo. Runners can also choose to book their hotels separately through their travel agent and register for the race on the event’s website.

A visit to Kingston is essential to taste the rich excitement of modern Jamaica and The Kingston City Marathon is the best way for a fitness enthusiast to experience it.

Register at: www.kingstoncityrun.com
Instagram: @kingstoncitymarathon #RunDiCity
Facebook: KingstonCityRun
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www.kingstoncityrun.com
TAIPEI MARATHON

2019.12.15 SUN

Marathon | Half Marathon

Taipei Marathon is the leading event and one that started the "running" hype across Taiwan. In the recent years, it has become an elite sports event. Please celebrate with us on the world stage of sports. Let us run towards a better future!

http://www.taipeicitymarathon.com/
https://www.sportsnet.org.tw/
Madrid will celebrate 43 years of running and rocking on 26 April 2020 – 39,000 runners from all over the world are expected at Spain’s most beautiful race.

The event offers a Marathon, a Half Marathon and a 10km – so that everyone can enjoy the biggest running party in the country. You will also experience a unique festive atmosphere where thousands of spectators take to the streets to encourage the participants and be part of this great celebration.

In addition to having a beautiful and touristic course through the heart of Madrid the EDP Rock ’n’ Roll Madrid Marathon & ½ is an authentic running festival. It has more than 30 entertainment stages and music stations located along the course: you will rock like never before.

The event is organised by AD. MAPOMA, leading organisers of sports events in Spain and part of the Rock ’n’ Roll Marathon Series with more than 30 marathon and half marathon events worldwide.

The EDP Rock ’n’ Roll Madrid Marathon & ½ is a great incentive for tourism and a perfect showcase for the city of Madrid. More than 10,000 foreign runners come from 110 countries to participate in the event.

The 2019 edition was the toughest in memory because a Spanish general election was declared for the race weekend. But it turned out to be the most successful edition in the race’s history. The “shorts and singlet” community enthusiastically supported a race that has become rooted in the DNA of Spanish recreational sport.

Overall 5000 runners have already registered for the 2020 EDP Rock ’n’ Roll Madrid Marathon & ½, which is 110% up on a year ago. Race demographics show continued growth in women’s participation with the current gender ratio being 71% men to 29% women. There are already 720 foreign runners registered, representing 47 different countries.

Still with eight months to go everything seems to point towards the word “record” being prominently used in describing the EDP Rock ’n’ Roll Madrid Marathon & ½.

Get ready for the event of the year – Madrid will again stage one of the biggest running parties in Europe where tens of thousands of people will be part of a unique event, where passion, effort and personal victories will permeate the city.

Let the Rock ’n’ Roll, the spirit and the runners’ strides sound out loud. The road to fulfilment of our dreams has just begun. It will be legendary!

www.edprocknrollmadrid.com
Come for the Run, Stay for the Fun!

Come December, Kolkata’s streets will once again echo with the footsteps of the best runners.

Race Day 15.12.2019

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Carlo Capalbo, a lawyer by training and an entrepreneur by inclination, moved from Milan to Prague in the early 1990s and saw a country ready to join the running revolution. 25 years later 1.2 million runners have completed races established by him and his team.

Capalbo's professional career started in the IT industry with Olivetti Spa in Italy, where he was involved in international finance and the market development of new start-ups worldwide. In 1988 he joined the WordPerfect Corporation, becoming country manager for Italy and regional manager for other European countries.

In the early nineties Carlo moved to Prague, curious about changing openings in "New" Europe. He started a management consulting firm specialising in helping medium-sized European companies find entry into the Czech Republic. That was what led him to spot the potential of a country that had until then seemed unmoved by the new running culture that had gripped Western Europe.

In 1994 he founded the company Prague International Marathon spol. s r. o. (PIM) as a greenfield project aimed at establishing the modern concept of long-distance running events. He positioned the company as an innovative communication tool for brands looking to enter or consolidate their position in the Czech market.

The first Prague Marathon was held on 4 June 1995 and attracted 958 runners with a further 15,000 people taking part in the accompanying events. Olympic champions Emil Zátopek and Gelindo Bordin were race patrons. PIM expanded quickly: the Prague Grand Prix 10km race for elite runners was established in 1996, followed by the Junior Marathon – a relay race for secondary school students in 1997, and in 1999 by the Prague Half Marathon.

In 1998 Carlo was awarded an "honoris causa" degree by the Charles University in Prague for his contribution to the development of sport in the Czech Republic. This was followed seven years later by the "Sponsor of the Year" award made to the Prague International Marathon for its contribution to sport in the Czech Republic.

In 2000 he founded Tempo Team Prague, s. r. o. an agency consisting of a team of professionals committed to consulting, sharing experiences and providing services to other long-distance running events in Europe and around the world, as well as to other sporting institutions. In 2009 he was elected to the Board of AIMS with responsibility for marketing.

In June 2010 another important landmark event was established when Carlo and his team staged the Olomouc Half Marathon, taking mass participation running outside the Czech capital for the first time. The City of Olomouc showed its appreciation by bestowing an award on him for the "Act of the Year".

The Olomouc Half Marathon was the start of a new project known as the RunCzech Running League, a series of long-distance races organised throughout the Czech Republic. The Ústí nad Labem Half Marathon was introduced in September 2011, the České Budějovice Half Marathon was added in June 2012 followed by the Karlovy Vary Half Marathon in 2013.

In May 2012 Prague and the PIM team hosted the 19th World Congress of AIMS, which attracted a larger attendance than ever before in the 30-year history of the Association, bringing together over 240 delegates representing 122 races from 55 countries on seven continents.

The Prague Running Mall was created in 2013 as a unique focus for runners in the city which became an example followed all over the world by other race organisers and became an inspiration for adidas Runbase. In 2014 Carlo received the European Athletics Member Federation Award for his contribution to sport in Europe.

RunCzech events enjoy long-term sponsorship by some of the largest and most famous companies in the world: Volkswagen, adidas, Hilton, Mattoni, Pilsner Urquell, Generali and Unicredit. The atmosphere of the races has also drawn many renowned names to the Czech Republic such as Haile Gebrselassie, Stefano Baldini, Paul Tergat, Moses Tanui, Antonio Pinto, Patrick Makau, Zersenay Tadese, Wilson Kipsang, Edna...
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Marathon movers
Carlo Capalbo

Kiplagat, Geoffrey Mutai and Mary Keitany, as well as countless thousands of visitors.

The RunCzech Running League, with over 85,000 runners, consists of seven races each with its own IAAF Gold Label. No other organis-
er in the world has received more, which attests to the first-rate standards of the organisation.

In 2015 Carlo received a badge of honour “Cavaliere dell’Ordine della Stella d’Italia” (Knight of the Order of the Star of Italy). The
award is one of Italy’s highest honours given to those personalities who promote friendly
and cooperative relationships with other
countries. He was also appointed as Chairman
of the IAAF Road Running Commission.

In 2016 he launched a new project – Napoli
Running – aimed to promote two existing
races in the Campania region – Sorrento
Positano (held in December) and Napoli
City Half Marathon (held in February).

In 2017 six world records were set in
RunCzech races. Besides events in Italy
Carlo has started races in Kenya and con-
sulting services in Japan and China.

In October 2016 Carlo was awarded honorary
citizenship of Prague, and in May 2018
honorary citizenship of Karlovy Vary.

www.runczech.com

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www.deadsea.run
On the third Sunday of January 2020 Mumbai will again play host to runners. From across the country. From the four corners of the world. Running to set a record. Running to achieve a personal best. In six different categories. The many will come together with one aim: #BeBetter
In the 1980s Ingrid Kristiansen dominated all forms of women’s distance running: on the track, over cross-country and on the roads.

Only her fellow Norwegian Grete Waitz could rival her, and this drove both of them to ever greater efforts. Waitz was a couple of years older and had enjoyed great success at cross country and on the track before Kristiansen, who started her athletic career as a cross-country skier, had got into her running stride.

Born on 21 March 1956 with a differently-spelt surname of Christensen she started running marathons in 1980. At first her performances were unexceptional. It took until 1984 for her to go under 2:30 in the Marathon, although she won Stockholm three times and finished second in New York and third in the 1982 European Championships.

It was after giving birth to her first son in 1983 that Kristiansen returned to competition at an altogether new level. She ran three marathons in 1984, winning Houston in 2:27:51 (a year earlier she had won it in 2:33:27), and London in 2:24:26. Her third outing that year was in the 1984 Olympic Marathon in which she finished fourth (Waitz took the silver medal).

In the build-up to the Olympics Kristiansen had set a new world record of 14:58.9 in the 5000m. She replicated the pattern in 1985 – but this time set a new world record in the London Marathon of 2:21:06, which stood for 13 years. She went on to set a 10,000m world record of 30:59. In the Chicago Marathon that year she was defeated by Olympic Champion Joan Benoit – whose (assisted) ‘world best’ she had surpassed in London.
9 Feb  #一起我們跑更遠  Together we run further
1986 was better still starting with victory in the Boston Marathon and followed by two track world records: 30:13.3 in the 10,000m (which stood for 16 years) and 14:37.89 in the 5000m. This made her world record holder at all three Olympic ‘long distance’ races at the same time - the only person ever to do this. She took the European 10,000m title with a devastating run that left her nearest rival 40 seconds behind. She closed the year with victory in the Chicago Marathon.

In 1987 she again won the London Marathon (2:22:48) and won the 10,000m in the World Championships.

At the beginning of 1988 she won the World Cross Country Championships after having previously twice finished third and once fourth. She ran the first half of the 1988 London Marathon at 2:18 pace but slowed to record 2:25:41 - still five minutes ahead of the second woman. She led the 10000m field at the 1988 Seoul Olympics but dropped out with a foot fracture.

She returned to racing in 1989 and won the Boston Marathon in 2:24:33. Her last marathon appearance was a gun-to-tape victory (2:25:30) in the 1989 New York Marathon.

Kristiansen retired from active athletics in 1993 but continued her involvement in the sport through coaching, administration and personal appearances. She was the first awardee of the AIMS Lifetime Achievement Award in 2015.
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Register today in: www.zurichmaratonsevilla.es
Calendar

AIMS events
October 2019 – September 2020

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

October 2019
5  Tartu City Marathon  EST M,H R AIMS Children’s World Race  72
6  3 Country Sparkasse Marathon  AUS M,H R AIMS Children’s World Race  68
6  Bila Tserkva Marathon  UKR M  82
6  Brussels Airport Marathon & Half Marathon  BEL M,H,R  70
6  1/2 Maraton de Bucaramanga - FCV  COL H  72
6  Gatorade Caracas Rock 10K  VEN R  82
6  Cardiff Half Marathon  GBR H  74
6  Marathon Int’l de Casablanca  MOR M  78
—  LSR Colombo Marathon  Event cancelled  SLI M  80
6  Guayaquil Marathon  ECU M  72
6  Košice Peace Marathon  SVK M  77
6  Wizz Air Kyiv City Marathon  UKR M,H,R  82
6  Baxters Loch Ness Marathon & Festival of Running  GBR H  78
6  Silesia Marathon  POL M,H,R  79
6  Tarblazer 42.2  IND M,H,R  74
6  Telesia Half Marathon  ITA H  76
6  Trento Half Marathon  ITA H  76
6  Samsung Amman Int’l Marathon  JOR M,H,R  76
11  Shirram Properties Bengaluru Marathon  IND M  74
11  Raiffeisen Bank Bucharest Marathon  ROU M,H R AIMS Children’s World Race  81
13  Bank of America Chicago Marathon  USA M  82
13  23rd RheinEnergieMarathon Cologne  GER M,H  74
13  6th PZU Cracovia Royal Half Marathon  POL H  79
13  Marathon Eindhoven  NED M  78
13  Melbourne Marathon Festival  AUS M  68
13  Generali München Marathon  GER M,H,R  79
13  Novi Sad Marathon  SRB M  80
13  Zafiro Palma Marathon  ESP M,H,R  80
13  SSQ Insurance Quebec City Marathon  CAN M  70
13  Wizz Air Sofia Marathon  BUL M,H,R  70
13  GoodLife Fitness Victoria Marathon  CAN M  70
13  Yerevan Marathon and Half Marathon  ARM M,H R AIMS Children’s World Race  68
13  Zagreb Marathon & Half  CRO M,H  72
18  Semi Marathon Int’l de la Ville de Béjaïa  ALG M  68
19  Int’l Thessaloniki Night Half Marathon  GRE H,R  74
20  TCS Amsterdam Marathon  NED M  70
20  ASB Auckland Marathon  NZL M,H,R  74
20  Airtel Delhi Half Marathon  IND H  74
20  Dong-A Ilbo Gyeongju Int’l Marathon  KOR M  76
20  Maraton Int’l de Jauzer  MEX M,H  78
20  Linker Oevrt Marathon  BEL H  70
20  EDP Lisbon Marathon | Luso Half Marathon  POR M  79
20  20th PKO Poznań Marathon  POL M,AIMS Children’s World Race  79
20  Scotiabank Toronto Waterfront Marathon & Half Marathon & 5K  CAN M,H,R  70
20  Maraton Varmex  MEX M,H,R  74
20  UWI SPEC Int’l Half Marathon  TRI M  82
25  Erdil Marathon  IRQ M,H,R  74
26-27  Polar Circle Marathon  GRN M  74
27  Maratón Aguascalientes  MEX M,H,R AIMS Children’s World Race  78
27  Chuncheon Int’l Marathon  KOR M  76
27  KBC Dublin Marathon  IRL M  74
27  Eva Air Half Marathon  TPE H,R  72
27  Mainova Frankfurt Marathon  GER M  18
27  Jakarta Marathon  INA M,H,R  74
27  Kanazawa Marathon  JPN M  76
27  Lausanne Marathon  SUI M  80
27  Volkswagen Ljubljana Marathon  SLO M AIMS Children’s World Race  80
27  Longbién Marathon  VIE M,H,R  82
27  EDP Medio Maratón de la Mujer de Madrid  ESP H  80
27  Marine Corps Marathon  USA M AIMS Children’s World Race  82
27  Standard Chartered Nairobi Marathon  KEN M,H,R predicted date  76
27  Podgorica Marathon  MNE M  14
27  St Denis Half Marathon – La Voie Royale  FRA H  72
31  Sun Moon Lake Marathon  TPE M,H,R  71
31  SwissCityMarathon – Lucerne  SUI M  82
31  Toyma Marathon  JPN M,H  76
31  Medio Maratón Valencia Trinidad Alfonso EDP  ESP H  16+17
31  Venicemarathon  ITA M  76

November 2019
3  Bangsaen42 Chonburi Marathon  THA M  80
3  Maratón Guadalajara  MEX M  78
3  Hangzhou Marathon  CHN M  72
3  Vodafone Istanbul Marathon  TUR M AIMS Children’s World Race  20
3  Semi Marathon Int’l de Laayoune  MAR H  76
3  SPORTWAY Lake Maggiore Marathon  ITA M,H,R AIMS Children’s World Race  76
3  TCS New York City Marathon  USA M  82
3  French Riviera Marathon Nice-Cannes  FRA M,H  72
3  Slax Marathon Olive Trees  TUN M,H,R  82
3  Porto Marathon EDP  KOR M predicted date  80
3  JTBC Seoul Marathon  KOR predicted date  79
8-10  Phukethon  THA M,H,R  79
9  3-Sjersløpet  NOR M  80
10  Athens Marathon The Authentic  GRE H R AIMS Children’s World Race  76
10  BLOM BANK Beirut Marathon  LBN M,H,R  76
10  Monterey Bay Half Marathon  USA M  82
10  Braslíia City Half Marathon  BRA H  70
10  10k Garda Trentino  ITA M,H  74
10  Marabana Marathon & Half  CUB M,H,R  72
10  Ravenna Marathon – City of Art  ITA M,AIMS Children’s World Race  76
10  Pharaonic 100km  EGY U  72
10  Gulf Bank 642 Marathon  KUW M,H,R  76
16-17  Rock ’n’ Roll Las Vegas Marathon & 1/2 Marathon  USA M  82
17  BDMS Bangkok Marathon  THA M,H,R predicted date  80
17  Borobudur Marathon  INA M,H,R  74
17  Great Ethiopian Run 10km  ETH M AIMS Children’s World Race  72
17  Goa River Marathon  IND M,H,R  74
17  Kobe Marathon  JPN M,H,R predicted date  76
17  Radisson Blu Larnaka Int’l Marathon  CYP M,H,R  72
17  21km Nuevo Lédn  MEX H  79
17  Shanghai Int’l Marathon  CHN M  72
17  Verona Marathon  ITA M  76
17  Vizag Navy Marathon  IND M,H  74
22-24  Malta Int’l Challenge Marathon  MEL M  14
23  Bagan Temple Marathon  MYA M,H,R Course not medalised to AIMS standards  78
23  Great Hakka Marathon  CHN M,H,R Course not medalised to AIMS standards  70
23-24  Philadelphia Marathon  USA M,H,R  82
24  KLM Curaçao Marathon  CUR M,H,R  72
24  Firenze Marathon  ITA M  74
24  Mount Fuji Marathon  JPN M  76
24  Panama Int’l Marathon  PAN M  79
24  Penang Bridge Int’l Marathon  MAS M,H,R  76

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24 Maratón Donostia - San Sebastián ESP M 26+27
24 Maratón Monumental Primer Santiago de America DOM M,H,R 72
24 Serge Vigot La Rochelle Int’l Marathon FRA M 72
24 UNICEF Charity Run Half Marathon & 10km HKG M 74
29 Eliat Full Desert Marathon ISR M,H,R AIMS Children’s World Race 74
30 Standard Chartered Singapore Marathon SIN M,H,R 80
tbc Volcano Marathon CHI M,H,R Course not measurable to AIMS standards 70

December 2019

1 Maratón del Atlántico HON M 74
1 Gran Maratón Pacífico Mazatlán MEX M 78
1 Galaxy Entertainment Macao Int’l Marathon MAC M 28
1 Osaka Marathon JPN M 76
1 Pune Int’t Marathon IND M 74
1 San José Costa Rica Half & Marathon CRC M,H,R AIMS Children’s World Race 72
1 Marathon COMAR de Tunis – Carthage TUN M,H,R 82
8 Valencia Trinidad Alfonso EDP Marathon ESP M 16+17
1 Fukuoka Int’l Open Marathon Championship JPN M 76
6 ADNOC Abu Dhabi Marathon UAE M,H 82
6 Ayla Red Sea Half Marathon IND M 76
6-8 Cave Shepherd & Co Run Barbados Marathon Weekend BAR M,H,R 32
7 Bengaluru Midnight Marathon IND M,H,R 74
8 Angkor Wat Int’l Half Marathon CAM M,H,R 70
8 Intertrust Cayman Islands Marathon CAY M,H,R 70
8 Discoveries Half Marathon POR H 79
8 Techcombank Ho Chi Minh City Int’l Marathon VIET M,H,R 82
8 Maratón Powerade Monterrey MEX M,AIMS Children’s World Race 78
8 Nara Marathon JPN M 76
8 Roadie Marathon, Half & 10K JAMA M,H 82
8 Salitama Int’t Marathon JPN M 76
8 Zengwen Reservoir Marathon TPE M,H,R 72
13 Antarctic Ice Marathon & 100K ATLA M,H,R 68
15 Bangsaen21 Half Marathon THA H 80
15 Telfilat 10KM Errachidia MAR M 78
15 Tata Steel Kolkata 25k IND R 32
15 Zürich Maratón Málaga ESP M 80
15 Nong Khai ASEA Marathon THA M 80
15 Cairn Pink City Half Marathon IND M 74
15 PisaHalfMarathon ITA M,H 76
15 The St. Croix Int’l Marathon ISV M 82
15 Taipei Marathon TPE M,H,R 30
22 Agadir Green Marathon See race preview on page 9 MAR M,H,R 78
28 El Corte Inglés Sú Silvestre de Lisboa POR M,AIMS Children’s World Race 32
31 Sú Silvestre Int’l Road Race BRA R 70
31 Sú Silvestre de Luanda 10km ANG R predicted date 68
31 Media Maratón “La Sele” CRC M,H,R 72

January 2020

1 Neujahrsmarathon Zürich SUI M,H,AIMS Children’s World Race 32
3 Sea of Galilee Tiberias Marathon ISR M,AIMS Children’s World Race 74
5 PolarNight Halfmarathon NOR M,H 33
5 Merida Marathon MEX M,H,R 78
5 Mizuno Hong Kong Half-Marathon Championships HKG H 74
5 CNS Solapur Half Marathon IND M 74
5 MG Vadodara Int’t Marathon IND M,H,R 74
7 Brazilian Ice Half Marathon RUS M Course not measurable to AIMS standards 80
10K Valencia Ibercaja ESP R 10
12 Marathon Int’l de Fes MAR M,H,R 78
17 Egyptian Marathon EGY M,H,R 36
17-18 Al Mouj Muscat Marathon See race preview on page 11 OMA M,H,R 79
19 Marathon Bahamas, Half & Relay BAH M,H,R 36
19 Gammon China Coast Marathon & Half HKG M predicted date 74
19 Chombeung Marathon THA M,H,R 80
19 Maratón Int’l de Cullacán MEX M 78
19 Funchal Marathon POR H 34
19 Chevron Houston Marathon and Aramco Houston Half Marathon USA M,H,R 82
19 Maui Oceanfront Marathon & Half USA M,H,R 82
19 Tata Mumbai Marathon IND M predicted date 38
21 Mitja Marato Int’l Vila de Santa Pola ESP M 36
21 Standard Chartered Taipei Charity Marathon TPE M,H,R 33
20 Corrida de Sao Sebastiao BRA M,H,R 70
21 Cajasiete Gran Canaria Marathon ESP M,H,R 80
20 Khon Kaen Int’l Marathon THA M,H,R 80
20 Marathon & Semi Int’l de Marrakech MAR M,H,R predicted date 78
26 Osaka Women’s Marathon JPN M 76
tbc Xiamen Marathon CHN M 33

February 2020

27km for Freedom RSA M 80
tbc Gyeonggi Int’l Half Marathon KOR M,H,R 76
27km for Freedom RSA M 80
tbc Kaohsiung Int’l Marathon TPE M 72
27km for Freedom RSA M 80
tbc Taichung World Flora Exposition Int Marathon TPE M 72

March 2020

1 Runatolia Marathon (Half + 10km) TUR M,H,R 82
1 Kilimanjaro Marathon KEN M,H,R 80
1 Tainan Historical Capital Int’l Half Marathon TAI M,H,R 72
1 Tokyo Marathon JPN M 76
1 Lake Biwa Mainichi Marathon JPN M 44
1 Nagoya Women’s Marathon JPN M 76
1 Sihanoukville Int’l Half Marathon CAM M,H,R 70
1 Face Equality Taipei Expressway Marathon TPE M,H,R 72
1 Saipa Marathon IRAN M,H,R 44
2 Athens Half Marathon GRE M,H,AIMS Children’s World Race 80
2 Logicon Cyprus Marathon CYPR M,H,R 72
2 Kingston City Marathon JAM M,H,R 72
2 Seoul Marathon KOR M 76
2 Gulf of St Tropez Marathon FRA M,H 72
2 New Taipei City Wan Jin Shi Marathon TPE M 72
2 Antarctic Marathon & Half ATLA M,H,R Course not measurable to AIMS standards 68
2 Chongqing Int’l Marathon CHN M 70

Continued on page 47
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OPAP Limassol Marathon GSO 44
EDP Lisbon Half Marathon 80
Tokushima Marathon 76
Wuxi Marathon 50
Freedom of Movement Palestine Bethlehem Marathon 79
Rock ‘n’ Roll DC Marathon & Half Marathon 82
Incheon Int’l Half Marathon 76
Movistar Medio Maratón de Madrid 80
Novi Sad Half Marathon 80
Standard Chartered Stanley Marathon 72
17a Treviso Marathon 76
tbc Abu Dhabi “Yes I Can” 10km Int’l 82
tbc Maratón Int’l Lala 78

April 2020

Australian Running Festival presented by TCS 68
Generali Berlin Half Marathon 74
ČSOB Bratislava Marathon 80
35th Telekom Vivicittà Spring Half Marathon 71
Maraton Cartago 50
Maratón “Las Batallas de Celaya” 78
Wizz Air Cluj-Napoca Marathon 52
Daegu Int’l Marathon 76
United Airlines Guam Marathon 74
Vodafone İstanbul Half Marathon 20
Generali Milano Marathon 76
Schneider Electric Marathon de Paris 72
13th PKO Poznań Half Marathon 50
NN Marathon Rotterdam 78
São Paulo Marathon 50
North Pole Marathon 79
LG Dead Sea Ultra Marathon 76
Old Mutual Two Oceans Marathon 80
Pardubice Wine Half Marathon 72

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23RD WORLD CONGRESS OF AIMS BATUMI GEORGIA 2020
Calendar

Continued from page 47

28 Island Chill Suva Marathon
226
29 BMW Tangamanga Int’l Marathon
MEK M
30 RAHAL Mémorial Casablanca
MAR R
31 Hvar Half Marathon
CRO M
32 Lanzhou Int’l Marathon
CHN M,H,R
33 white Nights Marathon
RUS M

July 2020

2 McDonald’s Townsville Running
Festival
AUS M,H
4 Gormeagr Zermatt Marathon
SUI U,H
5 Gold Coast Marathon
AUS M
5 Ecnovetica Falls Marathon
ZIM M
18-19 Golden Ring Ultra Trail 100
RUS U,M,R (Course not measurable to AIMS standards)
18 Island Chill Suva Marathon
FJI M,H
19 Mauritius Marathon
MRI M,H,R
25 Australian Outback Marathon
AUS M (Course not measurable to AIMS standards)
25 Swissspule
SUI U,M,R (Course not measurable to AIMS standards)
26 Media Maratón Int’l de Bogotá
COL H
26 Sao Paulo City Marathon
BRA M
26 Westlink M7 Blacktown Running
Festival
AUS M
29 La Ruta de las Iglesias
ECU R
30 Airtel Hyderabad Marathon
IND M,H,R
30 Correcaminos Half Marathon
and 10k
CRC H,R
30 Media Maratón Ciudad de Guayquía – Diaro Expresso
ECU H

August 2020

1 Siberian Int’l Marathon
RUS M,H,R
2 The Khmer Empire Marathon
CAM M,H
9 10km Int’l de Dakhla
MAR R
9 Manulife Danang Int’l Marathon
VIE M,H,R
16 Kuching Marathon
MAS M,H
16 Dadi Prakashmanti Mount Abu
Int’l Half Marathon
IND H
16 Rio Half Marathon
BRA H
16 Sunshine Coast Marathon
AUS M,H,R
22 Helsinki Marathon
FIN M,H

September 2020

4-6 Knavrikmila – The Great Fjord
Run
NOR H
5 Petra Desert Marathon
JOR M,H,R
6 Astana Marathon
KAZ M,H,R
6 35th Wizz Air Budapest Half
Marathon
HUN M,H,R
6 Medio Maratón Atlas de
Guadalajara
MEX H,R
6 Pila Int’l Half Marathon
POL H
6 Vaal River City Marathon
RSA M,H,R
11-13 Tallinna Maraton,
Half & 10k
EST M,H,R,AIMS Children’s World Race
12 Anwerp Marathon
BEL M
12 Jungfrau-Marathon
SUI M (Course not measurable to AIMS standards)
12 Minsk Half Marathon
BLR M,H,R
13 Volksbank-Münster-Marathon
GER M,H
13 Satara Hill Half Marathon
IND H,R
13 Copenhagen Half Marathon
DEN H
13 Ladakh Marathon & Ultra
IND M,H,R
13 Danske Bank Vilnius Marathon
LTU M,H,R
18 Dhiraagu Maldives Road Race
MDV R
19 Grefenseelauf Uster
SUI H,R
19 BMW Oslo Marathon
NOR M,H,R
20 Dam tot Damloop
NED R
20 Ston Wall Marathon
CRO M,H
20 Blackmores Sydney Running
Festival (incl. Sydney Marathon)
AUS M

October 2020

4 3 Country Sparkasse Marathon
AUT M,H,R,AIMS Children’s World Race
4 Cardiff Half Marathon
GBR H,R
4 Guayaquil Marathon
ECU M,H,R
4 Košice Peace Marathon
SVK M
4 Trento Half Marathon
ITA H
10-11 35th SPAR Budapest
Marathon
HUN M
17 Int’l Thessaloniki Night Half
Marathon
GRE H,R
18 Sanlam Cape Town Marathon
RSA M
18 Maraton Varmex
MEX H,R
21 Mainova Frankfurt Marathon
GER M
21 Standard Chartered Nairobi
Marathon
KEN M,H,R (predicted date)
21 Medio Maratón Valencia
Trinidad Alfonso EDP
ESP H
21 Podgorica Marathon
MNE M
21 Sun Moon Lake Marathon
TPE M,R

Keep up to date!

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Reflective blankets have become almost as widely handed out at the finish line as medals – but are they any use? asks Dr. Lowell Greib of the International Institute of Race Medicine (IIRM)

People run distance races in vastly different conditions. They range from hot and humid to cold and dry and include everything else in between.

Race organisers try to provide runners with things like postrace snacks and space blankets to enhance their race experience but also to reduce the risks of competing in these conditions. Over the years it has become standard practice for runners to receive a reflective blanket at the finish line to reduce cooling in cold temperatures and overheating in hot or sunny weather.

But do these blankets really help?

When making decisions about what to do to keep runners safe, medical directors look to best practice as shown through science and in published literature. But there is almost nothing published about whether giving out reflective blankets to marathon finishers is in any way helpful. Current literature overwhelmingly documents the use of reflective blankets in hospitals. ‘Space’ blankets were first used in space because of their insulating properties – hence their name. Claims that ‘space blankets’ reflect up to 90% of a person’s body heat and can be flipped to deflect heat from external heat sources suggest they would also be a logical choice to help the endurance runner.

As endurance athletes compete their metabolic system produces kinetic energy to propel themselves through muscular contraction. But the process is very inefficient: 75% of this kinetic energy is lost as heat. During a marathon dissipating heat is essential to maintaining an appropriate core temperature in the athlete.

There are two ways an athlete can lose heat: wet heat loss is from the evaporation of sweat and is the main way that the body dissipates heat during metabolism, accounting for up to 50% of heat dissipation; ‘Dry cooling’ is effected through convection and radiation.

It is easy to understand why reflective blankets are used in controlled operative environments where the patient is stationary and can be wrapped. A race environment is entirely different. Literature yields no data suggesting that reflective blankets can help to warm you. Based on human physiology and science one would think that the warming effect would be minimal for several obvious reasons:

1. Runners are still sweating when they cross the finish line which maintains a significant evaporative cooling effect.
2. Runners are typically still moving while wearing the reflective blankets which increases the convective cooling effect.
3. Runners do not fully wrap themselves but more often wear the blanket like a superhero cape which diminishes its reflective properties.
4. Runners may not wear the blanket with the reflective side inward (lessening the reflective warming effects).

In hot, humid environments a reflective blanket could increase core body temperature (CBT). A 2015 study suggests this is not the case. It compared the effects of CBT cooling rates in four post-exercise conditions: no blanket, blanket, recovery walking with blanket, and recovery walking with no blanket. The researchers attempted to bring the core temperatures of the participants up to a temperature that is commonly seen in endurance running and then tracked cooling rates. They found ‘no significant differences in CBT cooling rates that would have been caused specifically by the reflective blankets.’ There was also no evidence that the use of reflective blankets prolonged the cooling periods of runners.

There is no current research to support the use of reflective blankets as warming aids in a race setting. Speculation seems to have guided decision making rather than letting science be a guide. The distribution of reflective blankets could even be counter-productive through giving runners a false sense of security, leading them to take longer to leave the race finish chutes. This could lead to increased hypothermic effects through prolonged evaporative and conductive cooling effects.

It’s time to re-think.
In 1989 the Košice Peace Marathon was held just a few weeks before the 'Velvet Revolution', which peacefully delivered radical changes in what was then Czechoslovak society.

The race also had a radical change of its own. After 63 years the course was changed from simply going out-back to the turnaround point at Seňa to a complex loop almost encircling the city. This layout, later modified and improved several times, remains the basis of the present course.

A rearguard action was staged against the change – most of the more significant Marathons held in Eastern European countries in those (still-Soviet) days were from the city stadium along a road heading out of town to a turn point and then back again along the same route. It was a simple formula, and it was what people were used to.

Both in distance running and in wider society changes were coming thick and fast, and what people were used to was fast disappearing. The 1989 Berlin Marathon had, like all those held since 1975, been run exclusively on the streets of West Berlin. In November that year, just a few weeks after the Marathon had been held, the Berlin Wall dividing the city became obsolete as the East German authorities stood back while Berliners swarmed through it and clambered over it.

In Košice the 1989 event was only the ninth edition, of the 63 held since the first one in 1924, to incorporate a women's race. The winner was home favourite Alena Peterková in a new course record of 2:31:28 – nearly nine minutes ahead of her North Korean competitor. Her record lasted 20 years. Another home-grown runner, Karel David, won the men's race. In an even-paced run he beat his Soviet competitor by 13 seconds. It was the 12th Czechoslovak victory in the men's race, achieved by nine different runners. A thousand people (970 men and 31 women) crossed the finish line that year.

The two home victories came against a background of historical change in the making as pressure mounted on the Czechoslovak regime to allow free movement and free expression for its citizens. After the fall of the Berlin Wall, the month after the race was held, resistance seemed futile and regime change was achieved peacefully before the end of the year.

A few months later demolition of the Berlin Wall was officially started. The 1990 Berlin Marathon became a celebratory occasion as 25,000 runners burst through the Brandenburg Gate to make the Marathon a truly city-wide event and one of worldwide significance.

The symbolic significance of sporting performance can never be quantified but may be all the more significant for its elusiveness.

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**World Mountain Running World Cup 3rd round**

**Grossglockner Berglauf, Austria. 14 July 2019**

In the shadow of Austria’s highest peak (3700m) Sarah Tunstall (GBR) and Fillimon Abraham (ERI) both won exciting races with changes to the podium positions right up until the final few hundred metres.

Grossglockner towered above the finish area with cheers from the crowd ringing out across the valley as the runners zig-zagged up the final 2km.

Last year’s winner Geoffrey Gikuni Ndungu was a late entry but the young Eritrean Abraham was able to snatch victory at the iconic Kaiser FranzJosefs-Höhe. At 3km to go six runners were all within a minute of each other.

Manuel Innerhofer (AUT) took third, using a strategy of starting more conservatively and then changing pace in the second part of the race. In fourth place Andrew Douglas (GBR) improved his leading position in WMRA World Cup men’s ranking.

Sarah Tunstall (GBR) was favourite in the absence of local star Andrea Mayr (AUT). In her first-time appearance here she pushed hard from the beginning and only lost time in the last part to Purity Gitonga’s (KEN) strong finish. The surprise of the race was Austria’s rising star Alexandra Hauser coming in third. Sarah McCormack’s (IRL) fourth place was enough for her to become the new leader in World Cup women’s ranking.

More than 1000 runners completed the challenge of this true Alpine test.

**WMRA World Cup round 4: Snowdon International Mountain Race**

**Great Britain, 20 July 2019**

Andrew Douglas (GBR) pushed hard right from the beginning. Nobody was able to keep pace with his strong climbing, very impressive given his strength is in downhill running.

He reached the course summit in 40:42, the second fastest time ever, to lead by 1:28. On the downhill Douglas kept his gap to clock one of the fastest ever times on this course. Martin Dematteis and twin brother Bernard, starting more conservatively, reached the top in 2nd and 3rd and kept these positions to the finish.

It was a different story in the women’s race with the lead changing time and again in the early stages until Sarah McCormack (IRL) went clear to reach the summit 46 seconds before Elisa Sortini (ITA) and Hatti Archer (GBR). Sortini showed she was a strong finisher as she caught the tiring McCormack inside the last 3km but McCormack dug deep and again drew away to win by 22 seconds.
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World Mountain Running World Cup 5th round
Zinal, Switzerland, 11 August 2019

Kilian Jornet Burgada (ESP) broke Jonathan Wyatt’s record with an incredible 2:25:35 for the mountainous 31km course. Maude Mathys (SUI) then dominated the women’s race from the start and took five minutes off Anna Pichrtova’s 11-year old course record.

Jornet broke away early from the start at Sierre but let his pace drop in the middle stages to fall behind schedule for breaking Wyatt’s record and allow second placed Petro Mamu to reduce the gap a little. Both runners then flew down the descent in the final stages. It was Jornet’s uphill effort that won him the race as Mamu was unable to close the gap on the downhill.

WMRA World Cup leader Andrew Douglas (GBR) placed sixth and consolidated his leadership in the Mountain Running World Cup. His run puts an overall win beyond doubt going into the final two races.

U18 International Mountain Running Cup
Sus, italy, 21 August 2019

Both races were held in and around the historic castle and started under the arch of Augusta dating back to the First Century BC. The 2.5-lap course demanded technical running and imposed steep climbs.

In both races the front runners on the first lap faded leaving the winners to emerge only in the final 800m. In the Junior Women’s race Katja Pattis had enough in hand coming into the final climb up to the finish, inside the Roman fortifications, to win and lead Italy to the first clear sweep of the day.

The Junior Men ran to a similar tempo with front runners dropping back and USA’s Gregory James holding a small lead going into the final loop. The French trio came to the front on the final descent and an epic sprint finish had Hugo Schropfer marginally in front on the line ahead of Basile Basset. Team mate Mael Allaire finished just ahead of James to complete the second clean sweep of the day.

Local and regional races were also held for U16 and U14 age categories.

The 2020 event will be hosted by Great Britain in the Lake District.
Benjamin Basil Heatley was a British runner who mainly competed in the marathon. Born in Kenilworth in the English Midlands he competed for the renowned club Coventry Godiva.

He filled the void left by the retirement of Jim Peters in 1954 and before Ron Hill and Heatley’s clubmate Bill Adcocks had seriously tested themselves at the Marathon.

On 13 June 1964 Heatley broke the world record for the marathon on the Polytechnic Marathon course from Windsor Castle to Polytechnic Stadium in West London. His 2:13:55 surpassed Buddy Edelen’s (an American runner long resident in UK) world best from the previous year by 33 seconds.

Four months later Heatley ran in the Tokyo Olympic Marathon - where defending champion Abebe Bikila defended his title in another world record time (2:12:11). Heatley stuck close to Japan’s Kokichi Tsuburaya and came past him in the stadium with only 110m to go to win the silver medal, equalling the highest-ever placing by a British runner in an Olympic Marathon.

Until very late in life Heatley denied that he was worthy of any award for finishing four minutes behind Bikila. He was the only medallist who made it into later life. Bikila died in 1973 at the age of 41 from complications following a paralysing road accident. Even more poignantly Tsubaraya took his own life shortly before the 1968 Olympics, when he knew he would not be able to compete and atone for what he believed was his ‘inexcusable blunder’ in letting Heatley pass him so close to the finish.

Heatley ran the International Cross-Country Championships seven times between 1957 and 1964 and became world champion at the 1961 event.

He maintained a presence in British athletics for the rest of his life and in 2014 was invited to Japan for the 50th anniversary celebrations of the Tokyo Olympic Games, where he met with the family of Abebe Bikila and Kokichi Tsubaraya.
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The Athletics Federation of India (AFI) has submitted bids to host the IAU 24 Hour Asia & Oceania Championships in 2020 and the IAU 100km Asia & Oceania Championships in 2021. Both events would be hosted in Bangalore.

Paraguay has become the latest member of the IAU.

IAU made a site visit to Winschoten (NED) in mid-July as part of preparations for the IAU 100km World Championships, to be held on 12 September 2020 on a 10km flat, traffic-free course which runs through Winschoten and Heiligerlee. Additional events are being considered to coincide with the championships.

Wayne Botha (NZL) has been announced chair of the Athletes’ Commission and Virginia Oliveni (ITA) the vice-chair. Both are well-known athletes who have frequently participated in IAU Championships.

During the IAU Americas Championship held on 27 July the Technical Committee completed the first IAU Technical Education course attended by 10 participants from five countries. Their successful completion paved the way for them to become IAU Technical Delegates to supervise the IAU Label Competitions in Central and South America.

The second such course will take place in Brasov (ROU) on 30 August. IAU wish to build up a global panel of Technical Delegates so that IAU-labelled competitions can be supervised by a local IAU Technical Delegate.

Ian Cornelius (AUS), ultra-running event organiser and a veteran of four 330km stage races passed away in August. He competed in the 1994 World 1000 mile Championships.

The IAU 50km World Championship will take place in Brasov (ROU) on 1 September 2019. 31 countries are expected to participate.

The first IAU 50km African Championship will take place in Sagamu (NGR) on 7 December 2019.

The race used a flat 5km coastal circuit. It was the first time an international ultra-distance championship had been hosted in South America. 44 athletes participated representing five countries (Brazil, Argentina, Mexico, Paraguay and Uruguay).

“We can look forward to accelerated growth and development of ultrarunning in South America after these very successful Championships,” said IAU President Nadeem Khan. “The organisation of the event has solidified cooperation within the Americas’ member federations, increased networking amongst the races and opened avenues for athletes to participate in future competitions in the region.”

2nd IAU 100km Americas Championships

Bertioga Coast, Sao Paulo state, Brazil 27 July 2019

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MEN:

1. Felipe Costa DA SILVA BRA 7:11:41
2. Pedro Agustin Moran SALAS ARG 7:38:32
3. Eduardo Silverio CALIXTO BRA 7:46:14


WOMEN:

1. Helen Caldera DELUQUE BRA 9:02:15
2. Claudia ROBLES ARG 9:04:17


Medals

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<th>Country</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
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<td>1</td>
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<td>Uruguay</td>
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## Marathon

### Men

<table>
<thead>
<tr>
<th>Time</th>
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<th>Nation</th>
<th>Rank</th>
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## Half Marathon

### Men

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### Women

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## 10km

### Men

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### Women

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<td>34:26</td>
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<td>26 APR</td>
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<tr>
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<td>KEN</td>
<td>6</td>
<td>Ljubljana</td>
<td>26 APR</td>
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</table>

These lists give the current standings in the world of road racing, and are believed accurate at 16 September 2019. 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.
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Race contact details

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

* Associate member

** ALGERIA **

Semi Marathon Int’l de la Ville de Béjaia
Haddad Fatma
E: info@maratondebejaia.com
W: www.seminarthondebaja.com
fb: facebook.com/seminarthondebaja

** ARGENTINA **

Buenos Aires Int’l Marathon
Lucia Varier
E: info@maratondebuenosaires.com
W: www.maratondebuenosaires.com
fb: facebook.com/maratondebuenosaires

** AUSTRIA **

International de Mendoza
Enrique Eiras
E: e@maratondemendoza.com
W: www.maratondemendoza.com
fb: facebook.com/MaratonDelMendoza/

** ARUBA **

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

** ARMENIA **

*Yerevan Marathon and Half Marathon
Anahit Asatryan
E: anahit.adyan11296@gmail.com
W: www.amsterdammarathon.org
fb: facebook.com/Yerevanmarathon/

** AUSTRALIA **

Adelaide Marathon Festival
Simon Duncan
E: events@sarco.asn.au
W: www.adelaide.com.au
fb: facebook.com/SARoadRunnersClub

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

Australian Running Festival presented by TCS
Melanie Stewart
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W: www.runningfestival.com.au
fb: facebook.com/australianrunningfestival

Barossa Marathon Festival
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fb: facebook.com/SARoadRunnersClub

Brisbane Marathon Festival
Jason Crowther
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fb: facebook.com/BrisbaneMarathon

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

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

RunFun Travel Rottnest Running Festival
Raymond Llampard
E: waco@waco.org.au
W: www.waco.org.au
fb: facebook.com/RunFunTravel

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

Blackmores Sydney Running Festival (incl. Sydney Marathon)
Wayne Laflin
E: info@sydneymarathonfestival.com.au
W: www.sydneyrunningfestival.com.au
fb: facebook.com/sydneymarathon

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

** BELGIUM **

Antwerp Marathon
Thomas Huiberschts
E: info@goalazo.com
W: www.antwerpmarathon.be
fb: facebook.com/antwerpmarathon

** BELAZH **

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

** BARBADOS **

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

** BELARUS **

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

** BAHAMAS **

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

** BAHRAIN **

** BLACKTOWN **

Westlink M7 Blacktown Running Festival
Tanya Beger
E: events.team@blacktown.nsw.gov.au
fb: facebook.com/BlacktownCityCouncil

** BRAZIL **

** JUNE **

** ARGENTINA **

** MAY **

** JUNE **

** JULY **

** AUGUST **

** SEPTEMBER **

** OCTOBER **

** NOVEMBER **

** DECEMBER **

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17 May 2020 – VIENNA
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Online registration opens on 7 March 2020
www.austrianwomensrun.com

** AUSTRIA **

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

AISIS Austrian Women’s Run
Isa Steppan, Andreas Schnabl
E: office@oesterreichischer-frauenauflauf.at
W: www.austriasemifrauencup.com

Salzburg Marathon
Johannes Langer
E: office@sargamasonlauf.at
W: www.salzburg-marathon.at
fb: facebook.com/salzburgmarathon
Race Directors: Send updated race contact details to update@aimsworldrunning.org

**BRAZIL**

**Brasilia City Half Marathon**
Paulo Roberto Passos Carelli
E: paulo@guanasonports.com.br
W: www.brazilcityhalfmarathon.com

**Rio de Janeiro City Marathon**
João Traven
E: maratonadorio@maratonadorio.com.br
W: www.maratonadorio.com.br

**Rio City Half Marathon**
Paulo Roberto Passos Carelli
E: paulo@guanasonports.com.br
W: www.rionyhourmarathon.com.br

**Rio Half Marathon**
Thadeu Gilsberto Kassabian
E: tk@eyescom.com.br
W: www.riohalfmarathon.com

**São Silvestre In’f’ Road Race**
Thadeu Kassabian
E: tk@eyescom.com.br
W: www.saoedivasdecorrida.com.br

**Sao Paulo City Marathon**
Paulo Roberto Passos Carelli
E: paulo@guanasonports.com.br
W: www.spymarathon.com.br

**São Paulo Marathon**
Thadeu Gilsberto Kassabian
E: tk@eyescom.com.br
W: www.saopaulomarathon.brasil.com

**Corrida de São Sebastião**
João Traven
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W: www.corridadesoesebastiao.com.br
fb: www.facebook.com/corridadesoesebastiao/

**BULGARIA**

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

**Sofia Marathon**
E: info@bulanodafmaraton.com
W: www.209events.com

**Bosnia**

**Diacore Gaborone Marathon**
Danny Blumberg
E: info@diacoregaboronemarathon.com
W: www.diacoregaboronemarathon.com

**SHUTAN**

**Thunder Dragon Marathon**
Mike Glattow
E: mglass@209events.com
W: www.thunderdragonmarathon.com

**CAMBODIA**

**Sihanoukville Int’l Half Marathon**
Sem Phalla
E: direct@kmbcmaevents.org,
info@kmbcmaevents.org
W: www.sihanoukvillehalfmarathon.org

**Phnom Penh In’f’ Half Marathon**
Sem Phalla
E: direct@kmbcmaevents.org,
info@kmbcmaevents.org
W: www.phnompenhhalfmarathon.com

**Angkor Wat In’ f’ Half Marathon**
Fernando Jamarne
E: fjamarne@alessandri.cl
W: www.angkorwathalfmarathon.com

**CAMBODIA**

**Sihanoukville Int’l Half Marathon**
Sem Phalla
E: info@diacoregaboronemarathon.com
W: www.cambodia-marathon.com

**Phnom Penh In’f’ Half Marathon**
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E: direct@kmbcmaevents.org,
info@kmbcmaevents.org
W: www.phnompenhhalfmarathon.com

**Sihanoukville In’f’ Half Marathon**
Sem Phalla
E: direct@kmbcmaevents.org,
info@kmbcmaevents.org
W: www.sihanoukvillehalfmarathon.org

**CHINA**

**Dalian Int’l Marathon**
Guo Liya
E: tongliyan6@163.com
W: www.dlmls.org

**Beijing Marathon**
Wang Dawei
E: oc@beijing-marathon.com
W: www.beijing-marathon.com

**Shanghai In’f’ Half Marathon**
Sun Xinheng
E: kouzhengjie@sina.com
W: www.shanghai-halfmarathon.com

**Great Hakka Marathon**
Dave Cundy
E: guo.feng@great-hakka-marathon.com
W: www.great-hakka-marathon.com

**CAYMAN ISLANDS**

**Sarajevo Sberbank Half Marathon**
Franjo Sola
E: franjo.sola@sarajevomarathon.ba/en
W: www.sarajevomarathon.ba/en

**Bulgaria**

**World Masters Half Marathon**
Joan Traven
E: maironadorio@maratonadorio.com.br
W: www.maratonadorio.com.br

**Botswana**

**Diacore Gaborone Marathon**
Danny Blumberg
E: info@diacoregaboronemarathon.com
W: www.diacoregaboronemarathon.com

**Race contact details**
Hungary
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Tallinn  tallinnamaraton.ee  visit estonia
Race contact details

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

* Associate member

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**Generali Berlin Half Marathon**
Mark Mile
W: www.generalibonn-marathon.de
E: facebook.com/berlinhalfmarathon

**RheinEnergieMarathon Cologne**
Markus Graf
E: info@koeinh-marathon.de
W: www.cologne-marathon.com
E: facebook.com/koeinhmarathon

**METRO Marathon Düsseldorf**
Oliver Seiben
E: info@rhein-marathon.de
W: www.metro-marathon.de
E: tol@zonOTT

**Maihil Marathon Frankfurt**
Jo Schreider
E: mail@frankfurt-marathon.de
W: www.frankfurthalf-marathon.de
E: facebook.com/FrankfurtMarathon

**hellra halfmarathon**
Kassten Schlimmermann
E: info@halbmarathon-hamburg.de
W: www.hamburg-marathon.de
E: info@oisportevents.com

**Haspa Marathon Hamburg**
Frank Thaleiser
E: info@haspa-marathon.de
W: www.hamburg-marathon.de
E: mail@hamburg-marathon.de

**HJL Hannover Marathon**
Stefanie Echter
E: kontakt@marathon-hannover.de
W: www.marathon-hannover.de
E: facebook.com/HannoverMarathon

**Volksbank-Münster-Marathon**
Michael Brämmann
E: info@volksbank-muenster-marathon.de
W: www.volksbank-muenster-marathon.de
E: info@olsimov.de

**Wett Marathon Wuerzburg**
Gernot Weigl
E: info@wurzburg-marathon.de
W: www.wetzmarathon.de
E: info@wetzmarathon.de

**Great Britain**

**Cardiff Marathon**
Steve Brand
E: cardiffmarathon@runwales.co.uk
W: www.cardiffmarathon.co.uk
E: facebook.com/CardiffMarathon

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

**Milton Keynes Marathon & Half**
Andrew Hully
E: run@milltimonkeysemarathon.co.uk
W: www.mkmarathon.org.uk
E: facebook.com/MiltonKeyneseMarathon

**JCP Swansea Half Marathon**
David Martin-Jewell
E: david@daviddanieljewell.co.uk
W: www.swansea-half-marathon.co.uk
E: facebook.com/swanseahalfmarathon
A fairy-tale Danish marathon for everyone

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

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

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

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

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

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

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

www.hcmarathon.dk
<table>
<thead>
<tr>
<th>Race contact details</th>
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<td><strong>SPORTWAY Lake Maggiore Marathon</strong></td>
<td>Paolo Bordon</td>
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<td><strong>EXIA AUDIENVE Lake Maggiore Half Marathon &amp; 10K</strong></td>
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<td><strong>JAMAICA</strong></td>
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<td><strong>Kingston City Marathon</strong></td>
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<td><strong>Fukuoka IRF Open Marathon</strong></td>
<td>Takatori Saito</td>
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<td><strong>Hokkaido Marathon</strong></td>
<td>Keita Setaka</td>
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<td><strong>Kagawa Marugame IHR Marathon</strong></td>
<td>Masaharu Kaji</td>
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<td><strong>KIX Senshu Int’l Marathon</strong></td>
<td>Hideki Nagafuji</td>
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<td><strong>Tokushima Marathon</strong></td>
<td>Kamen Iizumi</td>
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<td><strong>Tokyo Marathon</strong></td>
<td>Tad Hayano</td>
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<td>*<strong>Tomoyama Marathon</strong></td>
<td>Takakazu Ishii</td>
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<td>Luiz Carlos</td>
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<td><strong>Kobe Marathon</strong></td>
<td>Toru Kawanaka</td>
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<td><strong>Kochi Ryoma Marathon</strong></td>
<td>Masao Ozaki</td>
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<td><strong>Kyoto Marathon</strong></td>
<td>Masayoshi Nakada</td>
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<td><strong>Mount Fuji Marathon</strong></td>
<td>Niiyama Takashige</td>
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<td><strong>Nagano Marathon</strong></td>
<td>Kei Hirono</td>
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<td><strong>Nagoya Women’s Marathon</strong></td>
<td>Akira Imamura</td>
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<td><strong>Nara Marathon</strong></td>
<td>Shogo Arai</td>
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<td><strong>Osaka Marathon</strong></td>
<td>Kenji Asahara</td>
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<td><strong>Saitama Int’l Marathon</strong></td>
<td>Wataru Takahashi</td>
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<td><strong>Lake Saroma 100km Ultra Marathon</strong></td>
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<td><strong>Kawasaki 10km Marathon</strong></td>
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<td>Mitsuhiro Nakamura</td>
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If you’re going to put yourself through hell, you might as well do it in heaven.
Race contact details

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

NIGERIA
Okpekpe Int’l 10km Road Race
Zakari Amudo
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fb: facebook.com/okpekperoadrace

NORTH POLE
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NORTHERN MARIANA ISLANDS
Saipan Marathon
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fb: facebook.com/KnarvikMila/
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E: trond@knarvikmila.no
Trond Andal

PERU
Marathon Life Lima 42k
Andreas Müller
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fb: facebook.com/MaratonLim42K

PALESTINE
Freedom of Movement Palestine
Bethlehem Marathon
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W: www.freedomofmovementmarathon.org
fb: facebook.com/FeedBackFM

PAKISTAN
PKO Bialystok Half Marathon
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POLAND
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PORTUGAL
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fb: facebook.com/melemaratonadecascais/

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

NORWAY
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