GREECE
A 365 DAY DESTINATION
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Distance Running | 2020 Edition 1
Best Marathon Runner Award goes to Desisa and Chepngetich

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

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

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

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

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

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

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

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

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

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

Since 2010 the Marathon has been in partnership with UNICEF, supporting the programme ‘WASH: Water, Sanitation, Hygiene’ and the efforts to ensure access to water sanitation for all. To date the race has raised more than 400,000 euros for the installation of 1,000 water pumps. From 2020, the Marathon will support UNICEF Malawi to provide solar water pumps – a reliable, sustainable, user friendly and green technology solution for rural communities.

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

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

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

- Changsha International Marathon (CHN)
- Chengdu Marathon (CHN)

New associates
- VP Bank Hanoi Marathon (VIE)

For the latest news, results, dates – visit www.aims-worldrunning.org
CITY OF LAND OF RUNNING RECORDS

WORLD RECORD VALENCIA

WORLD HALF MARATHON CHAMPIONSHIPS - 2018
Gudeta Kebede - 1:06:11

10K - 2019
Joshua Cheptegei - 26:38

HALF MARATHON - 2017
Joyciline Jepkosgei - 1:04:51
13th Marathon Symposium

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

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

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

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

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

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

Sign of the times in Valencia

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

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

Following the establishment of the present course with the new start and finish at the City of Arts and Sciences running activities in the City became focused on the reclaimed Turia River bed. The Correcaminos Club, the Municipality of Valencia and the Fundacion Trinidad Alfonso launched the concept of “Valencia – Ciudad del Running” as a promotional umbrella under which running clubs born through the Marathon could prosper.

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

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

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

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

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

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

23rd World Congress of AIMS

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

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

We invite you to attend the 23rd World Congress of AIMS from 23-26 April 2020 in Batumi, Georgia. For all information and to register see: https://aimsworldcongress2020.ge/en/home

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

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

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

We look forward to seeing you in Batumi!

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

‘Historic’ world road records smashed

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

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

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

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

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

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

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

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

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

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

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

In 2019 10% of the field were foreign runners. Cascais has great advantages for family tourism. Its 30km-long stretch of coastline includes wild natural beaches and more urban ones. The blue of the Atlantic Ocean and the green of the Serra de Sintra combine in a unique landscape. The sea sustains a fishing industry based on ancestral roots, which delivers the highest quality fish and seafood to local restaurants. The sea is a playground, even for adults, which allows everyone to take boat trips and enjoy board sports. Walking on the streets of Cascais is like taking a trip through history. It lies 20 minutes away from the Portuguese capital Lisbon, an increasingly frantic city, and another 20 minutes from Sintra, an enigmatic mountain range with castles and palaces to discover (and a UNESCO World Heritage Site). Sintra village is always filled with music, gastronomy, culture or sport events which draw everyone out onto the streets.

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

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Chongqing has over 3000 years of history and local culture.

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

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

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

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

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

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

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

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

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

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

Along the Mother River

Race of six bridges, finished off with hotpot

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

www.cqmarathon.com
the first race of Road Race Gold Label in the brand new year

2020.1.5
Xiamen China
Taipei Women’s Run was first held in 2011 and quickly became the most popular women’s road running event in Chinese Taipei. Sponsored by Taishin Bank and with New Balance as an exclusive sports partner a 3km leisure team run has been added to this year’s edition for which registration is open until 12 February.

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

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

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

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

www.sportsnet.org.tw
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Close your eyes for a moment. Enjoy your passion for running and for marathons in the Andalusian sun in February. Live some magical days in Seville, with all its history, the unique atmosphere of its streets, its delicious cuisine. Visit the Giralda, the Torre del Oro, the Maestranza and, of course, the Plaza de España... Have the opportunity to live 42 kilometers that run through the center of the city with lots of cheering people that take you flying to the finish line.

Register today in: www.zurichmaratonsevilla.es
Although the ČSOB Bratislava Marathon on 5 April is only the 15th edition, the Slovak capital has a marathon history dating back to 1932.

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

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

Bratislava Marathon is for everyone: from children to grandparents. Marathon weekend starts on Saturday 4 April with the 4th Kids’ Races (from 300m-800m for several age categories), a 4.2km mini marathon (also for adults) and a 10km race. On Sunday 5 April the marathon, half marathon as well as marathon and half marathon relays take place. During the last three years 4000 runners have run the marathon distance and 10784 the half marathon.

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

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

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

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

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

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

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

www.bratislavamarathon.com
Kinmen Marathon has a 12-year history and is very popular all over Asia, especially in Mainland China and Taiwan. It is also one of the few marathons situated in a battlefield. Not only does it allow the runners to immerse themselves in the historical and cultural sites, but to also enjoy its breathtaking marathon course.
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Joy is the word that best describes the Wizz Air Cluj-Napoca Marathon, one of the most vibrant races in south-eastern Europe, in the heart of Transylvania. Founded in 2011 by the local running club, this friendly running event celebrates its 10th anniversary this year.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

www.moonlighthalfmarathon.it
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- 35th SPAR Budapest MARATHON
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Göteborgsvarvet is more than just the world’s largest half marathon, it is a week-long festival of activities both for runners and the entire family. I have run this half marathon 10 times over the past 20 years, as well as other races in Europe and the US and can personally affirm that it just keeps getting better. Despite its rapid growth and record number of participants, everything runs smoothly and seamlessly to the point that you forget there are 60,000 people running the half marathon (80,000 including other races held during the week). People come from all over the world to run the race but it is especially popular among the 600,000 inhabitants of Gothenburg (Göteborg).

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

The course gives you varied scenic views with a few rather difficult inclines to keep you on your toes. It starts by taking you through Slottsskogen Park then over the Älvsborg Bridge and along the Göta Alv River by the old shipping harbour for which Göteborg is traditionally known. In the second half of the race you continue your journey over the Götaälv Bridge back to the city centre and up the main boulevard Kungsportavenny where the streets are packed with enthusiastic spectators cheering you on. Göteborg is known for the friendliness of its people and you feel it when you run. The race finishes in the Slottsskogsvallen Stadium, filled with screaming spectators who make you feel like an Olympic winner. It is an adrenaline rush from start to finish with live music, lively spectators and city views to keep all your senses occupied: you won’t even realise you’ve just run 21km.

Everything from the race bib pickup at the Swedish Exhibition & Congress Centre to the efficient water stops is perfectly planned and organised – just as you would expect it to be in Sweden – and the race is continually evolving and improving. The city puts on extra public transport during race week so you don’t notice any inconvenience that you would expect from such a large event. What you do notice is more energy and positive vibes. The city of Göteborg has won the Global Destination Sustainability Index Award for the last four years and has been getting a lot of attention for its innovation and sustainability. Göteborgsvarvet plays its part in creating an innovative and sustainable race and has been an ISO 20121 certified company for sustainability since 2016.

Göteborgsvarvet is no longer just a half marathon: it has grown into a week-long programme of events with something for everyone. It defies description and should be experienced first-hand with all of your senses and an open heart. www.goteborgsvarvet.se
Tomsk is a centuries-old city right in the middle of the Eurasian continent. It is known as the University capital of Russia and presents a very young face. The city expects to welcome over 7,000 runners from all over the world next year for the third Yarche Tomsk International Marathon.

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

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

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

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

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

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

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

Tomsk is a young and active city. It is not only the cradle of Russian history but nowadays also a centre of education, science and innovation. All six Universities of Tomsk are among Russia’s leading academic institutions.

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

Siberians love guests. They are very hospitable and anyone can expect to find a warm welcome here. Tomsk Marathon welcomed runners and their supporters from 20 countries and 40 regions of Russia in 2019 and we expect to see many more overseas guests here in 2020.

The Organising Committee is always happy to help travelling athletes and their supporters and provides support in visa issues, booking of accommodation and local tour programs.

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

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

The Yarche Tomsk International Marathon is a full member of AIMS and was very excited to join the AIMS Children’s World Races Initiative. Our children’s race proudly bears the programme logo.

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

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

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

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

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

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

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

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

Applying the “Start Right” algorithm allows race organisers to see through this complexity with an accuracy regularly above 99.9%. Calculating runner flow over the finish line at the Bank of America Chicago Marathon 2018 predicted 853 for the peak five-minute period – which is exactly what it was.

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

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

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

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10th May 2020
www.wuerzburg-marathon.de
Sport science

The right balance between the waves is crucial. Organisers can adjust how the start waves merge into a combined finish flow.

Visualising a road race in 3D: Each slice represents 1km, with time from left to right and density from bottom to top. This helps the organiser to see the whole dynamic at once.

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

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

The logic behind Start Right is based upon operations and results of the Abbott World Marathon Majors but the same lessons are now applied by more than 50 races on five continents. Using the experience and data from industry leaders can have direct benefits for much smaller races and even those being held for the first time that have no previous experience to draw from.

While the organisers are taking advantage of the ability to test changes or simulate entirely new races from the comfort of the computer the algorithm learns from itself every time it is applied. If you are a regular runner you have probably already benefited from this revelation in the running industry. You may have been “simulated” months in advance while you still were training for the event.

Based on the application of crowd science and experience from world-leading distance running events all races can be expected to benefit by making use of these highly-controlled and accurate simulations.
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21K · 10K

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17.05.2020 // CPHMARATHON.COM
At the Athens Olympic Games in 2004 the women’s marathon was run in temperatures of around 36°C. Nothing much was done then so why was it a surprise that it happened again?

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

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

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

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

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

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

www.maraton-radenci.si

21k
5k

17 | 05 | 20
Costanera ASU

www.pmcpy.org/mnicica

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

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

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

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

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

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

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

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

The Tokyo Municipal Government did not concede easily: they floated a 03:00 start for the marathon. The IOC again claimed that their concern was for the health of the athletes – but this has always been something conspicuously missing at the time venues have been selected. Tokyo was only the most recent of these selections, the symptom of a flawed decision-making process.
Effort. Tears. Laughter. Endorphine. Overwhelming emotions when you, along with runners from almost 100 different countries will run the streets of the most beautiful capital in the world, Stockholm.
### Calendar

**AIMS events**

**January – December 2020**

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

#### January 2020

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#### March 2020

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<td>3</td>
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<tr>
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<td>Tainan Historical Capital Int’l Half Marathon</td>
<td>TPE</td>
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<td>2020</td>
</tr>
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<td>5</td>
<td>Tokyo Marathon</td>
<td>JPN</td>
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<td>Gyeonggi Int’l Half Marathon</td>
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<td>Lake Biwa Mainichi Marathon</td>
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<td>2020</td>
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<td>2020</td>
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<td>Jerusalem Marathon, Half &amp; 10k</td>
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#### April 2020

<table>
<thead>
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<tbody>
<tr>
<td>1</td>
<td>The Canberra Times Marathon Festival</td>
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<td>2</td>
<td>Semi Marathon Int’l de Sfax</td>
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<td>3</td>
<td>Generali Berlin Half Marathon</td>
<td>GER</td>
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<td>SVK</td>
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</table>

Continued on page 45

### Key

- M: Marathon
- H: Half Marathon
- R: Race
- U: Ultradistance

AIMS Events are highlighted in red

IMPORTANT: At the time of publication, the above dates were believed correct, however, event runners should confirm directly with race organisers prior to booking arrangements.
A BRIGHT MARATHON IN THE
HEART
OF SIBERIA
YARCHE TOMSK MARATHON

42 km / 21 km / 5 km
21 km nordic walking
kid’s race

JUNE 13
2020
tomskmarathon.ru

MOSCOW
HALF
MARATHON
May 31, 2020

- Unique route through the central streets of Moscow
- Registration fee from $40 / 35 €
- Great weather for running — average 65°F / 18°C
- Registration at moscowhalf.org

THE BIGGEST &
MOST SPECTACULAR
HALF MARATHON IN RUSSIA

HELSEINKI HALF MARATHON
6.6.2020
www.helsinkihalfmarathon.fi

TORSHAAN MARATHON
HARBOUR ISLAND 2020

A RACE UNMATCHED
In a place far away from everyday life
### Calendar

Continued from page 43

| 5  | 35th Telekom Vivitivá Spring Half Marathon | HUN | MR, H | 26 |
| 5  | Maraton Cartago | CRC | MR | 72 |
| 5  | Maratón “Las Batallas de Celaya” | MEX | MR, H | 78 |
| 6  | Wizz Air Cluj-Napoca Marathon | see race preview on page 79 | ROU | MR, H | 80 |
| 6  | Daegu Int’l Marathon | KOR | MR | 75 |
| 6  | Dogi’s Half Marathon | ITA | MR | 75 |
| 6  | United Airlines Guam Marathon | Guam | MR, H | 74 |
| 6  | Vodafone Istanbul Half Marathon | TUR | MR | 27 |
| 6  | Generali Milano Marathon | ITA | MR, H | 5 |
| 6  | Schneider Electric Marathon de Paris | FRA | MR | 72 |
| 6  | 13th PKO Poznań Half Marathon | POL | MR | 79 |
| 6  | NN Marathon Rotterdam | NED | MR | 79 |
| 6  | São Paulo Marathon | BRA | MR | 69 |
| 6  | Gulf of St Tropez Marathon | FRA | MR | 26 |
| 6  | North Pole Marathon | | MR | 79 |
| 6  | LG Dead Sea Ultra Marathon | JOR | MR, H | 28 |
| 6  | 11 Pardubice Wine Half Marathon | Ces | MR, H | 26 |
| 6  | Old Mutual Two Oceans Marathon | RSA | MR | 80 |
| 6  | Int’l Marathon Alexander the Great | GRE | MR | 74 |
| 6  | Alps Race | GRE | MR, H | 12 |
| 6  | Mangyongdae Prize Int’l Marathon | PKR | MR | 72 |
| 6  | Almaty Marathon | KAZ | MR | 75 |
| 6  | Enschede Marathon | NED | MR | 79 |
| 6  | Haspa Marathon Hamburg | GER | MR, H | 74 |
| 6  | NEXIA AUDREI Lake Maggiore Half Marathon & 10K | ITA | MR, H | 75 |
| 6  | Maratón de Montevideo | URU | MR | 75 |
| 6  | Nagano Marathon | JPN | MR | 75 |
| 6  | Padova Marathon | ITA | MR | 75 |
| 6  | Santiago Marathon | CHI | MR | 30 |
| 6  | Vienna City Marathon | AUT | MR | 68 |
| 6  | B.A.A. Boston Marathon | USA | MR | 82 |
| 25  | 23rd World Congress of AIMS, Batumi | GEO | 5 |
| 25  | The Great Batumi Night Race | GEO | MR | 32 |

#### May 2020

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

#### June 2020

| 10  | Wizz Air Skopje Marathon | MKD | MR, H | 74 |
| 10  | Welt Marathon Wurzburg | GER | MR | 34 |
| 10  | Göteborgsvärvet Half Marathon | Swe | MR | 80 |
| 10  | The Great Wall Marathon | CHN | MR, H | 72 |
| 10  | Helsinki City Marathon | FIN | MR | 37 |
| 10  | Moonlight Half Marathon | ITA | MR | 37 |
| 10  | Three Hearts Marathon | GBR | MR | 40 |
| 10  | 16-17Rimi Riga Marathon | LAT | MR | 75 |
| 10  | Int’t Asunción Half Marathon | PAR | MR | 40 |
| 10  | ASICS Austrian Women’s Run | AUT | MR | 40 |
| 10  | Banja Luka Half Marathon | BOS | MR, H | 69 |
| 10  | 1975 World 10k Bengaluru | IND | MR | 40 |
| 10  | Copenhagen Marathon | DEN | MR | 38 |
| 10  | Marathon Life Lima42k | PER | MR | 40 |
| 10  | Salzburg Marathon | AUT | MR | 78 |
| 10  | Maraton y Medio Maratón Municipalidad de San José | CRC | MR | 72 |
| 10  | Tashkent International Half Marathon | UZB | MR | 40 |
| 10  | 23-24 Scotiabank Ottawa Marathon and Ottawa 10K | CAN | MR, H | 69 |
| 10  | 15th PZU Warsaw Half Marathon | POL | MR | 80 |
| 10  | Kigali International Peace Marathon | RWI | MR | 69 |
| 10  | Thunder Dragon Marathon | BHU | MR | 69 |
| 10  | tbc | ASICS Stockholm Marathon | SWE | MR | 42 |
| 10  | Scotiabank Calgary Marathon | CAN | MR | 69 |
| 10  | Cork City Marathon | IRL | MR | 74 |
| 10  | Moscow Half Marathon | RUS | MR | 44 |
| 10  | Adelaide Marathon Festival | AUS | MR | 68 |
| 10  | tbc | Brasov Int’t Marathon | ROU | MR | 68 |
| 10  | tbc | Dalian Int’t Marathon | CHN | MR | 68 |
| 10  | tbc | Opekpe Int’t 10km Road Race | NIG | MR | 79 |

#### July 2020

| 7  | Atlantic Airways Torshavn Marathon | FRO | MR | 44 |
| 7  | 13-14Laguna Phuket Marathon | THA | MR | 82 |
| 7  | Yarche Tomsk International Marathon | RUS | MR | 80 |
| 7  | Comrades Marathon | RSA | MR | 44 |
| 7  | 50PHM Int’l Half Marathon | CAM | MR | 48 |
| 7  | Rio de Janeiro City Marathon | BRA | MR | 69 |
| 7  | RunFun Travel Rottnest Running Marathon | AUS | MR | 68 |
| 7  | JCP Swansea Half Marathon | GBR | MR | 46 |
| 7  | The Big Five Marathon | RSA | MR | 40 |
| 7  | Midnight Sun Marathon | NOR | MR | 80 |
| 7  | Waterford Viking Marathon | IRL | MR | 74 |
| 7  | PKO Wroclaw Night Half Marathon | POL | MR | 50 |
| 7  | Borneo Marathon | MAS | MR | 78 |
| 7  | Telesia City Trophy Int’l Road Race 10K | ITA | MR | 75 |
| 7  | Suziki Midnight Sun Run | ISL | MR | 50 |
| 7  | helia hamburg halbmarathon | GER | MR | 74 |
| 7  | Lake Saroma 100km Ultra Marathon | JPN | MR | 75 |
| 7  | BMW Tangamanga Int’t Marathon | MEX | MR | 78 |
| 7  | RAHAL Mémorial Casablanca | MAR | MR | 78 |
| 7  | Hvar Half Marathon | CRO | MR, H | 72 |
| 7  | Lanzhou Int’t Marathon | CHN | MR | 72 |
| 7  | White Nights Marathon | RUS | MR | 80 |

#### August 2020

| 5  | Gold Coast Marathon | AUS | MR | 68 |
| 5  | Gornergrat Zermatt Marathon | SUI | MR | 51 |
| 5  | Ecotel Victoria Falls Marathon | ZIM | MR | 82 |
| 5  | 18-19Golden Ring Ultra Trail 100 | RUS | MR | 80 |
| 5  | Island Chill Suva Marathon | FJ | MR | 51 |
| 5  | Mauritius Marathon | MUS | MR | 78 |
| 5  | Australian Outback Marathon | AUS | MR | 68 |
| 5  | Swissulpine | SUI | MR, H | 51 |
| 5  | Media Maratón Int’l de Bogotá | COL | MR | 72 |
| 5  | Sao Paulo City Marathon | BRA | MR | 69 |

Continued on page 47
RUN FROM THE CITY TO THE SEA!

JCP Swansea Half Marathon

2020

£39 PP AFFILIATED
£41 PP STANDARD

14.06.20

#RunSwansea

SWANSEAHALFMARATHON.CO.UK
## August 2020

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Siberian Int’l Marathon</td>
<td>1 October</td>
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<tr>
<td>The Khmer Empire Marathon</td>
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<tr>
<td>Run716 15K and 3 Person Relay</td>
<td>27 August</td>
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<td>McDonald’s Township Running Festival</td>
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<td>Manulife Danang Int’l Marathon</td>
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<tr>
<td>10km Int’l de Dakhla</td>
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<tr>
<td>Knarvikmila – The Great Fjord</td>
<td>4–6 August</td>
</tr>
<tr>
<td>Barossa Marathon Festival</td>
<td>5 August</td>
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<tr>
<td>Helsinki Marathon</td>
<td>9 August</td>
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<tr>
<td>10km Int’l de Dakhla</td>
<td>9 August</td>
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<tr>
<td>Knarvikmila – The Great Fjord</td>
<td>5 August</td>
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<tr>
<td>Barossa Marathon Festival</td>
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<td>Helsinki Marathon</td>
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<td>Beijing Marathon</td>
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<td>Incheon Songdo Int’l Marathon</td>
<td>16 September</td>
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<tr>
<td>20km &amp; 10km Int’l de Marrakech</td>
<td>16 September</td>
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<tr>
<td>Mykonos Run</td>
<td>16 September</td>
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<td>HeidelbergCement TussilHalfMarathon</td>
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## September 2020

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<td>Knarvikmila – The Great Fjord Run</td>
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<td>Petra Desert Marathon</td>
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<td>Stockholm Half Marathon</td>
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<td>35th Wizz Air Budapest Half Marathon</td>
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<td>IDBI Federal Life Insurance Mumbai Half Marathon</td>
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<td>Ladakh Marathon &amp; Ultra</td>
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<td>Copenhagen Half Marathon</td>
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<td>River Kwi Int’l Half Marathon</td>
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<td>Dhiraagu Maldives Road Race</td>
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<td>Buenos Aires Int’l Marathon</td>
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<td>Maratón León</td>
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<td>Sarajevo Sberbank Half Marathon</td>
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<td>Hengshui Lake Int’l Marathon</td>
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<tr>
<td>Losinj Half Marathon</td>
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<tr>
<td>Galaxy Vladivostok Marathon</td>
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<td>H.C. Andersen Marathon</td>
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## October 2020

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<td>Moscow Sparkasse Marathon</td>
<td>9 October</td>
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<tr>
<td>Incheon Songdo Int’l Marathon</td>
<td>9 October</td>
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<tr>
<td>20km &amp; 10km Int’l de Marrakech</td>
<td>9 October</td>
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<tr>
<td>Mykonos Run</td>
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## November 2020

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<td>Ebru Half Marathon</td>
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<td>Heidelberg Marathon</td>
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<td>EDP Lisbon Marathon</td>
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<td>Generali München Marathon</td>
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<td>Zafro Palma Marathon</td>
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<td>Shiriram Properties Bengaluru</td>
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<td>Bank of America Chicago Marathon</td>
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<td>Wizz Air Sofia Marathon</td>
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<td>Goodlife Fitness Victoria Marathon</td>
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<td>Zug-Marathon &amp; Half Marathon</td>
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<td>Int’l Thessaloniki Night Half Marathon</td>
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<td>Sanlam Cape Town Marathon</td>
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<td>Dubai United Arab Emirates Marathon</td>
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<td>Polar Circle Marathon</td>
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<td>Chengdu Marathon</td>
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<td>KBC Dublin Marathon</td>
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<td>Malnova Frankfurt Marathon</td>
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<td>Lausanne Marathon</td>
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<td>Volkswagen Lubljana Marathon</td>
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<td>Sun Moon Lake Marathon</td>
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<td>SwissCityMarathon – Lucerne</td>
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<td>Medio Maratón Valencia</td>
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<tr>
<td>Erbil Marathon</td>
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Running Amazing Events in Cambodia 2020

1. Phnom Penh Int'l Half Marathon
   - 14 June 2020
   - In front of Royal Palace, Phnom Penh

2. Khmer Empire Marathon
   - 02 August 2020
   - In front of Angkor Wat Temple, Siem Reap

3. Angkor Wat Int'l Half Marathon
   - 06 December 2020
   - In front of Angkor Wat Temple, Siem Reap

+855-23 213 525  info@cambodia-events.org  www.cambodia-events.org
### Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Country</th>
<th>Location/Details</th>
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<tbody>
<tr>
<td>March 2020</td>
<td>Semi Marathon Int'l de la Ville de Béjaïa</td>
<td>ALG</td>
<td>Meknes</td>
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<td>March 2020</td>
<td>Brussels Airport Marathon &amp; Half Marathon</td>
<td>BEL</td>
<td>Molenbeek</td>
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<td>March 2020</td>
<td>1/2 Marathon de Bucaramanga - FCV</td>
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<td>Medellin</td>
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**November 2020**

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**December 2020**

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<td>Standard Chartered Singapore Marathon</td>
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<td>Pune Int'l Marathon</td>
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<td>Reggae Marathon, Half &amp; 10K</td>
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<td>Salatama Int'l Marathon</td>
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<td>San José Costa Rica Half &amp; Marathon</td>
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<td>Antarctic Ice Marathon &amp; 100K</td>
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<td>Tarblazer 42.2</td>
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Keep up to date!

For the latest race dates please also consult the official online AIMS calendar at [aims-worldrunning.org/calendar.html](http://aims-worldrunning.org/calendar.html).

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

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

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

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

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

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

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

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

There were 1549 finishers in the race, of 2100 entries accepted. It was less than the Boston Marathon had that year – but going forward it was New York that provided the template. Five thousand entries were accepted the next year and 14,000 in 1979. In the 2019 race there were 53,518 finishers.

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

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

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

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

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

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

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

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

Fred succumbed within two years but, in the New York City Marathon, left a legacy that has directly benefitted millions of people – and indirectly many millions more.
On 12 October Eliud Kipchoge propelled himself over a distance of 42,195 metres in less than two hours. It was the second time that he, along with scores of supporting personnel, had applied himself to this task.

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

So it was not too surprising that there was a second attempt, as long as the man himself was up for it. INEOS is a company that has promoted itself through performance – particularly in endurance sport – and they were the driving force behind this second attempt. They took over from Sky in the sponsorship of the eponymous cycle team which has in recent years enjoyed great success in the Tour de France. The back-story is significant as the Vienna enterprise concentrated very much on science-led performance, following the “marginal gains” approach advocated by general manager of Team INEOS Dave Brailsford.

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

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

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

Competition rules preclude “assistance” through pacemaking and through supply of liq- uid or solid refreshment but most people would make allowances for that as an understandable concession: an acceptable ‘modification’.

What might not be understood is any compro- mise on the distance that has to be covered. Yet the ‘marginal gains’ approach pursued included marginally shortening the distance.

There is an official method of measurement, and guidance related to it, which has become universally accepted (and used to the exclu- sion of any other method) since tentatively
but what exactly was it?

by Hugh Jones

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

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

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

To safeguard against this the course used for the project was “pre”-validated and found to be 42195m and 42206m by two measurers using the traditional (and approved) calibrated bicycle method. So it passed the test: but was in all likelihood about 40m (or 7 seconds) shorter than the distances run by Kipchoge for his Berlin and London victories.

These marginal gains added up to one big difference: this was not sport as open competition but as a scientific quest, costing millions upon millions of dollars, focused upon seeing what one superlative athlete could do in experimentally contrived conditions. No one gets another chance at this. Unfortunately Kipchoge’s feat may mean that when the 2-hour barrier is broken in open competition the public yawns: “but it’s been done before.”
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The U20 men were first off, in heavy rain, and the pace was fast and furious with Britain’s Joe Dugdale leading from the start but chased hard by Sebih Bahar of Turkey. Only 17 seconds separated the first five men with Dugdale’s teammates Matthew Mackay and Matthew Knowles completing the top five.

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

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

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

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

Both races were fast at the front. Walmsley forged an early lead but never opened up much of a gap on Puppi, the 2017 champion. In the women’s race world trail running champion Blandine L’Hirondel was the early leader but Simion took the lead as they approached Cerro Bayo with Adeline Roche and L’Hirondel in pursuit.

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

**MEN 41.5km:**
1 Jim WALMSLEY USA 3:12:16
2 Francesco PUPPI ITA 3:13:04
3 Oriol CARDONA ESP 3:20:24

**WOMEN 41.5km:**
1 Cristina SIMION ROU 3:49:57
2 Adeline ROCHE FRA 3:51:56
3 Blandine LHIRONDEL FRA 3:52:07

**MEN 14km:**
1 Joseph GRAY USA 1:05:13
2 Cesare MAESTRI ITA 1:05:21
3 Marek CHRASCINA ITA 1:05:57

**WOMEN 14km:**
1 Grayson MURPHY USA 1:15:20
2 Elise PONCET FRA 1:15:41
3 Philippa WILLIAMS GBR 1:16:52

**U20 MEN:**
1 Joe DUGDALE GBR 32:44
2 Sebih BAHAR TUR 32:50
3 Yael Paniagua MORTALES MEX 32:50

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

**U20 WOMEN:**
1 Angela MATTEYI ITA 37:12
2 Barbara HAVLICKOVA CZE 37:56
3 Jade RODRIGUEZ FRA 38:48

**TEAMS:**
1 Italy; 2 Turkey; 3 Czech Republic

Final race of WMRA World Cup

**Smarna Gora Mountain Race**

**Ljubljana, Slovenia, 12 October 2019**

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

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

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

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

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

Scotsman Andy Douglas topped the World Cup standings ahead of the two Eritreans Filamon Abraham and Petro Mamu. Among the women Sarah McCormack was untouchable with 495 points, Lucy Murigi moved up to second with 210, level with Briton Emma Clayton but ahead of her by virtue of her two wins.
VOLKSBANK MÜNSTER Marathon
20.09.2020
Enjoy in Münster one of Germany’s most attractive finishing lines. Be part of it. www.volksbank-muenster-marathon.de

STONe WALL MARATHON
Marathon with a grain of salt
Ston, Pelješac Croatia
20/09/2020
42,2 k, 15 k, Fun Run 4 k
www.ston-wall-marathon.com

STAVANGER MARATHON
Run the fjords in the land of the Vikings!
29. August 2020
www.stavangermarathon.no

MOSCOW MARATHON
September 20, 2020
www.moscowmarathon.org
Registration at moscowmarathon.org
Facebook: moscowmarathon

Eventful.

Change of date. Unique.
Hyundai Meia Maratona do Porto

14ª edição

20 Set. 2020

Mini Maratona - 6k

meiamaratonadoporto.com
Dreizinnen Alpine Run
Sesto, Italy, 14 September 2019

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

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

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

In the women’s race Sarah Tunstall attacked from the start and took a minute out of Sarah McCormack by 7km. It was steep climbing from there to 12km. Mamu and Gray were clear in the lead but neither could break free of the other. Tunstall passed by two minutes clear and on course record pace.

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

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

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

A fairy-tale Danish marathon for everyone

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

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

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

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

“The route is very well thought-through as you run in the shape of a four-leaf clover, which means that you run towards the centre of the city on a couple of 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.
Join Estonia’s largest running event!

Distances: 42km 21km 10km 5km

Tallinn

tallinnamaraton.ee

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

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

MEN:
1. AleksandSorokin LTU 278.973 km
2. Tamas BODIS HUN 276.222 km
3. Oliver LEBLOND USA 275.485 km

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

For more information contact:
Nadeem Khan
nadeem.khan@iau-ultramarathon.org
Facebook: www.facebook.com/IAUUltra
Instagram: instagram.com/iau_ultrarunning

IAU 50km World Championship
1 September 2019, Brasov, Romania

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

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

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

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

For more information contact:
Nadeem Khan
nadeem.khan@iau-ultramarathon.org
Facebook: www.facebook.com/IAUUltra
Instagram: instagram.com/iau_ultrarunning

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

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

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IAU 100km Asia/Oceania Championship
23 November 2019, Aqaba, Jordan

Japan’s Hideaki Yamauchi and Mai Fujisawa took the individual titles. While Fujisawa led the women’s race throughout Yamauchi only came through in the last 10km in the men’s race as leader Tatsuya Itagaki dropped back dramatically.

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

In the women’s race Australia’s Amelia Griffith made a late run to get the runner-up spot. In the men’s race as leader Tatsuya Itagaki dropped back dramatically.

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

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

### Men

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### World fastest times 2019

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**World fastest times 2019**

Brigid Kosgei

Picture: Quinn Harris/Getty
## World Fastest Times 2019

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## 10km

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## Distance Running | 2020 Edition 1

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*New world record (pending ratification):* Geoffrrey Kipchoge (KEN), 2:07:11, Vienna, 27 Aug 2020

*New world record (pending competition):* Joyciline Jepkosgei (KEN), 2:04:56, Brussels, 22 Oct 2019

*New world record (women only race):* Netsanet Gudeta (ETH), 2:09:46, Milano, 24 Mar 2018

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

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CASCAIS-OEIRAS-LISBOA

LUSO HALF MARATHON
EDP MINI MARATHON

www.lausanne-marathon.com Switzerland

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10 KM WALKING - 10 KM NORDIC WALKING

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Int’l Thessaloniki NIGHT MARATHON
and 5km Health and Power Walking Race
17.10.2020

www.thessalonikinightmarathon.org

Distance Running | 2020 Edition 1

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Race contact details

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

* Associate member

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Semi Marathon int’l de la Ville de Béjaia

Haddad Fatah
E: fatahmarathon@hotmail.fr
W: www.semi-marathon-debejaia.com

fb: facebook.com/semi.marathon.debejaia

**Sahara Marathon**

James E. B. Carney
E: carney@sahara-marathon.org
W: www.sahara-marathon.org

fb: facebook.com/saharamarathon

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**ARGENTINA**

Buenos Aires Int’l Marathon

Luis Vinker
E: info@maratondebuenosaires.com
W: www.maratondebuenosaires.com

fb: facebook.com/MaratondeBuenosAires

**Barosa Marathon Festival**

Simon Duncan
E: events@barosa.asn.au
W: www.barosasamarathon.com.au

fb: facebook.com/barosasamarathon

**Brisbane Marathon Festival**

Jason Crowther
E: info@qldmultisports.com.au
W: www.brisbanemarathon.com.au

fb: facebook.com/brisbanemarathon

**The Canberra Times Marathon Festival**

Julie Tedde
E: info@solemotiv.com
W: events@solemotiv.com

fb: facebook.com/canberra-times-marathon-festival

**Gold Coast Marathon**

Cameron Hart
E: info@goldcoastmarathon.com.au
W: www.goldcoastmarathon.com.au

fb: facebook.com/goldcoastmarathon

**Melbourne Marathon Festival**

Marcus Gale
E: enquiries@melbournemarathon.com.au
W: www.melbournemarathon.com.au

fb: facebook.com/melbournemarathon

**RunRun Travel Rottnest Running Festival**

Raymond Lampard
E: wamc@wamc.org.au
W: www.wamc.org.au

fb: facebook.com/RottnestMile

**Sunshine Coast Marathon**

Jason Crowther
E: jason@multiports.com.au
W: www.sunshinecoastmarathon.com.au

fb: facebook.com/sunshinecoastmarathon

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**ANGOLA**

São Silvestre de Luanda 10km

Carlos Rosa de Souza
E: carreiroj@gmail.com
W: www.sao-silvestre-angola.co.ao

fb:facebook.com/saosilvestreangola

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**ARUBA**

KLM Aruba Marathon

Kees van Musewinkel
E: info@arubainternationalmarathon.com
W: www.arubainternationalmarathon.com

fb: facebook.com/KLMAruba Marathon

**KLM Aruba Marathon**

JAN

**AUSTRIA**

3 Country Sparkasse Marathon

Gäuter Ernst
E: info@sparkasse-3-laender-marathon.at
W: www.sparkasse-3-laender-marathon.at

fb: facebook.com/Sparkasse3LaenderMarathon

**ASRIS Austrian Women’s Run**

Katie Stimpfle, Andrea Schnabl
E: office@oesterreichischer-frauenlauf.at
W: www.austrianwomenrun.com

**Salzburg Marathon**

Johannes Langer
E: office@salzburg-marathon.at
W: www.salzburg-marathon.at

fb: facebook.com/salzburgmarathon

**Vienna City Marathon**

Wolfgang Konrad
E: office@vienna-marathon.com
W: www.vienna-marathon.com

fb: facebook.com/vienna.city.marathon

**BAHAMAS**

Marathon Bahamas, Half & Relay

Pamela Richardson
E: info@marathonbahamas.com
W: www.marathonbahamas.com

fb: facebook.com/marathonbahamas

**BANGLADESH**

**CCCL-Race Bangladesh Int’l 10K**

Jon Michael Boka
E: jonboka@gmail.com
W: www.ccclmarathon.com

**BARBADOS**

Cave Shepherd & Co Run Barbados Marathon Weekend

Island Races (Zary Evelyn & Kristina Cave Shepherd & co run Barbados Marathon Weekend)

E: runbarbados@gmail.com
W: www.runbarbados.org

fb: facebook.com/RUN Barbados Series

**BELARUS**

Minsk Half Marathon

Vadim Deyvatothsy
E: belarus.athletics@gmail.com
W: mineskhalfmarathon.by

fb: facebook.com/minskhalfmarathon

**EMIRATES**

**Salalah Marathon**

Walid Al Farsi
E: info@salalahmarathon.com
W: www.salalahmarathon.com

fb: facebook.com/salahamarathon

**Yemen Marathon**

Anahit Adamyan
E: anahit.adamyan@armeniamarathon.org
W: www.armeniamarathon.org

fb: facebook.com/YemenMarathon

**KLM Aruba Marathon**

JAN

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W: www.semi-marathon-debejaia.com

fb: facebook.com/semi.marathon.debejaia

**Sahara Marathon**

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W: www.sahara-marathon.org

fb: facebook.com/saharamarathon

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fb: facebook.com/maratondebuenosaires

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fb: facebook.com/SunshineCoastMarathon

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FRANKFURT

OCTOBER 25th 2020
SAN SEBASTIÁN -SPAIN- A VERY COMFORTABLE TOWN FOR RUNNING
Every year over 8,000 runners take part in the Zurich San Sebastian marathon, where you can choose to run the 10k, half marathon or marathon.

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

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

What can you do in San Sebastian? You can enjoy everything and not just the race. It is also ideal for sightseeing. Known worldwide for its beauty, it offers endless options. The most popular attraction is its most famous beach, La Concha. It is ranked as the most beautiful beach in Europe by TripAdvisor users and the route of the marathon goes along La Concha. Other interesting visits are Kursaal Congress Palace, Miramar Palace, the Combe of the Wind, Santa Clara Island… In addition to all this, the town’s gastronomy can’t be overlooked. You will fall in love with it. San Sebastian has more Michelin Stars per square kilometre than any other town in the world; there are 18 Michelin stars in 11 restaurants within a 25 km radius. Go to the Old Town and taste its famous tapas or pintxos and the local wine Txakoli, or visit many of the cider houses in the area. It is a great opportunity to run with friends or family as there are different distances to suit all levels and then you can spend a few unforgettable days visiting and tasting the local gastronomy which will exceed all your expectations. San Sebastian is definitely special and you can enjoy a great few days not only running but also visiting the town and other beautiful nearby places such as Hondarribia, Pasai Donibane, Zumaia, and Biarritz.

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

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

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<thead>
<tr>
<th>Country</th>
<th>Race Name</th>
<th>Contact Details</th>
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| **MALAYSIA** | Borneo Marathon | Dato’ Dr Heng Ahk Cheng  
info@borneomarathon.com  
www.borneo-marathon.com  
www.facebook.com/borneomarathon  |
| | Kuala Lumpur Standard Chartered Marathon | Rainer Biemans  
info@kl-marathon.com  
www.facebook.com/KLMarathon  |
| | Penang Marathon | Yeoh Soon Hin  
info@penangmarathon.gov.my  
www.facebook.com/penangbridge marathon  |
| **MALDIVES** | Dhiraagu Maldives Road Race | Mirshan Hassan  
info@penangmarathon.gov.my  
www.facebook.com/dhiraagufans  |
| **MALTA** | Malta Intl Challenge Marathon | Barry M. Whitmore  
info@maltachallenge marathon.com  
www.facebook.com/maltaevents/  |
| **MAURITIUS** | Mauritius Marathon | event@spm.com  
www.facebook.com/mauritiusmarathon  |
| **MEXICO** | Maratón Aguascalientes | Jose Luis Trujillo Alcala  
www.maratonaguascalientes.com  
www.facebook.com/maratona guascalientes  |
| | Maratón del Estado de Guadalajara | Elena Aguilar Fuentes  
www.maratonaguadalajara.org  
www.facebook.com/MaratónGD  |
| | 21k Guadalajara Electrolyt Nutrido por Granvita | Elena Aguilar Fuentes  
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www.facebook.com/MaratónGD  |
| | Maratón Int'l de Juarez | Federico Mendizábal  
info@maratondejuarez.com  
www.maratondejuarez.com  |
| | *Maratón Las Batallas de Celaya* | Fernando Gabriel García Carrillo  
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www.facebook.com/MaratónCelaya  |
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www.maraton.org  
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| | Medio Maratón Atlas de Guadalajara | Sali Figueroa  
www.maraton.org  
www.facebook.com/MedioMaratón/  |
| | Maratón de la Ciudad de México Telecom | Javier Carvallo Chinchilla  
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www.maratondcmx.com  
www.facebook.com/MaratonCdmx  |
| | Maratón de Toluca | David Abrego  
info@maraton-toluca.com  
www.maraton-toluca.com  
www.facebook.com/MaratónToluca  |
| | Maratón Panamericano Monterrey | Eduardo González  
info@maraton-mx.com  
www.maraton-mx.com  
www.facebook.com/MaratónMonterrey  |
| | *Tajumulco Half Marathon* | Luis Antonio Sánchez  
www.tajumulc maraton.com  
www.facebook.com/MaratónTajumulco  |
| | ATM Las Batallas de Guadalajara | José Luis Trujillo Alcala  
info@maratonaguascalientes.com  
www.facebook.com/maratona guascalientes  |
| | BMW Tangamanga Int'l Marathon | Jaime Eduardo Morales Reyes  
info@maraton-tangamanga.com  
www.facebook.com/maratontangamanga  |
| | BMW Telcel Int'l Marathon | David Abrego  
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info@maraton-toluca.com  
www.maraton-toluca.com  
www.facebook.com/MaratónToluca  |

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**RACE DATES**

- **JAN** January
- **FEB** February
- **MAR** March
- **APR** April
- **MAY** May
- **JUN** June
- **JUL** July
- **AUG** August
- **SEP** September
- **OCT** October
- **NOV** November
- **DEC** December

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Sunday, 15 November 2020

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WINTER RACE IN THE ARCTIC!

Polar Night Halfmarathon
Tromsø, Norway

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EDP PORTO MARATHON
NOV 8TH 2020

42KM | 15KM | 6KM

More info | geral@runporto.com | maratonadoporto.com
| /portomarathon | @PortoMarathon | @portomarathon

runporto.com®
RACE DISTANCE | 2020 EDITION 1

**Lesotho**
- **Lion City Marathon**
  - Location: Lion City
  - Date: October
  - Contact: info@lioncitymarathon.com

**Malaysia**
- **Kuala Lumpur Marathon**
  - Location: Kuala Lumpur
  - Date: February
  - Contact: info@klmarathon.com

**Moldova**
- **Transnistria Marathon**
  - Location: Transnistria
  - Date: April
  - Contact: info@transnistriamarathon.com

**Monaco**
- **Monaco Marathon**
  - Location: Monaco
  - Date: October
  - Contact: info@monacomarathon.com

**Mongolia**
- **Ulaanbaatar Marathon**
  - Location: Ulaanbaatar
  - Date: August
  - Contact: info@ulaanbaatarmarathon.com

**Morocco**
- **Casablanca Marathon**
  - Location: Casablanca
  - Date: November
  - Contact: info@casablancaomarathon.com

**Myanmar**
- **Yangon Marathon**
  - Location: Yangon
  - Date: October
  - Contact: info@ymarathon.com

**Nepal**
- **Kathmandu Marathon**
  - Location: Kathmandu
  - Date: March
  - Contact: info@kathmandumarathon.com

**Netherlands**
- **Amsterdam Marathon**
  - Location: Amsterdam
  - Date: April
  - Contact: info@amsterdammarathon.com

**New Zealand**
- **Auckland Marathon**
  - Location: Auckland
  - Date: November
  - Contact: info@aucklandmarathon.com

**Nicaragua**
- **Managua Marathon**
  - Location: Managua
  - Date: November
  - Contact: info@managuamarathon.com

**Norway**
- **Oslo Marathon**
  - Location: Oslo
  - Date: October
  - Contact: info@oslomarathon.com

**Oman**
- **Muscat Marathon**
  - Location: Muscat
  - Date: April
  - Contact: info@muscatmarathon.com

**Pakistan**
- **Islamabad Marathon**
  - Location: Islamabad
  - Date: November
  - Contact: info@islamabadmarathon.com

**Panama**
- **Panama City Marathon**
  - Location: Panama City
  - Date: December
  - Contact: info@panamacitymarathon.com

**Peru**
- **Lima Marathon**
  - Location: Lima
  - Date: March
  - Contact: info@limamarathon.com

**Philippines**
- **Manila Marathon**
  - Location: Manila
  - Date: March
  - Contact: info@manilamarathon.com

**Portugal**
- **Porto Marathon**
  - Location: Porto
  - Date: April
  - Contact: info@portomarathon.com

**Russia**
- **Moscow Marathon**
  - Location: Moscow
  - Date: October
  - Contact: info@moscowmarathon.com

**Saudi Arabia**
- **Jeddah Marathon**
  - Location: Jeddah
  - Date: February
  - Contact: info@jeddahmarathon.com

**Scotland**
- **Edinburgh Marathon**
  - Location: Edinburgh
  - Date: October
  - Contact: info@edinburghmarathon.com

**Senegal**
- **Dakar Marathon**
  - Location: Dakar
  - Date: November
  - Contact: info@dakarmarathon.com

**Slovakia**
- **Bratislava Marathon**
  - Location: Bratislava
  - Date: April
  - Contact: info@bratislavaomarathon.com

**South Africa**
- **Johannesburg Marathon**
  - Location: Johannesburg
  - Date: November
  - Contact: info@johannesburgmarathon.com

**South Korea**
- **Seoul Marathon**
  - Location: Seoul
  - Date: October
  - Contact: info@seoulmarathon.com

**Spain**
- **Seville Marathon**
  - Location: Seville
  - Date: November
  - Contact: info@sevilleomarathon.com

**Sri Lanka**
- **Colombo Marathon**
  - Location: Colombo
  - Date: November
  - Contact: info@colomboomarathon.com

**St Kitts & Nevis**
- **St Kitts Marathon**
  - Location: St Kitts
  - Date: January
  - Contact: info@stkiitstraces.com

**Sweden**
- **Stockholm Marathon**
  - Location: Stockholm
  - Date: April
  - Contact: info@stockholmomarathon.com

**Switzerland**
- **Zurich Marathon**
  - Location: Zurich
  - Date: September
  - Contact: info@zurichmarathon.com

**Taiwan**
- **Taipei Marathon**
  - Location: Taipei
  - Date: March
  - Contact: info@taipaimarathon.com

**Thailand**
- **Bangkok Marathon**
  - Location: Bangkok
  - Date: February
  - Contact: info@bangkokmarathon.com

**Tunisia**
- **Sfax Marathon**
  - Location: Sfax
  - Date: November
  - Contact: info@sfaxmarathon.com

**Turkey**
- **Istanbul Marathon**
  - Location: Istanbul
  - Date: October
  - Contact: info@istanbulmarathon.com

**Ukraine**
- **Kyiv Marathon**
  - Location: Kyiv
  - Date: October
  - Contact: info@kyivmarathon.com

**United Arab Emirates**
- **Dubai Marathon**
  - Location: Dubai
  - Date: January
  - Contact: info@dubaimarathon.com

**United Kingdom**
- **London Marathon**
  - Location: London
  - Date: April
  - Contact: info@londonmarathon.com

**United States**
- **New York City Marathon**
  - Location: New York City
  - Date: November
  - Contact: info@nycmarathon.com

**Venezuela**
- **Caracas Marathon**
  - Location: Caracas
  - Date: April
  - Contact: info@caracasmarathon.com

**Vietnam**
- **Ho Chi Minh City Marathon**
  - Location: Ho Chi Minh City
  - Date: April
  - Contact: info@hoichiminhcitymarathon.com

**Zimbabwe**
- **Harare Marathon**
  - Location: Harare
  - Date: November
  - Contact: info@hararemarathon.com

**Zurich**
- **Zurich Marathon**
  - Location: Zurich
  - Date: September
  - Contact: info@zurichmarathon.com

**Distance Running**
- **2020 Edition 1**

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

* Associate member

**Race contact details**

**Distance Running**
SUNDAY MARCH 22, 2020
My spring running break!

HALF MARATHON
5km ROAD RACE
3km ROAD RACE
KIDS & DISABLED ATHLETES FUN RUN

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