The Marathon held its inaugural race in 2009 with 13,500 runners (in total) and in 2013, 33,000 runners registered. With over 4400 runners in last year’s 42.2km race, at the time of writing the Standard Chartered KL Marathon is the largest in Malaysia. Over 2500 runners were from outside Malaysia including both expatriates resident in Malaysia and running ‘tourists’. There were 45 who came from the specialist ‘running nations’, namely, Kenya, Ethiopia and Zimbabwe.

The race had traditionally been held on the last Sunday in June, but last year presented a whole new set of challenges. Smoke from open fires burning in Indonesia blew over the Straits of Malacca and engulfed Malaysia and Singapore in a thick blanket of smog. The Air Pollutant Index showed the air to be at its worst quality in Malaysia for over a decade. With three days to go before the race was due to be held the organisers announced a postponement to 29 September. Tears flowed.

When the new race date came around Kennedy Kiproo Lilan emerged as the winner, in a sub-2:20 time that fell well short of his own 2:14:45 course record set the year before. Rose Kosgei won the women’s race, also outside the 2:34:37 course record set in 2011 by Rose Kerubo – who finished third. While Kenyans swept the top positions the Marathon also honours its home-grown talents with Malaysian categories. Fabian Osmond Daimon claimed top spot with 2:41:55 ahead of three-time winner, Shaharuddin Hashim. Yuan Yu Fang was the first Malaysian woman with a time of 3:37:16.

If the times seem slower than elsewhere it is because they reflect some testing conditions. Often warm and humid in KL, temperatures can rise up to 40°C and humidity to 90%. The race starts at 04.30 while it’s still cool – and dark. Refreshment stations are at two-kilometre intervals after the first four kilometres and every 1.6 kilometres after the first 20 kilometres. Isotonic drinks are available at every alternate refreshment station. Every refreshment station is also accompanied by a medical station.

Continued on page 21

---

**Kay-El. Not Superman’s name in Kryptonian but the capital city of Malaysia, officially known as Kuala Lumpur but universally abbreviated to its initials. It plays host to the Standard Chartered KL Marathon annually – and some might say you need superman-type resolve to complete the KL marathon.**

By Gloria Ng

---

**A journey of new and old**

---
THERMAL BATHS IN BUDAPEST

GELLÉRT BATH
One of most popular baths for tourists visiting Budapest. The medical spring here was already famed in the 13th century. The Gellért Thermal Bath and Hotel, was built in a secession style, opened its gates in 1918 and was expanded in 1927 by the wave-bath and in 1934 by the effervescent bath. The spa is decorated with a wealth of original Art Nouveau furnishings, artistic mosaics, stained glass windows and sculptures.

RUDAS BATH
The centrepiece of the bath today, the Turkish bath, was built in 1550 in the period of the Turkish occupation of Hungary. Some of the Turkish-period features are still used today: the octagonal pool, the four small corner pools, each with water of a different temperature, and the characteristic Turkish dome. In its drinking hall, the water of the springs Hungária, Attila and Juventus can be consumed for the purposes of a drinking cure. Rudas is open at night every Friday and Saturday - let's go night bathing!

KIRÁLY BATH
The construction of this Bath was begun by Arslan, the Pasha of Buda in 1565. Following the reoccupation of Buda from the Turks, the Bath was acquired in 1796 by the König family. They rebuilt it to its current form, combining the old with the new, and preserving its monumental character, found even in the name of the Bath. Stemming from the name of the family, it translates from Hungarian (Király=King=König).

LUKÁCS BATH
In the 12th century, knights of the order of Saint John engaging in curing the sick settled in the area of today’s Lukács Bath, and built their monasteries baths as well. In the 19th and 20th century people wishing to be healed came here from all over the world. Following their successful healing cure, they placed marble tablets on the wall of the Bath’s courtyard to express their gratitude. Lukács was renewed in 2012, and now it’s a classical, but also international quality spa with swimming pool, fun-pool, medical thermal pool and weight-bath. There are also salt wall, sauna, Kneipp pool and lounge.

SZÉCHENYI BATH
One of the largest bathing complexes in Europe, the premier medical bath of Pest- Its thermal springs were discovered in 1879; they are the deepest and hottest (74 - 75 C.) thermal wells in the capital. The neo - Baroque baths were built in 1913, the swimming pool in 1927. The open - air sections with their pleasantly warm waters are equally popular in winter.

BEYOND RUNNING AND THERMAL BATHS

WORLD HERITAGE SIGHTS
No doubt, that Budapest has one of the World’s most beautiful urban landscapes which illustrates the great periods in the history of the Hungarian capital. The Budapest World Heritage Site consists of three parts: 1. Buda Castle Quarter, 2. Banks of the Danube (including the Parliament and the Chain Bridge, 3. Andrássy Avenue (including the Opera and the Millenium Underground, which was the second metro line in the World and opened in 1896.)

GASTRONOMY
To understand Hungarian cuisine, we have to take a peek into the past. Today’s Hungarian cuisine is a synthesis of ancient Asiatic components mixed with Germanic, Italian, and Slavic elements. The food of Hungary can be considered a melting pot of the continent, with its own original cuisine from the Magyar people. Good examples of that are goulash, pörkölt (stew) or the fisherman’s soup.

Central Market Hall - „Best Market Hall in Europe“ by CNN
The Central Market Hall, was selected by CNN Travel the best Market Hall in Europe in 2013. Interesting fact, that the metal roof structure was designed by Gustav Eiffel (designer of the Eiffel Tower), and the market opened the same day as four other, smaller market halls in the city on February 15th 1897. If you want to experience a less touristic and more local atmosphere you have to visit one of these markets too, on Klauzál Square, Rákóczi Square, Hold street and Hunyadi Square.

MUSIC
Classical Music: Franz Liszt Academy of Music
The Royal Academy of Music was founded in the apartment of Ferenc Liszt in Budapest in 1875. Liszt was appointed to be the first president of the academy, while he was also teaching piano in the institute. The academy moved into its current building in 1907, which went through a three year reconstruction only recently. New century, renewed building: Reopening happened on the 22nd October 2013, on the anniversary of the birth of Ferenc Liszt.

HISTORY
Hungarian Parliament
Budapest has one of the world’s most beautiful parliament buildings. With its length of 268 metres and 96-metre-high dome, it’s an imposing sight above the waves of the Danube. Visitors may tour the building in groups, which is worth doing not only for the beautiful interiors, golden decoration, famous frescos and statues, but to see the 1000-year-old crown of the first Hungarian king, Saint Stephen, a symbol of the Hungarian Nation.

House of Terror
For the much of the last century, 60 Andrássy Street was an address that struck fear into the hearts of Hungarians. First, it became the headquarters of the Hungarian ultra-right party, the Arrow Cross regime in 1944, before being taken over by the Communist secret police until the short-lived 1956 revolution. The building has now been converted into a museum, incorporating the cellars - and even the instruments - used to torture prisoners. It is designed as much to remind visitors of the horrors of the totalitarianism as it is to educate.
Budapest is the only capital city in the world that is rich in thermal waters with healing qualities. Thanks to a unique geological feature, Budapest ‘sits’ on over 100 thermal springs that feed the city’s famous bathhouses. Budapest is also one of the few places where you can experience traditional Turkish baths dating back to 16th and 17th centuries. There is nothing to compare to the feeling having a healing bath after your long run. Come and experience it!
RUN FOR A CAUSE

Save the Date

DEAD SEA ULTRA MARATHON
on the 4th of April
Run to the lowest point on earth

AMMAN MARATHON
on the 24th of OCT
Run to the heart of Amman

RED SEA HALF MARATHON
on the 5th of DEC
Run by the Red Sea

Join us at one of our races in 2014:
Dead Sea Ultra Marathon on the 4th of April
Amman Marathon on the 24th of OCT
Red Sea Half Marathon on the 5th of DEC

For more information, call 06-566-2999,
Email: info@runjordan.com or visit www.runjordan.com

RunJordan   RunJoOfficial
The route, often described by runners as an ‘undulating course’, can also prove to be a challenge. While relatively flat there are some inclines and dips with the most elevated portion around 36km. At this point it is not uncommon for supporters to hear some flowery curses but once over it the cries of jubilation are even louder.

The marathon starts and finishes right in the middle of the city, at Independence Square (Dataran Merdeka in Bahasa Malaysia, our native language) and traces a route that makes one big loop in, around and back into the city. Dataran Merdeka is where the Union Jack was lowered and the Malayan (Malaysia was then known as Malaya) flag was raised for the first time, at the stroke of midnight on 31 August 1957.

Directly overlooking Dataran Merdeka is the Sultan Abdul Samad Building, built by the British in 1897. The Marathon is flagged off directly beneath the clock tower of the building, which was used to mark the independence of Malaysia.

The marathon route passes several landmarks unique to KL namely, the iconic Twin Towers, the National Monument, the breathtaking Thien Hou Buddhist Temple, the colourful Little India quarter, the majestic National Mosque, the King’s Palace and the Parliament Building. The route takes you on a journey of new and old. You will run past skyscrapers and buildings barely five-years old standing proudly besides remnants of the British legacy.

Malaysia is home to three major ethnic groups: Malays, Chinese and Indians. And while your eyes feast on the constantly evolving façade of the city, rich multi-racial rhythms play out in front of you. Drummers and musicians are spread out along the route to cheer you on in their own special way: the mellow thumping of the Rebana Ubi (Malay drums); the vibrant beats of the Mridangam and Tabla (Indian drums); the strong resonance of the Da-tang-gu (Chinese drums). Together they carry you through to the finish line, with players dressed in their respective traditional attire. Combining that with the superheroes who take to the streets and the family of fruits that run each year and you’ve got the ingredients for a street party. This time we spotted Superman, Batman, Spiderman, Bruce Lee, a banana and an apple in the mix.

The Standard Chartered KL Marathon offers shorter distance categories for enthusiastic runners aspiring towards the marathon: 21.1km, 10km, a 5km fun run and children’s categories running 2.5km and 700m. The starts are at different locations but everybody finishes at Independence Square. The challenge, the fun and the camaraderie is for everyone.
Come and run the Czech Republic 2014!

- **Sportisimo Prague** Half Marathon 5 April
- **Volkswagen Prague** Marathon 11 May
- **Mattoni Karlovy Vary** Half Marathon 24 May
- **Mattoni České Budějovice** Half Marathon 7 June
- **Mattoni Olomouc** Half Marathon 21 June
- **O₂ Prague** Grand Prix 6 September
- **Mattoni Ústí nad Labem** Half Marathon 14 September

[www.runˇczech.com](http://www.runˇczech.com)

Developed by:

---

**Main partners**

- Volkswagen
- Adidas
- Sportisimo
- Mattoni
- O₂

**Official partners**

- Hilton
- Prague Airport
- Czech Airlines
- Český kraj
- Jihomoravský kraj
- Karlovy VARY
- Karlovarský kraj

**Patrons**

- CzechTourism
- European Commission
- APM
- Český kraj
- Region Karlovy Vary
- Region Jihomoravský kraj
- Region Karlovarský kraj