Podgorica, the capital of Montenegro, is a city of 150,000 citizens making up almost one-third of the national population. The name translates from Serbian as “under the Gorica” where Gorica means “little hill” or hillock, referring to the cypress-covered hill that overlooks the city centre.

The city lies 50km from the Adriatic Sea on the lower slopes of the Dalmatian Mountains and offers great opportunities for marathon runners to run in natural surroundings. Montenegro’s touristic appeal is very much focused on its natural and ecological resources, and these will make a lasting impression on visitors. Even a few days’ stay will impress and also allow you to sample the rich national cuisine.

With the capital’s efforts to improve recreational and sporting conditions for casual participants and professional sportspeople alike the city is becoming recognised on the sporting map as a reliable organiser of international competitions.

Continued on page 23
RUN THE HISTORIC LISBON HALF MARATHON

PORTUGAL

22 MARCH 2015

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The Podgorica Marathon was first held on 8 October 1994 and has been held annually for the 21 years since, on the last Sunday in October. Race day offers a choice of the marathon, a half marathon, a 5km Fun Run and a 1km Eco run for the youngest runners. For 20 years the Podgorica Marathon has incorporated the national championship in both Marathon and half marathon for men and women. Podgorica has twice hosted the Balkan Marathon Championships.

Mr Milan Madzgalj was one of the founders of the Podgorica Marathon and is also the general secretary of the organisation, bearing the responsibility of ensuring the success and continuity of the event. Technical organisation is done by the Podgorica Marathon Running Club, while the City of Podgorica is the de facto sponsor through the full support it gives to the race. Similarly, the Danilovgrad Municipality has traditionally extended fulsome support to the half marathon.

The course for both marathon and half marathon provides good running conditions, passing as it does through Podgorica’s natural green environment. Since 1996 the marathon has been included in the calendar of the European Athletics Association, and in 2010 it became a full member of AIMS with international certification of the course.

The Podgorica Marathon has become a trade mark of the city, and of Montenegro itself.

The Podgorica Marathon awards winners in each five-year age category upwards from age 35. The first three male and female finishers in the Marathon win cash prizes, trophies, medals and certificates. Awards extend to 10th place in the men’s race and eighth place in the women’s. The time limit for Marathon participants is 5 hours and 30 minutes. For the half marathon it is 3 hours.

The Podgorica Marathon has become a trade mark of the city, and of Montenegro itself. It is a sporting, cultural and touristic event which attracts more and more participants and supporters from throughout Montenegro, neighboring countries and the wider world. Over 541 runners from 35 countries took part in the latest edition along with 5000 participants in the eco-race and eco-thon. At the time of the marathon the average temperature is around 23C. Course records stand to Petko Stefanov of Bulgaria, who recorded 2:11:41 and to Serbia’s Olivera Jevtic, who ran 2:31:18. Fastest Montenegrin times have been those of Drago Music at 2:24:18 and Sladana Perunovic at 2:39:07. Drago Boroa and Drago Knezic, both from Serbia, have run all 21 editions of the Podgorica Marathon.

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European Athletics Association vice President Jean Gracia and Balkan Federation President Dobromir Karamarinov were guests of honour at the 21st edition.
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