

# Distance Running

Issue 102 · 2019 Edition 4



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# Contents



**Rio Half Marathon**  
Brazil

## News

<b>AIMS</b>	<b>5</b>
<b>WMRA</b>	<b>57</b>
<b>IAU</b>	<b>64</b>

## Looking ahead

<b>Winter green in Morocco</b>	<b>9</b>
<i>Agadir Green Marathon, Morocco</i>	
Atlantic surf and beaches are never far away	
<b>A growing appeal</b>	<b>11</b>
<i>Al Mouj Muscat Marathon, Oman</i>	
Crystal-clear sea and ideal temperatures	
<b>Special atmosphere not to be missed</b>	<b>13</b>
<i>Mitja Marató Internacional Vila de Santa Pola, Spain</i>	
Santa Pola on Spain's south-east coast offers a joyful experience amid must-see attractions	
<b>In the pink</b>	<b>15</b>
<i>AU Bank Jaipur Marathon, India</i>	
Run with the pace of the wind in princely Jaipur	
<b>Experiences you will find nowhere else</b>	<b>19</b>
<i>Ohme-Hochi 30km Road Race &amp; 10km, Japan</i>	
Ome's course has its ups and downs but enthusiastic support and remarkable scenery make up for it	
<b>Unique in the world</b>	<b>21</b>
<i>The Carthage Race International Marathon, Tunisia</i>	
A historical site and an exhilarating race	
<b>A piece of heaven</b>	<b>23</b>
<i>Gulf of Saint-Tropez Marathon, France</i>	
"Bèn-vengu" – welcome to our little corner of paradise on earth...	



<b>An impressive setting</b>	<b>29</b>
<i>Kingston City Marathon   Half Marathon   10K and 5K, Jamaica</i>	
Jamaica's heartbeat is felt throughout the city	
<b>Spain's biggest running party</b>	<b>31</b>
<i>EDP Rock 'n' Roll Madrid Maratón &amp; 1/2, Spain</i>	
Rock 'n' roll running festival showcases city of Madrid	

## Features

<b>Marathon movers</b>	<b>35</b>
<i>Carlo Capalbo</i>	
Founder of Prague Marathon and RunCzech running league	
<b>Marathon greats</b>	<b>39</b>
<i>Ingrid Kristiansen</i>	
World record-setter at 5000m, 10000m and the Marathon	
<b>Opinion</b>	<b>53</b>
<i>Useful, or just looks the part?</i>	
Reflective blankets have become almost as widely handed out at the finish line as medals – but are they any use?	
<b>Running into history</b>	<b>55</b>
<i>Košice Peace Marathon: History in the running</i>	
Is running a reflection of national conditions or does it offer a platform for changing them? What happened 30 years ago in Europe's longest-running marathon provides insight.	
<b>Lives remembered</b>	<b>61</b>
<i>An Olympic peak in British Marathon running</i>	
Basil Heatley, 25 December 1933 – 3 August 2019	
<b>Regulars</b>	
<b>Calendar</b>	<b>43</b>
<i>Official listings for AIMS events</i>	
<b>World leading times</b>	<b>66</b>
<i>The top times for men and women at Marathon, Half Marathon and 10km</i>	
<b>Race contact details</b>	<b>68</b>
<i>AIMS member races with full contact details</i>	

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# 23rd World Congress of AIMS

A message from the organisers



*Dear All, Dear Runners,*

In only about six months' time the 23rd World Congress of AIMS will take place on 23–25 April 2020 in Batumi on the Black Sea coast of

Georgia. Even for this lively and well-visited port city the Congress is a very special event. All residents and the responsible persons are excitedly looking forward to welcoming the 400 delegates expected to visit from all over the world.

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

"Enhancing the Race Experience Through Technology" is the theme of the Congress programme. Since



digitalisation does not stop at running this topic will be illuminated by specialist speakers. Look forward to interesting presentations from which you, as a race organiser, can draw great benefit.

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

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

## Marathon Symposium

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

In addition to the Symposium sessions, all Symposium participants are invited to attend all events taking place from 8–10 November 2019: the 4-day ERGO Marathon EXPO (Wed to Sat, 6–9 November), the AIMS Best



Marathon Runner Gala (Friday evening, 8 November), the Athens Marathon Opening Ceremonies & Marathon Flame Lighting at the archaeological site of Marathon Tomb (Saturday 9 November), as well as Athens Marathon – the Authentic, to be held on Sunday morning, 10 November.



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### New race members

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

- **CNS Solapur Half Marathon (IND)**
- **ADNOC Abu Dhabi Marathon (UAE)**
- **Tashkent International Half Marathon (UZB)**
- **Dadi Prakashmani Mount Abu International Half Marathon (IND)**
- **Chongqing International Marathon (CHN)**
- **Nong Khai ASEAN Marathon (THA)**
- **Media Maratón Ciudad de Guayaquil – Diario Expreso**
- **Maratón del Atlántico (HON)**
- **Spitsbergen Marathon (NOR)**
- **Thai Sikh Run (THA)**

### New associates

- **Dead Sea Marathon Israel (ISR)**
- **Eva Air Half Marathon (TPE)**

## Distance Running

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



For the latest news, results, dates – visit

[www.aims-worldrunning.org](http://www.aims-worldrunning.org)



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# AIMS Children's Series 2019

Erbil, Iraqi Kurdistan, 29 June 2019

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

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

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



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

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

It went off successfully and smoothly from beginning to end. There were two age categories: 6–10 years old and 11–13 years old. Each category



started separately to give more organisation to the race.

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

around the course, the children also received milk and juice at the finish line.

There were several other supporting activities for the children to keep them happy and make the race a social and entertaining event that would make them want to come back again. Four cartoon characters were present including SpongeBob and Mickey Mouse. There was also face painting and other activities. The awards ceremony was another high point for the children as all of them received a medal, certificate, water and juice and other gifts.

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

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

## SuperHalves – a new runners' odyssey

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

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



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

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

Runners can register their interest in becoming a 'Super Runner' when they first register to run one of the five races. After finishing the runner receives a SuperRunner passport. After each race an e-stamp will appear on this virtual and personalised document. All communications will be digital. Runners have 36 months to complete the series to become a SuperRunner, listed in the SuperHalves Hall of Fame and receive a special SuperMedal.

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

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



Picture: Copenhagen Half Marathon

## New half marathon world record

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

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

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

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

Over the final 5km his pace dropped marginally but he passed 20km (55:00) in another "world best" before breaking the tape 75 seconds (45:00) ahead of second-placed Bernard Kipkorir.






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# Winter green in Morocco



Atlantic surf and beaches are never far away



**The city of Agadir lies on Morocco's Atlantic Coast, 500km south-west of Casablanca. It is home to nearly 500,000 inhabitants and hosts a relatively young Marathon event.**

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

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

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

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

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

■ [www.agadirmarathon.com](http://www.agadirmarathon.com)





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Looking ahead | 17-18 January 2020

## Al Mouj Muscat Marathon, Oman

Crystal-clear sea and ideal temperatures



# A growing appeal

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

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

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

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

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

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

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

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

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



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

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

■ [muscatmarathon.com](http://muscatmarathon.com)





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Looking ahead | 19 January 2020

## Mitja Marató Internacional Vila de Santa Pola, Spain

Santa Pola on Spain's south-east coast offers a joyful experience amid must-see attractions



# Special atmosphere not to be missed

**Santa Pola is a beautiful touristic fishing town located 17km south of the city of Alicante and only 10km from the international airport. There are direct flights to many European countries. In Santa Pola the natural landscapes, beaches, and local cuisine combine to offer you an unforgettable stay.**

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

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



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

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

The hopes, enthusiasm and sheer hard work put in by the Santa Pola Running Club generates an atmosphere that you can feel during the entire week-end which rubs off on the runners and makes the race so special. The whole town is there to support and encourage runners in their efforts with endless applause. The weather is unfailingly good: it rained only once out of 28 races. The course is practically flat and is 80% beside the sea (the men's course record is 1:00:14).

The runner bag contains a high-quality JOMA Technical T-Shirt, a towel, a finisher's medal with ribbon, a commemorative book and the traditional salt packet. There are 10 live music points along the course featuring rock bands, batukada and dulzainas, etc. Refreshments are offered every 5km as well as in the finish zone with food and fluids, fruits, etc...

The Santa Pola Running Club is a non-profit organisation that, in line with its social responsibility policy, gives a part of its proceeds to NGOs. It is also an environmentally-friendly event: water bottles used during the race are recycled along with all the waste generated.

Race weekend in Santa Pola is a great running celebration that should not be missed: Before the race there is a runners' expo, a free children's Mini Marathon for all categories, live music, bouncy castles, etc...

We invite you to come and be part of our race.

■ [www.mitjasantapola.com](http://www.mitjasantapola.com)





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**Jaipur was a princely capital from where kings reigned for generations. They left a lasting impression of royalty, grandiosity and ostentation.**

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

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

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

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

As a UNESCO world heritage site the Pink City attracts people from all over the globe. The run starts from heart of the city near the Albert Hall Museum – which houses glorious collections of paintings, jewellery, ivory, carpets and other artefacts. The route passes by prominent tourist sights like Hawa Mahal and

the City Palace and continues past Moti Dungri fort, Birla Temple, Smriti Van, the Peacock Garden, and some of the renowned colleges of Rajasthan University. The World Trade Park is a major feature and the run takes you to the vividly multi-coloured Patrika Gate which opens onto the largest circular park in Asia.

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

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

■ [www.marathonjaipur.com](http://www.marathonjaipur.com)



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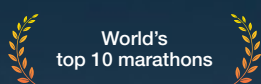




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**OCTOBER 27<sup>th</sup> 2019**  
**OCTOBER 25<sup>th</sup> 2020**





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

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

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

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

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

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

If you want to stay in a typical Japanese historical temple there are over 20 possible options. These were originally places for worshippers to stay but in recent years more and more are accepting tourists as guests. Some temple lodgings offer experiences you will not find



## Experiences you will find nowhere else

**Ome's course has its ups and downs but enthusiastic support and remarkable scenery make up for it**

anywhere else, such as pre-breakfast purification rituals and waterfall meditation. Most temple lodgings offer rooms and baths similar to a modern Japanese inn. Meals are not traditional Buddhist vegetarian cuisine but local fare to make it easier for first-timers to stay.

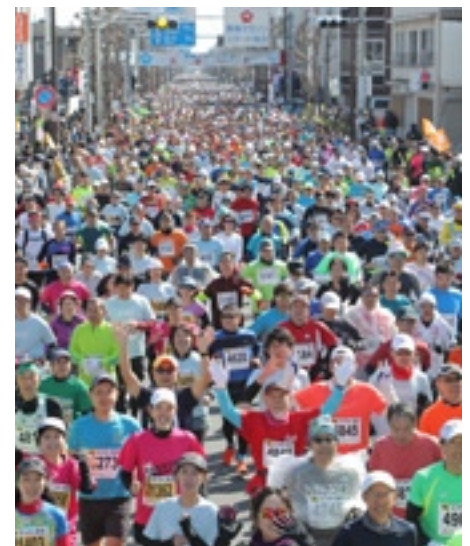
Historical hot springs nestle in the mountains near Ome. Legend has it that Yamato Takeru, the son of the 12th Emperor of Japan, bathed there. The soft waters come from a single

alkaline spring and are said to be good for beauty and rejuvenating after a run. Some inns offer meals for non-staying guests as well.

Ome city tourist information (closed Mondays) Tel: +81 428-20-0011

Association of Ome City sightseeing: [www.omekanko.or.jp](http://www.omekanko.or.jp)

■ [www.ohme-marathon.jp](http://www.ohme-marathon.jp)





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- HALF MARATHON
- İOK



**"It's the most beautiful marathon of my life. I've never felt so much human emotion: the encouragement from Tunisians, the support from volunteers... I ran freely, in peace and security," enthused one runner from the USA.**

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

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

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

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

# Unique in the world



## A historical site and an exhilarating race

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

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

The Carthage Race Marathon is the first

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

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

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

■ See: [www.sportsmedevents.tn](http://www.sportsmedevents.tn)





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NOVEMBER 9

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NOVEMBER 9

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NOVEMBER 10

## MARATHON TO ATHENS THE AUTHENTIC MARATHON





# A piece of heaven



"Bèn-vengu" – welcome to our little corner of paradise on earth...

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

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

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

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



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

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

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

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

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

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

■ See: [www.marathondugolfedesainttropez.com/uk/index.htm](http://www.marathondugolfedesainttropez.com/uk/index.htm)





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24.11.2019

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



## Hollywood movies are made in San Sebastian – and you can also run one of the best marathons in the world.

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

This summer has been really hectic in San Sebastian. Woody Allen has chosen the town as the location to make his next film and a few movie stars have been seen around town. Apart from this, San Sebastian is so amazingly beautiful and it has so many things to do and visit that for the

second year in a row, Matt Damon, Elsa Pataki and Chris Hemsworth have decided to spend their summer holidays here. Every year in September San Sebastian also hosts one of the most prestigious cinema festivals in the world. Definitely, San Sebastian is the City of Stars.

We don't know if any of those actors, directors and movie personalities will take part in the town's marathon on 24th November, but we can guarantee that the participants will be able to enjoy the visit to a movie town visited by thousands of tourists; some of them

really famous, as you can see. San Sebastian offers incredible beauty, its restaurants and bars are amazing, and it is very easy to reach from anywhere in Europe.

Without a doubt, Zurich San Sebastian Marathon is a great choice if you like running. You can choose to run the marathon, half marathon or 10K and you can get there by flying to Bilbao, Biarritz or San Sebastian airports. The furthest away is just a one-hour drive from San Sebastian. You can also easily get there by car or by train to San Sebastian or Hendaye in France.

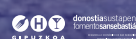
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[www.macaomarathon.com](http://www.macaomarathon.com)





# An impressive setting

Jamaica's heartbeat is felt throughout the city

**Surrounded by the famous Blue Mountains and home to the Bob Marley Museum, Kingston impresses with its setting.**

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

Next year's eighth edition will give runners the opportunity to embark on a picturesque

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

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

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

for the Poor and Missionaries for the Poor.

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

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

Register at: [www.kingstoncityrun.com](http://www.kingstoncityrun.com)  
Instagram: @kingstoncitymarathon #RunDiCity  
Facebook: KingstonCityRun  
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■ [www.kingstoncityrun.com](http://www.kingstoncityrun.com)







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Looking ahead | 26 April 2020

## EDP Rock 'n' Roll Madrid Maratón & 1/2, Spain

Rock 'n' roll running festival showcases city of Madrid



# Spain's biggest running party

**Madrid will celebrate 43 years of running and rocking on 26 April 2020 – 39,000 runners from all over the world are expected at Spain's most beautiful race.**

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

In addition to having a beautiful and touristic course through the heart of Madrid the EDP Rock 'n' Roll Madrid Marathon & 1/2 is an authentic running festival. It has more than 30 entertainment stages and music stations located along the course: you will rock like never before.

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



The EDP Rock 'n' Roll Madrid Marathon & 1/2 is a great incentive for tourism and a perfect showcase for the city of Madrid. More than 10,000 foreign runners come from 110 countries to participate in the event.

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

Overall 5000 runners have already registered for the 2020 EDP Rock 'n' Roll Madrid Marathon & 1/2, which is 110% up on a year ago. Race demographics show continued growth in women's participation with the current gender ratio being 71% men to 29% women. There are already 720 foreign runners registered, representing 47 different countries. Still with eight months to go everything seems to point towards the word "record" being prominently used in describing the EDP Rock 'n' Roll Madrid Marathon & 1/2.

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

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

■ [www.edprocknrollmadrid.com](http://www.edprocknrollmadrid.com)





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# Carlo Capalbo

Founder of Prague Marathon and RunCzech running league

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

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

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

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

The first Prague Marathon was held on 4 June 1995 and attracted 958 runners with a further

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

In 1998 Carlo was awarded an "honoris causae" degree by the Charles University in Prague for his contribution to the development of sport in the Czech Republic. This was followed seven years later by the



Gelindo Bordin (left) and Emil Zátopek (right)



Carlo (left) with Gelindo Bordin (right, in driving seat)



Carlo Capalbo  
All pictures: RunCzech

"Sponsor of the Year" award made to the Prague International Marathon for its contribution to sport in the Czech Republic

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

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

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

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

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

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



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www.egyptianmarathon.net

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## Marathon movers

### Carlo Capalbo



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

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

In 2015 Carlo received a badge of honour "Cavaliere dell'Ordine della Stella d'Italia" (Knight of the Order of the Star of Italy). The

award is one of Italy's highest honours given to those personalities who promote friendly and cooperative relationships with other countries. He was also appointed as Chairman of the IAAF Road Running Commission.

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



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

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

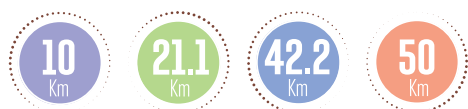
■ [www.runczech.com](http://www.runczech.com)

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# Ingrid Kristiansen



World record-setter at  
5000m, 10000m and  
the Marathon

**In the 1980s Ingrid Kristiansen dominated all forms of women's distance running: on the track, over cross-country and on the roads.**

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

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

It was after giving birth to her first son in 1983 that Kristiansen returned to competition at an altogether new level. She ran three marathons



Seoul Olympics 1988

in 1984, winning Houston in 2:27:51 (a year earlier she had won it in 2:33:27), and London in 2:24:26. Her third outing that year was in the 1984 Olympic Marathon in which she finished fourth (Waitz took the silver medal).

In the build-up to the Olympics Kristiansen had set a new world record of 14:58.9 in the 5000m. She replicated the pattern in 1985 – but this time set a new world record in the London Marathon of 2:21:06, which stood for 13 years. She went on to set a 10,000m world record of 30:59. In the Chicago Marathon that year she was defeated by Olympic Champion Joan Benoit – whose (assisted) 'world best' she had surpassed in London.

European  
Championships,  
Stuttgart, 1986



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## Marathon greats

### Ingrid Kristiansen



1986 was better still starting with victory in the Boston Marathon and followed by two track world records: 30:13.3 in the 10,000m (which stood for 16 years) and 14:37.89 in the 5000m. This made her world record holder at all three Olympic 'long distance' races at the same time – the only person ever to do this. She took the European 10,000m title with a devastating run that left her nearest rival 40 seconds behind. She closed the year with victory in the Chicago Marathon.

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

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

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

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



Los Angeles Olympics 1984, running behind Grete Waitz and Laura Fogli (ITA)



Receiving the AIMS Lifetime Achievement Award in 2015



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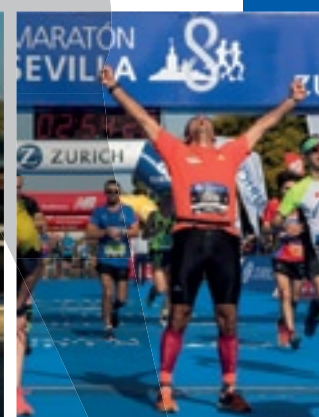
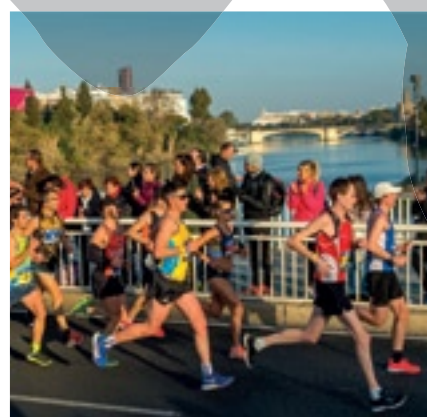


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# Calendar

## AIMS events October 2019 – September 2020

For the latest dates visit [aims-worldrunning.org/calendar.html](https://aims-worldrunning.org/calendar.html)

### October 2019

<b>5</b>	<b>Tartu City Marathon</b> EST M,H,R AIMS Children's World Race	<b>72</b>
<b>6</b>	<b>3 Country Sparkasse Marathon</b> AUT M,H AIMS Children's World Race	<b>68</b>
<b>6</b>	<b>Bila Tserkva Marathon</b> UKR M	<b>82</b>
<b>6</b>	<b>Brussels Airport Marathon &amp; Half Marathon</b> BEL M,H	<b>70</b>
<b>6</b>	<b>1/2 Maraton de Bucaramanga - FCV</b> COL H	<b>72</b>
<b>6</b>	<b>Gatorade Caracas Rock 10K</b> VEN R	<b>82</b>
<b>6</b>	<b>Cardiff Half Marathon</b> GBR H	<b>74</b>
<b>6</b>	<b>Marathon Int'l de Casablanca</b> MAR M	<b>78</b>
—	<b>LSR Colombo Marathon</b> Event cancelled SRI M	<b>80</b>
<b>6</b>	<b>Guayaquil Marathon</b> ECU M	<b>72</b>
<b>6</b>	<b>Košice Peace Marathon</b> SVK M	<b>77</b>
<b>6</b>	<b>Wizz Air Kyiv City Marathon</b> UKR M,H,R	<b>82</b>
<b>6</b>	<b>Baxters Loch Ness Marathon &amp; Festival of Running</b> GBR M	<b>78</b>
<b>6</b>	<b>Silesia Marathon</b> POL M,H,R	<b>79</b>
<b>6</b>	<b>Tarblazer 42.2</b> IND M,H,R	<b>74</b>
<b>6</b>	<b>Teslia Half Marathon</b> ITA H	<b>76</b>
<b>6</b>	<b>Trento Half Marathon</b> ITA H	<b>76</b>
<b>11</b>	<b>Samsung Amman Int'l Marathon</b> JOR M,H,R	<b>76</b>
<b>13</b>	<b>Shriram Properties Bengaluru Marathon</b> IND M,H,R	<b>74</b>
<b>13</b>	<b>Raiffeisen Bank Bucharest Marathon</b> ROU M,H AIMS Children's World Race	<b>81</b>
<b>13</b>	<b>Bank of America Chicago Marathon</b> USA M	<b>82</b>
<b>13</b>	<b>23rd RheinEnergieMarathon Cologne</b> GER M,H	<b>74</b>
<b>13</b>	<b>6th PZU Cracovia Royal Half Marathon</b> POL H	<b>79</b>
<b>13</b>	<b>Marathon Eindhoven</b> NED M	<b>78</b>
<b>13</b>	<b>Melbourne Marathon Festival</b> AUS M	<b>68</b>
<b>13</b>	<b>Generali München Marathon</b> GER M,H,R	<b>79</b>
<b>13</b>	<b>Novi Sad Marathon</b> SRB M	<b>80</b>
<b>13</b>	<b>Zafiro Palma Marathon</b> ESP M,H,R	<b>80</b>

<b>13</b>	<b>SSQ Insurance Quebec City Marathon</b> CAN M	<b>70</b>
<b>13</b>	<b>Wizz Air Sofia Marathon</b> BUL M,H,R	<b>70</b>
<b>13</b>	<b>GoodLife Fitness Victoria Marathon</b> CAN M	<b>70</b>
<b>13</b>	<b>Yerevan Marathon and Half Marathon</b> ARM M,H,R AIMS Children's World Race	<b>68</b>
<b>13</b>	<b>Zagreb Marathon &amp; Half</b> CRO M,H	<b>72</b>
<b>18</b>	<b>Semi Marathon Int'l de la Ville de Béjaïa</b> ALG H	<b>68</b>
<b>19</b>	<b>Int'l Thessaloniki Night Half Marathon</b> GRE H,R	<b>74</b>
<b>20</b>	<b>TCS Amsterdam Marathon</b> NED M	<b>78</b>
<b>20</b>	<b>ASB Auckland Marathon</b> NZL M,H,R	<b>78</b>
<b>20</b>	<b>Airtel Delhi Half Marathon</b> IND H	<b>74</b>
<b>20</b>	<b>Dong-A Ilbo Gyeongju Int'l Marathon</b> KOR M	<b>76</b>
<b>20</b>	<b>Maraton Int'l de Juarez</b> MEX M,H	<b>78</b>
<b>20</b>	<b>Linker Oevert Marathon</b> BEL H,R	<b>70</b>
<b>20</b>	<b>EDP Lisbon Marathon   Luso Half Marathon</b> POR M,H	<b>79</b>
<b>20</b>	<b>20th PKO Poznań Marathon</b> POL M AIMS Children's World Race	<b>79</b>
<b>20</b>	<b>Scotiabank Toronto Waterfront Marathon &amp; Half Marathon &amp; 5k</b> CAN M,H,R	<b>70</b>
<b>20</b>	<b>Maraton Varmex</b> MEX M,H,R	<b>78</b>
<b>20</b>	<b>UWI SPEC Int'l Half Marathon</b> TRI H	<b>82</b>
<b>25</b>	<b>Erbil Marathon</b> IRQ M,H,R	<b>74</b>
<b>26-27</b>	<b>Polar Circle Marathon</b> GRN M,H	<b>74</b>
<b>27</b>	<b>Maratón Aguascalientes</b> MEX M,H,R AIMS Children's World Race	<b>78</b>
<b>27</b>	<b>Chuncheon Int'l Marathon</b> KOR M	<b>76</b>
<b>27</b>	<b>KBC Dublin Marathon</b> IRL M	<b>74</b>
<b>27</b>	<b>Eva Air Half Marathon</b> TPE H,R	<b>72</b>
<b>27</b>	<b>Mainova Frankfurt Marathon</b> GER M	<b>18</b>
<b>27</b>	<b>Jakarta Marathon</b> INA M,H,R	<b>74</b>
<b>27</b>	<b>Kanazawa Marathon</b> JPN M	<b>76</b>
<b>27</b>	<b>Lausanne Marathon</b> SUI M	<b>80</b>
<b>27</b>	<b>Volkswagen Ljubljana Marathon</b> SLO M AIMS Children's World Race	<b>80</b>

<b>27</b>	<b>Longbien Marathon</b> VIE M,H,R	<b>82</b>
<b>27</b>	<b>EDP Medio Maratón de la Mujer de Madrid</b> ESP H	<b>80</b>
<b>27</b>	<b>Marine Corps Marathon</b> USA M AIMS Children's World Race	<b>82</b>
<b>27</b>	<b>Standard Chartered Nairobi Marathon</b> KEN M,H predicted date	<b>76</b>
<b>27</b>	<b>Podgorica Marathon</b> MNE M	<b>14</b>
<b>27</b>	<b>St Denis Half Marathon – La Vole Royale</b> FRA H	<b>72</b>
<b>27</b>	<b>Sun Moon Lake Marathon</b> TPE M,R	<b>71</b>
<b>27</b>	<b>SwissCityMarathon – Lucerne</b> SUI M	<b>82</b>
<b>27</b>	<b>Toyama Marathon</b> JPN M,R	<b>76</b>
<b>27</b>	<b>Medio Maratón Valencia Trinidad Alfonso EDP</b> ESP H	<b>16+17</b>
<b>27</b>	<b>Venicemarathon</b> ITA M	<b>76</b>

### November 2019

<b>3</b>	<b>Bangsae42 Chonburi Marathon</b> THA M	<b>80</b>
<b>3</b>	<b>Maratón Guadalajara</b> MEX M	<b>78</b>
<b>3</b>	<b>Hangzhou Marathon</b> CHN M	<b>72</b>
<b>3</b>	<b>Vodafone İstanbul Marathon</b> TUR M AIMS Children's World Race	<b>20</b>
<b>3</b>	<b>Semi Marathon Int'l de Laayoune</b> MAR H	<b>78</b>
<b>3</b>	<b>SPORTWAY Lake Maggiore Marathon</b> ITA M,H,R AIMS Children's World Race	<b>76</b>
<b>3</b>	<b>TCS New York City Marathon</b> USA M	<b>82</b>
<b>3</b>	<b>French Riviera Marathon Nice-Cannes</b> FRA M	<b>72</b>
<b>3</b>	<b>Sfax Marathon Olive Trees</b> TUN M,H	<b>82</b>
<b>3</b>	<b>Porto Marathon EDP</b> POR M	<b>80</b>
<b>3</b>	<b>JTBC Seoul Marathon</b> KOR M predicted date	<b>76</b>
<b>8-10</b>	<b>Phuketthon</b> THA M,H,R	<b>80</b>
<b>9</b>	<b>3-Sjærsøløpet</b> NOR H	<b>79</b>
<b>10</b>	<b>Athens Marathon The Authentic</b> GRE M AIMS Children's World Race	<b>74</b>
<b>10</b>	<b>BLOM BANK Beirut Marathon</b> LIB M,H	<b>76</b>
<b>10</b>	<b>Monterey Bay Half Marathon</b> USA H	<b>82</b>
<b>10</b>	<b>Brasília City Half Marathon</b> BRA H	<b>70</b>

<b>10</b>	<b>10k Garda Trentino</b> ITA H,R	<b>74</b>
<b>10</b>	<b>Marabana Marathon &amp; Half</b> CUB M,H	<b>72</b>
<b>10</b>	<b>Ravenna Marathon – City of Art</b> ITA M,H AIMS Children's World Race	<b>76</b>
<b>15</b>	<b>Pharaonic 100km</b> EGY U	<b>72</b>
<b>16</b>	<b>Gulf Bank 642 Marathon</b> KUW M,H,R	<b>76</b>
<b>16-17</b>	<b>Rock 'n' Roll Las Vegas Marathon &amp; 1/2 Marathon</b> USA M,H	<b>82</b>
<b>17</b>	<b>BDMS Bangkok Marathon</b> THA M,H,R predicted date	<b>80</b>
<b>17</b>	<b>Borobudur Marathon</b> INA M,H,R	<b>74</b>
<b>17</b>	<b>Great Ethiopian Run 10km</b> ETH R AIMS Children's World Race	<b>72</b>
<b>17</b>	<b>Goa River Marathon</b> IND M,H,R	<b>74</b>
<b>17</b>	<b>Kobe Marathon</b> JPN M planned date	<b>76</b>
<b>17</b>	<b>Radisson Blu Larnaka Int'l Marathon</b> CYP M,H,R	<b>72</b>
<b>17</b>	<b>21km Nuevo León</b> MEX H	<b>78</b>
<b>17</b>	<b>Shanghai Int'l Marathon</b> CHN M	<b>72</b>
<b>17</b>	<b>Verona Marathon</b> ITA M	<b>76</b>
<b>17</b>	<b>Vizag Navy Marathon</b> IND M,H,R	<b>74</b>
<b>22-24</b>	<b>Malta Int'l Challenge Marathon</b> MLT M	<b>14</b>
<b>23</b>	<b>Bagan Temple Marathon</b> MYA M,H,R Course not measurable to AIMS standards	<b>78</b>
<b>23</b>	<b>Great Hakka Marathon</b> CHN M,H,R Course not measurable to AIMS standards	<b>70</b>
<b>23-24</b>	<b>Philadelphia Marathon</b> USA M,H,R	<b>82</b>
<b>24</b>	<b>KLM Curaçao Marathon</b> CUR M,H,R	<b>72</b>
<b>24</b>	<b>Firenze Marathon</b> ITA M	<b>74</b>
<b>24</b>	<b>Mount Fuji Marathon</b> JPN M	<b>76</b>
<b>24</b>	<b>Panama Int'l Marathon</b> PAN M	<b>79</b>
<b>24</b>	<b>Penang Bridge Int'l Marathon</b> MAS M,H,R	<b>76</b>

Continued on page 45

### Key

M Marathon H Half Marathon  
R Road Race U Ultradistance

AIMS Events are highlighted in red

IMPORTANT: At the time of publication, the above dates were believed correct, however, runners should confirm directly with race organisers prior to booking arrangements.



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Continued from page 43

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

## December 2019

<b>1</b>	<b>Maratón del Atlántico</b> HON M	<b>74</b>
<b>1</b>	<b>Gran Maratón Pacifico Mazatlán</b> MEX M	<b>78</b>
<b>1</b>	<b>Galaxy Entertainment Macao Int'l Marathon</b> MAC M,H	<b>28</b>
<b>1</b>	<b>Osaka Marathon</b> JPN M	<b>76</b>
<b>1</b>	<b>Pune Int'l Marathon</b> IND M	<b>74</b>
<b>1</b>	<b>San José Costa Rica Half &amp; Marathon</b> CRC M,H AIMS Children's World Race	<b>72</b>
<b>1</b>	<b>Marathon COMAR de Tunis – Carthage</b> TUN M,H,R	<b>82</b>
<b>1</b>	<b>Valencia Trinidad Alfonso EDP Marathon</b> ESP M	<b>16+17</b>
<b>1</b>	<b>Fukuoka Int'l Open Marathon Championship</b> JPN M	<b>76</b>
<b>6</b>	<b>ADNOC Abu Dhabi Marathon</b> UAE M,R	<b>82</b>
<b>6</b>	<b>Ayla Red Sea Half Marathon</b> JOR H,R	<b>76</b>
<b>6-8</b>	<b>Cave Shepherd &amp; Co Run Barbados Marathon Weekend</b> BAR M,H,R	<b>32</b>
<b>7</b>	<b>Bengaluru Midnight Marathon</b> IND M,H,R	<b>74</b>
<b>8</b>	<b>Angkor Wat Int'l Half Marathon</b> CAM H,R	<b>70</b>
<b>8</b>	<b>Intertrust Cayman Islands Marathon</b> CAY M	<b>70</b>
<b>8</b>	<b>Discoveries Half Marathon</b> POR H	<b>79</b>
<b>8</b>	<b>Techcombank Ho Chi Minh City Int'l Marathon</b> VIE M,H,R	<b>82</b>
<b>8</b>	<b>Maratón Powerade Monterrey</b> MEX M AIMS Children's World Race	<b>78</b>
<b>8</b>	<b>Nara Marathon</b> JPN M	<b>76</b>
<b>8</b>	<b>Reggae Marathon, Half &amp; 10K</b> JAM M,H,R	<b>76</b>
<b>8</b>	<b>Saitama Int'l Marathon</b> JPN M	<b>76</b>
<b>8</b>	<b>Zengwen Reservoir Marathon</b> TPE M,H,R	<b>72</b>
<b>13</b>	<b>Antarctic Ice Marathon &amp; 100k</b> ATA U,M	<b>68</b>
<b>15</b>	<b>Bangsæen21 Half Marathon</b> THA H,R	<b>80</b>

<b>15</b>	<b>Tefilalet 10KM Errachidia</b> MAR R	<b>78</b>
<b>15</b>	<b>Tata Steel Kolkata 25k</b> IND R	<b>32</b>
<b>15</b>	<b>Zurich Maratón Málaga</b> ESP M	<b>80</b>
<b>15</b>	<b>Nong Khai ASEAN Marathon</b> THA M	<b>80</b>
<b>15</b>	<b>Cairn Pink City Half Marathon</b> IND H,R	<b>74</b>
<b>15</b>	<b>Pisa Marathon</b> ITA M,H	<b>76</b>
<b>15</b>	<b>The St. Croix Int'l Marathon</b> ISV M	<b>82</b>
<b>15</b>	<b>Taipei Marathon</b> TPE M,H,R	<b>30</b>
<b>22</b>	<b>Agadir Green Marathon</b> See race preview on page 9 MAR M,H,R	<b>78</b>
<b>28</b>	<b>El Corte Inglés São Silvestre de Lisboa</b> POR R AIMS Children's World Race	<b>32</b>
<b>31</b>	<b>São Silvestre Int'l Road Race</b> BRA R	<b>70</b>
<b>31</b>	<b>São Silvestre de Luanda 10km</b> ANG R predicted date	<b>68</b>
<b>tbc</b>	<b>Media Maraton "La Sele"</b> CRC H,R	<b>72</b>

## January 2020

<b>1</b>	<b>Neujahrsmarathon Zürich</b> SUI M,H,R AIMS Children's World Race	<b>32</b>
<b>3</b>	<b>Sea of Galilee Tiberias Marathon</b> ISR M AIMS Children's World Race	<b>74</b>
<b>4</b>	<b>PolarNight Halfmarathon</b> NOR H,R	<b>33</b>
<b>5</b>	<b>Merida Marathon</b> MEX M,H,R	<b>78</b>
<b>5</b>	<b>Mizuno Hong Kong Half-Marathon Championships</b> HKG H	<b>74</b>
<b>5</b>	<b>CNS Solapur Half Marathon</b> IND H,R	<b>74</b>
<b>5</b>	<b>MG Vadodara Int'l Marathon</b> IND M,H	<b>74</b>
<b>7</b>	<b>Siberian Ice Half Marathon</b> RUS H Course not measurable to AIMS standards	<b>80</b>
<b>12</b>	<b>10K Valencia Ibercaja</b> ESP R	<b>10</b>
<b>12</b>	<b>Marathon Int'l de Fes</b> MAR M,H,R	<b>78</b>
<b>17</b>	<b>Egyptian Marathon</b> EGY M,H	<b>36</b>
<b>17-18</b>	<b>Al Mouj Muscat Marathon</b> See race preview on page 11 OMA M,H,R	<b>79</b>
<b>19</b>	<b>Marathon Bahamas, Half &amp; Relay</b> BAH M,H	<b>36</b>
<b>19</b>	<b>Gammon China Coast Marathon &amp; Half</b> HKG M,H predicted date	<b>74</b>
<b>19</b>	<b>Chombeung Marathon</b> THA M,H,R	<b>80</b>
<b>19</b>	<b>Maratón Int'l de Culiacán</b> MEX M	<b>78</b>
<b>19</b>	<b>Funchal Marathon</b> POR M,H	<b>34</b>
<b>19</b>	<b>Chevron Houston Marathon and Aramco Houston Half Marathon</b> USA M,H	<b>82</b>
<b>19</b>	<b>Maui Oceanfront Marathon &amp; Half</b> USA M,H	<b>82</b>
<b>19</b>	<b>Tata Mumbai Marathon</b> IND M predicted date	<b>38</b>

<b>19</b>	<b>Mitja Marato Int'l Vila de Santa Pola</b> See race preview on page 13 ESP H	<b>36</b>
<b>19</b>	<b>Standard Chartered Taipei Charity Marathon</b> TPE M,H,R	<b>33</b>
<b>20</b>	<b>Corrida de Sao Sebastiao</b> BRA R	<b>70</b>
<b>26</b>	<b>Cajasiete Gran Canaria Marathon</b> ESP M,H	<b>80</b>
<b>26</b>	<b>Khon Kaen Int'l Marathon</b> THA M	<b>80</b>
<b>26</b>	<b>Marathon &amp; Semi Int'l de Marrakech</b> MAR M,H predicted date	<b>78</b>
<b>26</b>	<b>Osaka Women's Marathon</b> JPN M	<b>76</b>
<b>tbc</b>	<b>Xiamen Marathon</b> CHN M	<b>33</b>

## February 2020

<b>2</b>	<b>Beppu-Oita Mainichi Marathon</b> JPN M predicted date	<b>76</b>
<b>2</b>	<b>AU Bank Jaipur Marathon</b> See race preview on page 15 IND M,H,R	<b>74</b>
<b>2</b>	<b>Kagawa Marugame Int'l Half Marathon</b> JPN H	<b>76</b>
<b>2</b>	<b>IDBI Federal Life Insurance Kolkata Marathon</b> IND M,H,R	<b>74</b>
<b>6-12</b>	<b>World Marathon Challenge</b> IRL M,H	<b>74</b>
<b>7</b>	<b>Dead Sea Marathon Israel</b> ISR U,M,H,R	<b>37</b>
<b>9</b>	<b>Buriram Marathon</b> THA M,H,R	<b>80</b>
<b>9</b>	<b>Montepio Meia Maratona de Cascais</b> POR H AIMS Children's World Race	<b>36</b>
<b>9</b>	<b>Ehime Marathon</b> JPN M	<b>76</b>
<b>9</b>	<b>Hawassa Half Marathon</b> ETH H,R	<b>72</b>
<b>9</b>	<b>Standard Chartered Hong Kong Marathon</b> HKG M AIMS Children's World Race	<b>40</b>
<b>9</b>	<b>Kinmen Marathon</b> TPE M,H,R	<b>72</b>
<b>16</b>	<b>eDreams Mitja Marató de Barcelona</b> ESP H	<b>80</b>
<b>16</b>	<b>Gensan Giulietta &amp; Romeo Half Marathon</b> ITA H	<b>74</b>
<b>16</b>	<b>Kitakyushu Marathon</b> JPN M	<b>76</b>
<b>16</b>	<b>Kochi Ryoma Marathon</b> JPN M	<b>76</b>
<b>16</b>	<b>Kyoto Marathon</b> JPN M	<b>76</b>
<b>16</b>	<b>Tridhaatu Navi Mumbai Half Marathon</b> IND H,R AIMS Children's World Race	<b>41</b>
<b>16</b>	<b>Ohme-Hochi 30km Road Race &amp; 10km</b> See race preview on page 19 JPN R	<b>76</b>
<b>16</b>	<b>KIX Sushu Int'l Marathon</b> JPN M	<b>76</b>
<b>16</b>	<b>Maratona di San Valentino</b> ITA M,H	<b>76</b>
<b>16</b>	<b>Thai Sikh Run</b> THA H,R	<b>80</b>
<b>19</b>	<b>21k Guadalajara Electrolit Nutrido por Granvita</b> MEX H	<b>78</b>
<b>21</b>	<b>The Ras Al Khaimah Half Marathon</b> UAE H	<b>82</b>

<b>23</b>	<b>The Carthage Race Int'l Marathon</b> See race preview on page 21 TUN M,H,R	<b>82</b>
<b>23</b>	<b>Napoli City Half Marathon</b> ITA H	<b>41</b>
<b>23</b>	<b>IDBI Federal Life Insurance New Delhi Marathon</b> IND M,H	<b>74</b>
<b>23</b>	<b>Zurich Maratón de Sevilla</b> ESP M	<b>42</b>
<b>23</b>	<b>Seychelles Eco-Friendly Marathon</b> SEY M predicted date	<b>80</b>
<b>23</b>	<b>Split Marathon</b> CRO M,H,R	<b>72</b>
<b>25</b>	<b>Sahara Marathon</b> ALG M Course not measurable to AIMS standards	<b>68</b>
<b>28</b>	<b>Tel Aviv Samsung Marathon</b> ISR M,H,R	<b>74</b>
<b>tbc</b>	<b>27km for Freedom</b> RSA R	<b>80</b>
<b>tbc</b>	<b>Gyeonggi Int'l Half Marathon</b> KOR H	<b>76</b>
<b>tbc</b>	<b>Kaohsiung Int'l Marathon</b> TPE M	<b>72</b>
<b>tbc</b>	<b>Taichung World Flora Exposition Int Marathon</b> TPE M,R	<b>72</b>

## March 2020

<b>1</b>	<b>Runatolia Marathon (Half + 10km)</b> TUR M,H,R	<b>82</b>
<b>1</b>	<b>Kilimanjaro Marathon</b> TAN M	<b>80</b>
<b>1</b>	<b>Tainan Historical Capital Int'l Half Marathon</b> TPE H,R	<b>72</b>
<b>1</b>	<b>Tokyo Marathon</b> JPN M	<b>76</b>
<b>8</b>	<b>Lake Biwa Mainichi Marathon</b> JPN M	<b>44</b>
<b>8</b>	<b>Nafplio Marathon</b> GRE M,H	<b>74</b>
<b>8</b>	<b>Nagoya Women's Marathon</b> JPN M	<b>76</b>
<b>8</b>	<b>Sihanoukville Int'l Half Marathon</b> CAM H,R	<b>70</b>
<b>8</b>	<b>Face Equality Taipei Expressway Marathon</b> TPE M,H,R	<b>72</b>
<b>14</b>	<b>Saipan Marathon</b> MNP M,H,R	<b>44</b>
<b>22</b>	<b>Athens Half Marathon</b> GRE H,R AIMS Children's World Race	<b>74</b>
<b>15</b>	<b>Zurich Marató de Barcelona</b> ESP M	<b>80</b>
<b>15</b>	<b>Logicom Cyprus Marathon</b> CYP M,H,R	<b>72</b>
<b>15</b>	<b>Kingston City Marathon</b> See race preview on page 23 JAM M,H,R	<b>71</b>
<b>15</b>	<b>Seoul Marathon</b> KOR M	<b>76</b>
<b>15</b>	<b>Gulf of St Tropez Marathon</b> See race preview on page 23 FRA M,H	<b>72</b>
<b>15</b>	<b>New Taipei City Wan Jin Shi Marathon</b> TPE M,R	<b>72</b>
<b>20</b>	<b>Jerusalem Marathon, Half &amp; 10k</b> ISR M,H,R	<b>46</b>
<b>22</b>	<b>Antarctica Marathon &amp; Half</b> ATA M,H Course not measurable to AIMS standards	<b>68</b>
<b>22</b>	<b>Chongqing Int'l Marathon</b> CHN M,H,R	<b>70</b>

Continued on page 47



# JERUSALEM



# MARATHON

## 2020



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# Calendar

Continued from page 45

<b>22</b>	<b>OPAP Limassol Marathon GSO</b> CYP M,H,R	<b>44</b>
<b>22</b>	<b>EDP Lisbon Half Marathon</b> POR H	<b>80</b>
<b>22</b>	<b>Tokushima Marathon</b> JPN M	<b>76</b>
<b>22</b>	<b>Wuxi Marathon</b> CHN M,H,R	<b>50</b>
<b>27</b>	<b>Freedom of Movement Palestine Bethlehem Marathon</b> PLE M,H,R	<b>79</b>
<b>28</b>	<b>Rock 'n' Roll DC Marathon &amp; Half Marathon</b> USA M,H,R	<b>82</b>
<b>29</b>	<b>Incheon Int'l Half Marathon</b> KOR H predicted date	<b>76</b>
<b>29</b>	<b>Movistar Medio Maratón de Madrid</b> ESP H AIMS Children's World Race	<b>80</b>
<b>29</b>	<b>Novi Sad Half Marathon</b> SRB H	<b>80</b>
<b>29</b>	<b>Standard Chartered Stanley Marathon</b> FLK M	<b>72</b>
<b>29</b>	<b>17a Treviso Marathon</b> ITA M	<b>76</b>
<b>tb</b>	<b>Abu Dhabi "Yes I Can" 10km Int'l</b> UAE R	<b>82</b>
<b>tb</b>	<b>Maratón Int'l Lala</b> MEX M	<b>78</b>

## April 2020

<b>4-5</b>	<b>Australian Running Festival presented by TCS</b> AUS M,H,R AIMS Children's World Race	<b>68</b>
<b>5</b>	<b>Generali Berlin Half Marathon</b> GER H	<b>74</b>
<b>5</b>	<b>ČSOB Bratislava Marathon</b> SVK M,H,R	<b>80</b>
<b>5</b>	<b>35th Telekom Vivacittá Spring Half Marathon</b> HUN H,R	<b>71</b>
<b>5</b>	<b>Maraton Cartago</b> CRC M AIMS Children's World Race	<b>50</b>
<b>5</b>	<b>Maratón "Las Batallas de Celaya"</b> MEX M,H,R AIMS Children's World Race	<b>78</b>
<b>5</b>	<b>Wizz Air Cluj-Napoca Marathon</b> ROU M,H,R	<b>52</b>
<b>5</b>	<b>Daegu Int'l Marathon</b> KOR M	<b>76</b>
<b>5</b>	<b>United Airlines Guam Marathon</b> GUM M,H,R	<b>74</b>
<b>5</b>	<b>Vodafone İstanbul Half Marathon</b> TUR H	<b>20</b>
<b>5</b>	<b>Generali Milano Marathon</b> ITA M AIMS Children's World Race	<b>76</b>
<b>5</b>	<b>Schneider Electric Marathon de Paris</b> FRA M	<b>72</b>
<b>5</b>	<b>13th PKO Poznań Half Marathon</b> POL H	<b>50</b>
<b>5</b>	<b>NN Marathon Rotterdam</b> NED M	<b>78</b>
<b>5</b>	<b>São Paulo Marathon</b> BRA M,R	<b>50</b>
<b>9</b>	<b>North Pole Marathon</b> NPO M Course not measurable to AIMS standards	<b>79</b>
<b>10</b>	<b>LG Dead Sea Ultra Marathon</b> JOR U,H,R AIMS Children's World Race	<b>76</b>
<b>11</b>	<b>Old Mutual Two Oceans Marathon</b> RSA U	<b>80</b>
<b>11</b>	<b>Pardubice Wine Half Marathon</b> CZE H	<b>72</b>

<b>12</b>	<b>Int'l Marathon Alexander the Great</b> GRE M,R	<b>54</b>
<b>12</b>	<b>Crete Marathon</b> GRE M,R AIMS Children's World Race	<b>74</b>
<b>12</b>	<b>Mangyongdae Prize Int'l Marathon</b> PRK M,H,R	<b>72</b>
<b>12</b>	<b>Taishin Women Run Taipei</b> TPE H,R	<b>72</b>
<b>19</b>	<b>Almaty Marathon</b> KAZ M,H,R	<b>76</b>
<b>19</b>	<b>Enschede Marathon</b> NED M	<b>78</b>
<b>19</b>	<b>Haspa Marathon Hamburg</b> GER M AIMS Children's World Race	<b>56</b>
<b>19</b>	<b>Padova Marathon</b> ITA M	<b>76</b>
<b>19</b>	<b>Santiago Marathon</b> CHI M	<b>54</b>
<b>19</b>	<b>Vienna City Marathon</b> AUT M,H,R	<b>68</b>
<b>19</b>	<b>Maratón de Montevideo</b> URU M,H	<b>82</b>
<b>19</b>	<b>Nagano Marathon</b> JPN M	<b>76</b>
<b>20</b>	<b>B.A.A. Boston Marathon</b> USA M	<b>82</b>

<b>23-26</b>	<b>23rd World Congress of AIMS, Batumi</b> GEO	<b>5</b>
<b>25</b>	<b>The Great Batumi Night Race</b> GEO H	<b>51</b>
<b>25</b>	<b>Fjordkraft Bergen City Marathon</b> NOR M,H,R	<b>79</b>
<b>25-26</b>	<b>Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)</b> CRO H,R	<b>51</b>
<b>26</b>	<b>33rd Belgrade Marathon</b> SRB M	<b>80</b>
<b>26</b>	<b>Big Sur Int'l Marathon</b> USA M,H	<b>82</b>
<b>26</b>	<b>Cracovia Marathon</b> POL M	<b>79</b>
<b>26</b>	<b>METRO Marathon Düsseldorf</b> GER M	<b>74</b>
<b>26</b>	<b>Gifu Half Marathon</b> JPN H	<b>76</b>
<b>26</b>	<b>Haj Hannover Marathon</b> GER M,H,R	<b>58+59</b>
<b>26</b>	<b>Citadele Kaunas Marathon</b> LTU M,H,R	<b>54</b>
<b>26</b>	<b>EDP Rock 'n' Roll Madrid Maratón &amp; 1/2</b> See race preview on page 31 ESP M,H	<b>62+63</b>
<b>26</b>	<b>Zürich Marathon</b> SUI M	<b>80</b>
<b>tb</b>	<b>Semi Marathon Int'l de Sfax</b> TUN H	<b>82</b>
<b>tb</b>	<b>CAF Caracas Maratón</b> VEN M	<b>82</b>
<b>tb</b>	<b>Dogi's Half Marathon</b> ITA H	<b>74</b>
<b>tb</b>	<b>Dushanbe International Half Marathon</b> TJK H	<b>80</b>
<b>tb</b>	<b>Gunsan Saemangeum Int'l Marathon, 10km &amp; 5km</b> KOR M,R	<b>76</b>
<b>tb</b>	<b>NEXIA AUDIREVI Lake Maggiore Half Marathon &amp; 10K</b> ITA H,R	<b>76</b>

<b>tb</b>	<b>Maratona di Roma</b> ITA M	<b>76</b>
<b>tb</b>	<b>Tunisia Women's Run Int'l Half</b> TUN H,R	<b>82</b>
<b>tb</b>	<b>ORLEN Warsaw Marathon</b> POL M,R	<b>79</b>
<b>tb</b>	<b>Yellow River Estuary Int'l Marathon</b> CHN M,H,R	<b>72</b>

## May 2020

<b>2-3</b>	<b>Milton Keynes Marathon &amp; Half</b> GBR M,H,R	<b>74</b>
<b>3</b>	<b>Diacore Gaborone Marathon</b> BOT M,H,R	<b>70</b>
<b>3</b>	<b>Maratón Internacional de Mendoza</b> ARG M,H,R	<b>68</b>
<b>3</b>	<b>Volkswagen Prague Marathon</b> See Marathon Movers article on page 35 CZE M	<b>51</b>
<b>3</b>	<b>Rhodes Marathon</b> GRE M,R	<b>74</b>
<b>3</b>	<b>Rio City Half Marathon</b> BRA H	<b>70</b>
<b>3</b>	<b>Toronto Marathon</b> CAN M	<b>70</b>
<b>3</b>	<b>Trieste Running Festival</b> ITA H	<b>76</b>
<b>3</b>	<b>Deep RiverRock Belfast City Marathon</b> GBR M	<b>74</b>
<b>3</b>	<b>Kazan Marathon</b> RUS M,H,R	<b>80</b>
<b>9-10</b>	<b>Harmony Genève Marathon for Unicef</b> SUI M,H,R	<b>80</b>
<b>10</b>	<b>PKO Bialystok Halfmarathon</b> POL H	<b>79</b>
<b>10</b>	<b>Volkswagen Bucharest Half Marathon</b> ROU H,R AIMS Children's World Race	<b>80</b>
<b>10</b>	<b>Leiden Marathon</b> NED M,H,R	<b>78</b>
<b>10</b>	<b>Wizz Air Skopje Marathon</b> MKD M,H,R AIMS Children's World Race	<b>61</b>
<b>10</b>	<b>iWelt Marathon Wuerzburg</b> GER M	<b>74</b>
<b>10</b>	<b>Lisbon Eco Marathon</b> POR M,H,R Course not measurable to AIMS standards	<b>80</b>
<b>16</b>	<b>Göteborgsvarvet Half Marathon</b> SWE H AIMS Children's World Race	<b>80</b>
<b>16</b>	<b>The Great Wall Marathon</b> CHN M Course not measurable to AIMS standards	<b>72</b>
<b>16</b>	<b>Helsinki City Marathon</b> FIN M,H,R	<b>72</b>
<b>16</b>	<b>Three Hearts Marathon</b> SLO M,H,R predicted date	<b>80</b>
<b>16</b>	<b>Moonlight Half Marathon</b> ITA H	<b>76</b>
<b>16-17</b>	<b>Rimi Riga Marathon</b> LAT M,H	<b>76</b>
<b>17</b>	<b>ASICS Austrian Women's Run</b> AUT R	<b>68</b>
<b>17</b>	<b>Banja Luka Half Marathon</b> BIH H AIMS Children's World Race	<b>70</b>
<b>17</b>	<b>TCS World 10K Bengaluru</b> IND R predicted date	<b>74</b>
<b>17</b>	<b>Copenhagen Marathon</b> DEN M	<b>65</b>
<b>17</b>	<b>Marathon Life Lima42k</b> PER M,H,R	<b>79</b>
<b>17</b>	<b>Salzburg Marathon</b> AUT M,H,R	<b>68</b>
<b>17</b>	<b>Maraton y Medio Maraton Municipalidad de San José</b> CRC M,H	<b>72</b>

<b>22</b>	<b>Tashkent International Half Marathon</b> UZB H,R	<b>82</b>
<b>23-24</b>	<b>Scotiabank Ottawa Marathon and Ottawa 10K</b> CAN M,R AIMS Children's World Race	<b>70</b>
<b>24</b>	<b>Int'l Asunción Half Marathon</b> PAR H	<b>79</b>
<b>24</b>	<b>Kigali International Peace Marathon</b> RWA M,H	<b>80</b>
<b>24</b>	<b>Thunder Dragon Marathon</b> BHU M,H Course not measurable to AIMS standards	<b>68</b>
<b>30</b>	<b>ASICS Stockholm Marathon</b> SWE M	<b>67</b>
<b>30</b>	<b>15th PZU Warsaw Half Marathon</b> POL H	<b>79</b>
<b>31</b>	<b>Scotiabank Calgary Marathon</b> CAN M	<b>70</b>
<b>31</b>	<b>Cork City Marathon</b> IRL M	<b>74</b>
<b>tb</b>	<b>Adelaide Marathon Festival</b> AUS M,H,R	<b>68</b>
<b>tb</b>	<b>Brasov Int'l Marathon</b> ROU M,H,R	<b>80</b>
<b>tb</b>	<b>Dalian Int'l Marathon</b> CHN M	<b>70</b>
<b>tb</b>	<b>Moscow Half Marathon</b> RUS H,R	<b>80</b>
<b>tb</b>	<b>Okpeke Int'l 10km Road Race</b> NGR R	<b>79</b>

## June 2020

<b>6</b>	<b>Helsinki Half Marathon</b> FIN H,R	<b>72</b>
<b>6</b>	<b>Spitsbergen Marathon</b> NOR M,H,R	<b>79</b>
<b>7</b>	<b>KLM Aruba Marathon</b> ARU M,H,R	<b>68</b>
<b>7</b>	<b>Brisbane Marathon Festival</b> AUS M,H,R	<b>68</b>
<b>7</b>	<b>Quito Últimas Noticias 15k</b> ECU R predicted date	<b>72</b>
<b>7</b>	<b>Atlantic Airways Tórshavn Marathon</b> FRO M,H,R	<b>70</b>
<b>13</b>	<b>Yarche Tomsk International Marathon</b> RUS M,H	<b>80</b>
<b>13-14</b>	<b>Laguna Phuket Marathon</b> THA M	<b>80</b>
<b>14</b>	<b>Comrades Marathon</b> RSA U	<b>80</b>
<b>14</b>	<b>Phnom Penh Int'l Half Marathon</b> CAM H,R	<b>70</b>
<b>14</b>	<b>JCP Swansea Half Marathon</b> GBR H	<b>69</b>
<b>14</b>	<b>Rio de Janeiro City Marathon</b> BRA M	<b>70</b>
<b>14</b>	<b>RunFun Travel Rottne Running Festival</b> AUS M,H,R	<b>68</b>
<b>20</b>	<b>The Big Five Marathon</b> RSA M,H	<b>80</b>
<b>20</b>	<b>Midnight Sun Marathon</b> NOR M,H	<b>33</b>
<b>20</b>	<b>Waterford Viking Marathon</b> IRL M,H,R	<b>74</b>
<b>20</b>	<b>PKO Wrocław Night Half Marathon</b> POL H	<b>79</b>
<b>21</b>	<b>Borneo Marathon</b> MAS M,H,R	<b>76</b>
<b>21</b>	<b>Telesia City Trophy Int'l Road Race 10k</b> ITA R	<b>76</b>
<b>25</b>	<b>Suzuki Midnight Sun Run</b> ISL H,R	<b>74</b>

Continued on page 49





**23-26 APRIL 2020 | BATUMI, GEORGIA**

Racedate: Saturday 25 April 2020 Start 19.30 h



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**KEY TOPIC: ENHANCE RACE EXPERIENCE THROUGH TECHNOLOGY**

**23<sup>RD</sup> WORLD CONGRESS OF AIMS BATUMI GEORGIA 2020**



Continued from page 47

<b>28</b>	<b>hella hamburg halbmarahton</b>	<b>74</b>
	GER H	
<b>28</b>	<b>Lake Saroma 100km Ultra Marathon</b>	<b>76</b>
	JPN U predicted date	
<b>28</b>	<b>BMW Tangamanga Int'l Marathon</b>	<b>78</b>
	MEX M	
<b>tbc</b>	<b>RAHAL Mémorial Casablanca</b>	<b>78</b>
	MAR R	
<b>tbc</b>	<b>21k Coahuila</b>	<b>78</b>
	MEX H	
<b>tbc</b>	<b>Hvar Half Marathon</b>	<b>72</b>
	CRO H Course not measurable to AIMS standards	
<b>tbc</b>	<b>Lanzhou Int'l Marathon</b>	<b>72</b>
	CHN M,H,R	
<b>tbc</b>	<b>White Nights Marathon</b>	<b>80</b>
	RUS M	

## July 2020

<b>2</b>	<b>McDonald's Townsville Running Festival</b>	<b>68</b>
	AUS M,H,R	
<b>4</b>	<b>Gornergrat Zermatt Marathon</b>	<b>80</b>
	SUI U,M,H	
<b>4-5</b>	<b>Gold Coast Marathon</b>	<b>68</b>
	AUS M	
<b>5</b>	<b>Econet Victoria Falls Marathon</b>	<b>82</b>
	ZIM M	
<b>18-19</b>	<b>Golden Ring Ultra Trail 100</b>	<b>80</b>
	RUS U,R Course not measurable to AIMS standards	
<b>18</b>	<b>Island Chill Suva Marathon</b>	<b>72</b>
	FIJ M,H,R	
<b>19</b>	<b>Mauritius Marathon</b>	<b>76</b>
	MRI M,H,R	
<b>25</b>	<b>Australian Outback Marathon</b>	<b>68</b>
	AUS M Course not measurable to AIMS standards	
<b>25</b>	<b>Swissalpine</b>	<b>70</b>
	SUI U Course not measurable to AIMS standards	
<b>26</b>	<b>Media Maratón Int'l de Bogotá</b>	<b>72</b>
	COL H	
<b>26</b>	<b>Sao Paulo City Marathon</b>	<b>70</b>
	BRA M	
<b>26</b>	<b>Westlink M7 Blacktown Running Festival</b>	<b>68</b>
	AUS M	
<b>29</b>	<b>La Ruta de las Iglesias</b>	<b>72</b>
	ECU R	
<b>30</b>	<b>Airtel Hyderabad Marathon</b>	<b>74</b>
	IND M,H,R	
<b>tbc</b>	<b>Correcaminos Half Marathon and 10k</b>	<b>72</b>
	CRC H,R	
<b>tbc</b>	<b>Media Maratón Ciudad de Guayaquil – Diario Expreso</b>	<b>72</b>
	ECU H	

## August 2020

<b>1</b>	<b>Siberian Int'l Marathon</b>	<b>80</b>
	RUS M,H,R	
<b>2</b>	<b>The Khmer Empire Marathon</b>	<b>70</b>
	CAM M,H,R	
<b>9</b>	<b>10km Int'l de Dakhla</b>	<b>78</b>
	MAR R	
<b>9</b>	<b>Manulife Danang Int'l Marathon</b>	<b>82</b>
	VIE M,H,R	
<b>16</b>	<b>Kuching Marathon</b>	<b>76</b>
	MAS M,H,R	
<b>16</b>	<b>Dadi Prakashmani Mount Abu Int'l Half Marathon</b>	<b>74</b>
	IND H	
<b>16</b>	<b>Rio Half Marathon</b>	<b>70</b>
	BRA H	
<b>16</b>	<b>7 Sunshine Coast Marathon</b>	<b>68</b>
	AUS M,H,R	
<b>22</b>	<b>Helsinki Marathon</b>	<b>72</b>
	FIN M,R	

<b>22</b>	<b>Paavo Nurmi Marathon</b>	<b>72</b>
	FIN M	
<b>22</b>	<b>Islandsbanki Reykjavik Marathon</b>	<b>74</b>
	ISL M,H	
<b>29</b>	<b>Stavanger Marathon</b>	<b>79</b>
	NOR M,H,R	
<b>tbc</b>	<b>Maratón Int'l Asunción</b>	<b>79</b>
	PAR M,H,R	
<b>tbc</b>	<b>Bangkok Midnight Marathon</b>	<b>80</b>
	THA M,H,R	
<b>tbc</b>	<b>Barossa Marathon Festival</b>	<b>68</b>
	AUS M,H,R	
<b>tbc</b>	<b>Hokkaido Marathon</b>	<b>76</b>
	JPN M	
<b>tbc</b>	<b>Longford Marathon</b>	<b>74</b>
	IRL M	
<b>tbc</b>	<b>Maratón de la Ciudad de México Telcel</b>	<b>78</b>
	MEX M	
<b>tbc</b>	<b>IDBI Federal Life Insurance Mumbai Half Marathon</b>	<b>74</b>
	IND H,R	
<b>tbc</b>	<b>SPB Half Marathon. The Northern Capital</b>	<b>80</b>
	RUS H,R	
<b>tbc</b>	<b>Run716 15K and 3 Person Relay</b>	<b>82</b>
	USA R	

## September 2020

<b>4-6</b>	<b>Knarvikmila – The Great Fjord Run</b>	<b>79</b>
	NOR H	
<b>5</b>	<b>Petra Desert Marathon</b>	<b>76</b>
	JOR M,H	
<b>6</b>	<b>Astana Marathon</b>	<b>76</b>
	KAZ M,R	
<b>6</b>	<b>35th Wizz Air Budapest Half Marathon</b>	<b>71</b>
	HUN H	
<b>6</b>	<b>Medio Maratón Atlas de Guadalajara</b>	<b>78</b>
	MEX H	
<b>6</b>	<b>Pila Int'l Half Marathon</b>	<b>79</b>
	POL H	
<b>6</b>	<b>Vaal River City Marathon</b>	<b>80</b>
	RSA M,H,R	
<b>11-13</b>	<b>Tallinna Maraton, Half &amp; 10k</b>	<b>73</b>
	EST M,H,R AIMS Children's World Race	
<b>12</b>	<b>Antwerp Marathon</b>	<b>68</b>
	BEL M	
<b>12</b>	<b>Jungfrau-Marathon</b>	<b>80</b>
	SUI M Course not measurable to AIMS standards	
<b>13</b>	<b>Minsk Half Marathon</b>	<b>68</b>
	BLR H,R	
<b>13</b>	<b>Volksbank-Münster-Marathon</b>	<b>74</b>
	GER M	
<b>13</b>	<b>Satara Hill Half Marathon</b>	<b>74</b>
	IND H,R	
<b>13</b>	<b>Copenhagen Half Marathon</b>	<b>72</b>
	DEN H	
<b>13</b>	<b>Ladakh Marathon &amp; Ultra</b>	<b>74</b>
	IND M,H,R,U	
<b>13</b>	<b>Danske Bank Vilnius Marathon</b>	<b>76</b>
	LTU M,H	
<b>18</b>	<b>Dhiraagu Maldives Road Race</b>	<b>76</b>
	MDV R	
<b>19</b>	<b>Greifenseelauf Uster</b>	<b>80</b>
	SUI H,R	
<b>19</b>	<b>BMW Oslo Marathon</b>	<b>79</b>
	NOR M,H,R	
<b>20</b>	<b>Dam tot Damloop</b>	<b>78</b>
	NED R	
<b>20</b>	<b>Ston Wall Marathon</b>	<b>72</b>
	CRO M,R	
<b>20</b>	<b>Blackmores Sydney Running Festival (incl. Sydney Marathon)</b>	<b>68</b>
	AUS M	

<b>22</b>	<b>Hengshui Lake Int'l Marathon</b>	<b>72</b>
	CHN M,H,R	
<b>26</b>	<b>23rd Int'l WACHAUmarathon</b>	<b>68</b>
	AUT M,H	
<b>26</b>	<b>Losinjski Half Marathon</b>	<b>72</b>
	CRO H	
<b>26</b>	<b>Galaxy Vladivostok Marathon</b>	<b>80</b>
	RUS M,H,R	
<b>27</b>	<b>BMW Berlin-Marathon</b>	<b>72</b>
	GER M	
<b>27</b>	<b>H.C. Andersen Marathon</b>	<b>75</b>
	DEN M AIMS Children's World Race	
<b>27</b>	<b>ING Route du Vin Half Marathon</b>	<b>76</b>
	LUX H	
<b>27</b>	<b>42nd PZU Warsaw Marathon</b>	<b>79</b>
	POL M,R	
<b>tbc</b>	<b>Halfmarathon Altötting</b>	<b>72</b>
	GER H,R	
<b>tbc</b>	<b>Astana Marathon</b>	<b>76</b>
	KAZ M,R	
<b>tbc</b>	<b>Maybank Bali Marathon</b>	<b>74</b>
	INA M,H,R	
<b>tbc</b>	<b>Beijing Marathon</b>	<b>70</b>
	CHN M,H	
<b>tbc</b>	<b>Buenos Aires Int'l Marathon</b>	<b>68</b>
	ARG M	
<b>tbc</b>	<b>Chisinau Int'l Marathon</b>	<b>78</b>
	MDA M,H,R	
<b>tbc</b>	<b>Flamingo Beach Marathon</b>	<b>72</b>
	CRC M,H,R	
<b>tbc</b>	<b>Incheon Songdo Int'l Marathon</b>	<b>76</b>
	KOR M,H,R	
<b>tbc</b>	<b>Kuala Lumpur Standard Chartered Marathon</b>	<b>76</b>
	MAS M,H,R	
<b>tbc</b>	<b>River Kwai Int'l Half Marathon</b>	<b>80</b>
	THA H	
<b>tbc</b>	<b>Maratón León</b>	<b>78</b>
	MEX M,H,R	
<b>tbc</b>	<b>Peru Runners – Lima Half Marathon</b>	<b>79</b>
	PER H,R	
<b>tbc</b>	<b>20km &amp; 10km Int'l de Marrakech</b>	<b>78</b>
	MAR R	
<b>tbc</b>	<b>Maratón Medellín</b>	<b>72</b>
	COL M,H,R	
<b>tbc</b>	<b>Absolute Moscow Marathon</b>	<b>80</b>
	RUS M,R	
<b>tbc</b>	<b>Mykonos Run</b>	<b>74</b>
	GRE R	

<b>tbc</b>	<b>Porto Half Marathon</b>	<b>80</b>
	POR H	
<b>tbc</b>	<b>Sarajevo Sberbank Half Marathon</b>	<b>70</b>
	BIH H	
<b>tbc</b>	<b>Stockholm Half Marathon</b>	<b>80</b>
	SWE H	
<b>tbc</b>	<b>HeidelbergCement Tbilisi Half Marathon</b>	<b>72</b>
	GEO H,R	
<b>tbc</b>	<b>Tlajomulco Half Marathon</b>	<b>78</b>
	MEX H	
<b>tbc</b>	<b>Maratonina Città di Udine</b>	<b>76</b>
	ITA H	
<b>tbc</b>	<b>38th PKO Wroclaw Maraton</b>	<b>79</b>
	POL M	

## October 2020

<b>4</b>	<b>3 Country Sparkasse Marathon</b>	<b>68</b>
	AUT M,H AIMS Children's World Race	
<b>4</b>	<b>Cardiff Half Marathon</b>	<b>74</b>
	GBR H	
<b>4</b>	<b>Guayaquil Marathon</b>	<b>72</b>
	ECU M predicted date	
<b>4</b>	<b>Košice Peace Marathon</b>	<b>77</b>
	SVK M	
<b>4</b>	<b>Trento Half Marathon</b>	<b>76</b>
	ITA H	
<b>10-11</b>	<b>35th SPAR Budapest Marathon</b>	<b>71</b>
	HUN M	
<b>17</b>	<b>Int'l Thessaloniki Night Half Marathon</b>	<b>74</b>
	GRE H,R	
<b>18</b>	<b>Sanlam Cape Town Marathon</b>	<b>80</b>
	RSA M	
<b>18</b>	<b>Maraton Varmex</b>	<b>78</b>
	MEX M,H,R	
<b>25</b>	<b>Mainova Frankfurt Marathon</b>	<b>18</b>
	GER M	
<b>25</b>	<b>Standard Chartered Nairobi Marathon</b>	<b>76</b>
	KEN M,H predicted date	
<b>25</b>	<b>Medio Maratón Valencia Trinidad Alfonso EDP</b>	<b>16+17</b>
	ESP H	
<b>25</b>	<b>Podgorica Marathon</b>	<b>14</b>
	MNE M predicted date	
<b>25</b>	<b>Sun Moon Lake Marathon</b>	<b>71</b>
	TPE M,R	

## Keep up to date!

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

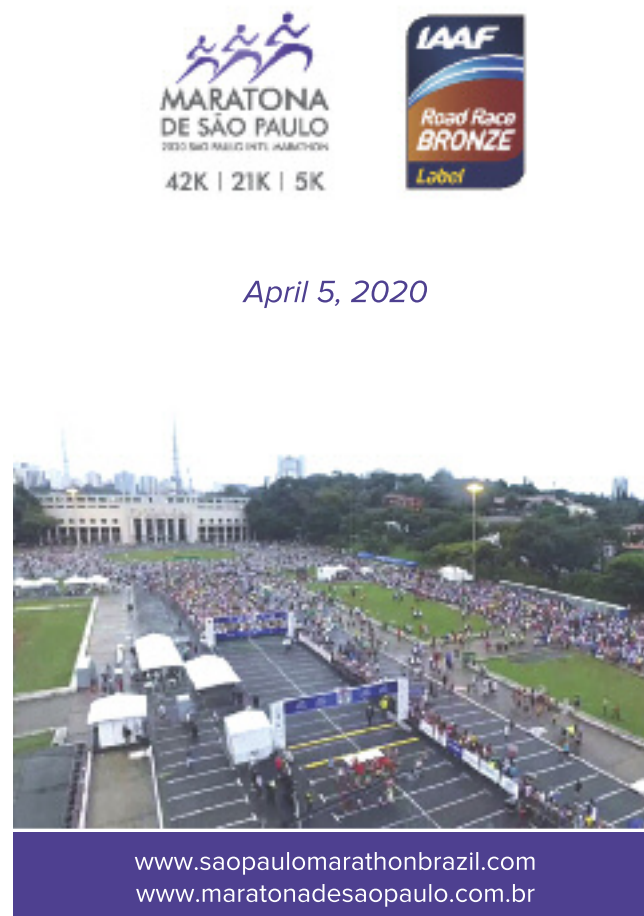
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# Useful, or just looks the part?

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

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

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

When making decisions about what to do to keep runners safe, medical directors look to best practice as shown through science and in published literature. But there is almost nothing published about whether giving out reflective blankets to marathon finishers is in any way helpful. Current literature overwhelmingly documents the use of reflective blankets in hospitals.

'Space' blankets were first used in

space because of their insulating properties – hence their name. Claims that 'space blankets' reflect up to 90% of a person's body heat and can be flipped to deflect heat from external heat sources suggest they would also be a logical choice to help the endurance runner.

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

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

It is easy to understand why reflective blankets are used in controlled operative environments

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

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

In hot, humid environments a reflective blanket could increase core body temperature (CBT). A 2015 study suggests this is not the case. It compared the effects of CBT cooling rates in four post-exercise conditions: no blanket, blanket, recovery walking with blanket, and recovery walking with no blanket. The researchers attempted to bring the core

temperatures of the participants up to a temperature that is commonly seen in endurance running and then tracked cooling rates. They found 'no significant differences in CBT cooling rates that would have been caused specifically by the reflective blankets.' There was also no evidence that the use of reflective blankets prolonged the cooling periods of runners.

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

It's time to re-think.

**IIRM** International Institute for Race Medicine

■ Reprinted and revised from the IIRM e-journal Endurance and Sports Medicine, Fall/Winter 2018, Vol. 2, No. 3. The International Institute for Race Medicine (IIRM) is the medical partner of AIMS. [racemedicine.org](http://racemedicine.org)



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## Running into history

### Košice Peace Marathon

Is running a reflection of national conditions or does it offer a platform for changing them? What happened 30 years ago in Europe's longest-running marathon provides insight.



# History in the running

**In 1989 the Košice Peace Marathon was held just a few weeks before the 'Velvet Revolution', which peacefully delivered radical changes in what was then Czechoslovak society.**

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

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

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

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



victory in the men's race, achieved by nine different runners. A thousand people (970 men and 31 women) crossed the finish line that year.

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

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

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

■ [www.kosicemarathon.com](http://www.kosicemarathon.com)







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## World Mountain Running World Cup 3rd round Grossglockner Berglauf, Austria. 14 July 2019



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

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

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

Manuel Innerhofer (AUT) took third, using a strategy of starting more conservatively and

then changing pace in the second part of the race. In fourth place Andrew Douglas (GBR) improved his leading position in WMRA World Cup men's ranking.

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

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

## WMRA World Cup round 4: Snowdon International Mountain Race Great Britain, 20 July 2019

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

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

It was a different story in the women's race with the lead changing time and again in the early stages until Sarah McCormack (IRL) went clear to reach the summit 46 seconds before Elisa Sortini (ITA) and Hatti Archer (GBR). Sortini showed here prowess at descending and reeled in the leader. She caught the tiring McCormack inside the last 3km but McCormack dug deep and again drew away to win by 22 seconds.



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### CALENDAR 2019

28-29 Sep 19th World Masters MR Championships

Gagliano del Capo ITA

12 Oct 40th Šmarna Gora Race / World Cup 7 - Final

Ljubljana SLO

15 Nov 35th World MR Championships Villa La

Angostura, ARG

16 Nov 16th World Long Distance MR Championships

## 18th European Mountain Running Championships

Zermatt, Switzerland,  
7 July 2019

#### MEN: 10.1km (+1030m, - 45m)

1	Jacob ADKIN	GBR	53:21
2	Overgaard AARVIK STIAN	NOR	53:46
3	Xavier CHEVRIER	ITA	54:02

TEAMS: 1. Great Britain 17 pts; 2. Italy 18 pts; 3. Norway 23 pts

18 teams finished

#### WOMEN: 10.1km (+1030m, - 45m)

1	Maude MATHYS	SUI	1:00:18
2	Andrea MAYR	AUT	1:01:19
3	Christel DEWALLE	FRA	1:02:48

TEAMS: 1. Italy 22 pts; 2. France 26 pts; 3. Switzerland 31 pts

15 teams finished

#### JUNIOR MEN (U20) 5.9km (+ 440m, - 75m)

1	Joseph DUGDALE	GBR	
2	Alain CAVAGNA	ITA	
3	Ramazan YORULMAZ	TUR	

TEAMS: 1. Great Britain 10 pts; 2. Turkey 20 pts; 3. Italy 29 pts

#### JUNIOR WOMEN (U20) 5.9km (+ 440m, - 75m)

1	Barbora HAVLICKOVA	CZE	
2	Angela MATTEI	ITA	
3	Ruken TEK	TUR	

TEAMS: 1. Italy 20 pts; 2. Turkey 30 pts; 3. Romania 33 pts



# HAJ HANNOVER MARATHON >>>

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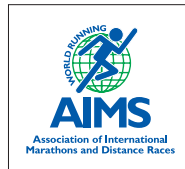


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# World Mountain Running World Cup 5th round

Zinal, Switzerland, 11 August 2019



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

Jornet broke away early from the start at Sierre but let his pace drop in the middle stages to fall behind schedule for breaking Wyatt's record and allow second placed Petro Mamu to reduce the gap a little. Both runners then flew down the descent in the final stages. It was Jornet's

uphill effort that won him the race as Mamu was unable to close the gap on the downhill.

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

#### MEN:

1	Kilian Jornet BURGADA	ESP	2:25:35
2	Petro MAMU	ERI	2:26:17
3	Jim WALMSLEY	USA	2:31:52

#### WOMEN:

1	Maude MATHYS	SUI	2:49:20
2	Judith WYDER	SUI	2:54:20
3	Silvia RAMPAZZO	ITA	2:56:17

6th round: 14 September 2019, Drei Zinnen, Sexten, Italy.

World Cup finals: 12 October 2019 Smarna Gora, Slovenia



## U18 International Mountain Running Cup

Susa, Italy, 21 August 2019

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

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

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

#### JUNIOR MEN:

1	Hugo SCHROPFER	FRA	16:54
2	Basile BASSET	FRA	16:54
3	Mael ALLAIRE	FRA	17:00
4	James GREGORY	USA	17:02
5	Michael SPILL	WAL	17:03

TEAMS: 1 Italy 6 pts; 2 Wales 33 pts; 3 Turkey 36 pts

#### JUNIOR WOMEN

1	Katja PATTIS	ITA	19:52
2	Luna GIOVANETTI	ITA	20:05
3	Axelle VICARI	ITA	20:06
4	Tugce ÖZKAN	TUR	20:19
5	Samantha BLAIR	USA	20:27

TEAMS: 1 France 6 pts; 2 Turkey 30 pts; 3 United States 30 pts

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

The 2020 event will be hosted by Great Britain in the Lake District.



# An Olympic peak in British marathon running

**Basil Heatley, 25 December 1933 – 3 August 2019**

**Benjamin Basil Heatley was a British runner who mainly competed in the marathon. Born in Kenilworth in the English Midlands he competed for the renowned club Coventry Godiva.**

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

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

Four months later Heatley ran in the Tokyo Olympic Marathon - where defending champion Abebe Bikila defended his title in another world

record time (2:12:11). Heatley stuck close to Japan's Kokichi Tsuburaya and came past him in the stadium with only 110m to go to win the silver medal, equalling the highest-ever placing by a British runner in an Olympic Marathon.

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

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

He maintained a presence in British athletics for the rest of his life and in 2014 was invited



to Japan for the 50th anniversary celebrations of the Tokyo Olympic Games, where he met with the family of Abebe Bikila and Kokichi Tsuburaya.

Marathon | Half Marathon | Marathon Relay | 5 km

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## News in brief

■ The Athletics Federation of India (AFI) has submitted bids to host the IAU 24 Hour Asia & Oceania Championships in 2020 and the IAU 100km Asia & Oceania Championships in 2021. Both events would be hosted in Bangalore.

■ Paraguay has become the latest member of the IAU.

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

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

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

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

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

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

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

## 2nd IAU 100km Americas Championships

Bertioga Coast, Sao Paulo state, Brazil 27 July 2019



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

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



### MEN:

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

TEAMS: 1. Brazil, 24:05:35 ; 2. Argentina, 25:37:40 ; 3. Mexico, 31:45:50

### WOMEN:

1	Helen Caldera DELUQUE	BRA	9:02:15
2	Claudia ROBLES	ARG	9:04:17
3	Gabriela RAMIREZ	MEX	9:21:04

TEAMS: 1. Argentina, 28:33:59 ; 2. Brazil, 28:48:33 ; 3. Uruguay, 34:45:50



**President:** Nadeem Khan (CAN)

**Vice-President:** Robert Boyce (AUS)

**General Secretary:** Hilary Walker (GBR)

**Director of Organisations:** Liesbeth Jansen (NED)

**Treasurer, Director of Finance and Marketing:** Robert Boyce (AUS)

**Director of Competition and Statistics:** Francisco Sanchez-Rico (ESP)

**Director for Label Races and Calendar:** Jan Vandendriessche (BEL)

**Director for Communications:** Jacek Bedkowski (POL)

### Area Representatives:

Europe: Walter Hill (GBR)

Americas: Lin Gentling (USA)

Africa: Solomon Ogba (NGR)

Asia & Oceania: Gillsoo Park (KOR)

### Honorary Life President:

Malcolm Campbell (GBR)

### Honorary Life Vice-President:

Harry Arndt (GER)

**Honorary Life Members:** Soto Rojas (ESP); Souhei Kobayashi (JPN); Pierre Weiss (FRA)

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Instagram:

[instagram.com/iau\\_ultrarunning](https://www.instagram.com/iau_ultrarunning)



### Medals

	G	S	B	Total
Brazil	3	1	1	5
Argentina	1	3	—	4
Mexico	—	—	2	2
Uruguay	—	—	1	1





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# World leading times

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

For a deeper listing and the most up-to-date times consult the AIMS World Leading Times page online at <http://aims-worldrunning.org/statistics.html>

## Marathon

### Men

Present world record:  
**Eliud Kipchoge (KEN); 2:01:39; Berlin, 16 SEP 2018**

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
2:02:37	Eliud KIPCHOGE	KEN	1	London	28 APR	2:06:41	Birhanu Bekele BERGA	ETH	3	Sevilla	17 FEB
2:02:55	Mosinet GEREMEW	ETH	2	London	28 APR	2:06:46	Obukay TSEGAY	ERI	4	Sevilla	17 FEB
2:03:16	Mule WASHUN	ETH	3	London	28 APR	2:06:46	Kipruto AMOS	KEN	4	Prague	05 MAY
2:03:34	Getaneh MOLLA	ETH	1	Dubai	25 JAN	2:06:48	Bedan KAROKI	KEN	2	Tokyo	03 MAR
2:03:40	Herpassa NEGASA	ETH	2	Dubai	25 JAN	2:06:49	Daniel Kipkore KIBET	KEN	5	Sevilla	17 FEB
2:04:11	Marius KIPSEREM	KEN	1	Rotterdam	07 APR	2:06:49	Abebe NEGEWO	ETH	2	Barcelona	10 MAR
2:04:24	Asefa MENGISTU	ETH	3	Dubai	25 JAN	2:06:54	Anthony MARITIM	KEN	3	Barcelona	10 MAR
2:04:46	Titus ERIKU	KEN	1	Milano	07 APR	2:06:56	Vincent KIPCHUMBA	KEN	1	Wien	07 APR
2:04:48	Birhanu LEGESE	ETH	1	Tokyo	03 MAR	2:06:57	Tamirat TOLA	ETH	6	London	28 APR
2:05:01	Shura KITATA	ETH	4	London	28 APR	2:06:59	Kennedy CHEBORBOR	KEN	4	Daegu	07 APR
2:05:02	Emmanuel SAINA	KEN	4	Dubai	25 JAN	2:07:03	Bashir ADBI	BEL	7	London	28 APR
2:05:18	Shifera TAMRU	ETH	5	Dubai	25 JAN	2:07:05	Abirha MILAW	ETH	1	Paris	14 APR
2:05:27	Kaan Kigen ÖZBILEN	TUR	2	Rotterdam	07 APR	2:07:09	Evans KORIR	KEN	5	Daegu	07 APR
2:05:33	Felix KIPCHIRCHIR	KEN	1	Daegu	07 APR	2:07:10	Vincent RONO	KEN	5	Rotterdam	07 APR
2:05:39	Mo FARAH	GBR	5	London	28 APR	2:07:11	Robert KIPKEMBOI	KEN	5	Seoul	17 MAR
2:05:42	Emanuel SAINA	KEN	3	Rotterdam	07 APR	2:07:12	Philemon KACHERAN	KEN	4	Barcelona	10 MAR
2:05:58	Dazza ALMAHJOUR	BRN	1	Prague	05 MAY	2:07:15	Leul GEBRESILASIE	ETH	8	London	28 APR
2:06:00	Thomas Kiplagat RONO	KEN	1	Seoul	17 MAR	2:07:20	Josphat BOIT	USA	6	Rotterdam	07 APR
2:06:04	Alemu BEKELE	BRN	1	Barcelona	10 MAR	2:07:22	Evans CHEBET	KEN	2	Milano	07 APR
2:06:09	Kelkile GEZAEHGN	ETH	6	Dubai	25 JAN	2:07:24	Tadesse ABRAHAM	SUI	2	Wien	07 APR
2:06:12	Elisha RÖTICH	KEN	2	Seoul	17 MAR	2:07:25	Asefa MENGISTU	ETH	2	Paris	14 APR
2:06:17	Abdi NAGEEYE	NED	4	Rotterdam	07 APR	2:07:29	Paul LONYANGATA	KEN	3	Paris	14 APR
2:06:18	Wolde DAWIT	ETH	2	Prague	05 MAY	2:07:30	Limenih GETACHEW	ETH	5	Barcelona	10 MAR
2:06:21	Shifera Tamru AREDO	ETH	2	Daegu	07 APR	2:07:30	Yego Solomon KIRWA	KEN	5	Prague	05 MAY
2:06:21	Fred MUSUBO	KEN	3	Daegu	07 APR	2:07:39	Koen NAERT	BEL	7	Rotterdam	07 APR
2:06:23	Bantius AYCHEW	ETH	3	Prague	05 MAY	2:07:50	Yuta SHITARA	JPN	1	Gold Coast	07 JUL
2:06:24	Mike Kiptum BOIT	KEN	3	Seoul	17 MAR	2:07:45	Morris GACHAGA	ETH	4	Paris	14 APR
2:06:27	Fikre BEKELE	ETH	4	Seoul	17 MAR	2:07:52	Salah-Eddine BOUNASMAR	MAR	1	Otsu	10 MAR
2:06:32	Adugna TAKELE	ETH	7	Dubai	25 JAN	2:07:56	Asefa TEFERA	ETH	2	Otsu	10 MAR
2:06:36	Tsedat Abege AYANA	ETH	1	Sevilla	17 FEB	2:07:58	Stephen MOKOKA	RSA	3	Otsu	10 MAR
2:06:39	Belay Asefa BEDADA	ETH	2	Sevilla	17 FEB	2:07:58	Barselius KIPYEGO	KEN	5	Paris	14 APR

## Half Marathon

### Men

New world record (pending ratification):  
**Geoffrey Kamworor (KEN); 58:01; Copenhagen, 15 SEP 2019**  
Present world record:  
**Abraham Kiptum (KEN); 58:18; Valencia, 28 OCT 2018**

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
58:01	Geoffrey KAMWOROR	KEN	1	Copenhagen	15 SEP	59:42	Berehanu WENDEMU	ETH	2	Lisboa	17 MAR
58:42	Steven KIPROP	KEN	1	Ras Al Khaimah	08 FEB	59:42	HADIS	ETH	1	Manama	15 MAR
58:44	Abadi HADIS	ETH	2	Ras Al Khaimah	08 FEB	59:42	Abraham CHEROBON	BRN	2	Lille	31 AUG
59:06	Bedan KAROKI	KEN	1	Buenos Aires	25 AUG	59:44	Isaac Kipsang TEMOI	KEN	3	Lisboa	17 MAR
59:07	Bernard KIMELI	KEN	1	Prague	06 APR	59:45	Jemal YIMER	ETH	2	Manama	15 MAR
59:08	Fikadu HAFTU	ETH	3	Ras Al Khaimah	08 FEB	59:47	Bernard NGENO	KEN	3	Manama	15 MAR
59:08	Felix KIBITOK	KEN	2	Prague	06 APR	59:47	Abnar OSMAN	ERI	4	Lisboa	17 MAR
59:13	Julien WANDERS	SUI	4	Ras Al Khaimah	08 FEB	59:48	Kaan Kigen ÖZBILEN	TUR	11	Ras Al Khaimah	08 FEB
59:16	Seifu TURA	ETH	2	Buenos Aires	25 AUG	59:48	Paul LONYANGAT	KEN	3	Buenos Aires	25 AUG
59:16	Bernard Kipkorir NGENO	KEN	2	Copenhagen	15 SEP	59:49	HAFTU	ETH	4	Manama	15 MAR
59:20	Morris KIPROP	KEN	3	Prague	06 APR	59:51	Stephen MOKOKA	RSA	4	Buenos Aires	25 AUG
59:22	Morris GACHAGA	KEN	5	Ras Al Khaimah	08 FEB	59:54	Kelvin CHERUIYOT	KEN	5	Lisboa	17 MAR
59:22	Berhanu Wendenmu TSEGU	ETH	3	Copenhagen	15 SEP	59:56	Benard NGENO	KEN	1	Istanbul	07 APR
59:27	Edwin Kiprop KIPTOO	KEN	4	Copenhagen	15 SEP	59:56	Berehanu TSEGU	ETH	1	Yangzhou	21 APR
59:31	Kibiwott KANDIE	KEN	1	Lille	31 AUG	59:57	Philemon KIPLIMO	KEN	6	Copenhagen	15 SEP
59:34	Mule WASHUN	ETH	6	Ras Al Khaimah	08 FEB	59:58	Edwin Kiprop KIPTOO	KEN	6	Lisboa	17 MAR
59:36	Daniel KIPCHUMBA	KEN	7	Ras Al Khaimah	08 FEB	59:58	Abayneh DEGU	KEN	2	Istanbul	07 APR
59:37	Mosinet GEREMEW	ETH	1	Lisboa	17 MAR	59:58	Moses KIBET	KEN	2	Yangzhou	21 APR
59:37	Amos JURGAT	KEN	5	Copenhagen	15 SEP	1:00:01	Dawit FIKADU	ETH	5	Manama	15 MAR
59:39	Amedework WALELEGN	ETH	8	Ras Al Khaimah	08 FEB	Other performances (90% separation, 1.6m/km drop)					
59:40	Abel KIPCHUMBA	KEN	9	Ras Al Khaimah	08 FEB	59:05	Mo FARAH	GBR	1	South Shields	09 SEP
59:42	Shadrack KIMINNING	KEN	10	Ras Al Khaimah	08 FEB	59:13	Tamirat TOLA	ETH	2	South Shields	09 SEP

## 10km

### Men

Present world record:  
**Leonard Patrick Komon (KEN); 26:45; Utrecht, 26 SEP 2010**

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
27:02	Geoffrey KOECH	KEN	1	Prague	08 SEP	27:23	Chala KETEMA	ETH	1	Valencia	13 JAN
27:07	Matthew KIMELI	KEN	2	Prague	08 SEP	27:24	KISSA	UGA	2	Valencia	13 JAN
27:12	Bravin KIPKOGEI	KEN	3	Prague	08 SEP	27:26	Vedic KIPKOGECH	KEN	3	Valencia	13 JAN
27:13	Stephen KISSA	UGA	1	Laredo	17 MAR	Other performances (+2.3m/km, 75%)					
27:21	Shadrack KOECH	KEN	4	Prague	08 SEP	27:01	Rhonex KIPRUTO	KEN	1	Atlanta	04 JUL

### Women

Present world record (mixed competition):  
**Paula Radcliffe (GBR); 2:15:25; London, 13 APR 2003**  
World record (women-only race)  
**Mary Keitany (KEN); 2:17:01; London, 23 APR 2017**

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
2:17:08	Ruth CHEPNGETICH	KEN	1	Dubai	25 JAN	2:23:35	Azmara ABREHA	ETH	3	Paris	14 APR
2:17:20	Brigid KOSGEI	KEN	1	London	28 APR	2:23:41	Clémence CALVIN	FRA	4	Paris	14 APR
2:17:41	Worknesh DEGEFA	ETH	2	Dubai	25 JAN	2:23:44	Desi Jisa MOKONIN	BRN	1	Seoul	17 MAR
2:19:46	Lonah Chemtai SALPETER	ISR	1	Prague	05 MAY	2:23:52	Reia IWADE	JPN	5	Nagoya	10 MAR
2:20:14	Vivian CHERUIYOT	KEN	2	London	28 APR	2:23:54	Sally CHEPYEGO	KEN	5	Paris	14 APR
2:20:40	Ruti AGA	ETH	1	Tokyo	03 MAR	2:23:59	Monica JEPKOECH	KEN	6	Nagoya	10 MAR
2:20:51	Roza DEREJE	ETH	3	London	28 APR	2:24:00	Sara DOSSENA	ITA	7	Nagoya	10 MAR
2:20:52	Glays CHERONO	KEN	4	London	28 APR	2:24:02	Ababel YESHANEH	ETH	6	Tokyo	03 MAR
2:20:58	Mary KEITANY	KEN	5	London	28 APR	2:24:05	Hirut TIBEBU	ETH	2	Seoul	17 MAR
2:21:01	Helen TOLA	ETH	2	Tokyo	03 MAR	2:24:09	Kayoko FUKUSHI	JPN	8	Nagoya	10 MAR
2:21:05	Worknesh EDESA	ETH	3	Dubai	25 JAN	2:24:11	Sinead DIVER	AUS	7	London	28 APR
2:21:01	Shure DEMISE	ETH	3	Tokyo	03 MAR	2:24:13	Askale MERACHI	ETH	1	Los Angeles	24 MAR
2:21:50	Florence KIPLAGAT	KEN	4	Tokyo	03 MAR	2:24:19	Miyuki UEHARA	JPN	9	Nagoya	10 MAR
2:22:12	Nancy KIPROP	KEN	1	Wien	07 APR	2:24:29	Gutemi SHONE	ETH	1	Sevilla	17 FEB
2:22:25	Helalia JOHANNES	NAM	1	Nagoya	10 MAR	2:24:30	Aberu MERKURIA	ETH	1	Chongqing	31 MAR
2:22:25	Vivian KIPLAGAT	KEN	1	Milano	07 APR	2:24:33	Mao ICHIYAMA	JPN	7	Tokyo	03 MAR
2:22:39	Shitaye ESHETE	BRN	2	Prague	05 MAY	2:24:33	Stellah BARROSIO	KEN	1	Sydney	15 SEP
2:22:41	Afera GÖDFAY	ETH	1	Dongying	20 APR	2:24:34	Genet YALEW	ETH	3	Prague	05 MAY
2:22:45	Waganesh MEKASHA	ETH	4	Dubai	25 JAN	2:24:42	Dibabe KUMA	ETH	1	Hamburg	28 APR
2:22:47	Gelete BURKA	ETH	1	Paris	14 APR	2:24:44	Kufu TAHIR	ETH	1	Barcelona	10 MAR
2:22:52	Megertu ALEMU	ETH	1	Roma	07 APR	2:24:47	Carla Salome ROCHA	POR	8	London	28 APR
2:22:52	Azmara GEBRU	ETH	2	Paris	14 APR	2:24:48	Celestine CHEPCHIRCHIR	KEN	3	Seoul	17 MAR
2:22:55	Ashele BEKERE	ETH	1	Rotterdam	07 APR	2:24:49	Abeba TEKELU	ETH	2	Sevilla	17 FEB
2:22:58	Visiline JEPKESHO	KEN	2	Nagoya	10 MAR	2:25:04	Birhane DIBABA	ETH	9	London	28 APR
2:23:01	Valary JEMELI	KEN	3	Nagoya	10 MAR	2:25:15	Honami MAEDA	JPN	1	Tokyo	15 SEP
2:23:08	Emily SISSON	USA	6	London	28 APR	2:25:20	Josephine CHEPKOECH	KEN	2	Barcelona	10 MAR
2:23:19	Waganesh MEKASHA	ETH	2	Dongying	20 APR	2:25:25	Sairi MAEDA	JPN	10	Nagoya	10 MAR
2:23:23	Bedatu HIRPA	ETH	5	Tokyo	03 MAR	Other performances					
2:23:28	Biruktafit DEGEFA	ETH	1	Houston	20 APR	2:23:31	Worknesh DEGEFA	ETH	1	Boston	15 APR
2:23:33	Meseret DEFAR	ETH	4	Nagoya	10 MAR	2:24:13	Edna KIPLAGAT	KEN	2	Boston	15 APR
2:23:34	Stella BARROSIO	KEN	2	Rotterdam	07 APR	2:25:20	Jordan Hasay	USA	3	Boston	15 APR

### Women

World record (mixed competition):  
**Joyciline Jepkosgei (KEN); 1:04:51; Valencia, 22 OCT 2017**  
World record (women-only race)  
**Netsanet Gudeta (ETH); 1:06:11; Valencia, 24 MAR 2018**

Time	Athlete	Nation	Rank	Venue	Date	Time	Athlete	Nation	Rank	Venue	Date
1:05:28	Brigid KOSGEI	KEN	1	Manama	15 MAR	1:06:48	Fancy CHEMUTAI	KEN	2	Houston	20 JAN
1:05:30	Ruth CHEPNGETICH	KEN	1	Istanbul	07 APR	1:06:49	GUDETA	ETH	3	Manama	15 MAR
1:05:44	Caroline KIPKIU	KAZ	1	Prague	06 APR	1:06:56	Ruti AGA	ETH	3	Houston	20 JAN
1:05:45	Senbere TEFERI	ETH	1	Ras Al Khaimah	08 FEB	1:07:12	Brilliant JEPKORIR	KEN	5	Copenhagen	15 SEP
1:05:45	Netsanet GUDETA	ETH	2	Ras Al Khaimah	08 FEB	1:07:21	Bekelech GUDETA	ETH	6	Copenhagen	15 SEP
1:05:45	Sifan HASSAN	NED	1	Berlin	07 APR	1:07:29	Monicah WANJUIHI	KEN	4	Houston	20 JAN
1:05:46	Zeineba YIMER	ETH	3	Ras Al Khaimah	08 FEB	1:07:30	Emily SISSON	USA	5	Houston	20 JAN
1:05:50	KOSGEI	KEN	1	Houston	20 JAN	1:07:36	Peres JEPCHIRCHIR	KEN	6	Ras Al Khaimah	08 FEB
1:05:57	Birhane DIBABA	ETH	1	Copenhagen	15 SEP	1:07:37	Gladys CHERONO	KEN	6	Houston	20 JAN
1:06:01	Roza DEREJE	ETH	1	Barcelona	10 FEB	1:07:38	Paskalia KIPKOECH	KEN	7	Ras Al Khaimah	08 FEB
1:06:06	CHEPNGETICH	KEN	1	Gifu Seiryu	28 APR	1:07:44	Ababel YESHANEH	ETH	1	Buenos Aires	25 AUG
1:06:07	Degitu AZIMERAW	ETH	4	Ras Al Khaimah	08 FEB	1:07:48	Delvine MERINGOR	KEN	7	Houston	20 JAN
1:06:09	Ruth CHEPNGETICH	KEN	2	Manama	15 MAR	1:07:49	Betsy SAINA	KEN	1	Marugame	03 FEB
1:06:13	Lonah SALPETER	ISR	2	Prague	06 APR	1:07:51	Caroline KIPKIRUI	KEN	4	Manama	15 MAR
1:06:14	Valary AYABEI	KEN	5	Ras Al Khaimah	08 FEB	1:07:52	Lydia Mathathi NJERI	KEN	3	Prague	06 APR
1:06:22	Evaline CHIRCHIR	KEN	2	Copenhagen	15 SEP	Other performances (67% separation, 2m/km drop; 90% sep, 1.6m/km drop)					
1:06:33	Dorcas JEPCHIRCHIR	KEN	2	Istanbul	07 APR	1:04:28	Brigid KOSGEI	KEN	1	South Shields	09 SEP
1:06:34	Vivian CHERUIYOT	KEN	1	Lisboa	17 MAR	1:06:40	Lonah Salpeter CHEMATA	ISR	1	Ostia	10 MAR
1:06:36	Dorcas JEPCHIRCHIR	KEN	3	Copenhagen	15 SEP	1:07:13	Diana KIPYOKE	KEN	2	Ostia	10 MAR
1:06:43	Megertu Alemu KEBEDE	ETH	4	Copenhagen	15 SEP	1:07:36	Magdalynse MASAI	KEN	2	South Shields	09 SEP
1:06:45	Dibaba KUMA	ETH	2	Barcelona	10 FEB	1:07:44	Linet MASAI	KEN	3	South Shields	09 SEP
1:06:45	Isabel TOLA	ETH	3	Houston	07 APR	1:07:50	Antonina KWAMBAI	KEN	3	Ostia	10 MAR



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# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

## ALGERIA

**Semi Marathon Int'l de la Ville de Béjaia** OCT  
Haddad Fatsah  
E: [fatsahmarathon@hotmail.fr](mailto:fatsahmarathon@hotmail.fr)  
W: [www.semimarathondebejaia.com](http://www.semimarathondebejaia.com)  
fb: [facebook.com/semimarathondebejaia](https://facebook.com/semimarathondebejaia)

**Sahara Marathon** FEB  
James E. B. Carney  
E: [saharamarathon@aol.com](mailto:saharamarathon@aol.com)  
W: [www.saharamarathon.org](http://www.saharamarathon.org)  
fb: [facebook.com/saharamarathonorg](https://facebook.com/saharamarathonorg)  
*Course not measurable to AIMS standards*

## ANGOLA

**São Silvestre de Luanda 10km** DEC  
Carlos Rosa de Souza  
E: [crabreluz@gmail.com](mailto:crabreluz@gmail.com)  
W: [www.saosilvestreangola.co.ao](http://www.saosilvestreangola.co.ao)  
fb: [facebook.com/saosilvestreangola](https://facebook.com/saosilvestreangola)

## ANTARCTICA

**Antarctic Ice Marathon & 100k** DEC  
Richard Donovan  
E: [rd@nparathon.com](mailto:rd@nparathon.com)  
W: [www.icemarathon.com](http://www.icemarathon.com)  
fb: [facebook.com/AntarcticIceMarathon](https://facebook.com/AntarcticIceMarathon)

## ANTARCTICA Marathon & Half

MAR  
Thom Gilligan  
E: [info@marathonontours.com](mailto:info@marathonontours.com)  
W: [www.antarcticamarathon.com](http://www.antarcticamarathon.com)  
fb: [facebook.com/AntarcticaMarathon](https://facebook.com/AntarcticaMarathon)  
*Course not measurable to AIMS standards*

## ARGENTINA

**Buenos Aires Int'l Marathon** SEP  
Luis Vinker  
E: [info@maratondebuenosaires.com](mailto:info@maratondebuenosaires.com)  
W: [www.maratondebuenosaires.com](http://www.maratondebuenosaires.com)  
fb: [facebook.com/maratonbuenosaires](https://facebook.com/maratonbuenosaires)

## Maratón Internacional de Mendoza

MAY  
Enrique Eiras  
E: [e@maratondemendoza.com](mailto:e@maratondemendoza.com)  
W: [www.maratondemendoza.com](http://www.maratondemendoza.com)  
fb: [facebook.com/MaratondeMendoza/](https://facebook.com/MaratondeMendoza/)

## ARMENIA

## \*Yerevan Marathon and Half Marathon

OCT  
Anahit Adamyan  
E: [anahit.adamyan@armeniamarathon.org](mailto:anahit.adamyan@armeniamarathon.org)  
W: [www.armeniamarathon.org](http://www.armeniamarathon.org)  
fb: [facebook.com/Yerevanmarathon/](https://facebook.com/Yerevanmarathon/)

## ARUBA

**KLM Aruba Marathon** JUN  
Kees van Muiswinkel  
E: [info@arubainternationalmarathon.com](mailto:info@arubainternationalmarathon.com)  
W: [www.arubainternationalmarathon.com](http://www.arubainternationalmarathon.com)  
fb: [facebook.com/MarathonAruba](https://facebook.com/MarathonAruba)

## AUSTRALIA

## Adelaide Marathon Festival

MAY  
Simon Duncan  
E: [events@sarrc.asn.au](mailto:events@sarrc.asn.au)  
W: [www.adelaidemarathon.com.au](http://www.adelaidemarathon.com.au)  
fb: [facebook.com/SARoadRunnersClub](https://facebook.com/SARoadRunnersClub)

## Australian Outback Marathon

JUL  
Michael Walton  
E: [sales@australianoutbackmarathon.com](mailto:sales@australianoutbackmarathon.com)  
W: [www.australianoutbackmarathon.com](http://www.australianoutbackmarathon.com)  
fb: [facebook.com/outbackmarathon](https://facebook.com/outbackmarathon)  
*Course not measurable to AIMS standards*

## Australian Running Festival presented by TCS

APR  
Melanie Stewart  
E: [mel.stewart@fairfaxmedia.com.au](mailto:mel.stewart@fairfaxmedia.com.au)  
W: [www.runningfestival.com.au](http://www.runningfestival.com.au)  
fb: [facebook.com/austrunningfest/](https://facebook.com/austrunningfest/)

## Barossa Marathon Festival

AUG  
Simon Duncan  
E: [events@sarrc.asn.au](mailto:events@sarrc.asn.au)  
W: [www.barossamarathon.com.au](http://www.barossamarathon.com.au)  
fb: [facebook.com/SARoadRunnersClub/](https://facebook.com/SARoadRunnersClub/)

## Brisbane Marathon Festival

JUN  
Jason Crowther  
E: [info@atlasmultisports.com.au](mailto:info@atlasmultisports.com.au)  
W: [www.brisbanemarathon.com.au](http://www.brisbanemarathon.com.au)  
fb: [facebook.com/brisbanemarathon](https://facebook.com/brisbanemarathon)

## Gold Coast Marathon

JUL  
Cameron Hart  
E: [info@goldcoastmarathon.com.au](mailto:info@goldcoastmarathon.com.au)  
W: [www.goldcoastmarathon.com.au](http://www.goldcoastmarathon.com.au)  
fb: [facebook.com/gcmarathon](https://facebook.com/gcmarathon)

## Melbourne Marathon Festival

OCT  
Marcus Gale  
E: [enquiries@melbournemarathon.com.au](mailto:enquiries@melbournemarathon.com.au)  
W: [www.melbournemarathon.com.au](http://www.melbournemarathon.com.au)  
fb: [facebook.com/melbournemarathonfestival](https://facebook.com/melbournemarathonfestival)

## RunFun Travel Rottneest Running Festival

JUN  
Raymond Lampard  
E: [wamc@wamc.org.au](mailto:wamc@wamc.org.au)  
W: [www.wamc.org.au](http://www.wamc.org.au)  
fb: [bit.ly/2pbsPuK](https://bit.ly/2pbsPuK)

## 7 Sunshine Coast Marathon

AUG  
Jason Crowther  
E: [jason@atlasmultisports.com.au](mailto:jason@atlasmultisports.com.au)  
W: [www.sunshinecoastmarathon.com.au](http://www.sunshinecoastmarathon.com.au)  
fb: [facebook.com/SunshineCoastMarathon](https://facebook.com/SunshineCoastMarathon)

## Blackmores Sydney Running Festival (incl. Sydney Marathon)

SEP  
Wayne Larden  
E: [info@sydneyrunningfestival.com.au](mailto:info@sydneyrunningfestival.com.au)  
W: [www.sydneyrunningfestival.com.au](http://www.sydneyrunningfestival.com.au)  
fb: [facebook.com/officialbsrf](https://facebook.com/officialbsrf)

## McDonald's Townsville Running Festival

AUG  
Scott Piper  
E: [admin@townsvillerunningfestival.com](mailto:admin@townsvillerunningfestival.com)  
W: [www.townsvillerunningfestival.com](http://www.townsvillerunningfestival.com)  
fb: [facebook.com/townsvillerunningfest](https://facebook.com/townsvillerunningfest)

## Westlink M7 Blacktown Running Festival

JUL  
Tanya Bigeni  
E: [events.team@blacktown.nsw.gov.au](mailto:events.team@blacktown.nsw.gov.au)  
W: [www.blacktown.nsw.gov.au/runningfestival](http://www.blacktown.nsw.gov.au/runningfestival)  
fb: [facebook.com/BlacktownCityCouncil](https://facebook.com/BlacktownCityCouncil)

## AUSTRIA

## 3 Country Sparkasse Marathon

OCT  
Günter Ernst  
E: [info@sparkasse-3-laender-marathon.at](mailto:info@sparkasse-3-laender-marathon.at)  
W: [www.sparkasse-3-laender-marathon.at](http://www.sparkasse-3-laender-marathon.at)  
fb: [facebook.com/Sparkasse3LaenderMarathon](https://facebook.com/Sparkasse3LaenderMarathon)

## ASICS Austrian Women's Run

MAY  
Ilse Dippmann, Andreas Schnabl  
E: [office@oesterreichischer-frauenlauf.at](mailto:office@oesterreichischer-frauenlauf.at)  
W: [www.austrianwomensrun.com](http://www.austrianwomensrun.com)

## Salzburg Marathon

MAY  
Johannes Langer  
E: [office@salzburg-marathon.at](mailto:office@salzburg-marathon.at)  
W: [www.salzburg-marathon.at](http://www.salzburg-marathon.at)  
fb: [facebook.com/salzburg.marathon](https://facebook.com/salzburg.marathon)

## Vienna City Marathon

APR  
Wolfgang Konrad  
E: [office@vienna-marathon.com](mailto:office@vienna-marathon.com)  
W: [www.vienna-marathon.com](http://www.vienna-marathon.com)  
fb: [facebook.com/vienna.city.marathon](https://facebook.com/vienna.city.marathon)

## Int'l WACHAUmarathon

SEP  
Michael Buchleitner  
E: [office@wachaumarathon.com](mailto:office@wachaumarathon.com)  
W: [www.wachaumarathon.com](http://www.wachaumarathon.com)  
fb: [facebook.com/wachaumarathon](https://facebook.com/wachaumarathon)

## BAHAMAS

## Marathon Bahamas, Half & Relay

JAN  
Pamela Richardson  
E: [info@marathonbahamas.com](mailto:info@marathonbahamas.com)  
W: [www.marathonbahamas.com](http://www.marathonbahamas.com)  
fb: [facebook.com/marathon242](https://facebook.com/marathon242)

## BARBADOS

## Cave Shepherd & Co Run Barbados Marathon Weekend

DEC  
Island Races (Zary Evelyn & Kristina Evelyn)  
E: [runbarbados@gmail.com](mailto:runbarbados@gmail.com)  
W: [www.runbarbados.org](http://www.runbarbados.org)  
fb: [facebook.com/RunBarbadosSeries/](https://facebook.com/RunBarbadosSeries/)

## BELARUS

## Minsk Half Marathon

SEP  
Vadim Devyatovskiy  
E: [belarus.athletics@gmail.com](mailto:belarus.athletics@gmail.com)  
W: [minskhalfmarathon.by](http://minskhalfmarathon.by)  
fb: [facebook.com/minskhalfmarathon/](https://facebook.com/minskhalfmarathon/)

## BELGIUM

## Antwerp Marathon

SEP  
Thomas Huyberechts  
E: [info@golazo.com](mailto:info@golazo.com)  
W: [www.antwerpmarathon.be](http://www.antwerpmarathon.be)  
fb: [facebook.com/antwerpmarathon](https://facebook.com/antwerpmarathon)











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# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

## BRUSSELS AIRPORT MARATHON & HALF MARATHON

Thomas Huyberechts  
E: [info@golazo.com](mailto:info@golazo.com)  
W: [www.brusselsmarathon.be](http://www.brusselsmarathon.be)  
fb: [facebook.com/brusselsmarathon](https://facebook.com/brusselsmarathon)

## Linker Oever Marathon

Kid Van Thienen  
E: [kvth@telenet.be](mailto:kvth@telenet.be)  
W: [www.linkeroevermarathon.com](http://www.linkeroevermarathon.com)  
fb: [on.fb.me/ZPKj2k](https://on.fb.me/ZPKj2k)

## BHUTAN

## Thunder Dragon Marathon

Mike Gratton  
E: [mike@209events.com](mailto:mike@209events.com)  
W: [www.thunderdragonmarathon.com](http://www.thunderdragonmarathon.com)  
fb: [facebook.com/thunderdragonmarathon](https://facebook.com/thunderdragonmarathon)

Course not measurable to AIMS standards

## BOSNIA

## \*Banja Luka Half Marathon

Vladimir Selec  
E: [info@banjalukamarathon.com](mailto:info@banjalukamarathon.com)  
W: [www.banjalukamarathon.com](http://www.banjalukamarathon.com)  
fb: [facebook.com/BLpolumaraton](https://facebook.com/BLpolumaraton)

## Sarajevo Sberbank Half Marathon

Franjo Sola  
E: [franjo.sola@sarajevomarathon.ba](mailto:franjo.sola@sarajevomarathon.ba)  
W: [www.sarajevomarathon.ba/en](http://www.sarajevomarathon.ba/en)  
fb: [facebook.com/events/204804080102150/](https://facebook.com/events/204804080102150/)

## BOTSWANA

## Diacore Gaborone Marathon

Danny Blumberg  
E: [info@diacoregaboronemarathon.com](mailto:info@diacoregaboronemarathon.com)  
W: [www.diacoregaboronemarathon.com](http://www.diacoregaboronemarathon.com)  
fb: [facebook.com/Diacoregaboronemarathon](https://facebook.com/Diacoregaboronemarathon)

## BRAZIL

## Brasilia City Half Marathon

Paulo Roberto Passos Carelli  
E: [paulo@iguanasports.com.br](mailto:paulo@iguanasports.com.br)  
W: [www.bsbcityhalfmarathon.com.br](http://www.bsbcityhalfmarathon.com.br)

## Rio de Janeiro City Marathon

Joao Traven  
E: [maratonadorio@maratonadorio.com.br](mailto:maratonadorio@maratonadorio.com.br)  
W: [www.maratonadorio.com.br](http://www.maratonadorio.com.br)  
fb: [facebook.com/maratonadoriodejaneiro](https://facebook.com/maratonadoriodejaneiro)

## Rio City Half Marathon

Paulo Roberto Passos Carelli  
E: [paulo@iguanasports.com.br](mailto:paulo@iguanasports.com.br)  
W: [www.riocityhalfmarathon.com.br](http://www.riocityhalfmarathon.com.br)

## Rio Half Marathon

Thadeus Gilberto Kassabian  
E: [tgk@yescom.com.br](mailto:tgk@yescom.com.br)  
W: [www.riohalfmarathon.com](http://www.riohalfmarathon.com)  
fb: [facebook.com/meiadorio/](https://facebook.com/meiadorio/)

## São Silvestre Int'l Road Race

Thadeus Kassabian  
E: [tgk@yescom.com.br](mailto:tgk@yescom.com.br)  
W: [www.saosilvestre.com.br](http://www.saosilvestre.com.br)

## \*Sao Paulo City Marathon

Paulo Roberto Passos Carelli  
E: [paulo@iguanasports.com.br](mailto:paulo@iguanasports.com.br)  
W: [www.spacitymarathon.com.br](http://www.spacitymarathon.com.br)

## São Paulo Marathon

Thadeus Gilberto Kassabian  
E: [tgk@yescom.com.br](mailto:tgk@yescom.com.br)  
W: [www.saopaulomarathonbrazil.com](http://www.saopaulomarathonbrazil.com)  
fb: [facebook.com/maratonadesaopaulo/](https://facebook.com/maratonadesaopaulo/)

## Corrida de Sao Sebastiao

Joao Traven  
E: [spiridon@spiridon.com.br](mailto:spiridon@spiridon.com.br)  
W: [www.corridadesaosebastiao.com.br](http://www.corridadesaosebastiao.com.br)  
fb: [facebook.com/corridadesaosebastiao/](https://facebook.com/corridadesaosebastiao/)

## BULGARIA

## Wizz Air Sofia Marathon

Daniel Hristov Dukov  
E: [ddukov@abv.bg](mailto:ddukov@abv.bg)  
W: [www.marathonsofia.com](http://www.marathonsofia.com)

## CAMBODIA

## Angkor Wat Int'l Half Marathon

Sem Phalla  
E: [direct@cambodia-events.org](mailto:direct@cambodia-events.org),  
[info@cambodia-events.org](mailto:info@cambodia-events.org)  
W: [www.cambodia-events.org](http://www.cambodia-events.org)  
fb: [facebook.com/angkorwathalfmarathon](https://facebook.com/angkorwathalfmarathon)

## \*The Khmer Empire Marathon

Sem Phalla  
E: [direct@cambodia-events.org](mailto:direct@cambodia-events.org),  
[info@cambodia-events.org](mailto:info@cambodia-events.org)  
W: [www.cambodia-events.org](http://www.cambodia-events.org)  
fb: [facebook.com/khmerempiremarathon](https://facebook.com/khmerempiremarathon)

## Phnom Penh Int'l Half Marathon

Sem Phalla  
E: [direct@cambodia-events.org](mailto:direct@cambodia-events.org),  
[info@cambodia-events.org](mailto:info@cambodia-events.org)  
W: [www.cambodia-events.org](http://www.cambodia-events.org)  
fb: [facebook.com/cambodiaamazingevents/](https://facebook.com/cambodiaamazingevents/)

## Sihanoukville Int'l Half Marathon

Sem Phalla  
E: [direct@cambodia-events.org](mailto:direct@cambodia-events.org),  
[info@cambodia-events.org](mailto:info@cambodia-events.org)  
W: [www.cambodia-events.org](http://www.cambodia-events.org)  
fb: [facebook.com/sihanoukvillemarathon](https://facebook.com/sihanoukvillemarathon)

## CANADA

## Scotiabank Calgary Marathon

Jon Bird  
E: [racedirector@calgarymarathon.com](mailto:racedirector@calgarymarathon.com)  
W: [www.calgarymarathon.com](http://www.calgarymarathon.com)  
fb: [on.fb.me/1bWyk7c](https://on.fb.me/1bWyk7c)

## Scotiabank Ottawa Marathon and Ottawa 10K

John Halvorsen  
E: [questions@runottawa.ca](mailto:questions@runottawa.ca)  
W: [www.runottawa.ca](http://www.runottawa.ca)  
fb: [facebook.com/OttawaMarathon](https://facebook.com/OttawaMarathon)

## SSQ Insurance Quebec City Marathon

Patrice Gagnon  
E: [info@jecoursqc.com](mailto:info@jecoursqc.com)  
W: [www.jecoursqc.com](http://www.jecoursqc.com)  
fb: [facebook.com/jecoursqc](https://facebook.com/jecoursqc)

## Scotiabank Toronto Waterfront Marathon & Half Marathon & 5k

Alan Brookes  
E: [info@torontowaterfrontmarathon.com](mailto:info@torontowaterfrontmarathon.com)  
W: [www.STWM.ca](http://www.STWM.ca)  
fb: [facebook.com/TOWaterfront42k/](https://facebook.com/TOWaterfront42k/)

## Toronto Marathon

Jay Glassman  
E: [info@torontomarathon.com](mailto:info@torontomarathon.com)  
W: [www.torontomarathon.com](http://www.torontomarathon.com)  
fb: [facebook.com/torontomarathon](https://facebook.com/torontomarathon)

## GoodLife Fitness Victoria Marathon

Cathy Noel  
E: [info@runvictoriamarathon.com](mailto:info@runvictoriamarathon.com)  
W: [www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)  
fb: [facebook.com/Victoria.Marathon/](https://facebook.com/Victoria.Marathon/)

## CAYMAN ISLANDS

## Intertrust Cayman Islands Marathon

Rhonda Kelly  
E: [info@caymanislandsmarathon.com](mailto:info@caymanislandsmarathon.com)  
W: [www.caymanislandsmarathon.com](http://www.caymanislandsmarathon.com)  
fb: [facebook.com/CaymanMarathon](https://facebook.com/CaymanMarathon)

## CHILE

## Santiago Marathon

Fernando Jamarne  
E: [fjamarne@alessandri.cl](mailto:fjamarne@alessandri.cl)  
W: [www.maratondesantiago.com](http://www.maratondesantiago.com)  
fb: [facebook.com/maratondesantiago](https://facebook.com/maratondesantiago)

## Volcano Marathon

Richard Donovan  
E: [npmarathon@gmail.com](mailto:npmarathon@gmail.com)  
W: [www.volcanomarathon.com](http://www.volcanomarathon.com)  
fb: [facebook.com/thevolcanomarathon](https://facebook.com/thevolcanomarathon)

Course not measurable to AIMS standards

## CHINA

## Beijing Marathon

Wang Dawei  
E: [oc@beijing-marathon.com](mailto:oc@beijing-marathon.com)  
W: [www.beijing-marathon.com/en](http://www.beijing-marathon.com/en)

## Chongqing Int'l Marathon

Guo Liya  
E: [569065820@qq.com](mailto:569065820@qq.com)  
W: [www.cqmarathon.com](http://www.cqmarathon.com)

## Dalian Int'l Marathon

Sun Xinsheng  
E: [kouzhenjie@sina.com](mailto:kouzhenjie@sina.com)  
W: [www.dlmls.org](http://www.dlmls.org)

## \*Great Hakka Marathon

Dave Cundy  
E: [guo.feng@great-hakka-marathon.com](mailto:guo.feng@great-hakka-marathon.com)  
W: [www.great-hakka-marathon.com](http://www.great-hakka-marathon.com)

Course not measurable to AIMS standards





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



# BUDAPEST



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**BUDAPEST**






# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

<b>The Great Wall Marathon</b> Dave Cundy E: <a href="mailto:gwm_booking@263.net.cn">gwm_booking@263.net.cn</a> W: <a href="http://www.great-wall-marathon.com">www.great-wall-marathon.com</a> fb: <a href="https://facebook.com/greatwallmarathon">facebook.com/greatwallmarathon</a> <i>Course not measurable to AIMS standards</i>	MAY
<b>Hangzhou Marathon</b> Long Jiang E: <a href="mailto:marathon@hzim.org">marathon@hzim.org</a> W: <a href="http://www.hzim.org">www.hzim.org</a> fb: <a href="https://facebook.com/hangzhou.marathon">facebook.com/hangzhou.marathon</a>	NOV
<b>Hengshui Lake Int'l Marathon</b> Zheng Hui E: <a href="mailto:hsmarathon@163.com">hsmarathon@163.com</a> W: <a href="http://www.hengshuimalasong.com">www.hengshuimalasong.com</a>	SEP
<b>Lanzhou Int'l Marathon</b> Wang Zhengxuan E: <a href="mailto:Lzmarathon@sina.cn">Lzmarathon@sina.cn</a> W: <a href="http://www.lzmarathon.com">www.lzmarathon.com</a>	JUN
<b>Shanghai Int'l Marathon</b> Jenny Zhou E: <a href="mailto:general@shmarathon.com">general@shmarathon.com</a> W: <a href="http://www.shang-ma.com">www.shang-ma.com</a>	NOV
<b>Wuxi Marathon</b> Tianwen Hu E: <a href="mailto:tianwen@ihuipao.com">tianwen@ihuipao.com</a> W: <a href="http://www.wuximarathon.com">www.wuximarathon.com</a>	MAR
<b>Xiamen Marathon</b> Fu Yimin E: <a href="mailto:xmmarathon@xmim.org">xmmarathon@xmim.org</a> E: <a href="mailto:eamlin_zhuo@126.com">eamlin_zhuo@126.com</a> W: <a href="http://en.xmim.org">en.xmim.org</a> fb: <a href="https://facebook.com/xiamenmarathon">facebook.com/xiamenmarathon</a>	JAN
<b>Yellow River Estuary Int'l Marathon</b> Yuan Zhen E: <a href="mailto:dvgjmls@163.com">dvgjmls@163.com</a> W: <a href="http://www.hhkjmls.net">www.hhkjmls.net</a>	APR
 <b>CHINESE TAIPEI</b>	
<b>*Eva Air Half Marathon</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a>	OCT
<b>Kaohsiung Int'l Marathon</b> Huang Yu E: <a href="mailto:khmskhs@kcg.gov.tw">khmskhs@kcg.gov.tw</a> W: <a href="http://www.khm.com.tw">www.khm.com.tw</a> fb: <a href="https://facebook.com/khmarathon/">facebook.com/khmarathon/</a>	FEB
<b>Kinmen Marathon</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a>	FEB
<b>Sun Moon Lake Marathon</b> Jerry Chen E: <a href="mailto:jinyuan.email@gmail.com">jinyuan.email@gmail.com</a> W: <a href="http://www.sunmoonlakemarathon.com">www.sunmoonlakemarathon.com</a> fb: <a href="https://facebook.com/sunmoonlakemarathon/">facebook.com/sunmoonlakemarathon/</a>	OCT
<b>*Taichung World Flora Exposition Int Marathon</b> Chen Ching Lung E: <a href="mailto:fuludun@gmail.com">fuludun@gmail.com</a> W: <a href="http://lohasnet.tw/Floraexpo20190224">lohasnet.tw/Floraexpo20190224</a>	FEB
<b>Tainan Historical Capital Int'l Half Marathon</b> Wang Ching-Cheng E: <a href="mailto:tpe@mf.iaaf.org">tpe@mf.iaaf.org</a> fb: <a href="https://bit.ly/2GSpYIZ">bit.ly/2GSpYIZ</a>	MAR
<b>Taipei Marathon</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a>	DEC
<b>Face Equality Taipei Expressway Marathon</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a>	MAR
<b>Standard Chartered Taipei Charity Marathon</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a> fb: <a href="https://facebook.com/scbmarathon?ref=ts">facebook.com/scbmarathon?ref=ts</a>	JAN

<b>New Taipei City Wan Jin Shi Marathon</b> Ching-Cheng Wang E: <a href="mailto:tpe@mf.iaaf.org">tpe@mf.iaaf.org</a> W: <a href="http://www.wanjinshi-marathon.com.tw">www.wanjinshi-marathon.com.tw</a> fb: <a href="https://on.fb.me/1bWvj3d">on.fb.me/1bWvj3d</a>	MAR
<b>Taishin Women Run Taipei</b> Sunny Chen E: <a href="mailto:wayne@sportsnet.org.tw">wayne@sportsnet.org.tw</a> W: <a href="http://www.sportsnet.org.tw">www.sportsnet.org.tw</a>	APR
<b>Zengwen Reservoir Marathon</b> Wang, Ching-Cheng E: <a href="mailto:tpe@mf.iaaf.org">tpe@mf.iaaf.org</a> W: <a href="http://www.athletics.org.tw">www.athletics.org.tw</a> fb: <a href="https://bit.ly/2rRvU6G">bit.ly/2rRvU6G</a>	DEC
 <b>COLOMBIA</b>	
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<b>1/2 Maraton de Bucaramanga - FCV</b> Mariela Sanchez Aguirre E: <a href="mailto:marielasanchez@fcv.org">marielasanchez@fcv.org</a> W: <a href="http://www.fcv.org/maraton">www.fcv.org/maraton</a> fb: <a href="https://facebook.com/FCVColombia">facebook.com/FCVColombia</a>	OCT
<b>Maratón Medellín</b> Gustavo Orozco Posada E: <a href="mailto:direccion@maratonmedellin.com">direccion@maratonmedellin.com</a> W: <a href="http://www.maratonmedellin.co">www.maratonmedellin.co</a> fb: <a href="https://facebook.com/maratonmedellin">facebook.com/maratonmedellin</a>	SEP
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<b>*Maraton Cartago</b> Rodolfo Villalobos E: <a href="mailto:rvillalobos@grupopublicitariocr.net">rvillalobos@grupopublicitariocr.net</a> W: <a href="http://www.grupopublicitariocr.net">www.grupopublicitariocr.net</a> fb: <a href="https://bit.ly/2UL3AyJ">bit.ly/2UL3AyJ</a>	APR
<b>Correcaminos Half Marathon and 10k</b> Gustavo Alvarez E: <a href="mailto:info@correcaminoscr.com">info@correcaminoscr.com</a> W: <a href="http://www.maratoncorrecaminos.com">www.maratoncorrecaminos.com</a> fb: <a href="https://on.fb.me/1bWykEc">on.fb.me/1bWykEc</a>	JUL
<b>Fleming Beach Marathon</b> Victor López Jiménez E: <a href="mailto:info@gsgx.net">info@gsgx.net</a> W: <a href="http://flamingobeachmarathon.net">flamingobeachmarathon.net</a> fb: <a href="https://bit.ly/2Hz6bJN">bit.ly/2Hz6bJN</a>	SEP
<b>San José Costa Rica Half &amp; Marathon</b> Guillermo Sáenz E: <a href="mailto:marathoncostarica@gmail.com">marathoncostarica@gmail.com</a> W: <a href="http://www.marathoncostarica.com">www.marathoncostarica.com</a> fb: <a href="https://on.fb.me/1bWvj3p">on.fb.me/1bWvj3p</a>	DEC
<b>Maraton y Medio Maraton Municipalidad de San José</b> Vladimir Murillo E: <a href="mailto:vladimir.murillo@maratondesanjose.com">vladimir.murillo@maratondesanjose.com</a> W: <a href="http://www.maratondesanjose.com">www.maratondesanjose.com</a>	MAY
<b>Media Maraton "La Sele"</b> Victor Lopez E: <a href="mailto:vlopez@runnerscr.com">vlopez@runnerscr.com</a> W: <a href="http://www.gsgx.net">www.gsgx.net</a>	DEC
 <b>CROATIA</b>	
<b>Du Motion-Runners' Days Dubrovnik (Dubrovnik Half Marathon)</b> Alen Bošković E: <a href="mailto:alen.boskovic@du-motion.com">alen.boskovic@du-motion.com</a> W: <a href="http://www.du-motion.com/en/home/">www.du-motion.com/en/home/</a> fb: <a href="https://bit.ly/2sBIQld">bit.ly/2sBIQld</a>	APR
<b>Hvar Half Marathon</b> Boris Reinic E: <a href="mailto:info@hvarmarathon.com">info@hvarmarathon.com</a> W: <a href="http://www.hvarmarathon.com">www.hvarmarathon.com</a> fb: <a href="https://facebook.com/HvarHalfMarathon">facebook.com/HvarHalfMarathon</a> <i>Course not measurable to AIMS standards</i>	JUN
<b>Losinjski Half Marathon</b> Miroslav Cavlek E: <a href="mailto:miroslav.cavlek@ri-t.com.hr">miroslav.cavlek@ri-t.com.hr</a> W: <a href="http://www.ak-losinj.hr">www.ak-losinj.hr</a> fb: <a href="https://facebook.com/losinjahalfmaraton/">facebook.com/losinjahalfmaraton/</a>	SEP

<b>Split Marathon</b> Kristijan Sindik E: <a href="mailto:info@splitmarathon.com">info@splitmarathon.com</a> W: <a href="http://www.splitmarathon.com">www.splitmarathon.com</a> fb: <a href="https://web.facebook.com/splithalfmarathon/">web.facebook.com/splithalfmarathon/</a>	FEB
<b>Ston Wall Marathon</b> Zeljko Konosic E: <a href="mailto:stonwallmarathon@gmail.com">stonwallmarathon@gmail.com</a> W: <a href="http://www.ston-wall-marathon.com">www.ston-wall-marathon.com</a> fb: <a href="https://facebook.com/StonWallMarathon">facebook.com/StonWallMarathon</a>	SEP
<b>Zagreb Marathon &amp; Half</b> Marko Jakopović E: <a href="mailto:zagrebacki.atletski.savez@gmail.com">zagrebacki.atletski.savez@gmail.com</a> W: <a href="http://www.zagreb-marathon.com">www.zagreb-marathon.com</a> fb: <a href="https://facebook.com/zagreb.marathon">facebook.com/zagreb.marathon</a>	OCT
 <b>CUBA</b>	
<b>Marabana Marathon &amp; Half</b> Carlos R. Gattorno Correa E: <a href="mailto:gattorno.marabana@gmail.com">gattorno.marabana@gmail.com</a> W: <a href="http://www.maratondehabana.com">www.maratondehabana.com</a>	NOV
 <b>CURAÇAO</b>	
<b>KLM Curaçao Marathon</b> Kees van Muiswinkel E: <a href="mailto:kees@curacaamarathon.com">kees@curacaamarathon.com</a> W: <a href="http://www.curacaamarathon.com">www.curacaamarathon.com</a> fb: <a href="https://facebook.com/klmcuracaamarathon">facebook.com/klmcuracaamarathon</a>	NOV
 <b>CYPRUS</b>	
<b>*Logicom Cyprus Marathon</b> Stavros Kakourides E: <a href="mailto:run@cyprusmarathon.com">run@cyprusmarathon.com</a> W: <a href="http://www.cyprusmarathon.com">www.cyprusmarathon.com</a> fb: <a href="https://facebook.com/CyprusMarathonOfficial">facebook.com/CyprusMarathonOfficial</a>	MAR
<b>Radisson Blu Larnaka Int'l Marathon</b> Costas Daltas E: <a href="mailto:info@larnakamarathon.com">info@larnakamarathon.com</a> W: <a href="http://www.larnakamarathon.com">www.larnakamarathon.com</a> fb: <a href="https://bit.ly/2N9jBeH">bit.ly/2N9jBeH</a>	NOV
<b>OPAP Limassol Marathon GSO</b> Spyros Spyrou E: <a href="mailto:info@limassolmarathon.com">info@limassolmarathon.com</a> W: <a href="http://www.limassolmarathon.com">www.limassolmarathon.com</a> fb: <a href="https://facebook.com/limassolmarathon/">facebook.com/limassolmarathon/</a>	MAR
 <b>CZECH REPUBLIC</b>	
<b>Pardubice Wine Half Marathon</b> Oldřich Bujnoch E: <a href="mailto:oldrichbujnoch@seznam.cz">oldrichbujnoch@seznam.cz</a> W: <a href="http://www.pardubickyvinarskypulmaraton.cz">www.pardubickyvinarskypulmaraton.cz</a> fb: <a href="https://on.fb.me/1HWsAYy">on.fb.me/1HWsAYy</a>	APR
<b>Volkswagen Prague Marathon</b> Václav Skřivánek E: <a href="mailto:info@runczech.com">info@runczech.com</a> W: <a href="http://www.runczech.com">www.runczech.com</a> fb: <a href="https://facebook.com/runczech">facebook.com/runczech</a>	MAY
 <b>DENMARK</b>	
<b>H.C. Andersen Marathon</b> Torben Simonsen E: <a href="mailto:ts@hcamarathon.dk">ts@hcamarathon.dk</a> W: <a href="http://www.hcamarathon.dk">www.hcamarathon.dk</a> fb: <a href="https://facebook.com/hcamarathon">facebook.com/hcamarathon</a>	SEP
<b>Copenhagen Half Marathon</b> Dorte Vibjerg E: <a href="mailto:vibjerg@sparta.dk">vibjerg@sparta.dk</a> W: <a href="http://copenhagengahalfmarathon.dk">copenhagengahalfmarathon.dk</a> fb: <a href="https://facebook.com/cphhalf">facebook.com/cphhalf</a>	SEP
<b>Copenhagen Marathon</b> Dorte Vibjerg E: <a href="mailto:vibjerg@sparta.dk">vibjerg@sparta.dk</a> W: <a href="http://www.copenhagenmarathon.dk">www.copenhagenmarathon.dk</a> fb: <a href="https://facebook.com/cphmarathon">facebook.com/cphmarathon</a>	MAY
 <b>DOMINICAN</b>	
<b>Maratón Monumental Primer Santiago de America</b> Emilio Martínez E: <a href="mailto:maratonmonumental@gmail.com">maratonmonumental@gmail.com</a> W: <a href="http://www.maratonsantiago.do">www.maratonsantiago.do</a> fb: <a href="https://facebook.com/maratonsantiagord">facebook.com/maratonsantiagord</a>	NOV

 <b>DPR OF KOREA</b>	
<b>Mangyongdae Prize Int'l Marathon</b> Jong Song Ok E: <a href="mailto:prk@star-co.net.kp">prk@star-co.net.kp</a> W: <a href="http://www.pyongyangmarathon.com">www.pyongyangmarathon.com</a>	APR
 <b>ECUADOR</b>	
<b>Media Maratón Ciudad de Guayaquil – Diaro Expreso</b> Galo Martínez Leisker E: <a href="mailto:martinezlg@granasa.com.ec">martinezlg@granasa.com.ec</a> W: <a href="http://carrera.expreso.ec">carrera.expreso.ec</a>	JUL
<b>Guayaquil Marathon</b> Diego Maruri E: <a href="mailto:diegomaruri@dm3.com">diegomaruri@dm3.com</a> W: <a href="http://www.dm3.com">www.dm3.com</a> fb: <a href="https://on.fb.me/1bWymvQ">on.fb.me/1bWymvQ</a>	OCT
<b>Quito Últimas Noticias 15k</b> Pablo Gonzalez Peña E: <a href="mailto:pabloarturogonzalez@gmail.com">pabloarturogonzalez@gmail.com</a> W: <a href="http://www.quitoultimasnoticias15k.ec">www.quitoultimasnoticias15k.ec</a> fb: <a href="https://facebook.com/UN15K">https://facebook.com/UN15K</a>	JUN
<b>La Ruta de las Iglesias</b> Samia Solah, Nina Solah E: <a href="mailto:samia@tventasec.com">samia@tventasec.com</a> , <a href="mailto:nsolah@tventasec.com">nsolah@tventasec.com</a> W: <a href="http://www.rutadelasiglesias.com">www.rutadelasiglesias.com</a> fb: <a href="https://facebook.com/rutaiglesias">facebook.com/rutaiglesias</a>	AUG
 <b>EGYPT</b>	
<b>Egyptian Marathon</b> Gasser Riad E: <a href="mailto:info@egyptianmarathon.net">info@egyptianmarathon.net</a> W: <a href="http://www.egyptianmarathon.net">www.egyptianmarathon.net</a> fb: <a href="https://on.fb.me/1bWykUW">on.fb.me/1bWykUW</a>	JAN
<b>Pharaonic 100km</b> Gasser Riad E: <a href="mailto:info@egyptianmarathon.net">info@egyptianmarathon.net</a> W: <a href="http://www.egyptianmarathon.net">www.egyptianmarathon.net</a> fb: <a href="https://facebook.com/egyptian.marathon">facebook.com/egyptian.marathon</a>	NOV
 <b>ESTONIA</b>	
<b>Tallinna Maraton, Half &amp; 10k</b> Mati Lillialik E: <a href="mailto:info@tallinnmarathon.ee">info@tallinnmarathon.ee</a> W: <a href="http://www.tallinnmaraton.ee">www.tallinnmaraton.ee</a> fb: <a href="https://facebook.com/TallinnaMaraton/">facebook.com/TallinnaMaraton/</a>	SEP
<b>Tartu City Marathon</b> Indrek Kelk E: <a href="mailto:kristina@tartummaraton.ee">kristina@tartummaraton.ee</a> W: <a href="http://www.tartummaraton.ee">www.tartummaraton.ee</a> fb: <a href="https://facebook.com/tartummaraton">facebook.com/tartummaraton</a>	OCT
 <b>ETHIOPIA</b>	
<b>Great Ethiopian Run 10km</b> Ermias Ayele E: <a href="mailto:ermias@ethiopianrun.org">ermias@ethiopianrun.org</a> W: <a href="http://www.ethiopianrun.org">www.ethiopianrun.org</a> fb: <a href="https://facebook.com/GreatEthiopianRun">facebook.com/GreatEthiopianRun</a>	NOV
<b>Hawassa Half Marathon</b> Ermias Ayele E: <a href="mailto:ermias@ethiopianrun.org">ermias@ethiopianrun.org</a> W: <a href="http://www.ethiopianrun.org">www.ethiopianrun.org</a> fb: <a href="https://facebook.com/GreatEthiopianRun">facebook.com/GreatEthiopianRun</a>	FEB
 <b>FALKLAND ISLANDS</b>	
<b>Standard Chartered Stanley Marathon</b> Simon Fenton E: <a href="mailto:bank.info@sc.com">bank.info@sc.com</a> W: <a href="http://www.standardchartered.com/fk/events/marathon">www.standardchartered.com/fk/events/marathon</a>	MAR
 <b>FAROE ISLANDS</b>	
<b>Atlantic Airways Tórshavn Marathon</b> Hergerd Heldarskarod E: <a href="mailto:hheldarskard@gmail.com">hheldarskard@gmail.com</a> W: <a href="http://www.torshavnmarathon.com">www.torshavnmarathon.com</a>	JUN
 <b>FUJI</b>	
<b>Island Chill Suva Marathon</b> Gina Houg Lee E: <a href="mailto:president@suvamarathon.org">president@suvamarathon.org</a> W: <a href="http://www.suvamarathon.org">www.suvamarathon.org</a>	JUL

 <b>FINLAND</b>	
<b>Helsinki City Marathon</b> Markku Haverinen E: <a href="mailto:maraton@sul.fi">maraton@sul.fi</a> W: <a href="http://www.helsinkicityrunningday.fi">www.helsinkicityrunningday.fi</a> fb: <a href="https://facebook.com/HelsinkiCityMarathon">facebook.com/HelsinkiCityMarathon</a>	MAY
<b>*Helsinki Half Marathon</b> Tapani Virtanen E: <a href="mailto:info@helsinkihalfmarathon.fi">info@helsinkihalfmarathon.fi</a> W: <a href="http://www.helsinkihalfmarathon.fi">www.helsinkihalfmarathon.fi</a> fb: <a href="https://facebook.com/helsinkihalfmarathon">facebook.com/helsinkihalfmarathon</a>	JUN
<b>*Helsinki Marathon</b> Tapani Virtanen E: <a href="mailto:info@helsinkihalfmarathon.fi">info@helsinkihalfmarathon.fi</a> W: <a href="http://www.helsinkihalfmarathon.fi">www.helsinkihalfmarathon.fi</a> fb: <a href="https://facebook.com/helsinkihalfmarathon/">facebook.com/helsinkihalfmarathon/</a>	AUG
 <b>FRANCE</b>	
<b>French Riviera Marathon Nice-Cannes</b> Hugues Lelievre E: <a href="mailto:communication@azur-sport.org">communication@azur-sport.org</a> W: <a href="http://www.paavonurmimmarathon.fi">www.paavonurmimmarathon.fi</a> fb: <a href="https://on.fb.me/1SlsUaQ">on.fb.me/1SlsUaQ</a>	NOV
<b>Schneider Electric Marathon de Paris</b> Edouard Cassignol E: <a href="mailto:parismarathon@aso.fr">parismarathon@aso.fr</a> W: <a href="http://www.schneiderelectricparismarathon.com">www.schneiderelectricparismarathon.com</a> fb: <a href="https://facebook.com/parismarathon">facebook.com/parismarathon</a>	APR
<b>Serge Vigot La Rochelle Int'l Marathon</b> Maury Nicolas E: <a href="mailto:info@marathondelarochelle.com">info@marathondelarochelle.com</a> W: <a href="http://marathondelarochelle.com">marathondelarochelle.com</a> fb: <a href="https://facebook.com/marathonLR">facebook.com/marathonLR</a>	NOV
<b>St Denis Half Marathon – La Voie Royale</b> Thierry Vernay / Antonio Agostinho E: <a href="mailto:info@wanago.com">info@wanago.com</a> W: <a href="http://www.lavoieroyale.fr">www.lavoieroyale.fr</a> fb: <a href="https://facebook.com/semimarathon.saintdenis/">facebook.com/semimarathon.saintdenis/</a>	OCT
<b>Gulf of St Tropez Marathon</b> Fabien Carcuac E: <a href="mailto:mail@azur-sport.org">mail@azur-sport.org</a> W: <a href="http://www.marathondugolfedesainttropez.com/uk/index.htm">www.marathondugolfedesainttropez.com/uk/index.htm</a> fb: <a href="https://bit.ly/2V2pGBZ">bit.ly/2V2pGBZ</a>	MAR
 <b>FYR MACEDONIA</b>	
<b>Wizz Air Skopje Marathon</b> Kire Sinadinovski E: <a href="mailto:kire@skopskimarathon.com.mk">kire@skopskimarathon.com.mk</a> W: <a href="http://www.skopjemarathon.com">www.skopjemarathon.com</a> fb: <a href="https://facebook.com/skopskimarathon">facebook.com/skopskimarathon</a>	MAY
 <b>GEORGIA</b>	
<b>The Great Batumi Night Race</b> Peter Gottwald E: <a href="mailto:info@batumi-marathon.com">info@batumi-marathon.com</a> W: <a href="http://batumi-marathon.com">batumi-marathon.com</a>	APR
<b>HeidelbergCement Tbilisi Half Marathon</b> Peter Gottwald E: <a href="mailto:info@tbilisimarathon.ge">info@tbilisimarathon.ge</a> W: <a href="http://www.tbilisimarathon.ge">www.tbilisimarathon.ge</a> fb: <a href="https://facebook.com/Tbilisimarathon">facebook.com/Tbilisimarathon</a>	SEP
 <b>GERMANY</b>	
<b>Halfmarathon Altötting</b> Guenther Vogl E: <a href="mailto:halbmarathon@gmx.de">halbmarathon@gmx.de</a> W: <a href="http://www.halbmarathon.de">www.halbmarathon.de</a> fb: <a href="https://bit.ly/2DtbBhf">bit.ly/2DtbBhf</a>	SEP
<b>BMW Berlin-Marathon</b> Mark Milde W: <a href="http://www.bmw-berlin-marathon.com">www.bmw-berlin-marathon.com</a> fb: <a href="https://facebook.com/berlinmarathon">facebook.com/berlinmarathon</a>	SEP





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# Race contact details


Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

<b>Generali Berlin Half Marathon</b> Mark Milde W: <a href="http://www.generali-berliner-halbmarathon.de">www.generali-berliner-halbmarathon.de</a> fb: <a href="https://facebook.com/berlinerhalbmarathon">facebook.com/berlinerhalbmarathon</a>	APR
<b>RheinEnergieMarathon Cologne</b> Markus Frisch E: <a href="mailto:info@koeln-marathon.de">info@koeln-marathon.de</a> W: <a href="http://www.cologne-marathon.com">www.cologne-marathon.com</a> fb: <a href="https://facebook.com/koelnmarathon">facebook.com/koelnmarathon</a>	OCT
<b>METRO Marathon Düsseldorf</b> Sonja Oberem E: <a href="mailto:info@rhein-marathon.de">info@rhein-marathon.de</a> W: <a href="http://www.metro-marathon.de">www.metro-marathon.de</a> fb: <a href="https://bit.ly/2mIOKT2">bit.ly/2mIOKT2</a>	APR
<b>Mainova Frankfurt Marathon</b> Jo Schindler E: <a href="mailto:mail@frankfurt-marathon.com">mail@frankfurt-marathon.com</a> W: <a href="http://www.frankfurt-marathon.com">www.frankfurt-marathon.com</a> fb: <a href="https://facebook.com/ffmmarathon">facebook.com/ffmmarathon</a>	OCT
<b>hella hamburg halbmarathon</b> Karsten Schölermann E: <a href="mailto:info@hamburg-halbmarathon.de">info@hamburg-halbmarathon.de</a> W: <a href="http://www.hamburg-halbmarathon.de">www.hamburg-halbmarathon.de</a> fb: <a href="https://facebook.com/events/1490397887732080/">facebook.com/events/1490397887732080/</a>	JUN
<b>Haspa Marathon Hamburg</b> Frank Thaleiser E: <a href="mailto:service@marathonhamburg.de">service@marathonhamburg.de</a> W: <a href="http://www.haspa-marathon-hamburg.de">www.haspa-marathon-hamburg.de</a> fb: <a href="https://facebook.com/haspamarathonhamburg">facebook.com/haspamarathonhamburg</a>	APR
<b>HAJ Hannover Marathon</b> Stefanie Eichel E: <a href="mailto:kontakt@marathon-hannover.de">kontakt@marathon-hannover.de</a> W: <a href="http://www.marathon-hannover.de">www.marathon-hannover.de</a> fb: <a href="https://facebook.com/MarathonHannover">facebook.com/MarathonHannover</a>	APR
<b>Generali München Marathon</b> Gernot Weigl E: <a href="mailto:service@generalimuennenmarathon.de">service@generalimuennenmarathon.de</a> W: <a href="http://www.generalimuennenmarathon.de">www.generalimuennenmarathon.de</a> fb: <a href="https://facebook.com/generalimuennenmarathon">facebook.com/generalimuennenmarathon</a>	OCT
<b>Volksbank-Münster-Marathon</b> Michael Brinkmann E: <a href="mailto:info@volksbank-muenster-marathon.de">info@volksbank-muenster-marathon.de</a> W: <a href="http://www.volksbank-muenster-marathon.de">www.volksbank-muenster-marathon.de</a> fb: <a href="https://on.fb.me/1bWyliv">on.fb.me/1bWyliv</a>	SEP
<b>iWelt Marathon Wuerzburg</b> Gunter Herrmann E: <a href="mailto:g.herrmann@wuerzburg-marathon.de">g.herrmann@wuerzburg-marathon.de</a> W: <a href="http://www.wuerzburg-marathon.de">www.wuerzburg-marathon.de</a> fb: <a href="https://facebook.com/Wuerzburg.Marathon">facebook.com/Wuerzburg.Marathon</a>	MAY
<b>Deep RiverRock Belfast City Marathon</b> Claire O'Neill E: <a href="mailto:elaine.riddell@belfastcitymarathon.org">elaine.riddell@belfastcitymarathon.org</a> W: <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a> fb: <a href="https://on.fb.me/1bWynjv">on.fb.me/1bWynjv</a>	MAY
<b>Cardiff Half Marathon</b> Steve Brace E: <a href="mailto:cardiffhalfmarathon@run4wales.org">cardiffhalfmarathon@run4wales.org</a> W: <a href="http://www.cardiffhalfmarathon.co.uk">www.cardiffhalfmarathon.co.uk</a> fb: <a href="https://facebook.com/Cardiffhalf">facebook.com/Cardiffhalf</a>	OCT
<b>Baxters Loch Ness Marathon &amp; Festival of Running</b> Malcolm Sutherland E: <a href="mailto:info@lochnessmarathon.com">info@lochnessmarathon.com</a> W: <a href="http://www.lochnessmarathon.com">www.lochnessmarathon.com</a> fb: <a href="https://facebook.com/lochnessmarathon">facebook.com/lochnessmarathon</a>	OCT
<b>Milton Keynes Marathon &amp; Half</b> Andrew Hully E: <a href="mailto:run@miltonkeynesmarathon.co.uk">run@miltonkeynesmarathon.co.uk</a> W: <a href="http://www.mkmarathon.com">www.mkmarathon.com</a> fb: <a href="https://facebook.com/MiltonKeynesMarathon">facebook.com/MiltonKeynesMarathon</a>	MAY
<b>JCP Swansea Half Marathon</b> David Martin-Jewell E: <a href="mailto:david@frontrunnerevents.co.uk">david@frontrunnerevents.co.uk</a> W: <a href="http://swanseahalfmarathon.co.uk">swanseahalfmarathon.co.uk</a> fb: <a href="https://facebook.com/SwanseaHalf">facebook.com/SwanseaHalf</a>	JUN

 <b>GREECE</b>	
<b>Athens Half Marathon</b> Evangelos Papapostolou E: <a href="mailto:info@athinahalfmarathon.gr">info@athinahalfmarathon.gr</a> W: <a href="http://www.athinahalfmarathon.gr">www.athinahalfmarathon.gr</a> fb: <a href="https://bit.ly/2bvGYfV">bit.ly/2bvGYfV</a>	MAR
<b>Int'l Marathon Alexander the Great</b> Drosos Christopoulos E: <a href="mailto:info@atgm.gr">info@atgm.gr</a> , <a href="mailto:info@alexanderthegreatmarathon.org">info@alexanderthegreatmarathon.org</a> W: <a href="http://www.alexanderthegreatmarathon.org">www.alexanderthegreatmarathon.org</a> fb: <a href="https://on.fb.me/1bWyYfY">on.fb.me/1bWyYfY</a>	APR
<b>Athens Marathon The Authentic</b> Evangelos Papapostolou E: <a href="mailto:info@athensauthenticmarathon.gr">info@athensauthenticmarathon.gr</a> W: <a href="http://www.athensauthenticmarathon.gr">www.athensauthenticmarathon.gr</a> fb: <a href="https://facebook.com/athensclassicismarathon">facebook.com/athensclassicismarathon</a>	NOV
<b>*Crete Marathon</b> E: <a href="mailto:info@crete-marathon.gr">info@crete-marathon.gr</a> W: <a href="http://www.crete-marathon.gr">www.crete-marathon.gr</a> fb: <a href="https://facebook.com/cretemarathon">facebook.com/cretemarathon</a>	APR
<b>*Mykonos Run</b> Christina Nikolopoulou E: <a href="mailto:outloudevents@yahooh.gr">outloudevents@yahooh.gr</a> W: <a href="http://www.mykonosrun.com">www.mykonosrun.com</a>	SEP
<b>*Nafplio Marathon</b> Evangelos Papapostolou E: <a href="mailto:info@nafpliomarathon.gr">info@nafpliomarathon.gr</a> W: <a href="http://www.nafpliomarathon.gr">www.nafpliomarathon.gr</a> fb: <a href="https://on.fb.me/1DXeYsT">on.fb.me/1DXeYsT</a>	MAR
<b>*Rhodes Marathon</b> Nikolaos Polias E: <a href="mailto:info@rhodesmarathon.gr">info@rhodesmarathon.gr</a> W: <a href="http://www.rhodesmarathon.gr">www.rhodesmarathon.gr</a> fb: <a href="https://facebook.com/roads2rhodes">facebook.com/roads2rhodes</a>	MAY
<b>Int'l Thessaloniki Night Half Marathon</b> Drosos Christopoulos E: <a href="mailto:info@thesshalfmarathon.org">info@thesshalfmarathon.org</a> W: <a href="http://www.thesshalfmarathon.org">www.thesshalfmarathon.org</a> fb: <a href="https://on.fb.me/1bWynjE">on.fb.me/1bWynjE</a>	OCT
 <b>GREENLAND</b>	
<b>Polar Circle Marathon</b> Lars Fyhr E: <a href="mailto:lf@albatros-adventure.com">lf@albatros-adventure.com</a> W: <a href="http://www.polar-circle-marathon.com">www.polar-circle-marathon.com</a> fb: <a href="https://facebook.com/polarcirclemarathon/">facebook.com/polarcirclemarathon/</a>	OCT
 <b>GUAM</b>	
<b>United Airlines Guam Marathon</b> Ben Ferguson E: <a href="mailto:info@unitedguammarathon.com">info@unitedguammarathon.com</a> W: <a href="http://www.unitedguammarathon.com">www.unitedguammarathon.com</a> fb: <a href="https://facebook.com/unitedguammarathon/">facebook.com/unitedguammarathon/</a>	APR
 <b>HONDURAS</b>	
<b>Maratón del Atlántico</b> Sergio Erick Guevara Pinto E: <a href="mailto:Sergio.guevara@yandex.com">Sergio.guevara@yandex.com</a> W: <a href="http://maratondelatlantica.run">maratondelatlantica.run</a> fb: <a href="https://facebook.com/MaratónDelAtlántico">facebook.com/MaratónDelAtlántico</a>	DEC
 <b>HONG KONG, CHINA</b>	
<b>Gammon China Coast Marathon &amp; Half</b> David Smith E: <a href="mailto:chinacoast@avohk.org">chinacoast@avohk.org</a> W: <a href="http://www.avohk.org">www.avohk.org</a>	JAN
<b>Standard Chartered Hong Kong Marathon</b> William Ko E: <a href="mailto:hkmarathon@hkaaa.com">hkmarathon@hkaaa.com</a> W: <a href="http://www.hkmarathon.com">www.hkmarathon.com</a> fb: <a href="https://facebook.com/hkmarathon">facebook.com/hkmarathon</a>	FEB
<b>Mizuno Hong Kong Half-Marathon Championships</b> Alan Wong Kim Lun E: <a href="mailto:inquiry@hkaaa.com">inquiry@hkaaa.com</a> W: <a href="http://www.hkaaa.com">www.hkaaa.com</a> fb: <a href="https://facebook.com/ilovehkaaa">facebook.com/ilovehkaaa</a>	JAN
<b>UNICEF Charity Run Half Marathon &amp; 10km</b> Lando Cheung E: <a href="mailto:lando.cheung@unicef.org.hk">lando.cheung@unicef.org.hk</a> W: <a href="http://run.unicef.org.hk">run.unicef.org.hk</a> fb: <a href="https://facebook.com/runforchildren">facebook.com/runforchildren</a>	NOV

 <b>HUNGARY</b>	
<b>Telekom Vivicittá Spring Half Marathon</b> Árpád Kocsis E: <a href="mailto:registration@budapestmarathon.com">registration@budapestmarathon.com</a> W: <a href="http://springhalfmarathon.runinbudapest.com">springhalfmarathon.runinbudapest.com</a> fb: <a href="https://facebook.com/runinbudapest/">facebook.com/runinbudapest/</a>	APR
<b>Wizz Air Budapest Half Marathon</b> Árpád Kocsis E: <a href="mailto:registration@budapestmarathon.com">registration@budapestmarathon.com</a> W: <a href="http://halfmarathon.runinbudapest.com">halfmarathon.runinbudapest.com</a> fb: <a href="https://facebook.com/runinbudapest/">facebook.com/runinbudapest/</a>	SEP
<b>SPAR Budapest Marathon Festival</b> Árpád Kocsis E: <a href="mailto:registration@budapestmarathon.com">registration@budapestmarathon.com</a> W: <a href="http://marathon.runinbudapest.com">marathon.runinbudapest.com</a> fb: <a href="https://facebook.com/runinbudapest/">facebook.com/runinbudapest/</a>	OCT
 <b>ICELAND</b>	
<b>Suzuki Midnight Sun Run</b> Hrefna Hlin Sveinbjörnsdóttir E: <a href="mailto:marathon@marathon.is">marathon@marathon.is</a> W: <a href="http://midnightrun.is">midnightrun.is</a> fb: <a href="https://facebook.com/midnightrunis">facebook.com/midnightrunis</a>	JUN
<b>Islandsbanki Reykjavik Marathon</b> Jóna Hildur Bjarnadóttir E: <a href="mailto:marathon@marathon.is">marathon@marathon.is</a> W: <a href="http://www.rmi.is/en/">www.rmi.is/en/</a> fb: <a href="https://facebook.com/Reykjavikurmarathon">facebook.com/Reykjavikurmarathon</a>	AUG
 <b>INDIA</b>	
<b>Bengaluru Midnight Marathon</b> Gul Mohamed Akbar E: <a href="mailto:gul@silverscreenfilms.in">gul@silverscreenfilms.in</a> W: <a href="http://midnightmarathon.in">midnightmarathon.in</a> fb: <a href="https://facebook.com/midnightmarathon.in">facebook.com/midnightmarathon.in</a>	DEC
<b>Shriram Properties Bengaluru Marathon</b> Nagaraj Adiga E: <a href="mailto:contact@nebsports.in">contact@nebsports.in</a> W: <a href="http://www.bengalurumarathon.in">www.bengalurumarathon.in</a> fb: <a href="https://facebook.com/marathonbengaluru/">facebook.com/marathonbengaluru/</a>	OCT
<b>TCS World 10K Bengaluru</b> Hugh Jones E: <a href="mailto:tcsworld10K@procam.in">tcsworld10K@procam.in</a> W: <a href="http://tcsworld10K.procammrunning.in">tcsworld10K.procammrunning.in</a> fb: <a href="https://facebook.com/tcsw10k">facebook.com/tcsw10k</a>	MAY
<b>Airtel Delhi Half Marathon</b> Hugh Jones E: <a href="mailto:adhmm@procam.in">adhmm@procam.in</a> , <a href="mailto:arati@procam.in">arati@procam.in</a> W: <a href="http://adhmm.procammrunning.in">adhmm.procammrunning.in</a> fb: <a href="https://facebook.com/runadhmm?fref=ts">facebook.com/runadhmm?fref=ts</a>	OCT
<b>Goa River Marathon</b> Nitin Bandekar E: <a href="mailto:nbandekar@nrbgroup.biz">nbandekar@nrbgroup.biz</a> W: <a href="http://www.goarivermarathon.com">www.goarivermarathon.com</a> fb: <a href="https://facebook.com/goarivermarathon">facebook.com/goarivermarathon</a>	NOV
<b>Airtel Hyderabad Marathon</b> Abhijeet Madnurkar E: <a href="mailto:info@marathonhyderabad.com">info@marathonhyderabad.com</a> W: <a href="http://www.airtelhyderabadmarathon.com">www.airtelhyderabadmarathon.com</a>	AUG
<b>AU Bank Jaipur Marathon</b> Mukesh Mishra E: <a href="mailto:jaipurmarathon@gmail.com">jaipurmarathon@gmail.com</a> W: <a href="http://www.marathonjaipur.com">www.marathonjaipur.com</a> fb: <a href="https://facebook.com/jaipurmarathon/">facebook.com/jaipurmarathon/</a>	FEB
<b>*Tata Steel Kolkata 25k</b> Hugh Jones E: <a href="mailto:tsk25@procam.in">tsk25@procam.in</a> , <a href="mailto:aimssec@aol.com">aimssec@aol.com</a> W: <a href="http://tsk25.procammrunning.in">tsk25.procammrunning.in</a> fb: <a href="https://facebook.com/TSKolkata25">facebook.com/TSKolkata25</a>	DEC

<b>*IDBI Federal Life Insurance Kolkata Marathon</b> Nagraj Adiga E: <a href="mailto:contact@nebsports.in">contact@nebsports.in</a> W: <a href="http://www.kolkatafullmarathon.com">www.kolkatafullmarathon.com</a> fb: <a href="https://facebook.com/kolkatafullmarathon/">facebook.com/kolkatafullmarathon/</a>	FEB
<b>Ladakh Marathon &amp; Ultra</b> Chewang Motup Goba E: <a href="mailto:info@ladakhmarathon.com">info@ladakhmarathon.com</a> W: <a href="http://www.ladakhmarathon.com">www.ladakhmarathon.com</a> fb: <a href="https://facebook.com/ladakhmarathon">facebook.com/ladakhmarathon</a>	SEP
<b>Dadi Prakashmani Mount Abu Int'l Half Marathon</b> Mukesh Mishra E: <a href="mailto:jaipurmarathon@gmail.com">jaipurmarathon@gmail.com</a> W: <a href="http://www.abumarathon.com">www.abumarathon.com</a>	AUG
<b>Tata Mumbai Marathon</b> Hugh Jones E: <a href="mailto:tatamumbaimarathon@procam.in">tatamumbaimarathon@procam.in</a> , <a href="mailto:arati@procam.in">arati@procam.in</a> W: <a href="http://tatamumbaimarathon.procamm.in">tatamumbaimarathon.procamm.in</a> fb: <a href="https://facebook.com/TataMumMarathon/">facebook.com/TataMumMarathon/</a>	JAN
<b>*IDBI Federal Life Insurance Mumbai Half Marathon</b> Nagaraj Adiga E: <a href="mailto:contact@nebsports.in">contact@nebsports.in</a> W: <a href="http://www.mumbaihalfmarathon.com">www.mumbaihalfmarathon.com</a> fb: <a href="https://facebook.com/MumbaiHM/">facebook.com/MumbaiHM/</a>	AUG
<b>Tridhaa Navi Mumbai Half Marathon</b> Siddarth Gupta E: <a href="mailto:sid@sportsunited.in">sid@sportsunited.in</a> W: <a href="http://www.navimumbaihalfmarathon.com">www.navimumbaihalfmarathon.com</a>	FEB
<b>IDBI Federal Life Insurance New Delhi Marathon</b> Nagaraj Adiga E: <a href="mailto:contact@nebsports.in">contact@nebsports.in</a> W: <a href="http://www.newdelhimarathon.com">www.newdelhimarathon.com</a> fb: <a href="https://facebook.com/newdelhimarathon/">facebook.com/newdelhimarathon/</a>	FEB
<b>Cairn Pink City Half Marathon</b> Roop Betala E: <a href="mailto:racedirector@cairnppchm.in">racedirector@cairnppchm.in</a> W: <a href="http://www.cairnppchm.com">www.cairnppchm.com</a> fb: <a href="https://facebook.com/PinkCityMarathon/">facebook.com/PinkCityMarathon/</a>	DEC
<b>Pune Int'l Marathon</b> Rohan More E: <a href="mailto:office.pimt@gmail.com">office.pimt@gmail.com</a> W: <a href="http://www.marathonpune.com">www.marathonpune.com</a> fb: <a href="https://facebook.com/marathonpune">facebook.com/marathonpune</a>	DEC
<b>Satara Hill Half Marathon</b> Devdatta Deo E: <a href="mailto:drdevdattadeo@gmail.com">drdevdattadeo@gmail.com</a> W: <a href="http://www.shhm.co.in">www.shhm.co.in</a> fb: <a href="https://facebook.com/SataraHillMarathon">facebook.com/SataraHillMarathon</a>	SEP
<b>CNS Solapur Half Marathon</b> Vikram Dabade E: <a href="mailto:vikramdabade40@gmail.com">vikramdabade40@gmail.com</a> W: <a href="http://www.solapurmarathon.com">www.solapurmarathon.com</a>	JAN
<b>*Tarblazer 42.2</b> S. Shashidhar E: <a href="mailto:shashi@sportman.in">shashi@sportman.in</a> W: <a href="http://www.sportman.in/tarblazer/">www.sportman.in/tarblazer/</a> fb: <a href="https://facebook.com/hellosportman/">facebook.com/hellosportman/</a>	OCT
<b>MG Vadodara Int'l Marathon</b> Sameer Khera E: <a href="mailto:samkhera@gmail.com">samkhera@gmail.com</a> W: <a href="http://www.vadodaramarathon.com">www.vadodaramarathon.com</a> fb: <a href="https://facebook.com/VadodaraMarathon">facebook.com/VadodaraMarathon</a>	JAN
<b>Vizag Navy Marathon</b> Murali Nannapaneni E: <a href="mailto:medflight@gmail.com">medflight@gmail.com</a> W: <a href="http://www.vizagnavyamrathon.com">www.vizagnavyamrathon.com</a>	NOV
 <b>INDONESIA</b>	
<b>Maybank Bali Marathon</b> Wahyu Rizky E: <a href="mailto:info@balimarathon.com">info@balimarathon.com</a> W: <a href="http://www.balimarathon.com">www.balimarathon.com</a> fb: <a href="https://facebook.com/BaliMarathon">facebook.com/BaliMarathon</a>	SEP
<b>Borobudur Marathon</b> Andreas Kansil E: <a href="mailto:andreas@pandaraspports.com">andreas@pandaraspports.com</a> W: <a href="http://borobudurmarathon.com">borobudurmarathon.com</a> fb: <a href="https://facebook.com/BorobudurMarathon2019/">facebook.com/BorobudurMarathon2019/</a>	NOV

<b>Jakarta Marathon</b> Andry Setiawan E: <a href="mailto:andry@inspirogroup.co.id">andry@inspirogroup.co.id</a> W: <a href="http://www.thejakartamarathon.com">www.thejakartamarathon.com</a> fb: <a href="https://facebook.com/TheJKTMarathon">facebook.com/TheJKTMarathon</a>	OCT
 <b>IRAQ</b>	
<b>Erbil Marathon</b> Abdulsattar Younus E: <a href="mailto:erbilmarathon@yahoo.com">erbilmarathon@yahoo.com</a> W: <a href="http://www.erbilmarathon.org">www.erbilmarathon.org</a> fb: <a href="https://on.fb.me/1JfR5">on.fb.me/1JfR5</a>	OCT
 <b>IRELAND</b>	
<b>Cork City Marathon</b> Jim O'Donovan E: <a href="mailto:info@corkcitymarathon.ie">info@corkcitymarathon.ie</a> W: <a href="http://www.corkcitymarathon.ie">www.corkcitymarathon.ie</a> fb: <a href="https://facebook.com/corkcitymarathon/">facebook.com/corkcitymarathon/</a>	MAY
<b>KBC Dublin Marathon</b> Jim Aughney E: <a href="mailto:office@dublinmarathon.ie">office@dublinmarathon.ie</a> W: <a href="http://kbc.dublinmarathon.ie">kbc.dublinmarathon.ie</a> fb: <a href="https://facebook.com/dublinmarathon">facebook.com/dublinmarathon</a>	OCT
<b>Longford Marathon</b> Ciaran McGovern E: <a href="mailto:info@longfordmarathon.com">info@longfordmarathon.com</a> W: <a href="http://www.longfordmarathon.com">www.longfordmarathon.com</a> fb: <a href="https://facebook.com/longfordmarathon">facebook.com/longfordmarathon</a>	AUG
<b>Waterford Viking Marathon</b> Joe Cawley E: <a href="mailto:info@waterfordvikingmarathon.com">info@waterfordvikingmarathon.com</a> W: <a href="http://www.waterfordvikingmarathon.com">www.waterfordvikingmarathon.com</a> fb: <a href="https://on.fb.me/1HWuFDI">on.fb.me/1HWuFDI</a>	JUN
<b>World Marathon Challenge</b> Richard Donovan E: <a href="mailto:rd@worldmarathonchallenge.com">rd@worldmarathonchallenge.com</a> W: <a href="http://www.worldmarathonchallenge.com">www.worldmarathonchallenge.com</a>	FEB
 <b>ISRAEL</b>	
<b>*Dead Sea Marathon Israel</b> Ophir Kandler E: <a href="mailto:ophir@forum-faktor.co.il">ophir@forum-faktor.co.il</a> W: <a href="http://deadsea.run">deadsea.run</a> fb: <a href="https://facebook.com/deadseamarathon/">facebook.com/deadseamarathon/</a>	FEB
<b>Eilat Full Desert Marathon</b> Ofer Padan E: <a href="mailto:info@marathonisrael.co.il">info@marathonisrael.co.il</a> W: <a href="http://www.desertrun.co.il">www.desertrun.co.il</a> fb: <a href="https://facebook.com/desertrun.co.il/">facebook.com/desertrun.co.il/</a> <i>Course not measurable to AIMS standards</i>	NOV
<b>Jerusalem Marathon, Half &amp; 10k</b> Simon Avraham E: <a href="mailto:JEM@target-market.co.il">JEM@target-market.co.il</a> W: <a href="http://www.jerusalem-marathon.com">www.jerusalem-marathon.com</a> fb: <a href="https://on.fb.me/WCYX0j">on.fb.me/WCYX0j</a>	MAR
<b>Tel Aviv Samsung Marathon</b> Ofer Shyrit "Kapaim" E: <a href="mailto:marathon@kapaim.co.il">marathon@kapaim.co.il</a> W: <a href="http://www.tvmarathon.co.il">www.tvmarathon.co.il</a> fb: <a href="https://facebook.com/TelAvivMarathon">facebook.com/TelAvivMarathon</a>	FEB
<b>Sea of Galilee Tiberias Marathon</b> Doron Amir E: <a href="mailto:dorona88@gmail.com">dorona88@gmail.com</a> W: <a href="http://www.tiberiasmarathon.com">www.tiberiasmarathon.com</a> fb: <a href="https://facebook.com/TiberiasMarathonIL">facebook.com/TiberiasMarathonIL</a>	JAN
 <b>ITALY</b>	
<b>Dogi's Half Marathon</b> Luigino Molena E: <a href="mailto:info@dogishalfmarathon.it">info@dogishalfmarathon.it</a> W: <a href="http://www.dogishalfmarathon.it">www.dogishalfmarathon.it</a> fb: <a href="https://facebook.com/dogishalfmarathon/">facebook.com/dogishalfmarathon/</a>	APR
<b>Firenze Marathon</b> Giancarlo Romiti E: <a href="mailto:staff@firenzemarathon.it">staff@firenzemarathon.it</a> W: <a href="http://www.firenzemarathon.it">www.firenzemarathon.it</a> fb: <a href="https://on.fb.me/1lpsOz8">on.fb.me/1lpsOz8</a>	NOV
<b>10k Garda Trentino</b> Sandro Poli E: <a href="mailto:polisandro@hotmail.com">polisandro@hotmail.com</a> W: <a href="http://www.trentinoeventi.it">www.trentinoeventi.it</a>	NOV
<b>Gensan Giulietta &amp; Romeo Half Marathon</b> Stefano Stanzial E: <a href="mailto:matteo@veronamarathon.it">matteo@veronamarathon.it</a> W: <a href="http://www.giuliettaeromeohalfmarathon.it">www.giuliettaeromeohalfmarathon.it</a> fb: <a href="https://facebook.com/veronamarathon">facebook.com/veronamarathon</a>	FEB



## A fairy-tale Danish marathon for everyone

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

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

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

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

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

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

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

[www.hcamarathon.dk](http://www.hcamarathon.dk)



27 September 2020

Billund Copenhagen Odense Hamburg

Denmarks Fairytale Marathon in Odense

# H.C. Andersen Marathon

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# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

**SPORTWAY Lake Maggiore Marathon** NOV  
Paolo Ottone  
E: [LMM@pro-motion.it](mailto:LMM@pro-motion.it)  
W: [www.lagomaggioremarchon.com](http://www.lagomaggioremarchon.com)  
fb: [facebook.com/lagomaggiore.marathon](https://facebook.com/lagomaggiore.marathon)

**NEXIA AUDIREVI Lake Maggiore Half Marathon & 10K** APR  
Paolo Ottone  
E: [LMM@pro-motion.it](mailto:LMM@pro-motion.it)  
W: [www.LMMH.it](http://www.LMMH.it)  
fb: [facebook.com/lagomaggiore.marathon](https://facebook.com/lagomaggiore.marathon)

**Generali Milano Marathon** APR  
Andrea Trabuo  
E: [info@milanomathon.it](mailto:info@milanomathon.it)  
W: [www.milanomathon.it](http://www.milanomathon.it)  
fb: [facebook.com/MilanoMarathon](https://facebook.com/MilanoMarathon)

**Moonlight Half Marathon** MAY  
Piero Rosa Salva  
E: [info@venicemarathon.it](mailto:info@venicemarathon.it)  
W: [www.moonlighthalfmarathon.it](http://www.moonlighthalfmarathon.it)  
fb: [on.fb.me/1zhSboz](https://on.fb.me/1zhSboz)

**\*Napoli City Half Marathon** FEB  
Carlo Capalbo  
E: [info@napolirunning.com](mailto:info@napolirunning.com)  
W: [www.napolirunning.com](http://www.napolirunning.com)  
fb: [facebook.com/napolirunning](https://facebook.com/napolirunning)

**Padova Marathon** APR  
Leopoldo Destro  
E: [info@padovamarathon.com](mailto:info@padovamarathon.com)  
W: [www.padovamarathon.com](http://www.padovamarathon.com)  
fb: [bit.ly/2h0vdjZ](https://bit.ly/2h0vdjZ)

**Pisa Marathon** DEC  
Andrea Maggini  
E: [info@1063ad.it](mailto:info@1063ad.it)  
W: [www.maratonadipisa.com](http://www.maratonadipisa.com)  
fb: [facebook.com/PisaMarathon](https://facebook.com/PisaMarathon)

**Ravenna Marathon – City of Art** NOV  
Stefano Righini  
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W: [www.maratonadiravenna.com](http://www.maratonadiravenna.com)  
fb: [facebook.com/maratonadiravenna/](https://facebook.com/maratonadiravenna/)

**Maratona di Roma** APR  
**Telesia City Trophy Int'l Road Race 10k** JUN  
Viscusi Diego  
E: [info@trofeotelesia.it](mailto:info@trofeotelesia.it)  
W: [www.trofeotelesia.it](http://www.trofeotelesia.it)  
fb: [facebook.com/trofeotelese](https://facebook.com/trofeotelese)

**\*Telesia Half Marathon** OCT  
Diego Viscusi  
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W: [www.telesiahalfmarathon.it](http://www.telesiahalfmarathon.it)  
fb: [facebook.com/telesiahalfmarathon/](https://facebook.com/telesiahalfmarathon/)

**Trento Half Marathon** OCT  
Ferruccio Demadonna  
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W: [www.trentorunningfestival.it](http://www.trentorunningfestival.it)  
fb: [facebook.com/trentorunningfestival](https://facebook.com/trentorunningfestival)

**17a Treviso Marathon** MAR  
Mauro Miani  
E: [info@trevisomathon.com](mailto:info@trevisomathon.com)  
W: [www.trevisomathon.com](http://www.trevisomathon.com)  
fb: [facebook.com/MaratonaDiTreviso](https://facebook.com/MaratonaDiTreviso)

**Trieste Running Festival** MAY  
Fabio Carini  
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W: [www.triesterunningfestival.com](http://www.triesterunningfestival.com)  
fb: [facebook.com/triesterunningfestival](https://facebook.com/triesterunningfestival)

**Maratonina Città di Udine** SEP  
Paolo Bordon  
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W: [www.maratoninadiudine.it](http://www.maratoninadiudine.it)  
fb: [facebook.com/asdmaratoninaudinese](https://facebook.com/asdmaratoninaudinese)

**Maratona di San Valentino** FEB  
Marcello Vettese  
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fb: [facebook.com/maratona.disavalentino](https://facebook.com/maratona.disavalentino)

**Venicemarathon** OCT  
Piero Rosa Salva  
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fb: [facebook.com/ASDVenicemarathon](https://facebook.com/ASDVenicemarathon)

**Verona Marathon** NOV  
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fb: [facebook.com/veronamarathon](https://facebook.com/veronamarathon)

**JAMAICA**  
**Kingston City Marathon** MAR  
Christopher Jarrett/Nicola Madden-Greig  
E: [kingstoncityrun@gmail.com](mailto:kingstoncityrun@gmail.com)  
W: [www.kingstoncityrun.com](http://www.kingstoncityrun.com)  
fb: [facebook.com/KingstonCityRun](https://facebook.com/KingstonCityRun)

**Reggae Marathon, Half & 10K** DEC  
Alfred Francis  
E: [racedirector@reggaemarathon.com](mailto:racedirector@reggaemarathon.com)  
W: [www.reggaemarathon.com](http://www.reggaemarathon.com)  
fb: [facebook.com/ReggaeMarathon](https://facebook.com/ReggaeMarathon)

**JAPAN**  
**Beppu-Oita Mainichi Marathon** FEB  
Megumi Furuichi  
E: [furuichi-m@mainichi.co.jp](mailto:furuichi-m@mainichi.co.jp)

**Lake Biwa Mainichi Marathon** MAR  
Rieko Kumagai  
E: [jigyoubu@pearl.ocn.ne.jp](mailto:jigyoubu@pearl.ocn.ne.jp)  
W: [www.lakebiwa-marathon.com](http://www.lakebiwa-marathon.com)

**Ehime Marathon** FEB  
Katsutosugu Sekiya  
E: [info@ehimemarathon.jp](mailto:info@ehimemarathon.jp)  
W: [www.ehimemarathon.jp](http://www.ehimemarathon.jp)

**Fukuoka Int'l Open Marathon Championship** DEC  
Takanori Saito  
E: [s-marathon@asahi.com](mailto:s-marathon@asahi.com)  
W: [www.fukuoka-marathon.com/en/index.html](http://www.fukuoka-marathon.com/en/index.html)

**Gifu Half Marathon** APR  
Tetsuya "Teddy" Okamura  
E: [okamura.chunichi@biz.nifty.jp](mailto:okamura.chunichi@biz.nifty.jp)  
W: [www.gifu-marathon.jp](http://www.gifu-marathon.jp)  
fb: [facebook.com/gifu.marathon](https://facebook.com/gifu.marathon)

**Hokkaido Marathon** AUG  
Keita Setaka  
E: [setaka@hokkaido-np.co.jp](mailto:setaka@hokkaido-np.co.jp)  
W: [www.hokkaido-marathon.com](http://www.hokkaido-marathon.com)  
fb: [facebook.com/hokkaidomarathon](https://facebook.com/hokkaidomarathon)

**Kagawa Marugame Int'l Half Marathon** FEB  
Masaharu Kaji  
E: [marugame-half@aroma.ocn.ne.jp](mailto:marugame-half@aroma.ocn.ne.jp)  
W: [www.km-half.com](http://www.km-half.com)  
fb: [bit.ly/2mrs5x](https://bit.ly/2mrs5x)

**\*Kanazawa Marathon** OCT  
Yuki Yoshi Yamano  
E: [marathon@city.kanazawa.lg.jp](mailto:marathon@city.kanazawa.lg.jp)  
W: [www.kanazawa-marathon.jp](http://www.kanazawa-marathon.jp)  
fb: [facebook.com/kanazawa.marathon.soshiki](https://facebook.com/kanazawa.marathon.soshiki)

**\*Kitakyushu Marathon** FEB  
Kenji Kitahashi  
E: [toiawase@kitakyushu-marathon.jp](mailto:toiawase@kitakyushu-marathon.jp)  
W: [www.kitakyushu-marathon.jp](http://www.kitakyushu-marathon.jp)  
fb: [on.fb.me/1yPKj](https://on.fb.me/1yPKj)

**Kobe Marathon** NOV  
Toru Kawanaka  
E: [kobemarathon2@shirt.ocn.ne.jp](mailto:kobemarathon2@shirt.ocn.ne.jp)  
W: [www.kobe-marathon.net](http://www.kobe-marathon.net)  
fb: [facebook.com/Kobe.Marathon.Office](https://facebook.com/Kobe.Marathon.Office)

**Kochi Ryoma Marathon** FEB  
Masanao Ozaki  
E: [ryomamarathon@ken.kochi.lg.jp](mailto:ryomamarathon@ken.kochi.lg.jp)  
W: [www.ryoma-marathon.jp](http://www.ryoma-marathon.jp)

**Kyoto Marathon** FEB  
Masayoshi Sakoda  
E: [isono@runners.co.jp](mailto:isono@runners.co.jp)  
W: [www.kyoto-marathon.com](http://www.kyoto-marathon.com)  
fb: [facebook.com/kyoto.marathon.2019](https://facebook.com/kyoto.marathon.2019)

**Mount Fuji Marathon** NOV  
Nikkan Sports Press  
E: [m.koike@sports-info.co.jp](mailto:m.koike@sports-info.co.jp)  
W: [www.fujisan-marathon.jp](http://www.fujisan-marathon.jp)  
fb: [facebook.com/fujisanmarathon](https://facebook.com/fujisanmarathon)

**Nagano Marathon** APR  
Kouta Furuuchi  
E: [info@naganomathon.gr.jp](mailto:info@naganomathon.gr.jp)  
W: [www.naganomathon.gr.jp](http://www.naganomathon.gr.jp)  
fb: [facebook.com/naganomathon](https://facebook.com/naganomathon)

**Nagoya Women's Marathon** MAR  
Tetsuya "Teddy" Okamura  
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W: [www.womens-marathon.nagoya](http://www.womens-marathon.nagoya)  
fb: [facebook.com/nagoya.womens.marathon](https://facebook.com/nagoya.womens.marathon)

**Nara Marathon** DEC  
Shogo Arai  
E: [athletic@nara-marathon.jp](mailto:athletic@nara-marathon.jp)  
W: [www.nara-marathon.jp](http://www.nara-marathon.jp)  
fb: [facebook.com/naramarathon.jp](https://facebook.com/naramarathon.jp)

**Ohme-Hochi 30km Road Race & 10km** FEB  
Daijiro Asahara  
E: [info@ohme-marathon.jp](mailto:info@ohme-marathon.jp)  
W: [www.ohme-marathon.jp](http://www.ohme-marathon.jp)  
fb: [facebook.com/ohme.marathon](https://facebook.com/ohme.marathon)

**Osaka Marathon** DEC  
Mr. Keiji Ashihara  
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fb: [on.fb.me/1R9M2y](https://on.fb.me/1R9M2y)

**Osaka Women's Marathon** JAN  
Junji Sawada  
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W: [www.osaka-marathon.jp](http://www.osaka-marathon.jp)  
fb: [facebook.com/osakawomensmarathon/](https://facebook.com/osakawomensmarathon/)

**Saitama Int'l Marathon** DEC  
Wataru Takahashi  
E: [watr2039@yomiuri.com](mailto:watr2039@yomiuri.com)  
W: [www.saitama-international-marathon.jp](http://www.saitama-international-marathon.jp)

**Lake Saroma 100km Ultra Marathon** JUN  
Jiro Hashimoto  
E: [saroma@runners.co.jp](mailto:saroma@runners.co.jp)  
W: [www.saromablue.jp/index.shtml](http://www.saromablue.jp/index.shtml)  
fb: [facebook.com/saroma100km](https://facebook.com/saroma100km)

**KIX Senshu Int'l Marathon** FEB  
Hideki Nagafuji  
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W: [www.senshu-marathon.jp](http://www.senshu-marathon.jp)

**Tokushima Marathon** MAR  
Kamon Izumi  
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W: [www.tokushima-marathon.jp](http://www.tokushima-marathon.jp)  
fb: [facebook.com/tokushima.marathon](https://facebook.com/tokushima.marathon)

**Tokyo Marathon** MAR  
Tad Hayano  
E: [tm2020@or.knt.co.jp](mailto:tm2020@or.knt.co.jp)  
W: [www.marathon.tokyo/en/](http://www.marathon.tokyo/en/)  
fb: [facebook.com/tokyo42195.org](https://facebook.com/tokyo42195.org)

**\*Toyama Marathon** OCT  
Takakazu Ishii  
E: [tm-info@toyamamarathon.com](mailto:tm-info@toyamamarathon.com)  
W: [www.toyamamarathon.com/entry/oversea.html](http://www.toyamamarathon.com/entry/oversea.html)  
fb: [bit.ly/2qjEk6i](https://bit.ly/2qjEk6i)

**JORDAN**  
**Samsung Amman Int'l Marathon** OCT  
Lina El Kurd  
E: [l.kurd@runjordan.com](mailto:l.kurd@runjordan.com)  
W: [www.runjordan.com](http://www.runjordan.com)  
fb: [on.fb.me/1f9iRz](https://on.fb.me/1f9iRz)

**Ayla Red Sea Half Marathon** DEC  
Lina El Kurd  
E: [l.kurd@runjordan.com](mailto:l.kurd@runjordan.com)  
W: [www.runjordan.com](http://www.runjordan.com)  
fb: [on.fb.me/1f9iRz](https://on.fb.me/1f9iRz)

**LG Dead Sea Ultra Marathon** APR  
Lina El Kurd  
E: [l.kurd@runjordan.com](mailto:l.kurd@runjordan.com)  
W: [www.runjordan.com](http://www.runjordan.com)  
fb: [on.fb.me/1f9iRz](https://on.fb.me/1f9iRz)

**Petra Desert Marathon** SEP  
Lars Fyhr  
E: [lf@albatros-adventure.com](mailto:lf@albatros-adventure.com)  
W: [www.petra-desert-marathon.com](http://www.petra-desert-marathon.com)  
fb: [facebook.com/petramarathon](https://facebook.com/petramarathon)

**KAZAKHSTAN**  
**Almaty Marathon** APR  
Saltanat Kazybayeva  
E: [saltanat@almaty-marathon.kz](mailto:saltanat@almaty-marathon.kz)  
W: [www.almaty-marathon.kz](http://www.almaty-marathon.kz)  
fb: [facebook.com/almatymarathon](https://facebook.com/almatymarathon)

**Astana Marathon** SEP  
Gauhar Bramley-Fenton  
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W: [www.astana42k.com](http://www.astana42k.com)  
fb: [bit.ly/2NWYIZx](https://bit.ly/2NWYIZx)

**KENYA**  
**Standard Chartered Nairobi Marathon** OCT  
Dennis Siteney  
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W: [www.nairobimarathon.com](http://www.nairobimarathon.com)  
fb: [facebook.com/StandardCharteredKE](https://facebook.com/StandardCharteredKE)

**KOREA**  
**Chuncheon Int'l Marathon** OCT  
Hyungsuk Kim  
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W: [www.marathon.chosun.com](http://www.marathon.chosun.com)  
fb: [facebook.com/ChosunMarathon](https://facebook.com/ChosunMarathon)

**Daegu Int'l Marathon** APR  
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W: [www.marathon.daegusports.or.kr](http://www.marathon.daegusports.or.kr)  
fb: [facebook.com/daegumarathon](https://facebook.com/daegumarathon)

**Gunsan Saemangeum Int'l Marathon, 10km & 5km** APR  
Kim Bockju  
E: [kaaf5066@gmail.com](mailto:kaaf5066@gmail.com)  
W: [www.smgmara.com](http://www.smgmara.com)

**Gyeonggi Int'l Half Marathon** FEB  
We Jang Ryang  
E: [artwjr@empas.com](mailto:artwjr@empas.com)  
W: [www.ggimarathon.com](http://www.ggimarathon.com)

**Dong-A Ilbo Gyeongju Int'l Marathon** OCT  
Hyun Jin Park  
E: [joong4n2@donga.com](mailto:joong4n2@donga.com)  
W: [www.marathon.donga.com/gyeongju.html](http://www.marathon.donga.com/gyeongju.html)

**Incheon Songdo Int'l Marathon** SEP  
SooHong Woo  
E: [road42195@naver.com](mailto:road42195@naver.com)  
W: [www.songdorun.com](http://www.songdorun.com)  
fb: [bit.ly/2jeEoTY](https://bit.ly/2jeEoTY)

**Incheon Int'l Half Marathon** MAR  
Kim Bockju  
E: [kaaf5066@gmail.com](mailto:kaaf5066@gmail.com)  
W: [www.incheonmarathon.co.kr](http://www.incheonmarathon.co.kr)

**Seoul Marathon** MAR  
Hyun Jin Park  
E: [joong4n2@donga.com](mailto:joong4n2@donga.com)  
W: [www.seoul-marathon.com](http://www.seoul-marathon.com)  
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**JTBC Seoul Marathon** NOV  
E: [marathon@jtbc.co.kr](mailto:marathon@jtbc.co.kr)  
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fb: [facebook.com/2018JTBCSEOULMARATHON/](https://facebook.com/2018JTBCSEOULMARATHON/)

**KUWAIT**  
**Gulf Bank 642 Marathon** NOV  
Ahmed Almajed  
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**LATVIA**  
**Rimi Riga Marathon** MAY  
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W: [www.rimrigamarathon.com](http://www.rimrigamarathon.com)  
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**LEBANON**  
**BLOM BANK Beirut Marathon** NOV  
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fb: [facebook.com/beirutmarathon](https://facebook.com/beirutmarathon)

**LITHUANIA**  
**Citadele Kaunas Marathon** APR  
Algirdas Pukis  
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fb: [facebook.com/KaunoMaratonas](https://facebook.com/KaunoMaratonas)

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**LUXEMBOURG**  
**ING Route du Vin Half Marathon** SEP  
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fb: [bit.ly/2YR4xv](https://bit.ly/2YR4xv)

**MACAU, CHINA**  
**Galaxy Entertainment Macao Int'l Marathon** DEC  
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**\*Madagascar Marathon & Half** JUN  
Thom Gilligan  
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Course not measurable to AIMS standards

**MALAYSIA**  
**Borneo Marathon** JUN  
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**Kuala Lumpur Standard Chartered Marathon** SEP  
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**MALDIVES**  
**Thiraagu Maldives Road Race** SEP  
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**MALTA**  
**Malta Int'l Challenge Marathon** NOV  
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**MAURITIUS**  
**Mauritius Marathon** JUL  
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fb: [facebook.com/mauritiusmarathon/](https://facebook.com/mauritiusmarathon/)



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# Race contact details

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## MOROCCO

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### RAHAL Mémorial Casablanca

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### Semi Marathon Int'l de Laayoune

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### 20km & 10km Int'l de Marrakech

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## NETHERLANDS

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## NEW ZEALAND

### ASB Auckland Marathon

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# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

## NIGERIA

**Okpeke Int'l 10km Road Race** MAY  
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## NORTH POLE

**North Pole Marathon** APR  
Richard Donovan  
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*Course not measurable to AIMS standards*

## NORTHERN MARIANA ISLANDS

**Saipan Marathon** MAR  
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## NORWAY

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**Knarvikmila – The Great Fjord Run** SEP  
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**Midnight Sun Marathon** JUN  
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**BMW Oslo Marathon** SEP  
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## **PolarNight Halfmarathon** JAN

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## **3-Sjersløpet** NOV

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## **Spitsbergen Marathon** JUN

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## **Stavanger Marathon** AUG

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## OMAN

**Al Mouj Muscat Marathon** JAN  
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## PARAGUAY

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## PERU

## **Marathon Life Lima42k** MAY

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## **Peru Runners – Lima Half Marathon** SEP

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## POLAND

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## **PZU Cracovia Royal Half Marathon** OCT

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## **Pila Int'l Half Marathon** SEP

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## **Silesia Marathon** OCT

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## **PKO Wrocław Night Half Marathon** JUN

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## **Discoveries Half Marathon** DEC

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## **Funchal Marathon** JAN

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## **El Corte Inglés São Silvestre de Lisboa** DEC

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# #runGMM

## OCT 11<sup>TH</sup> 2020

### MARATHON | HALFMARATHON 10K RUN | MARATHON RELAY

[www.generalimuenchenmarathon.de/](http://www.generalimuenchenmarathon.de/)






# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

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## REPUBLIC OF SOUTH AFRICA

## The Big Five Marathon

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## Comrades Marathon

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## Old Mutual Two Oceans Marathon

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## Raiffeisen Bank Bucharest Marathon

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## Volkswagen Bucharest Half Marathon

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## Wizz Air Cluj-Napoca Marathon

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*Course not measurable to AIMS standards*

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## SPB Half Marathon. The Northern Capital

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## Siberian Ice Half Marathon

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## Galaxy Vladivostok Marathon

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## White Nights Marathon

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## Kigali International Peace Marathon

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## SERBIA

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## Novi Sad Marathon

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## SEYCHELLES

## Seychelles Eco-Friendly Marathon

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## SINGAPORE

## Standard Chartered Singapore Marathon

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## Košice Peace Marathon

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## Volkswagen Ljubljana Marathon

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*Course not measurable to AIMS standards*

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fb: [facebook.com/stockholmhalfmarathon](https://facebook.com/stockholmhalfmarathon)

## ASICS Stockholm Marathon

Ulf Saletti  
E: [info@stockholmmarathon.se](mailto:info@stockholmmarathon.se)  
W: [www.stockholmmarathon.se](http://www.stockholmmarathon.se)  
fb: [facebook.com/stockholmmarathon.se](https://facebook.com/stockholmmarathon.se)

## SWITZERLAND

## Harmony Genève Marathon for Unicef

Benjamin Chandelier  
E: [info@genevemarathon.org](mailto:info@genevemarathon.org)  
W: [www.harmonygenevemarathon.com/how-to-enter](http://www.harmonygenevemarathon.com/how-to-enter)  
fb: [facebook.com/GeneveMarathon](https://facebook.com/GeneveMarathon)

## Greifenseelauf Uster

Markus Ryffel  
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W: [www.greifenseelauf.ch](http://www.greifenseelauf.ch)  
fb: [facebook.com/greifenseelauf](https://facebook.com/greifenseelauf)

## Jungfrau-Marathon

Patrick Wieser  
E: [info@jungfrau-marathon.ch](mailto:info@jungfrau-marathon.ch)  
W: [www.jungfrau-marathon.ch](http://www.jungfrau-marathon.ch)  
fb: [facebook.com/JungfrauMarathon](https://facebook.com/JungfrauMarathon)  
*Course not measurable to AIMS standards*

## Lausanne Marathon

Josette Bruchez  
E: [info@lausanne-marathon.com](mailto:info@lausanne-marathon.com)  
W: [www.lausanne-marathon.com](http://www.lausanne-marathon.com)  
fb: [facebook.com/LausanneMarathon](https://facebook.com/LausanneMarathon)

## Neujahrsmarathon Zürich

Roger Kaufmann  
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W: [www.neujahrsmarathon.ch](http://www.neujahrsmarathon.ch)  
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## SwissCityMarathon - Lucerne

Reto Schorno  
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W: [www.swisscitymarathon.ch](http://www.swisscitymarathon.ch)  
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## Swissalpine

Andrea Tuffi  
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W: [www.swissalpine.ch](http://www.swissalpine.ch)  
fb: [facebook.com/swissalpinavedavos](https://facebook.com/swissalpinavedavos)  
*Course not measurable to AIMS standards*

## Gornergrat Zermatt Marathon

Andrea Schneider  
E: [info@zermattmarathon.ch](mailto:info@zermattmarathon.ch)  
W: [www.zermattmarathon.ch](http://www.zermattmarathon.ch)  
fb: [facebook.com/zermattmarathon](https://facebook.com/zermattmarathon)

## Zürich Marathon

E: [info@zuerichmarathon.ch](mailto:info@zuerichmarathon.ch)  
W: [www.zuerichmarathon.ch](http://www.zuerichmarathon.ch)  
fb: [facebook.com/zurichmarathon](https://facebook.com/zurichmarathon)

## TAJIKISTAN

## Dushanbe International Half Marathon

Dilshod Kurbanov  
E: [dushanbemarathon2011@mail.ru](mailto:dushanbemarathon2011@mail.ru)  
W: [www.dushanbe-marathon.com](http://www.dushanbe-marathon.com)

## TANZANIA

## Kilimanjaro Marathon

John Addison  
E: [info@kilimanjaromarathon.com](mailto:info@kilimanjaromarathon.com)  
W: [www.kilimanjaromarathon.com](http://www.kilimanjaromarathon.com)  
fb: [facebook.com/kilimanjaromarathon/](https://facebook.com/kilimanjaromarathon/)

## THAILAND

## BDMS Bangkok Marathon

Manus Klaimanee  
E: [admin@bkkmarathon.com](mailto:admin@bkkmarathon.com)  
W: [www.bkkmarathon.com](http://www.bkkmarathon.com)  
fb: [facebook.com/Bkkmarathon](https://facebook.com/Bkkmarathon)

## Bangkok Midnight Marathon

Boonperm Intanapasat  
E: [pom@moveasia.co.th](mailto:pom@moveasia.co.th)  
W: [www.bangkokmidnightmarathon.com](http://www.bangkokmidnightmarathon.com)  
fb: [facebook.com/Bangkokmidnightmarathon/](https://facebook.com/Bangkokmidnightmarathon/)

## \*Bangsaen21 Half Marathon

Rut Jir





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# Race contact details

Race Directors: Send updated race contact details to [update@aims-worldrunning.org](mailto:update@aims-worldrunning.org)

\* Associate member

## THAI SIKH RUN FEB

Mr. Jasvinder Sachdev  
E: [mpolanan@gmail.com](mailto:mpolanan@gmail.com)  
W: [www.thaisikhrun.com](http://www.thaisikhrun.com)

## TRINIDAD & TOBAGO

**UWI SPEC Int'l Half Marathon** OCT  
Grace Jackson  
E: [specinfo@sta.uwi.edu](mailto:specinfo@sta.uwi.edu)  
W: [sta.uwi.edu/spec/marathon](http://sta.uwi.edu/spec/marathon)  
fb: [facebook.com/UWISPEC](https://facebook.com/UWISPEC)

## TUNISIA

**\*Semi Marathon Int'l de Sfax** APR  
Mounir ben Belguith  
E: [contact@smisfax.com](mailto:contact@smisfax.com)  
W: [www.smisfax.com](http://www.smisfax.com)

**\*The Carthage Race Int'l Marathon** FEB  
Naamen Bouhamed  
E: [info@the-carthage-race.com](mailto:info@the-carthage-race.com)  
W: [www.sportsmedevents.tn](http://www.sportsmedevents.tn)  
fb: [facebook.com/TheCarthageRace/](https://facebook.com/TheCarthageRace/)

**Sfax Marathon Olive Trees** NOV  
Naamen Bouhamed  
E: [contact@sports-med-events.com](mailto:contact@sports-med-events.com)  
W: [www.sportsmedevents.tn](http://www.sportsmedevents.tn)  
fb: [bit.ly/20VpGLC](https://bit.ly/20VpGLC)

**Marathon COMAR de Tunis – Carthage** DEC  
M. Lotfi Ben Haj Kacem  
E: [dg@comar.tn](mailto:dg@comar.tn), [marathon@comar.tn](mailto:marathon@comar.tn), [marketing@comar.tn](mailto:marketing@comar.tn)  
W: [www.marathon-comar.tn](http://www.marathon-comar.tn)  
fb: [facebook.com/comarmarathon/](https://facebook.com/comarmarathon/)

**\*Tunisia Women's Run Int'l Half** APR  
Naamen Bouhamed  
E: [naamen-bouhamed@sports-med-events.com](mailto:naamen-bouhamed@sports-med-events.com)  
W: [www.sportsmedevents.tn](http://www.sportsmedevents.tn)

## TURKEY

**Runatolia Marathon (Half + 10km)** MAR  
Esma Ilteray  
E: [info@runatolia.com](mailto:info@runatolia.com)  
W: [www.runatolia.com](http://www.runatolia.com)  
fb: [facebook.com/Runatolia](https://facebook.com/Runatolia)

**Vodafone İstanbul Half Marathon** APR  
I. Renay Onur  
E: [renay.onur@spor.istanbul](mailto:renay.onur@spor.istanbul)  
W: [www.yarimaraton.istanbul](http://www.yarimaraton.istanbul)  
fb: [on.fb.me/10YHCP2](https://on.fb.me/10YHCP2)

**Vodafone İstanbul Marathon** NOV  
I. Renay Onur  
E: [renay.onur@spor.istanbul](mailto:renay.onur@spor.istanbul)  
W: [www.maraton.istanbul](http://www.maraton.istanbul)  
fb: [on.fb.me/1Ra8pQ](https://on.fb.me/1Ra8pQ)

## U.S. VIRGIN ISLANDS

**The St. Croix Int'l Marathon** DEC  
Wallace Williams  
E: [wallacewilliams@msn.com](mailto:wallacewilliams@msn.com)  
W: [virginislandspace.org/stxmarathon2019.html](http://virginislandspace.org/stxmarathon2019.html)

## UKRAINE

**Bila Tserkva Marathon** OCT  
Sergey Bocharov  
E: [org@bc-marathon.org.ua](mailto:org@bc-marathon.org.ua)  
W: [www.bc-marathon.org.ua](http://www.bc-marathon.org.ua)  
fb: [on.fb.me/1oW8Xmp8](https://on.fb.me/1oW8Xmp8)

**Wizz Air Kyiv City Marathon** OCT  
Dmitro Chernitsky  
E: [registration@runukraine.org](mailto:registration@runukraine.org)  
W: [www.kyivmarathon.org](http://www.kyivmarathon.org)  
fb: [facebook.com/kyivmarathon/?fref=ts](https://facebook.com/kyivmarathon/?fref=ts)

## UNITED ARAB EMIRATES

**Abu Dhabi "Yes I Can" 10km Int'l** MAR  
Rachid Ben Meziane  
E: [info@2cras.com](mailto:info@2cras.com)  
W: [www.running.ma](http://www.running.ma)

## ADNOC Abu Dhabi Marathon DEC

Andrea Trabuio  
E: [andrea.trabuio@rcs.it](mailto:andrea.trabuio@rcs.it)  
W: [www.adnocabudhabimarathon.com](http://www.adnocabudhabimarathon.com)  
fb: [facebook.com/ADNOCADmarathon/](https://facebook.com/ADNOCADmarathon/)

**The Ras Al Khaimah Half Marathon** FEB  
Andrea Trabuio  
E: [andrea.trabuio@rcs.it](mailto:andrea.trabuio@rcs.it)  
W: [therakhalfmarathon.com](http://therakhalfmarathon.com)  
fb: [facebook.com/therakhalfmarathon](https://facebook.com/therakhalfmarathon)

## UNITED STATES OF AMERICA

**Monterey Bay Half Marathon** NOV  
Doug Thurston  
E: [doug@bsim.org](mailto:doug@bsim.org)  
W: [www.montereybayhalfmarathon.org](http://www.montereybayhalfmarathon.org)  
fb: [on.fb.me/1RalcA](https://on.fb.me/1RalcA)

**Big Sur Int'l Marathon** APR  
Doug Thurston  
E: [info@bsim.org](mailto:info@bsim.org)  
W: [www.bigsurmarathon.org](http://www.bigsurmarathon.org)  
fb: [on.fb.me/1f9jxV9](https://on.fb.me/1f9jxV9)

**B.A.A. Boston Marathon** APR  
Dave McGilivray  
E: [info@baa.org](mailto:info@baa.org)  
W: [www.baa.org](http://www.baa.org)  
fb: [facebook.com/TheBostonMarathon](https://facebook.com/TheBostonMarathon)

**Bank of America Chicago Marathon** OCT  
Carey Pinkowski  
E: [office@chicagomarathon.com](mailto:office@chicagomarathon.com)  
W: [chicagomarathon.com](http://chicagomarathon.com)  
fb: [facebook.com/chimarathon/](https://facebook.com/chimarathon/)

**Chevron Houston Marathon and Aramco Houston Half Marathon** JAN  
Brant Kotch  
E: [marathon@houstonmarathon.com](mailto:marathon@houstonmarathon.com)  
W: [www.houstonmarathon.com](http://www.houstonmarathon.com)  
fb: [facebook.com/houstonmarathon](https://facebook.com/houstonmarathon)

**Marine Corps Marathon** OCT  
Rick Nealis  
E: [mcmcustomerservice@usmc-mccs.org](mailto:mcmcustomerservice@usmc-mccs.org)  
W: [www.marinemarathon.com](http://www.marinemarathon.com)  
fb: [facebook.com/MarineCorpsMarathon](https://facebook.com/MarineCorpsMarathon)

## MAUI OCEANFRONT MARATHON & HALF JAN

Les Wright  
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W: [www.RunMaui.com](http://www.RunMaui.com)  
fb: [facebook.com/runmaui/](https://facebook.com/runmaui/)

**TCS New York City Marathon** NOV  
Peter Ciaccia  
E: [pciaccia@nyrr.org](mailto:pciaccia@nyrr.org)  
W: [www.tcsnycmarathon.org](http://www.tcsnycmarathon.org)  
fb: [facebook.com/nyccmarathon](https://facebook.com/nyccmarathon)

**Philadelphia Marathon** NOV  
Leo Dignam  
E: [info@philadelphiamarathon.com](mailto:info@philadelphiamarathon.com)  
W: [www.philadelphiamarathon.com](http://www.philadelphiamarathon.com)  
fb: [facebook.com/PhiladelphiaMarathon](https://facebook.com/PhiladelphiaMarathon)

**Rock 'n' Roll DC Marathon & Half Marathon** MAR  
Kevin Buffalino  
E: [rnrdc@competitorgroup.com](mailto:rnrdc@competitorgroup.com)  
W: [www.runrocknroll.com/DC](http://www.runrocknroll.com/DC)  
fb: [facebook.com/RocknRollDC](https://facebook.com/RocknRollDC)

**\*Run716 15K and 3 Person Relay** AUG  
Larry Brownell  
E: [LarryBrownell@yahoo.com](mailto:LarryBrownell@yahoo.com)  
W: [RUN716.com](http://RUN716.com)

**Rock 'n' Roll Las Vegas Marathon & 1/2 Marathon** NOV  
Kevin LaRue  
E: [RnRvegas@competitorgroup.com](mailto:RnRvegas@competitorgroup.com)  
W: [runrocknroll.com/las-vegas](http://runrocknroll.com/las-vegas)  
fb: [bit.ly/2i84RBF](https://bit.ly/2i84RBF)

## URUGUAY

**\*Maratón de Montevideo** APR  
Marcos Melazzi  
E: [secretariacau2016@gmail.com](mailto:secretariacau2016@gmail.com)  
W: [www.maratonmontevideo.com.uy](http://www.maratonmontevideo.com.uy)  
fb: [facebook.com/maratonmontevideo42km](https://facebook.com/maratonmontevideo42km)

## UZBEKISTAN

**Tashkent International Half Marathon** MAY  
Mamadaliyev Ulugbek  
E: [m-ulugbek@bk.ru](mailto:m-ulugbek@bk.ru)  
W: [tishm.uz](http://tishm.uz)

## VENEZUELA

**CAF Caracas Maratón** APR  
Luis Enrique Berrizbeitia  
E: [maratoncaf@caf.com](mailto:maratoncaf@caf.com)  
W: [maraton.caf.com](http://maraton.caf.com)  
fb: [facebook.com/MaratonCafCaracas](https://facebook.com/MaratonCafCaracas)

**Gatorade Caracas Rock 10K** OCT  
Sonia Rosales  
E: [srosales@hipereventos.com](mailto:srosales@hipereventos.com)  
W: [www.hipereventos.com](http://www.hipereventos.com)  
fb: [on.fb.me/1Re3mA](https://on.fb.me/1Re3mA)

## VIETNAM

**\*Manulife Danang Int'l Marathon** AUG  
Phillip Nguyen  
E: [info@pulse.vn](mailto:info@pulse.vn)  
W: [www.rundanang.com](http://www.rundanang.com)  
fb: [facebook.com/dananginternationalmarathon](https://facebook.com/dananginternationalmarathon)

**\*Techcombank Ho Chi Minh City Int'l Marathon** DEC  
Duy Do Huynh Khanh  
E: [duy@sunriseevents.com.vn](mailto:duy@sunriseevents.com.vn)  
W: [marathonhcmc.com](http://marathonhcmc.com)  
fb: [bit.ly/2z9Rcjt](https://bit.ly/2z9Rcjt)

**Longbien Marathon** OCT  
Pham Thanh Tung  
E: [race@longbienmarathon.com](mailto:race@longbienmarathon.com)  
W: [www.longbienmarathon.com/en](http://www.longbienmarathon.com/en)

## ZIMBABWE

**Econet Victoria Falls Marathon** JUL  
John Addison  
E: [info@kilimanjaronmarathon.com](mailto:info@kilimanjaronmarathon.com)  
W: [www.vicfallsmarathon.com](http://www.vicfallsmarathon.com)  
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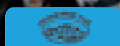
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