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Mumbai

Runners in the Standard Chartered Mumbai Half Marathon stream off the 4km-long Sealink as the early-start mass marathon participants embark on their outward journey, 15km into the race.
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Mary Keitany and Geoffrey Mutai received their “Golden Shoe” trophies at the Ras Al Khaimah Half Marathon on 15 February.

The Race Director of the Ras Al Khaimah Half Marathon Nathan Clayton presented Keitany and Mutai with the Golden Shoe Trophy during an awards ceremony ahead of the 6th Ras Al Khaimah Half Marathon. As a result of her World Record breaking performance of 1:05:50 in last year’s race in Ras Al Khaimah, Mary Keitany was also awarded the AIMS World’s Fastest Time Award (presented in recognition of World Record Breaking performances) at the same time.

In 2011 Geoffrey Mutai (30) became the first person in history to win the Boston and New York marathons in the same year with record times in both. He won the Boston Marathon in the fastest time ever recorded for a marathon at 2:03:02, almost three minutes faster than the course record. However, due to wind assistance and overall drop on the point-to-point course the time could not be ratified as a world record. In November 2011, he won the New York Marathon in a course record time of 2:05:06, slicing 2 minutes and 37 seconds off the venerable event’s 10-year old course record.

Mary Keitany, with her second AIMS/ASICS World Athlete of the Year award, joins a select band of runners who have won the award more than once. The others are Lornah Kiplagat (NEO, 2 wins), Paula Radcliffe (GBR, 3 wins), Tegla Loroupe (KEN, 4 wins) and Uta Pippig (GER, 2 wins).

Mary began 2011 by winning the Ras Al Khaimah Half Marathon in a World Record time of 1:05:50. In March she won the London Marathon in a personal best time of 2:19:19, making her at that time the fourth fastest woman over the marathon distance.

New AIMS Members

The Fokus Bank Oslo Marathon (NIR) will be held for the 32nd time on 22 September. The race attracts 15,500 runners, with slightly more women than men, and 73 countries are represented among them. Course records stand to Kjell-Erik Stahl (SWE) at 2:13:01 and Olga Duryinina (RUS) at 2:38:15.

The Kyoto Marathon is one of Japan’s newest popular Marathons, having previously been in existence as a half marathon, but cancelled last year because of the devastating earthquake and tsunami suffered just days before it was due. 15000 runners turned out for the inaugural marathon event on 11 March.

The Suntrust Rock ‘n’ Roll USA Marathon (USA) has been held previously as the USA National Marathon, attracting up to 16,000 runners. The race will next take place in March 2013. Best times recorded for the former event were by Patrick Mouton (2:21:17) and Jeanette Segkinger (2:48:38).

New Associate Members

The first edition of the Ceske Budejovice Half Marathon, a sister race of the Prague Marathon in the Czech Republic, will be held on 9 June 2012.

The ASTA 10km Int’l de Taroudant was held for the second time on 11 March in the south Moroccan town, inland from Agadir and south of Marrakesh. With good conditions and a quality field Ahmed Baidad ran a world leading time of 27:56. Ethiopian Amare Meekasta ran 31:47 to win the women’s race.

For a full list of race contacts, see page 80
Volkswagen
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www.praguemarathon.com
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Welcome to Tromsø - Norway
30 June 2012

AIMS
Tromsø Norway
AIMS Children’s Series

The first event of the AIMS Children’s Series for 2012 was held in San Luis Potosi, Mexico on 31 January, with almost 1,000 children participating. The event was staged in the municipality of Villa de Reyes, 100km away from the state capital of San Luis Potosi.

The children came from more than 50 different communities, and had to travel to the venue to attend the race. For many it was the first time they had traveled outside their immediate community and the first time they had taken part in an athletic event.

The opening ceremony was very colorful and animated by a dance prepared by 20 five-year old boys and girls organized by their teachers and mothers. Golden, red, green and blue long sleeved t-shirts crowded the municipality’s sports facility as parents became excited cheer leaders, screaming loud the letters: “A.I.M.S.”

There were different races for different age groups: 5 years old, 6–7 years, 8–9 years, 10–11, 12–13, 14–15, and 15–16 years old, each group wearing a t-shirt of designated color.

The organization received the full support of the Government of San Luis Potosi through the Governor Dr. Fernando Toranzo Fernandez and the Family Integral Development System. Other departments of the State Government, such as Security, the State Secretary, Civil Protection, and the Sports Institute all contributed to this great joint project. Support from the State Education Secretary, which provided the staff in charge of technical issues, was invaluable.

The Mayor of Villa de Reyes, Mr. Javier Salazar, made all facilities for the organization of the race available through the municipal departments.

AIMS Children’s Series

Kathrine Switzer and Roger Robinson headline AIMS congress

Kathrine Switzer and her husband Roger Robinson will be the keynote speakers at the 19th World Congress of AIMS in Prague on 10 May with their presentation “Women in Running” focusing particularly on how races can increase female participation.

“K Switzer” was the first woman to enter the male-only Boston Marathon in 1967. When race officials tried to remove her she was protected by fellow competitors and completed the race. The photo of this incident became one of Time-Life’s “100 Photos that Changed the World.” Kathrine will give personal insights into the early history of AIMS as well as the Avon International Running Circuit she developed. Roger will complement by bringing a wider historical context to the discussion.

Switzer, a recent inductee into the USA National Women’s Hall of Fame, was the most active and effective pioneer of running for women. Since 1967 she went on to run 39 marathons around the World (winning the New York Marathon in 1974), created the Avon International Running Circuit of women-only races in 27 countries and was the only female founding member of AIMS. She is now an Emmy award-winning TV commentator and has covered the Olympic Games, World and National Championships as well as the New York City, Chicago, Los Angeles and Boston Marathons. She is a dynamic public speaker, journalist and author of three books, including her memoir, Marathon Woman. Other books include 26.2 Marathon Stories, co-authored with her husband, and Running and Walking for Women Over 40.

Roger Robinson is an expert speaker, author, journalist, and TV commentator on running. He is an authority on the contemporary sport and its long history and literature. Emeritus professor and formerly Academic Vice-Chancellor of Victoria University in Wellington (NZL) he is now a columnist for Running Times (USA). He has won three American running journalism awards since 2005 and wins plaudits as a substantive but vivacious and entertaining public speaker. He represented England, and later New Zealand, winning world masters’ titles and setting masters’ records in the Boston, New York, Vancouver and other marathons and running 2:18:44 at age 40 and 2:28:01 at 50.

The 19th World Congress of AIMS, being held in Prague between 10–12 May at the Hilton Hotel, marks AIMS’ 30th anniversary.

World Marathon Challenge

Starting on 1 February Richard Donovan, a noted ultrarunner and race director of the North Pole and Antarctic Ice Marathons, succeeded in covering the Marathon distance on seven continents within five days.

Marines Corps sells out fast

The 37th Marine Corps Marathon sold out all available 30,000 registration spots in a time little more than the winner will run on race day, 28 October 2012. It is the fastest sellout of marathon places ever in the US. 30,000 available online entries were snapped up in 2 hours, 41 minutes, besting the previous registration record of 8 hours for the 2011 Boston Marathon. As the MCM opened registration at 15:00 on 7 March runners registered in an avalanche with 15,948 of them securing spots in the first hour.

Marathon flame in South Africa

The Marathon Flame arrived in South Africa on the night of 22 February. It was organised by a group of relay runners to carry it the 90km from Durban City Hall to Pietermaritzburg City Hall. This is the Comrades Marathon route, in the reverse direction of how this year’s event will be run on 3 June. The Flame remained at Pietermaritzburg City Hall for the Manitzburg Marathon, run on 26 February. One of the Flame carriers was Willie Mtolo, who ran 2:08:15 back in 1986 and won the 1992 New York City Marathon in 2:09:29 – the first big win of the post-Apartheid era.
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DIARY DATES

3–12 August 2012
Games of the XXX Olympiad, London (GBR)

6 October 2012
IAAF World Half Marathon Championships, Kavarna, (BUL)

24 March 2013
IAAF World Cross Country Championships, Bydgoszcz (POL)

10–18 August 2013
IAAF World Championships in Athletics, Moscow (RUS)
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www.runczech.com/budejovice
The race is a part of the RunCzech.com running circuit

OLOMOUČ
Half Marathon
23 June 2012
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www.runczech.com/olomouc
The race is a part of the RunCzech.com running circuit
Kinmen was first known as Jinmen (meaning “golden gate”) from Ming Dynasty times when the emperor sent in the military to protect the area against pirate attacks. It is a beautiful Island in a key position, facing west to the entrance of the Xiamen (Amoy) Bay on the mainland, just 5km away from the Chinese mainland and separated from Taiwan proper, to the east, by the Taiwan Straits. It became known as Quemoy to the Portuguese and this name is still widely used.

Kinmen has been a battered zone for more than 50 years. Martial law was lifted in 1992 and it has only been since then that Kinmen has been able to leave behind its fragment past. Since 2008 the Marathon has provided the only physical struggle in which to engage.

After the Second World War the republican Chinese leader Chiang Kai Shek withdrew from the mainland, leaving it to the victorious Communist forces led by Mao Tse Tung. Setting his government in Taiwan, since 1981 known as Chinese Taipei, the islands of Matsu and Kinmen were fortified as a first line of defence in the face-off between the opposing forces.

In the first “Taiwan Straits” crisis, from 1954-55 Kinmen/Quemoy, where up to 58,000 troops were stationed, came under bombardment from the mainland. Another incident in 1958 put the island on “combat readiness”. Kinmen’s infrastructure was built up by both local residents and soldiers. Parks, reservoirs, housing and roads were created and have become precious resources for the tourism industry being built up today. Even after demilitarization another crisis arose in 1995-6 when missile tests on the mainland were used to send political messages to the Government in Chinese Taipei. Travel to and from the island has only been allowed since the mid-1990s. A link with...
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**Domingo 24 de Junio, 7:00hrs**
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www.maraton-tangamanga.com

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30th of June 2012

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Welcome June 16th 2012 to Rovaniemi, Finland!
mainland China was opened in 2001 and there has been extensive tourism development as a result. Development on the island had been limited and as a result it is now popular as a weekend tourist destination known for its quiet villages, old-style architecture, and beaches.

The Chinese Taipei Road Running Association has been organizing Marathons and other races in the country for many years, and especially in the places of greatest natural beauty and historical interest like Kinmen, with a view to also attracting overseas participation. Runners from more than 16 countries took part in the 2012 edition, including those from America, Japan, Britain and Switzerland. The race attracts about 2000 runners in all, but many thousands of the island’s 85,000 residents turn out on the streets to act as cheering squads along the race route and to spread happiness and energy among the runners.

The start and finish is located within Quemoy University and the race route covers almost the whole Island, affording runners a full tour of both beautiful natural scenery and the historic battle site. Just a few minutes after departing from the University Ci Lake appears in front of you, and runners progress past the Guningtou Archway, the historical village of Cyonglin, and the grave of King Lu from the Ming Dynasty. All through the countryside, often on rooftops, statues featuring the Wind-Lion god proliferate, used as a protector to ward off evil spirits.

It is not only the scenery which attracts people to Kinmen but also the delicious food. After the race you can replenish with hot rice porridge and thin noodles. Marathon runners are also presented with the famous Kaoliang Liquor (40–60% alcohol). After that, words are inadequate for description – you have to be there.

Kinmen Marathon

Continued from page 11

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Kyoto Marathon

On recovery road

1st Kyoto Marathon, Japan

by Jane Tse

At 14.46 on 11 March 2011 Japan was hit by its worst ever earthquake. It registered 9 on the Richter scale, and was one of the five worst ever suffered – anywhere. The World Bank rated it as the most expensive natural disaster in world history.

A year later to the day, but 5 hours 39 minutes before the first anniversary of the fateful moment, a solemn ceremony started the inaugural Kyoto Marathon. The previous year the Lake Biwa Marathon had been held on 6 March, but after the earthquake all other major races were cancelled until the Lake Saroma 100km was held on 26 June – in the far north of the country.

Kyoto is inland, and well to the south of the centre of the earthquake (which was in the Pacific Ocean off Sendai) but the event was a national tragedy and shocking to the entire world. Reconstruction efforts are underway at remarkable speed, thanks to the resilience and underlying optimism of the Japanese people and to a smaller degree from well-wishers’ prayers and assistance from around the world.

The inaugural Kyoto Marathon was organized as a partnership between the City of Kyoto and Kyoto Athletic Association. It included the marathon, an Ekiden (a traditional Japanese-styled relay originating as far back as 1917) and a wheelchair race. The race started at the Nishikyogoku Athletic Park and finished in front of the historic Heian-Jingu shrine. In the first Kyoto Marathon – previously it had been a half marathon - the 15,000 places offered were filled within days of the announcement, making a mockery of the theoretical closing date for entries in late August 2011.

Of the 15,000 runners accepted fewer than a thousand were non-Japanese. Hardly surprising, as the race was locally over-subscribed by seven to

“Kyoto is my hometown, and I especially wanted to come back to run the marathon even though I am not a good runner.”
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one. So at least 100,000 Japanese wanted to run in this race, but only 14,000 of them won the privilege of enjoying the city by running through its main streets and landmarks.

“It was important to be part of the marathon to show our support to the charity” said one runner.

Entry fees of 10,500 Yen/12,500 Yen (domestic/overseas) included a 500 Yen donation to the Great East Japan earthquake reconstruction charity. Kyoto is one of four new popular city marathons dedicated to re-energizing and uplifting the country, others being in Osaka, Kobe and Nagoya (Tokyo, the first Japanese Marathon to “go popular”, did so in 2007).

“Kyoto is my hometown” continued that runner, “and I especially wanted to come back to run the marathon even though I am not a good runner. We hope to finish in five hours”.

Each runner received two number bibs. One was the ordinary bib with the number, to be pinned on the front. The other was a bib printed with one-third of a motivational quote reading: “Today, I do whatever I can. Remember 03.11. Move ahead step by step.” Runners pinned them on their back to inspire other runners running behind them.

The race snaked through Kyoto’s historic districts, ancient shrines and temples. It took in the city’s most famous sights including the Togetus Bridge, Hirosawa Pond, Kyoto Imperial Palace and the Kyoto International Conference Centre. Thousands of spectators lined the entire 42195m of the course: cheering; dancing; performing Taiko drumming; handing out candies, chocolates, small red bean buns, donuts, fruits, drinks ...

When I heard that the race was held to support the recovery programme, I thought that was an event to do. I didn’t want to race. I ran at a leisurely pace with a group of disabled runners and took pictures of them along the course. I entered the marathon with a hundred runners from a Hong Kong running club. The main purpose of their trip was to support the recovery program and to donate funds to two local charities. There were six pairs of handicapped runners among the hundred. A hearing impaired runner joined up with a visually impaired runner and ran with a guide runner. Their goal was to finish, if possible in under five hours. “The odds were against us” said Kim, a visually impaired runner. “My legs felt worse and worse after 20km”. Kim & Yuk Wing ran with two other teams of disabled runners and were asked to drop out at 32km because they hadn’t made the cut-off time. Although only three out of the six pairs completed the race within the required six hours, being able to take part in an overseas marathon reminded them that impossible things can become possible. They will resume their regular training schedule in a few days and get ready for a 10K race back in Hong Kong.

“We are here for charities,” said coach Tim Fung, who had raised funds for two Japanese charities in his home town and led a group of 100 runners to race in Kyoto.

Qiu Xiao Chuan was one of the Chinese mountaineers who carried the Olympic flame to the top of Mt. Everest in 2008. He joined two friends from Shanghai and Beijing to race in Kyoto: “We often travel in a group of three to race. Sport has given people so much in their lives.”

The finish involved passing through the largest shrine gate (torii) in Japan before crashing through the finish line. It was spectacular, and a moment enjoyed by 14,093 runners: a completion rate of 95.4%.

Continued from page 17
POWERADE
COPENHAGEN HALF MARATHON
Sunday September 9, 2012
Start at 11:00 am.
copenhagenhalfmarathon.dk
Jerusalem Marathon, Israel

A popular pilgrimage in the Holy City

The City of Jerusalem hosted about 15,000 runners from all over Israel and from about 50 countries worldwide in the Marathon, Half Marathon and 10km races. They fought driving rain and strong winds in the second ever marathon held in the Holy City.

Hundreds of police were deployed to provide security along the course, part of which ran through annexed Arab East Jerusalem, and 4,000 Israeli soldiers also ran in a special race along the route.

No amount of security could have afforded protection from the cold and wet weather. A wave of rain swept over runners as they awaited the 07.00 start and it was cold throughout, with rain, strong winds and hailstones pounding the runners as they fought their way up Jerusalem’s famous hills. But the wintry showers did not stop runners from enjoying the experience of running in Jerusalem and a festival atmosphere prevailed, with crowds turning out along the route to support the runners.

The challenging course also provided a scenic and historical tour from the start outside the Knesset, Israel’s Parliament, past the walls of the Old City, the Sultan’s Pool, Mishkenot Sha’ananim, the Mount of Olives, Ammunition Hill, Armon Hanatziv and more.

“I’ve done 12 New York City marathons but nothing compares to this,” said Jerry, a 65-year-old American runner. “People warned me how hard the hills were, and they are”. A thousand runners completed the full marathon, 4000 ran the half, and 10,000 joined the 10km race. Some came from as far away as Trinidad and Tobago and Indonesia.

Nielson, a Brazilian in his 50s said: “I’ve run marathons all around the world: along the Great Wall of China, in Trinidad; in Dubai; but this was the hardest because of all the hills. I really enjoyed myself, with all the people saying ‘shalom’ to me. But next time, you come run in Brazil. It’s much warmer.” he grinned.

Starting from the Knesset, Israel’s Parliament, the route took runners up and down several hills, through the walled Old City and areas of East Jerusalem, including the biblical Mount of Olives. Israel captured East Jerusalem in the 1967 Six-Day War and later annexed it in a move never recognised by the rest of the world.

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Nielson, a Brazilian in his 50s said: “I’ve run marathons all around the world: along the Great Wall of China;
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"No training in the world could prepare you for the terrain of Jerusalem and the hills," said Noella Pio Kivlehan, a first-time marathon runner from Ireland who completed the race in just under six hours. "There was really good camaraderie among those of us who were among the stragglers. It really helped me when things got difficult.

Nir Barkat, Jerusalem’s mayor, who took part in the half marathon, said: "Jerusalem is on the international marathon map. This impressive event is not only a sporting spectacle but also a financial boost for Jerusalem since it attracts many tourists and runners to our city. About 1,600 runners from all corners of the world came, especially so that they could have the experience of running through Jerusalem’s historical sites."

A participant from France said: “the Jerusalem Marathon was indeed breathtaking. It was a unique experience to pass through the city’s incredible scenery. I will come back in 2013 too, of course.”
The race: The 12th DN Stockholm Half Marathon will take place on Saturday 15 September 2012. Start at 16.00.

The course: The DN Stockholm Half Marathon is run on an inspiring and fast course through central Stockholm. The difference between the highest and the lowest point of the course is 27 meters.

Start an finish outside the Royal Palace.

The runners: In 2011 entries from a record number of 15,158 runners from 69 countries were accepted. The maximum running time is 2 hours and 45 minutes. 16,000 entries will be accepted in 2012.

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Jim Ralston

Retiring race director of the Niagara Falls International Marathon, Canada

By Joe Hvilivitzky

After helping breathe new life into the world’s only country-to-country marathon, Jim Ralston is stepping aside following a 14-year run as its race director. Under Ralston’s stewardship the race, now called the Niagara Falls International Marathon (NFIM), has enjoyed steady growth in popularity as a destination race for runners drawn by the idea of starting a race in the United States and ending it in Canada—near the brink of the iconic Canadian Horseshoe Falls, no less.

There were just over 700 runners in 1998 when Ralston became race director. The last edition, held on 23 Oct. 2011, drew 6,500 runners to the marathon and its related events, and for the first time entries had to be capped.

Ralston, 63, had announced his retirement the week prior to the race. “It’s like anything else, it needs younger people dedicated to the sport, with new ideas,” he said. “It’s a very stressful job and it’s not 9 to 5. You virtually live every day for this event.” Although retiring as race director, he plans to continue his association with the race he helped build in order to maintain continuity. He leaves the top job with a solid volunteer organization in place and a prime sponsor—Brooks Canada—signed for five more years.

The intervening years have not been without challenges. In 2001, the marathon course had to be quickly rejigged to stay entirely on the Canadian side of the border after the 9/11 attacks. In 2003 there was the SARS scare, and in 2006 a disastrous ice storm struck Buffalo and Fort Erie just a week or so before the race. Also in 2006, Ralston faced a personal challenge when he was diagnosed with a particularly aggressive form of prostate cancer. Five years later he remains cancer free.

Although the NFIM does not have the huge numbers of big city events, it gets overwhelmingly positive reviews from runners, and Ralston’s passion and understanding for creating a quality experience have earned praise from his peers. “It doesn’t relate to size,” observes Alan Brookes, race director for the much larger Scotiabank Toronto Waterfront Marathon and a friend of Jim’s for two decades. “Whether you’re doing a big marathon or a small marathon, a hilly one or a flat one, if it’s not well organized you don’t get to first base. That’s something that Jim has always believed and demonstrated. Even though you don’t have 20,000 people in the Niagara Falls marathon, it’s a great show. It’s well organized, and I think that speaks to Jim’s closeness to the runners and the running community.”

Brookes also notes that Ralston gave the NFIM a world presence by successfully working to have the 14th World Congress of AIMS held at Niagara Falls in 2002, coinciding with that year’s marathon. It was at that Congress that AIMS arrived at its policy of determining marathon world records, subsequently supported by the world governing body, IAAF.

Born in a small town near Glasgow in Scotland, Ralston emigrated to Canada in 1970, eventually finding himself in Halifax, Nova Scotia, where he met his future wife, Ruth, and where he caught the running bug. Now married, the couple moved to Niagara Falls in 1975 when Ralston took up a new job. They quickly became part of the city’s small but avid running community, and Ralston’s knack for organization and his new love of running quickly got him involved in helping to manage road running events.

One of these was the Skylon International Marathon, as the Buffalo-to-Niagara Falls race was then known. Introduced during running’s “first wave,” it was an instant favourite with runners. But in 1986 there were sponsorship problems and the event was discontinued.

In 1996, however, casino gambling arrived in Niagara Falls, and two years later Casino Niagara bankrolled a reborn Buffalo-to-Niagara marathon. Ralston signed on as volunteer race director. In 2001 he ceased his business career to take over full time the job that was already taking up most of his non-working hours. At that point, he says, he gave the race’s board of directors a five-year plan, with the intention of retiring at age 58. He’s now well past the plan’s expiry date.

During Ralston’s tenure the event has grown both in numbers and scope. A half marathon was introduced in 2001, a 5K in 2003, the Schools Marathon Challenge Program in 2004, and a 10K in 2006. It has also grown in international reputation. Running publications have put the race on their “top marathons” lists, and entrants in 2011 represented every continent except Antarctica.

Ralston recognizes volunteers as the key to a race’s success, and he firmly believes in the concept of empowerment. “Let the volunteers be involved in the decisions on how they are going to do their part of the job. It’s not cheap labour, they have to put their own input into making the event work.”

Ralston knew that a race director has to show appreciation both to the volunteers and the community. That meant a large party with plenty of food and a band for the 1500 workers following the marathon, and it also meant helping various not-for-profit events throughout the year by providing timing, equipment and other assistance.

It helped immeasurably that Ruth shared Jim’s love of running and his commitment to putting on a well-organized race. Officially, Ruth Ralston was in charge of registrations and finish line operations, but she was also involved in myriad other duties, including travelling with Jim to other expos to promote both the race and the city. “She became recognized as assistant race director,” says Ralston. “ Everywhere we went it was as Jim and Ruth Ralston, race directors of the Niagara Falls marathon.”

With the prospect of newfound free time, what are the Ralstons’ immediate plans? “How about do the house maintenance I haven’t done for the last 14 years?” Jim says. “I can actually cut my own grass for a change and not hire someone to do it.” With Ruth retiring from her full-time job sometime in the near future, the couple plan to do some travelling, and generally live a less stressful life now they are out from under the weight of organizing an international event.
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Why would anyone want to run seven marathon distances on seven continents in less than five days?
“Because I thought I could” says Richard Donovan.

Passport in one hand and holdall in the other, I approached the immigration desk at Sydney Airport. What countries had I visited in the past six days? the official asked. “Antarctica, South Africa, Brazil, USA, Great Britain and China,” I answered.

To fill the stunned silence I explained that I was running the marathon distance on all seven continents, in under five days. “Well, best of luck” came the reply.

Three years before I had run seven marathons on seven continents in 5 days 10 hours 8 minutes. This time I was trying to do it in less than five days. Yet it only came into my head in mid-January when I planned to travel to a Russian research base called Novolazarevskaya (Novo) in Antarctica to investigate possibilities for a future Antarctic Triathlon. I thought I could do Marathons on the seven continents by taking the long way home, back to Galway in Ireland.

After extensive Internet searching on possible permutations of the journey, I figured it would take about 118–120 hours from the start of the first marathon in Antarctica to the finish of the seventh and final marathon in Sydney. In between, I would have to fly from Antarctica to Cape Town (Africa) to Sao Paulo (South America) to Orlando (North America) to London (Europe) to Hong Kong (Asia) and on to Sydney (Australia).

Just the flying required 43,500 km to be covered in 56 hours. At least another 10 hours would be ‘wasted’ between check-in and take-off and 18 hours would be needed to disembark from planes, receive customs clearance and travel to and from race locations.

That left 34–36 hours for running the seven marathons and a very small cushion for flight delays and mishaps. There was no margin for error.

I would travel on my own in economy with no medical back-up or supplies. It would be one-way tickets for fixed departure times, lugging a bag of gear, and relying on help from friends and strangers. As organiser of the North Pole and Antarctic Ice Marathons, I love logistical and physical challenges and this was both. It was also a golden opportunity to raise awareness and funds for the humanitarian charity GOAL and its work in the Horn of Africa.

The starting gun in Antarctica would have to be fired in anticipation of the Russian IL-76 cargo plane’s departure from Novo for Cape Town, the marathon to be run there, and the timing of the onward flight to the third marathon venue in Sao Paulo. Antarctica is notorious for delays, so I could be scuppered at the outset.

Before starting I had to make sure I had somewhere to run in each location, make sure that it was the right distance and that someone could verify that it was.

Steven Seaton, former Editor of Runner’s World UK emailed marathon organisers and AIMS measurers

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BUDAPEST 2012

27th Budapest Half Marathon

9th September

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- Relay (13km + 8km)
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7th October

- 42 km
- Relay
- Fun Run
- 30 km

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at several of the destination cities for help. Within days, the necessary principals in Cape Town, Sao Paulo, London, and Sydney were on board through James Evans (President, Athletics South Africa), Rodolfo Eichler (AIMS measurer, Brazil), Steven Seaton (London) and Dave Cundy (AIMS measurer, Sydney). Antarctica would be measured and recorded via GPS and my run witnessed by people at Camp. Arrangements in Orlando and Hong Kong were being finalised with Tom Ward (AIMS measurer and Disney Marathon) and Fung Wang Tak (AIMS measurer and Hong Kong Marathon technical director). They generously agreed to give

their time, expertise and resources to assist the project.

Fearghal Murphy, back home in Galway, would maintain the event website www.worldmarathonchallenge.com and related Facebook and Twitter updates, and also liaise with the marathon organisers.

I flew into Antarctica on 30 January at 23:30 South African time (there are no time zones in Antarctica). Novo, a few tents and wooden huts with an adjoining ice airstrip, is 75km from the northern coast of Antarctica in an area called Dronning Maud Land. The sun never sets at this time of year. Flights from Africa bring personnel and equipment to the base. They also deliver adventurers, explorers and tourists intent on climbing mountains in the region or trekking to the South Pole – or running Marathons.

After spending a day at base with Norwegian and Finnish explorers I started to run at 20:53 Sydney time, almost two hours later than intended due to a projected delay on the outgoing flight, which was due out 5.5 hours later. In wind chill temperatures of −10°C and the snow-covered runway as a course, I expected to finish within 5 hours while still conserving energy for the rigours ahead. Running on ice is much slower and I counted on taking an hour more than for the equivalent effort on road.

The weather was perfect and underfoot conditions the only impediment, but an hour into the run the flight was brought forward so that I had to run quicker than 4:30 minutes. Taking no food and very little water, but with occasional encouragement from adventurers coming out of their tents, I ran 4:21:11 and immediately boarded the waiting plane for Cape Town. The first major hurdle was over and I felt confident of the onward flight schedule — there was just the matter of running the marathons in between.

James Evans, the Cape Town Marathon organiser and President of Athletics South Africa, met me on arrival in Cape Town with a group of three or four support runners to run the official route of the Cape Town Marathon, beginning at midnight local time. It felt almost dreamlike as just eight hours after finishing the Antarctic Marathon in −10°C, I was standing at the start line of my African leg in a major city centre at midnight. Temperatures reached only +20°C, but there were some strong winds. Chatting with the support runners was a great help, and after finishing in 4:23:51 I had time for a shower en route the airport for my 07.00 flight to Sao Paulo. I travelled via Johannesburg and

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and got my first sleep since starting: about one hour.

Rodolfo Eichler and his wife Suzana Gnaccarini had secured authorisation from the Brazilian Defence and Air Force Department to run the marathon at the Brazilian Air Base adjoining the international airport. I ran 21+ laps of a 2km circuit on the base. The route was manned by Air Force personnel, officials from the Sao Paulo International Marathon provided timing facilities and refreshments; Valmir Numes, former World 100km Champion, ran 30km with me; and the commander of the base, Cel Frigini, ran with me for 12km. In my third marathon within two days the temperature rose to 26°C and dropped as darkness descended.

After finishing the run in 4:19:30, the Air Force arranged a shower and food before going to the airport for the flight to Orlando. It had been a short stay in Brazil but an amazing experience. I left with a very positive feeling for the country.

I thought I would sleep on the flight but it is impossible to stretch out in economy and short ‘cat naps’ served to re-energise me enough to stay awake for a few more hours, but not sufficiently to meet major endurance challenges. Tom Ward met me with Sarah Ames, who has run both North Pole Marathon and Antarctic Ice Marathons and travelled from Chicago to lend her support.

On arrival, and after grabbing a few hours’ sleep, Steven Seaton told me that severe weather was forecast and airports might be closing that night, but I might get out just in time.

In temperatures of –6°C, I ran a measured circuit of Clapham Common eight times. My sisters and niece paid a surprise visit from Ireland and Steven’s wife, Annabel, and sons provided support. Mike King, a friend and sports photographer from London, was also on hand to take some photos. Despite feeling a lot better than in Orlando, it was difficult to keep fluid and food down and I got sick a few times. It was becoming clear that running marathons was only one aspect of this challenge: sleep deprivation, inadequate diet, extreme temperature fluctuations, changing running conditions, and flight fatigue were all taking their toll.

“...and all I wanted to do when I got off the plane was to lie down and close my eyes but I had to stay awake and clear customs ... and then run a marathon.”

I completed in 4:32:45 for a cumulative time for the first five marathons of 23 hours. After showering at Steven’s house and a drive to Heathrow, I was on the plane to Hong Kong at 18:05, just over 10 hours after arriving in London. Flights were indeed cancelled by the following morning due to the adverse weather. I was lucky.

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Opinion

“I thought I would sleep on the flight but it is impossible to stretch out in economy class ...”

“...and all I wanted to do when I got off the plane was to lie down and close my eyes but I had to stay awake and clear customs ... and then run a marathon.”
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I spent the flight to Hong Kong feeling ill. I couldn’t eat or sleep and was too weary to even to watch the in-flight movies. I just stared blankly at a screen for 12 hours.

All I wanted to do when I got off the plane was to lie down and close my eyes but I had to stay awake and clear customs … and then run a marathon.

Chu Wing Yat and Yennie Ho, very friendly and helpful, took me to the marathon start at nearby Tung Chung. Despite the Standard Chartered Hong Kong Marathon having taken place earlier the same day, technical director Fung Wang Tak had not only arranged a measured 2km circuit but showed up in person to greet me at the start.

The manned aid station became a psychological focal point to reach on each lap. I took some small quantities of water and chocolate but my stomach inevitably began a retching process. Once or twice I felt myself losing balance and feared a collapse but eventually finished in 5:03:05.

Following a shower and change I was on my way again. As the plane took off, I knew that the stats were now on my side. I reached Sydney at 12:15 and had 8.5 hours to make my self-imposed deadline.

After the nonplussed border official waved me through, I met up with Dave Cundy and Fran Seton. They took me to Botany Bay where Dave had measured a 14km out-back course by the seafront. He and Fran cycled alongside me with their friend Bruce Abrahams. There were strong winds of about 40km/hour with overcast skies. I didn’t feel good; a drink of water came back up immediately.

This final marathon proved more difficult than I thought possible. I had to concentrate on the simple act of putting one foot in front of the other. Talk turned to the peculiar palliative properties of beer, and Fran pedalled off to the bottle shop. To my amazement, despite everything else being rejected, my abused body gratefully accepted a bottle of Heineken. I finished at 18:56, this final marathon taking 5:21:40, and immediately celebrated with another beer.

I’d done it, with a time 117 minutes less than five days, but as much by luck as judgment: had I started a day later, I would have been snowbound in London. The marathons felt like the end of lengthy ultramarathons, but the major revelation was how supportive the running and broader community can be across the world. Mostly I had just sent an email to a marathon organiser I didn’t know – and that person, along with others, would meet me at the location and give all possible help they could. It made all the difference.

The opinions expressed in this article are those of the author and do not necessarily represent the views of AIMS or IAAF.
WMRA News

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CALENDAR

17 May 2012:
1st Grand Prix Race, Villars sur Thur, FRA
19 May 2012:
12th WMRA World Masters’ Mountain Running Chs, Bühlertal, GER
19–20 May 2012:
28th Int’l Gamperney Berglauf, Grabs, SUI
21 June 2012:
4th Balkan Mountain Running Chs, Skopje, MKD
23 June 2012:
4th European Masters’ Mountain Running Chs, Bludenz, AUT
07 July 2012:
11th Gorski Maraton Stiric Obcin, Podbrdo, SLO
15 July 2012:
13th Chiavenna-Lagune (vertical km) Sondrio, ITA
21 July 2012:
9th NACAC Mountain Running Chs, Whistler, CAN
29 July 2012:
9th MacaC Mountain Running Chs, Winchtler, CAN
02 September 2012:
4th Grand Prix Race / 28th WMRA Chs, Temu, ITA
06 September 2012:
4th AAC Mountain Running Championships, Obudu Ranch, NGR
23 September 2012:
Challenge, Interlaken, SUI
30 September 2012:
5th Grand Prix Race, (GP Final), Bursa, TUR
02 September 2012:
3rd Grand Prix Race, Mayettikon, AUT
11 August 2012:
7th CONSIDENT Mountain Running Chs, Aratoca, COL
18 August 2012:
25th Race Dupe, NGR
29 September 2012:
5th Grand Prix Race, (GP Final), Temu, ITA
05 August 2012:
3rd Grand Prix Race, Mayettikon, AUT

www.wmra.info

12th WMRA/WMA Master World Mountain Running Championships

Bühlertal, Germany, 19 May 2012

About 1000 athletes from more than 25 nations are expected to run this year’s 12th World Masters Mountain Running Championships to be held on Saturday 19 May in Bühlertal, Germany.

Since 1977 the International Hundseck Mountain Run to the top of the Mehliskopf has been a regular fixture in the calendar. One of most traditional mountain runs in Germany, it has already hosted German Championships, German Masters Championships. For most of the top international masters this will be a new mountain to conquer: starting from Bühlertal, there are already some testing hills to overcome even before the mountain begins. Turning onto a steep gravel path, the course crosses a ski slope and becomes a narrow rocky trail for the rest of the race. The length is 9.5 km with 776m of climb.

Runners from Austria, Belgium, Estonia, France, Germany, Great Britain, Italy, Norway, Poland, Switzerland, and USA are already entered. There are some German athletes who could contest medals, Paul Schiemann (MM45), Gerlinde Schmittner (MF65), and Peter Lessing (MM70) among them. Lessing is a local hero who has already won more than 20 world championship titles in almost every kind of long-distance running event.

There are three female athletes defending titles from last year’s World Championship in Paluzza, Italy. Babette Berghaus (MF70), Marianne Spronk (MF60) and Marie-Luise Heilig-Duventäster (MF50). With more than 20 gold medals from World and European Championships, Heilig-Duventäster is Germany’s most successful female masters runner.

A three-day program will provide opportunities to make friends. After the opening ceremony on Friday there is a carbo-loading party with folkloric entertainment providing an insight into Black Forest traditions and customs. After the competitions on Saturday and the awards ceremonies, it will be party time on “Black Forest Night” with the band BCO. Bühlertal has another highlight to offer on Saturday night. On Sunday morning we will explore the beautiful surroundings at an easy pace. A brunch and brass band will conclude the event.

In addition to this official program the whole town will be in the streets. Award ceremonies and evening events take place around the “Haus des Gastes” where there will be numerous activities supported by local traders. There will be plenty of entertainment, food and drink for all.

For more information visit: www.wm.tv-buehlertal.de

Marie-Luise Heilig-Duventäster (Photo: Winfried Stinn)
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# Calendar of events

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## August

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## September

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### Calendar of Events

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### 2013 Calendar

#### January
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**

#### February
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**

#### March
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**

#### April
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**

#### May
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**

#### June
- **1. New York City Marathon**
- **7. Chicago Marathon**
- **14. Boston Marathon**
- **21. Los Angeles Marathon**
- **28. San Francisco Marathon**
- **3. New York City Marathon**
- **10. Detroit Marathon**
- **17. Chicago Marathon**
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I amsterdam.
Calcaterra and Hawker are IAU Athletes of the Year

Giorgio Calcaterra (ITA) and Lizzy Hawker (GBR) won the IAU Athlete of the Year award for 2011. Calcaterra won the 100km World and European Championships in a time of 6:27:32. Hawker won the 24 Hour Commonwealth Championships in a World Best Performance of 247.06km. Other nominees and their shares of the vote were as follows:

**MEN:**
- Giorgio CALCATERRA ITA 43.4%
- Ivan CUDIN ITA 14.4%
- Erik CLAVERY FRA 11.8%

**WOMEN:**
- Lizzy HAWKER GBR 30.2%
- Marina BYCHKOVA RUS 17.1%
- Mami KUDO JPN 16.0%

IAU Congress

The IAU Congress will be held alongside the IAU 100K World and European Championships, taking place in Seregno, Italy on 21 April at 10.00. Elections for the Executive Council will be conducted at the Congress.

Kudo improves her World Best Performance

Mami Kudo (JPN) improved her 24 hour record at the Soochow International 24 Hour race held in Taipei, Taiwan on 12 December 2011. The new mark, pending ratification, supersedes her performance earlier in 2011 and stands at 255.303km.

2013 IAU 100km World Championships

The Korea Ultra Marathon Federation (KUMF) will organise the 27th IAU 100km World Championships on Jeju Island, South Korea on 13 October 2013. This race has been the venue for two Asian Championships, but the World Championship will be run on a different course.

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Everyone wanted to run in the Boston Centenary Marathon in 1996. An historic event, it drew a field of 40,000 runners. Some of the all-time legends of Irish running were in Boston that week: Eamonn Coghlan, John Treacy and Neil Cusack (the only Irishman in 115 years to win Boston – in 1974). As the Americans would say, it was a “no-brainer” for me, as a tour operator, to organise an impromptu pre-marathon seminar centred around these guys.

Four hundred runners turned up at the Park Plaza, our main group hotel, and the champions spoke from the heart. The result was an inspiring and memorable evening for the marathoners, and a free addition to their tour. I still meet runners today who remember the occasion with great fondness.

It would have been impossible to put on the seminar, or attract such numbers, if the runners had been dispersed all over the city, each doing their own thing. As the runners were all ‘on site’, it was also easy to set up what turned out to be a riotous post-race celebration party in the hotel ballroom, with music provided by the runners themselves. It was a long night and was the party to be at in Boston that year. The seminar and party reinforced my belief that most runners want more from a tour than to run a good time in the race. Posting a good time is not the same as having a good time (although it helps).

There are runners whose only thoughts are to get there, do the run and get out, but they are a rare breed. Like gunslingers in the Old West, each marathon completed is another notch marked up. To run a personal best time is the Holy Grail, a constant obsession.

I remember meeting one such runner in the hotel lobby, after the marathon, practically in tears. “Did you have to drop out?” I asked with concern. “No”, he replied, “I finished ok, in 2:46”. “Congratulations!” I said. “That’s a fabulous time. Why are you so upset?” The answer was doleful: “I ran 2:47 here last year, trained hard for the past six months and still only improved by a minute. I was sure I would break 2:40.’ It occurred to me it was lucky for his state of mind that he had not run 2:48.

On Tour

Tour operator Martin Joyce recalls some memorable moments...

If we exclude the elites, who run to earn a living, the vast majority of runners, from the good 2:30 club runner to the 6:30 backmarker, want a complete marathon experience to remember forever. That includes hassle-free travel, a comfortable, well-located and affordable hotel, special events laid on before and after the main event and, above all, the companionship and fun generated by being with fellow runners over the course of several days.

Despite the fabled “loneliness of the long distance runner” most runners are sociable beings. It is an individual sport and the training can be hard and sometimes lonely, but we like to get together to talk, to share our training and marathon experiences and to party together after earning a precious marathon finisher’s medal (or to console one another if things didn’t quite go to plan).

The vast majority of runners also want to experience something of the city and the people in the country where they are running the marathon – otherwise we would all confine ourselves to running marathons in our own country.

Marathon tour operators are usually runners (or former runners) so they understand the mentality and needs of runners. They also know the travel pitfalls, more numerous now than a decade ago, and can draw on many years’ accumulated experience to head off problems before they arise.

What drives the search for excellence for most marathon tour operators is the idea that the runner should only have to think about being ready, physically and mentally, for the challenge of the marathon he or she is about to run. Everything else is taken care of. And when things go wrong, as they sometimes do, it is vital to have back-up support.

A few years ago a sub three-hour marathoner became severely dehydrated in the NYC Marathon and collapsed at the 20 mile mark in the Bronx. He was brought to a local hospital where he was put on a drip and began a slow recovery. Late that evening his wife asked the tour guide at the hotel in Manhattan to accompany her to the hospital to bring her husband back – the hospital would not discharge him without someone coming to take him out.

Continued on page 55
Better Running.
2:03:42 – World Class in Frankfurt!
Then began an unbelievable saga involving multiple requests for a taxi (yellow cabs are reluctant to go to the Bronx as there is no guarantee of a quick return fare to Manhattan), what seemed like complete bedlam in the hospital, and more drama to secure a local Bronx taxi willing to take them back to Manhattan. Then the guide had to give directions to the taxi driver, who did not know the neighbouring borough, having rarely been there.

Without the guide’s assistance, the couple’s experience would have been much more stressful. As it was, the happily reunited pair were too busy catching up on their eventful day to notice much of what was happening around them. The story had an even happier ending as the runner returned the following year and finished the marathon in an exceptional time. His beaming smile lit up the hotel lobby afterwards.

Tour operators are a safety net for the runner – they are licensed and bonded, so your money is secure; the insurance policy they offer is tailored for marathon participation; they offer group flights, airport transfers, a group hotel with resident guides, and an immediate, guaranteed entry, which means that runners do not have to apply via a lottery for oversubscribed events and wait months to find out if they are in or not. Their knowledge of cities, sights, restaurants and other must do’s is also unmatched.

Once booked on a tour the runner is set up to meet other runners and interact easily and enjoyably. Tour operators are not introduction bureaus, but sometimes it feels that way on tour. There are no strangers, only friends who haven’t met.

Most leading marathon tour operators are also members of T.O.U.R.S. (Tour Operators United for Runners and Sportsmen), an association consisting of 32 operators in 20 countries.

The purpose of T.O.U.R.S. is to increase co-operation amongst members on various tours and to work closely with race directors. The aim is to maximise the benefits for the runner. With modern technological advances this co-operation is beginning to happen on a bigger scale and runners will soon reap the benefits. Members of T.O.U.R.S. also organise their own special events – watch out for Run Around the World in 2013.

Runners are discerning and appreciate good service. One of the most amusing compliments I have heard came from a runner at the Berlin Marathon last year. After a busy weekend this runner was on his way out of the hotel to go to the airport. He came up to me and said: “I would just like to tell you that I didn’t have to go near you guys for the whole trip. I knew you were there if I needed you. But everything was seamless from beginning to end and I had a fantastic time.” Exactly as we all want it to be.

*Martin Joyce is the managing director of Sports Travel International in Dublin and a Board Member of T.O.U.R.S.

The opinions expressed in this article are those of the author and do not necessarily represent the views of AIMS or IAAF.
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27th VENICE MARATHON
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The 21st edition of the Paavo Nurmi Marathon takes place on 30 June 2012, commemorating the much earlier feats of the "Flying Finn" in the 1920s.

Paavo Nurmi won nine gold and three silver medals in the Olympic Games held in Antwerp in 1920, Paris in 1924 and Amsterdam in 1928. He also achieved 22 IAAF approved world records and 29 unofficial indoor world records on his American tour in 1925. Nurmi was born in Turku on 13 June 1897 and began his spectacular career in the 1910s, representing the sports club Turun Urheiluliitto for the entire length of his running career. The sports club has organized track and field meetings in the name of Paavo Nurmi since 13 June 1957, held in celebration of his 60th birthday.

Nurmi died in 1973, and the first Paavo Nurmi Marathon was not organized until 1992. The idea of staging such an event had been considered before, but it was the 1991 World Championships for Veterans being held in Turku that provided the final inspiration. More than 3000 runners entered, and 1000 of these did so in the last week before the event. The rapid growth led to some problems: the celebration was a bit too grand for the organization to handle, and that had an impact on the following year’s figures and subsequent development.

Pirkko Martin worked energetically as the general secretary of the race from 1992 to 2001. She was known the international track and field scene through her own active career. She won several Veteran medals at World and European Championships in women’s 800m and 1500m. She ran in and drew inspiration from the 1989 New York City Marathon, but at first it wasn’t easy to get men excited about the new running event, remembers Martin, because they were focused instead on organizing track and field meetings. Martin collected information and experiences from foreign Marathons and toured these events to publicise the new Turku race. The City of Turku was eager to help in organizing and marketing the event right from the start. The marketing, done in

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32 MARATÓN
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Run
on the water

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the name of the city’s most famous son, was also seen as a clear benefit to the city itself.

Thanks to the energy and initiative of Pirkko Martín Paavo Nurmi Marathon has blazed a trail among Finnish running events in many ways. She built the event to international standards from the beginning. Among other things Paavo Nurmi Marathon was the first running event in Finland to use the ChampionChip timing system.

Since 2002 the planning of the event has been coordinated through the Paavo Nurmi Sports event office, while the promoter is still the sports club Turun Urheiluliitto. The number of entrants began to grow again from 2002. In 2008 the previous participant record from 1997 was finally surpassed and since then growth has continued.

Turun Urheiluliitto has instituted a new division of responsibilities compared with the traditional way of operating through volunteers, says Jari Salonen, event manager since 2002. It is very challenging for a club community to rely exclusively on voluntary labour to organize such large events, Salonen argues, and greater co-operation with professionals and business operators is required.

The event has stabilized as one of the leading races in Finland. Alongside the full marathon, half marathon and 10km races are offered. Within the overall participation of 3500 (in a town of 178,000 people), 500–1000 run the full marathon. The half-marathon is the most popular race, with 2000–2500 participants every year.

The route of the marathon showcases the most attractive parts of Turku, from the shores of the River Aura to Ruissalo Island and back. Right after the start the runners pass by the famous Paavo Nurmi statue, by the Finnish sculptor Wäinö Aaltonen.

There are annual events, a statue and a sports stadium in Turku dedicated to Paavo Nurmi. It is possible to visit Nurmi’s humble home during race weekend. The Marathon’s commemorative medal has an important role in telling the story of the legendary runner’s career. The medals between 2002–2011 showcased his Olympic and World Record arenas and cities. From this year a new series will start, presenting Nurmi’s American Campaign in the spring of 1925. In this tour Paavo Nurmi took part in 44 indoor races and 11 outdoors, taking 51 victories. It was during this campaign that the Americans nicknamed him "the Flying Finn".
Results

25 DEC 2011 – MAR 2012

25 DECEMBER 2011:

SEMI MARATHON INT’L DE LAAYOUNE, MOROCCO

Stefan Tum defended his title, running 41 seconds faster than he did last year. A series of 4km children’s races was held alongside the title event.

MEN:
1 Stefan TUM KEN 1:01:11
2 Abdellah TAGHARRAFAT MAR 1:01:22
3 Abderrahim EL ASRI MAR 1:02:16
4 Aschalew Neguse MEKETA ETH 1:02:32
5 Tesfaye Abera DIBABA ETH 1:02:56

WOMEN:
1 Hafida IZEM MAR 1:12:58
2 Antonina ROTHO KEN 1:14:53
3 Kamila KHANIPPOVA RUS 1:15:28
4 Meryem KHALI MAR 1:16:13
5 Laila Hmatou TRABIY FRA 1:17:19

31 DECEMBER 2011:

ST CATHERINE’S MARATHON, EGYPT

[Race cancelled]

31 DECEMBER 2011:

SAO SILVESTRE DE LAUANDA 10KM, ANGOLA

MEN:
1 Zersenay TADESE ERI 27:34
2 Atsedu TESFAYE ETH 27:47
3 Tilahun REGASSA ETH 27:50
4 Azmenaw BEKELE ETH 27:53
5 Haile GERBI ASSE FRA 28:08

WOMEN:
1 Emebet MENGISTU ETH 32:23
2 Belaynesh DLIRIA ETH 32:23
3 Tigist KIROS ETH 32:24
4 Abebech BEKELE ETH 32:26
5 Genet KASSAHUN ETH 32:27

31 DECEMBER 2011:

SAO SILVESTRE DE SAO PAULO, BRAZIL

MEN:
1 Tariku BEKELE ETH 43:35
2 Mark KORIR KEN 43:58
3 Matthew KISORIO KEN 44:12
4 Martin LEL KEN 44:28
5 Najin EL QADY MAR 44:32

WOMEN:
1 Priscah JEPTOO KEN 48:48
2 Wude AYELEW ETH 48:52
3 Eunice KIRWA KEN 50:58
4 Nadia ELJAFINI ITA 51:19
5 Rumukol CHEPKANAN KEN 51:44

1 JANUARY 2012:

NEUJAHRSMARATHON ZURICH, SWITZERLAND

Both men’s and women’s races of this very first event of the new year were very tight. The men’s race had looked like a start-to-finish victory for Britain’s Lazloe Boden until the last 300m. After having led for 41.9km he was finally passed by 46-year-old Markus Von Gunten who had been in fourth place before catching Paul Moog and Joerg Schiller and then targeting Boden. 42-year-old ultra marathoner Carmen Hildebrand won the women’s race by only 49 seconds. It was her first victory in six attempts, having finished 2nd, 3rd, 4th and 5th in previous editions.

MEN:
1 Markus VON GUNTEN SUI 3:01:00
2 Lazloe BODEN GBR 3:01:19
3 Paul MOOG FRA 3:01:46
4 Jorg SCHILLER GER 3:03:22
5 Andreas MAISCH GER 3:09:03

WOMEN:
1 Carmen HILDEBRAND GER 3:38:19
2 Andrea KAPPEL SUI 3:39:08
3 Petra SCHMIDLOCHER GER 3:39:25
4 Agnes STANISLAWSKI POL 3:45:50
5 Brigitte DAXELHOFFER SUI 3:56:37

HALF MARATHON

MEN:
1 Benjamin RUBIO FRA 1:16:16

WOMEN:
1 Nadja KESSLER SUI 1:34:18

2 JANUARY 2012:

MIZUNO HONG KONG HALF MARATHON CHAMPIONSHIPS

MEN:
1 Colin FISHWICK USA 1:11:24
2 Chan Kao HO HKG 1:11:50
3 Gi Ka MAN HKG 1:13:18
4 Jonny Lai Hok YAN HKG 1:13:59
5 Wun Yiu CHEONG HKG 1:14:41

WOMEN:
1 Michelle LOWRY USA 1:22:55
2 Yu Kit CHING HKG 1:23:49
3 Fan Sui PING HKG 1:27:12
4 Wang Min SEE HKG 1:29:22
5 Mandy Choy Mun TSE HKG 1:30:17

Distance Running | 2012 Edition 2
Peter Kamais of Kenya and Ethiopian Ashu Kasim cruised to victory in the first major marathon of the year writes Mirko Javala.

Good conditions (cloudy, 14°C and light wind) and a strong men’s field combined to topple the year-old course record set by Kenyan Robert Kipchumba. The 27-year-old defending champion was one of the favourites. A slow start (30:41 at 10km) picked up so that by 16.5km there were 10 men left in the leading group. Little changed as Dickson Chumba led through 20km in 1:01:15, but then he stepped up the pace to under 3 minutes/km between 20-23km. Steadying thereafter, a group of eight passed 30km in 1:30:45. Then he kicked again, and only Solomon Tsege was able to follow. At 31km these two were about 10m ahead of Kamais and Kipchumba, but Kamais soon got back behind Tsege as Kipchumba fell back. Tsege was then dropped leaving Kamais and Chumba chasing the win as they passed 32km in 1:36:39.

After passing 35km in 1:45:33 Chumba tried another move and left Kamais momentarily, but at 36.5km the 25-year-old Wang Jiali who was the early leader but faded after setting too ambitious a pace. The timings had been consistently a minute slower than course record pace, but picked up slightly and Assefa and Maschichin dropped back. The lead trio entered the last kilometre together, with Assefa straining to get away. Moiben hung on and then launched his attack which proved just enough to win, although Assefa was clawing him back in the final metres and ended up only a metre behind. In the women’s race Nestanet Abeyo led a group of six through 20km in 1:09:19 before making her move after 25km. Increasing her tempo on the return journey she went on to clock a personal best and course record time, more than four minutes clear. Ram Singh Yadav, first among the Indians and 12th overall in 2:16:59 achieved the "B" standard for Olympic qualification. The second Indian in the fray, Elam Singh, missed the norm by just 27 seconds. Singh, a steeplechaser, ran his first Marathon less than three months ago where he finished second in 2:24:50. India’s last entry in an Olympic Games Marathon came in 1980 at Moscow. The best placing in the Olympics by India was 11th by Shivnath Singh’s in Montreal four years earlier.
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20 JANUARY 2012:

CORRIDA DE SAO SEBASTIAO 10KM, BRAZIL

MEN:
1. José dos Santos BRA 30:08
2. Afonso de Souza BRA 30:14
3. Samir Lima BRA 30:22
4. Marques de Souza BRA 30:27
5. Mário Dias BRA 30:30

WOMEN:
1. Patrícia ALVARES BRA 35:53
2. Flávia CAMPOS BRA 36:00
3. Thais de Freitas BRA 36:10
4. Helena Guimaraes BRA 36:13
5. Ana Cristina BRA 36:15

5KM

MEN:
1. Sérgio ALVES BRA 20:20
2. José Oliveira BRA 20:23
3. Rubens Freitas BRA 20:29
4. Rafael Silva BRA 20:33
5. Thiago Magalhães BRA 20:36

WOMEN:
1. Ana Fernandes BRA 24:41
2. Sofia Pires BRA 24:45
3. Luciana Dias BRA 24:50
4. Thais da Silva BRA 24:55
5. Daniela Silva BRA 25:00

22 JANUARY 2012:

MEDIA MARATHON VILA SANTA POLA, SPAIN

MEN:
1. Iñaki Larranaga ESP 2:19:38
2. José Ramón Morales ESP 2:20:00
3. Jordi Miret ESP 2:20:11
4. Rubén Gómez ESP 2:20:16
5. José Luis Miret ESP 2:20:20

WOMEN:
1. Monica Baymuebles ESP 2:55:19
2. Marisol de la Fuente ESP 2:56:00
3. Paloma Pascual ESP 2:56:30
4. Ana Ballester ESP 2:57:00
5. Carmen Rodríguez ESP 2:57:30

22 JANUARY 2012:

MARATHON DE CULIACAN, MEXICO

MEN:
1. Juan Carlos Ochoa MEX 2:20:50
2. Jesús Aguirre MEX 2:20:55
3. Miguel Ángel MEX 2:21:00
4. Jesús Morales MEX 2:21:10
5. Israel Barría MEX 2:21:20

WOMEN:
1. María Alejandra Pérez MEX 2:54:20
2. Silvia Flores MEX 2:55:00
3. Ana Lucía MEX 2:55:30
4. Yolanda Sánchez MEX 2:55:45
5. Patricia Vásquez MEX 2:56:00

22 JANUARY 2012:

MAUI OCEANFRONT MARATHON, USA

In the Maui Oceanfront Marathon whales are always just offshore waiting to give runners a glimpse of a fluke or a spout. Being in the 50th state of the USA many runners are “collectors” completing their quest to run all 50 states, but many of these come back each year for their Maui vacation marathon. Chuck Engle from Oregon won his second MOD while female winner Mari Kauri is a well-traveled Finnish athlete who now resides in China.

Runners come to vacation in Maui and just happen to run a marathon, or a half, or maybe a 15K, 10K, or 5K with the whole family getting to pick a race or walk to suit. Whenever you choose it, will be one of the most beautiful races you will ever do.

27 JANUARY 2012:

EGYPTIAN MARATHON

MEN:
1. Hassan MARZOUK EGY 2:25:46
2. Yasser N MOSTAFA EGY 2:27:09
3. Ivan Ramirez SATOR ESF 2:37:14
4. Islam SHABANA EGY 2:49:01
5. Imad JEZZINI LIB 2:52:34

WOMEN:
1. Angelika HOFFMAN GER 3:17:06
2. Kathleen HOLMES USA 3:48:14
3. Magali CHATEAUMINHOIS FRA 4:03:08
4. Kirsten LARSEN DEN 4:26:14
5. Michelle ZHENG CAN 5:23:32

LUXOR RUN (22.3km)

MEN:
1. Abdulaziz AL-GOD KSA 1:13:21

WOMEN:
1. Ghina AL ASSIR LIB 1:48:14

29 JANUARY 2012:

OSAKA INTERNATIONAL WOMEN’S MARATHON, JAPAN

Risa Shigetomo upset race favourite Kayaki Fukushima to win the 31st edition and take a step closer to Olympic qualification writes Ken Nakamura. Fukushima lost contact at 26.5km and eventually finished a disappointing 9th. Pacemakers did an excellent job and led six runners clear by 5km (16.55). Irene Mogaka dropped from the group, which passed 10km in 33:48 and 15km in 50:35, at which point Naoko Sakamoto lost contact. After 20km Azusa Nojiri, a former country skier, seemed to have been dropped as the leaders went through halfway in 1:10:58. Now without any pacemakers, Shigetomo led Fukushima until 26.5km at which point she started to break away, covering the 28th kilometre in 3:20 and then running alone through 30km in 1:40:52. Behind her Nojiri and then the Ukrainian Tetiana Gamera-Shmyrko passed Fukushima. Shigetomo slowed between 30-35km, with a 17:01 split, but stayed far ahead of Nojiri, who succumbed to a late run by the Ukrainian and was overtaken on the track of the Nagai Stadium.

WOMEN (ONLY):
1. Risa SHIGETOMO JPN 2:23:23
2. Tetiana GAMERA-SHMYRKO UKR 2:24:46
3. Azusa NOJIRI JPN 2:25:57
5. Kiyoko SHIMAHARA JPN 2:29:51

29 JANUARY 2012:

KHON KAEN INT’L MARATHON, THAILAND

MEN:
1. Daniel Omari GEKARA KEN 2:23:20
2. Frederick Mwangina MATHIU KEN 2:23:30
4. Onesmus MUINDI KEN 2:24:19
5. Alex MELLY KEN 2:25:22

WOMEN:
1. Jackline KIPRIGI KEN 2:51:22
2. Margaret NJUGUNA KEN 2:55:47
3. ?? THA 3:10:11
4. Carole FUCHS FRA 3:10:22
5. Rodan CHEPKORIRI KEN 3:14:50

Distance Running | 2012 Edition 2  65
Results

HALF MARATHON

MEN:
1  Daniel Kiarie GACHUI KEN 1:07:28
2  Fredrick Mwingirwa MATHIU KEN 1:08:23
3  Isaac Kiplagat KIMAIYO KEN 1:08:27
4  Liu Zhen CHN 1:08:29
5  Yusuke TAKABAYASHI JPN 1:08:40

WOMEN:
1  Alice Kabura NJOROGE KEN 1:19:54

5 FEBRUARY 2012:

MARATHON INT’L DE MARRAKECH, MOROCCO

MEN:
1  Stephen TUM KEN 2:06:51
2  Gezahagne Girma ETH 2:09:29
3  Daniel RONO KEN 2:09:50
4  Gebregziabher Gebremariam MATHIU KEN 2:10:29
5  Abeba Gebremeskel ETH 2:10:39

WOMEN:
1  Soumia LABANI MAR 2:34:56
2  Elenfest MELAKU ETH 2:36:08
3  Abeba Gebremeskel ETH 2:36:25
4  Joyce KANDIE KEN 2:36:38
5  Yewubet TESHOME ETH 2:36:38

HALF MARATHON

MEN:
1  Gebru Girma BERHAMU ETH 1:01:59
2  Naoyo UTSUNOMIYA JPN 2:47:13
3  Kohei MATSUMURA JPN 2:45:35
1  Chiyuki MOCHIZUKI JPN 2:34:20

WOMEN:
1  Asahsah MALIKI MAR 1:11:14

5 FEBRUARY 2012:

KAGAWA-MARUGAME INT’L HALF MARATHON, JAPAN

Breaking away just 4km into the race, pre-race favourite Matthew Kisorio covered 5km in 14:02 and 10km in 28:02 writes Ken Nakamura. He slowed after 15km and finished in 1:00:02, 15 seconds outside the course record.

In the women’s race Tiki Gelana broke away after 10km and won the race by nearly two minutes in 1:08:48. Her previous personal best had stood at 1:10:22. Behind her the large chase pack had by 1:08:48. Her previous personal best had stood at 27th with 1:02:18

In the men’s race Tiki Gelana won the 61st Beppu-Oita Marathon with the first sub-2:10 performance of his career writes Ken Nakamura. Kisorio won the Hokkaido Marathon last August. Ser-Od Bat-Ochir of Mongolia closed fast to finish second with a 30-second improvement on his personal best. This was his fifth Marathon in the last 10 months.

Marathon debutant Yakob Jaro of Ethiopia finished third with 2:11:13. He ran aggressively after 27km, taking the lead several times but failing to keep up with Njoroge when the Kenyan made a surge of his own. Another debutant, Kohei Matsumura, finished strongly over the last 5km to take fourth. The first five either set personal bests or made a successful marathon debut.

Sixteen runners passed through halfway in 1:04:36, after careful pacing lasting up to 25km. After 27km Jarso led, thinning the group down, although eight remained together even after Jarso’s second surge around 30km. But by 36km it had reduced to Jarso, Njoroge and Yuki Moriwaki. Njoroge gradually dropped the other two over the next couple of kilometres. Behind them Matsumura was gaining ground, and moved into fourth at 40km. Bat-Ochir, who had dropped back slightly at 36km, passed Jarso in the final kilometre.

In an extremely tight finish Dereje Ahera improved the long standing course record by 1:42 while Misiker Demissie knocked 3:30 off the women’s record in a runaway win writes Pat Butcher.

A dozen men were together at halfway, and eight still in contention past 35km. When the leading quartet broke away approaching 40km it was always Ahera who was forcing the pace. He managed to get a 10m lead two or three times in the last kilometre, but though he was pulled back each time he never looked like losing. Though Cheptei shadowed him through the finish line, the Kenyan admitted he never felt he could win. “I was trying to go with him, but that was to make sure I stayed ahead of third” he said.

Misiker Demissie’s reversion to her Ethiopian name after an unhappy time running for Bahrain under the name Teyba Naser. She has been living with husband Zere Lele in Albuquerque, New Mexico for some time. She led from the start, and though Shitaye Gemecu and Winfed Nyansikeria were right behind her until past halfway she ran away from them at 30km. Shitaye finished with a one shoe full of blood from a toe injury, and Nyansikeria had to stop for a vomiting fit, but Shitaye hung on to take second.

MEN:
1  Dereje ABERA ETH 2:21:27
2  Eluid CHEPTEI KEN 2:21:27
3  Cosmas KENYA KEN 2:21:28
4  Julius MAISE SWE 2:21:28
5  George NGETICH KEN 2:21:29

WOMEN:
1  Misiker DEMISSIE ETH 2:30:12
2  Shitaye GEMECU ETH 2:31:44
3  Winfed NYANSIKERIA KEN 2:31:47
4  Kum-Ok KIM PRK 2:32:48
5  Datu Zaha KEDIR ETH 2:34:14

KAOHSIUNG MARATHON, CHINESE TAIPEI

MEN:
1  Francis Kiptoo KIBUI KEN 2:20:16
2  Isaac Kiplagat KIMAIYO KEN 2:21:10
3  Richard MUTISYA KEN 2:21:35
4  Fredrick Mwangiwa MATHIU KEN 2:22:23
5  David KIPKOGEI KEN 2:24:42

WOMEN:
1  Tiki GELANA ETH 3:01:29
2  Guan XIAFANG CHN 3:04:36
3  Susan JEMUTAI KEN 3:05:44
4  Jane Pei YU TPE 3:05:55
5  Joan JERUTO KEN 3:14:16

5 FEBRUARY 2012:

STANDARD CHARTERED HONG KONG MARATHON

In an extremely tight finish Dereje Ahera improved the long standing course record by 1:42 while Misiker Demissie knocked 3:30 off the women’s record in a runaway win writes Pat Butcher.

A dozen men were together at halfway, and eight still in contention past 35km. When the leading quartet broke away approaching 40km it was always Ahera who was forcing the pace. He managed to get a 10m lead two or three times in the last kilometre, but though he was pulled back each time he never looked like losing. Though Cheptei shadowed him through the finish line, the Kenyan admitted he never felt he could win. “I was trying to go with him, but that was to make sure I stayed ahead of third” he said.

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From 30th April at www.maratondonostia.com

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PARTNERS:

www.behobia-sansebastian.com

DATE - DATE 11 November

KM 20 km.

REGISTRATION Open: 23rd May (Slots are limited)
Results

5 FEBRUARY 2012:
VAZODARA HALF MARATHON, INDIA

MEN:
1. Andualem Belay SHIFERAW ETH 1:01:20
2. Merkebu Bikke AYELE ETH 1:01:27
3. Silas Muturi GICHOVI KEN 1:02:01
4. Mutai Kipkemei KEN 1:02:05
5. Kiprop MUTAI KEN 1:02:20

WOMEN:
1. Yegryal Melese ARAGE ETH 1:12:28
2. Naomi JEPNGETICH KEN 1:13:18
4. Eunice Nyawha MUCHRI KEN 1:14:36
5. Muluneth Velemas AWATA ETH 1:16:45

12 FEBRUARY 2012:
TAIPAN ANCIENT CAPITAL MARATHON, CHINESE TAIPEI

MEN:
1. Richard Mutua MUTISYA KEN 2:35:08
2. Shi Chang HUANG TPE 2:38:14
3. Si Jie KE TPE 2:38:36
4. Zhi Feng HE TPE 2:43:38
5. Yan Ching JIANG TPE 2:46:47

WOMEN:
1. Xiao Yu LI TPE 3:00:25
2. Pei Yu JIAN TPE 3:04:23
3. Lu Xin JIA TPE 3:08:55
4. Zhi Zhen ZHANG TPE 3:19:53
5. Ling Jun ZHOU TPE 3:22:28

12 FEBRUARY 2012:
STANDARD CHARTERED BANGKOK MARATHON, THAILAND

MEN:
1. Patrick Kipkemoi ROTICH KEN 2:18:31
2. Yegon William KIPRONO KEN 2:18:37
3. Momanyi BASWETI KEN 2:20:09
4. John Kibiwott KWAMBAI KEN 2:20:17
5. John Chirchir TUBEI KEN 2:20:36

WOMEN:
1. Elizabeth Chemweno JERUIYOT KEN 2:41:37
2. Ruth Jepkoech KUTOLKEN KEN 2:43:32
3. Jacquline Kiplimo NYETIPEI KEN 2:43:50
4. Margaret NIJUGUNAKEN KEN 2:44:25
5. Glady Otero KERUBO KEN 2:46:25

17 FEBRUARY 2012:
RAS AL KHAIMAH HALF MARATHON, UAE

In the men’s race Geoffrey Mutai, winner here in 2010 and of the Boston and New York Marathons last year, pulled out before the start with a sore foot. Then the field, boasting nine sub-hour runners, cruised its way through the first half of the race to pass 10km in 28:45. The circumstances were ripe for 18 year old Dennis Kipruto Koech, in his first race outside of Kenya, to ease away from his rivals at 12km and build up an unassailable lead. His winning time was the slowest in RAK by 48 seconds, but a personal best by 40 seconds.

Ethiopia’s Feyisa Lelisa upped the pace after 10km and the all too comfortable pack of 12 (including 3 pacemakers) disintegrated. Only young Koech was able to respond, and rapidly opened a gap before 15km. A late surge by Azmeraw Bekele (he was 14 seconds down on the pack at 10km) got him within eight seconds of Koech at 20km, but he came no closer. Koech has never broken 14 minutes for 5000m even though his third 5km segment was covered in 14:11 - 13 seconds faster than any of his rivals. Runners from 86 nations participated, including 122 four-person relay teams on the flat RAK circuit, representing yet another growth spurt to reward Race Director Nathan Clayton’s endeavours.
13 FEBRUARY 2012:
OHME HOCII 30KM ROAD RACE, JAPAN
MEN:
1. Hideaki TAMURA JPN 1:33:26
2. Takeshi HASHIMOTO JPN 1:34:28
3. Kota SHINOZAKI JPN 1:35:31
4. Tomohiko TAKEHARA JPN 1:35:35
5. Kentaro MARUDA JPN 1:36:23

WOMEN:
1. Asami KATO JPN 1:43:55
2. Kaori YOSHIDA JPN 1:45:01
3. Makoto MURAYAMA JPN 1:47:11
4. Sari MAKOISHIMA JPN 1:49:20
5. Risa YAMAZAKI JPN 1:51:23

10km
MEN:
1. Kadumi GANAHRA JPN 30:50
2. Kazumi HASHIMOTO JPN 33:18

13 FEBRUARY 2012:
MARATHON CIUDAD DE SEVILLA, SPAIN
MEN:
1. Blai MOHAMMED MAR 2:13:43
2.Alberto Suarez LASO ESP 2:23:24
3. Modesto Alvarez DOMINGUEZ ESP 2:24:10
4. Sergi Rodriguez JIMENEZ ESP 2:25:25
5. Miguel Angel RUIZ LOPEZ ESP 2:27:03

WOMEN:
1. JIJI HODGINS IRL 2:46:58
2. Maria Dolores Jimenez GUARDIEN ESP 3:04:13
3. Noelia Bermud Hernandez ESP 3:08:58
4. Silvia Hidalgo BERUTCHI ESP 3:09:21

13 FEBRUARY 2012:
MEDIO MARATHON INT’L GUADALAJARA, MEXICO
MEN:
1. Julius Kipkemoi KETER KEN 2:09:54
2. Shadrack KIPRORIT KEN 2:10:20
3. Stephen Mburu NJORGE KEN 2:10:38
4. Cosmas Kiplimo LETTING KEN 2:10:58
5. Ismail Andrade VAZQUEZ KEN 2:17:05

WOMEN:
1. Genoveva JELLEAT KEN 2:13:16
2. Margarita Hernandez FLORES MEX 2:15:41
4. Gladys Mokobi ONWONGA KEN 2:18:41
5. Dorcas Jeruto KANGOGO KEN 2:18:59

26 FEBRUARY 2012:
TOKYO MARATHON, JAPAN

Bidding his time in the latter stages of the race, Kenyan Manel Kipkemoi took a winning lead with 4km to go with Ken Nakamura. Haile Gebrselassie’s hopes of Olympic selection suffered a setback after the Ethiopian finished a distant fourth. “At 30km, I thought the pace was too fast, so I decided to run my own pace and let them go. With 4km to go I started to think that I might be able to catch them,” Arata Fujiwara, who broke away from the lead group of runners after 25km, moved up steadily and took control for the rest of the race and passed all the staggering runners from the longest lead pack. *Runners in front of me were slowing down, and I was motivated to pick them off. I was uncertain if I could catch Haile but when I caught him, my energy level picked up.* Fujiwara finished second for the third time, having finished second in both 2008 and 2010. Gebrselassie looked good during the early and middle part of the race and took the lead at 36km but then began to falter. He was first caught by Kipyego at 38km, by Stephen Kiprotich at 40km and by Fujiwara with a kilometre to go. “I was running OK until 35-36km but my back started to hurt on the final downhill of the course,” said Gebrselassie. Until late in the women’s race it looked like a one-woman show by Eri Okubo, who led by as much as 1.45 at halfway, but Atsede Habtamu had a plan of her own which eventually led to a course record of 2:25:28. “My plan was to make my move after 30km,” said Habtamu. She covered 35-40km in 16:50 and just before hitting 40km took over the lead from Okubo to win comfortably. Yeshi Esayias and Helena Kirpi also finished fast to take second and third. Okubo, who led from the start almost to the finish, took 15:51 from 35-40km but still finished with a personal best.

MEN:
1. Michael KIPKEMO KEN 2:07:37
2. Arata FUJIWARA KEN 2:07:48
3. Stephen KIPROTICH KEN 2:07:50
4. Haile GEBRESELASSIE ETH 2:08:17
5. Vikto ROTH LIN SUI 2:08:32

WOMEN:
1. Atsede HABTAMU ETH 2:25:28
2. Yeshi ESAYIAS ETH 2:26:00
3. Helena KIRPO KEN 2:26:02
4. Eri OKUBO JPN 2:26:08
5. Tatiana ARKHIPOVA RUS 2:26:46

26 FEBRUARY 2012:
KINMEN MARATHON, CHINESE TAIPEI
See separate feature, p 11

26 FEBRUARY 2012:
SUNYANG ECO-HEALING SEYCHELLES MARATHON

MEN:
1. James BARRA SEY 2:06:49
2. Thomas PETIT FRA 2:13:28
4. Christophe PRETERRE FRA 2:50:49
5. Franky BACCUS SEY 2:54:48

WOMEN:
1. Monica CASIRAGHI ITA 2:01:30
2. Cecilia DI BENEDETTO ITA 2:07:21
3. Alberto FELLONI ITA 2:07:48
5. Martino MASSIGNANI ITA 2:44:28

HALF MARATHON
MEN:
1. Munyaradzi JARI RSA 1:07:18
2. Tanith MAXWELL RSA 1:19:12

26 FEBRUARY 2012:
VERDI MARATHON, ITALY

MEN:
1. Antonio ARMUZZI ITA 2:26:27
2. Alberto FELLONI ITA 2:42:17
3. Guilio LORENZO ITA 2:43:08
4. Matteo MAGNANI ITA 2:43:29
5. Martino MASSIGNANI ITA 2:44:28

WOMEN:
1. Monica CASIRAGHI ITA 3:01:30
2. Cecilia DI BENEDETTO ITA 3:07:21
3. Simona GIULIANI ITA 3:08:50
4. Maria Ilaria FOSSATI ITA 3:09:08
5. Lorena DI VITO ITA 3:12:06

26 FEBRUARY 2012:
WORLD’S BEST 10KM, PUERTO RICO

Kenya’s Sammy Kitwara and Vivian Cheruiyot ran smart races to claim their third titles writes Javier Clavelo Robinson. Facing a strong head wind in the first third of the race, the 25-year old defending champion crossed the finish line in 28:02, the slowest winning time since 2008, but enough to make him the first man to win three titles here. Coming back from an absence in 2011, double World champion Vivian Cheruiyot ran a personal best, the fourth fastest winning time ever and the fastest at the World’s Best 10K since 2004, to regain the crown she won in 2009 and 2010.

A group of 15 runners traded the lead, racing conservatively due to a strong head wind. The group passed the first kilometres in 2:54, 5:45 and 8:41 well off the course record pace. Kenyan Junior and race debutant Paul Lonyangata moved to the front and led five others through halfway in 14:02 thanks in part to the tail wind. After 6km Kitwara began to separate himself from the chase pack. By 8km (22:24), he was 8 seconds ahead of countryman and former World record holder Mikah Kogo. He was not challenged and cruised to an easy win.

MEN:
1. David KIPRORI KEN 2:13:50
2. Ezekiel Kipkor KIMUTAI KEN 2:13:53
3. Timothy KIBET KEN 2:13:54
5. Titus KURIGAT KEN 2:16:43

WOMEN:
1. Monica JEPKOECH KEN 2:42:31
2. Peris JEPKORIR KEN 2:42:58
3. Pamela ANESOMUK KEN 2:43:45
4. Kimayo JPATOK KEN 2:45:41
5. Rosaline DAVID KEN 2:45:45

HALF MARATHON
MEN:
1. Nailel HOSEAH KEN 1:03:04

WOMEN:
1. Visoky CHEPKEMOI KEN 1:13:00

26 FEBRUARY 2012:
MARITZBURG MARATHON, SOUTH AFRICA

MEN:
1. Professor MOLLEN RSA 2:26:15
2. John BIRGEN RSA 2:26:15
3. Sandle MAKAYA RSA 2:28:31
4. Eric NGUBANE RSA 2:30:02
5. Skhumbuzo DLAMINI RSA 2:30:16

WOMEN:
1. Lungile MAPHUMULO RSA 2:59:24
2. Sibhenbiso STHOLE RSA 3:00:26
3. Maya LAWRIE RSA 3:03:19
5. Iris NDOLOVU RSA 3:24:46

HALF MARATHON
MEN:
1. Munyaradzi JARI RSA 1:07:18
2. Tanith MAXWELL RSA 1:19:12

26 FEBRUARY 2012:
VERDI MARATHON, ITALY
14TH INTERNATIONAL PisaMarathon
Marathon 42k and Half-Marathon 21k

16TH DECEMBER 2012
pisamarathon.it

FOR MAYA SUPPORTERS "LAST, BUT NOT LEAST!"

Start registrations (marathon and half-marathon) from 1st April
Hotel accommodation from 25,00 euro/pax
Please write to accoglienza@pisamarathon.it - info: info@pisamarathon.it
Results

World record ambitions were dashed in the ninth kilometre (covered in 3:11). The course records, set by Kenyan Moses Masai (2:19:19 in 2010) and Briton Paula Radcliffe (3:15:27 in 2003), remained intact. Radcliffe’s time still stands as a World record. Both winners collected $15,000 for their efforts. Cheruiyot pocketed an extra $10,000 for dipping under the 31-minute barrier. Of the 10,995 runners who started the race, 9,287 finished.

MEN:
1 Sammy KITWARA KEN 2:02:02
2 Vincent CHEPKOK KEN 2:02:11
3 Zersenay TADESE ETH 2:02:13
4 Micah KOGO KEN 2:02:17
5 Wilson KIPROP KEN 2:02:17

WOMEN:
1 Vivian CHERUIYOT KEN 3:04:47
2 Joyce CHEPKIRUI KEN 3:04:59
3 Linet MASAI KEN 3:15:15
4 Emily CHIBET KEN 3:20:03
5 Winnie JEPKEMOI KEN 3:20:19

LAKE BIWA MAINICHI MARATHON, JAPAN

Along with Arata Fujiwara, who was the first Japanese in last week’s Tokyo Marathon, Yamamoto is likely to be selected for the London Olympics. With the Olympic team berth on the line, the race for the first Japanese changed twice in the last 5km of the race. Hiroki Horibata led at 35km but was passed by Kentaro Nakamoto at 38km. Behind him Yamamoto was gaining steadily and caught the fading Nakamoto on the track with 400m to go. Of the top 10 finishers, nine set either personal bests or contested their marathon debut. A huge pack of 55 runners passed 10km in 30:12 and around 40 were still together passing through halfway in 1:03:38. The pace picked up after 25km and Ndungu emerged as leader of an eight-man pack after 29km as they headed home into a headwind.

MARCH 2012:

6–9 MARCH 2012:

100km DEL SAHARA, TUNISIA

Thomas Wittek who won the last edition before last year’s cancellation because of the “Arab Spring” took up where he left off by winning the first 23km stage through the 30dunes of the Saharan Erg, although time gaps were slight and it was more of a tactical win. Alice Modignani, winner of the Chott Marathon extreme, won today’s leg ahead of Fabiola Spinelli, winner of the 100km of the Namib Desert.

Many runners stayed in the restaurant tent because of the heavy winds and rain during the night. Almost nobody slept, but the weather abated and at 10:30 the sun came out in time for the start of the 16km second stage. Massimo Camozzi came in 10 seconds ahead of Thomas Wittek. Alice Modignani won again but the Englishwoman Jennifer Hands came through into second place.

The traditional night stage followed, 7km around the camp at Bir el Ghif. The full moon made the snaking lights of the athletes’ headlamps even more fascinating.

The tough Marathon stage was held after a night of temperatures as low as –4C, but this was easier to bear than the normal high temperatures during the race. Spain’s Juan Antonio Alegre won the race but Thomas Wittek came in close behind to hold on to the overall lead. Alice Modignani extended her lead and finished 12th overall.

During the night, a storm from the north brought cold wind and rain and continued during the race to make the going hard on this 21km stage. The rain did at least soften the sand slightly, making it a little easier to run on the dunes. Alegre tried to attack and although he went the stage and moved up to second overall, Wittek kept him close enough to keep his overall lead. Alice Modignani ran out a clear winner with Jennifer Hands maintaining her second placing.

Result

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Results

The 25-30km split was the fastest of the race (14:51) but Ndungu only began to open a gap on the others after 31km.

**MEN (ONLY):**
1. Samuel NDUNGU KEN 2:07:04
2. Henyk SZOST POL 2:07:39
3. Abdellah TAGHRAFET MAR 2:08:37
4. Ryo YAMAMOTO JPN 2:08:44
5. Kentaro NAKAMOTO JPN 2:08:53

**4 MARCH 2012:**

**TREVISO MARATHON, ITALY**

**MEN:**
1. Michael Kasis CHEMCHIR KEN 2:15:06
2. Peter Nabei KWALIA KEN 2:15:43
4. Jason MAYEROFF USA 2:27:40
5. Cristiano FAVARO ITA 2:33:50

**WOMEN:**
1. Monica CARLIN ITA 2:54:36
2. Francesca MARIN ITA 2:55:35
3. Monia CAPELLI ITA 2:59:32
4. Elena SIMIG ITA 3:01:54

**4 MARCH 2012:**

**SEMI MARATHON DE PARIS, FRANCE**

**MEN:**
1. Stanley BIWOTT KEN 59:44
2. Bernard KOECH KEN 1:00:06
3. Reuben LMAMA KEN 1:00:57
4. Raj ASSEFA ETH 1:01:13
5. Getu FELEKE ETH 1:01:59

**WOMEN:**
1. Pauline NJERI KEN 1:07:55
2. Peninah ARUSEI KEN 1:08:12
3. Sarah JEPCHIRCHIR KEN 1:08:34
4. Netanet ABEOY ETH 1:09:10
5. Sosena TEKLE ETH 1:14:34

**4 MARCH 2012:**

**SÃO PAULO INT’L HALF MARATHON, BRAZIL**

**MEN:**
1. Joseph APERUMOI KEN 1:01:38
2. Marlison Gomes DOS SANTOS BRA 1:01:46
3. Paulo Alberto ALMEIDA BRA 1:02:31
4. Stanley Kipchirchir KOECH KEN 1:02:53
5. Giovanni DOS SANTOS BRA 1:02:59

**WOMEN:**
1. Pasalia CHEPKORIR KEN 1:12:29
2. Erika Abril SUAREZ BRA 1:13:14
3. Cruz Nonata DA SILVA BRA 1:13:25
4. Suei Pereira SILVA BRA 1:14:35
5. Jacqueline CHEMWIK KEN 1:15:48

**4 MARCH 2012:**

**LAS TERRENAS 10KM, DOMINICAN REPUBLIC**

**MEN:**
1. Toribio Rosa PICHARDO 32:05
2. Edwin DUVAL 32:20
3. Juan Odalis ALMONTE 32:27
4. Francisco VAZQUEZ 33:43
5. Eddy RAMOS 34:23

**WOMEN:**
1. Johanna JOSEPH 40:03
2. Jeft Sobeida VARGAS 43:05
3. Ophelie HAMON 43:44
4. Cristina MATOS 45:33
5. Martiza Robles TINEO 54:21

**4 MARCH 2012:**

**LALA MARATHON, MEXICO**

Hilary Kimaiyo’s 2:08:17 performance last year set the bar high, but the 24th edition had a palpable buzz that built all week in Torreon. Eric Monyeye emerged victorious but it was the Mexican performances and the festive atmosphere that dominated. Five Mexican men ran under the 2:15 Olympic A standard. On the women’s side Marisol Romero and Karina Perez fought out a thrilling duel to see who would join Medai Perez in the Mexican Olympic team.

The desert town sits at 1000m altitude in fertile irrigated land where the dairy conglomerate Grupo Lala, which stages the race, runs a thriving international business. Their race thrives too, with a cap of 4500 entries and female participation which this year reached 20%. Cool conditions favoured fast times but the men’s race was tactical from early on. A group of five Kenyans and seven Mexicans passed halfway in 1:05:56, but split up after 25km, with Oscar Ceron began to assert himself, eventually taking charge in convincing style from 33km.

In contrast, the women’s race left the drama to the final stages. Six were clear as early as 10km and by halfway (1:16:52) four remained: Angelica Sanchez, Romero, Perez and Genoveva Jelegat. By 25km Sanchez was slipping back but at 35km the lead trio were still stride for stride. Romero only managed to break away over the final 2km as they circled the beautiful Bosque Venustiano Carranza Park.

There were matadors and bull running, mimes, stilt-walkers, packed grandstands and wedding proposals at the finish line as Mexican marathoners celebrated a day of peace, joy and friendship amidst the violence that has so shaken their country.
Congratulations
to all finishers of the RAK Half Marathon
and appreciation to our event sponsors:

We hope you enjoyed living the experience
and look forward to welcoming you next year
Friday 15 February 2013

Registration for the 2013 event opens exclusively online on 1 May 2012
www.rakmarathon.org
Results

11 MARCH 2012:
ASTA 10KM INT’L DE TAROUDANT, MOROCCO

Nobody would have expected such a competitive race to be staged at Taroudant – one of the most ancient historical cities in the south of Morocco. With more than 1000 participants, an international field with some of the world’s top road runners, warm but not too warm conditions, and great spectator attendance: everything required for a top road race was in place. The results showed that both men and women performed to the highest international level: Ahmed Baday even setting a world leading time.

MEN:
1 Ahmed BADAY MAR 27:56
2 Simon CHEPHRIT KEN 27:57
3 Hafid CHANI MAR 28:30
4 Jonas CHEPRIYOT KEN 28:41
5 Mourad EL BENNOURI MAR 28:50

WOMEN:
1 Amare MEKASHA ETH 31:47
2 Agnes BARSOSIO KEN 31:50
3 Winnie JEPKEMBOI KEN 33:43
4 Marina PETROVA RUS 34:03

11 MARCH 2012:
SHANDUOXUE ANGKOR BEER INT’L HALF MARATHON, CAMBODIA

The first edition attracted 1100 runners from 21 countries.

MEN:
1 Viro MA CAM 1:23:37
2 Chanthan SWAY CAM 1:27:57
3 Theourn KANG CAM 1:30:13
4 Sophak PHAN CAM 1:30:17
5 Yan DEFOND FRA 1:32:47

WOMEN:
1 Clementine TAMOUIDE FRA 1:42:59
2 Pip MINER AUS 1:50:26
3 Laura WATSON GBR 1:51:08
4 Berenice Olmedo VALENCIA MEX 1:58:27
5 Tara ARID GBR 2:06:49

10.5km RACE

MEN:
1 Buntet HENG CAM 43:42

WOMEN:
1 Robin MARZ USA 48:45

16 MARCH 2012:
JERUSALEM MARATHON, ISRAEL

See separate feature, p.23

Running in the second pack until halfway Mayorova made up a 90-second deficit in the next 14km and then ran away from the top Japanese. Naoko Takahashi ran 2:22:19 here in 2000, but Mayorova’s time is on a changed course. Of the top nine runners, all under 2:39, Mayorova, Nakazato, Ito and Miyachi set personal bests. Two all-time greats, Lidia Simon and Catherine Ndereba, did not fare well - finishing 19th and 22nd.

Noguchi ran ahead of the pacemakers at times but around 17km the Athens Olympic gold medallist began to lose contact. By 20km she was eight seconds adrift. By half of the last seven runners - Yoshimi Ozaki, Remi Nakazato, Yukiko Akaba, Yoko Shibui, Misaki Katsumata, Mai Ito and Yoko Miyachi- and one pace maker were left in the lead pack. However, as the pace stayed sluggish, Noguchi, who was 24 seconds behind at 25km caught the leaders at 29km. At 32km Ozaki tried to break the pack and Noguchi, Shibui and Akaba all seemed to be in trouble.

Mayorova was steadily gaining on the leaders. Soon after 35km (1:59:41) she passed them, breaking up the pack in the process. Only Ozaki, Nakazato and Ito were able to follow her. Ito drifted back after 36km and soon Ozaki and Nakazato were also left behind, perhaps concentrating on the battle for Olympic selection. They passed 1km to go together and 200m behind Mayorova, but with the Nagoya dome in sight and 500m to run Ozaki surged away.

WOMEN (ONLY):
1 Albina MAYOROVA RUS 2:23:52
2 Yoshimi OZAKI JPN 2:24:14
3 Remi NAKAZATO JPN 2:24:28
4 Yoko SHIBUI JPN 2:25:02
5 Mai ITO JPN 2:25:26

11 MARCH 2012:
KYOTO MARATHON, JAPAN

See separate feature, p.17

11 MARCH 2012:
LAGO MAGGIORE HALF MARATHON, ITALY

1800 runners enjoyed sunny conditions and stunning views across the lake from the course between Verbania and Stresa. The men’s race was a duel between Ethiopian Belaye Bedede and Kenyan Edwin Kipyego. By half way the two were clear and alternating the lead until, approaching the finish, Bedede edged away for a 1:2-second winning margin. Jemima Jelagat was a clear winner in the women’s race in a new course record almost three minutes faster than Joyce Chepkirui’s winning time last year. Second and third placed finishes, Alice Mogire and Magdalene Mukunzi also bettered the previous record.

11 MARCH 2012:
NAGOYA INT’L WOMEN’S MARATHON, JAPAN

Although the contest for places on the Japanese Olympic team was the main focus Albina Ivanova-Mayorova stole the show writes Ken Nakamura. It was the first edition of the race as a mass participation event with 15,000 women runners.

9 MARCH 2012:
ANTARCTICA MARATHON

Photo credit: Marathon Tours & Travel

Running in the second pack until halfway Mayorova made up a 90-second deficit in the next 14km and then ran away from the top Japanese. Naoko Takahashi ran 2:22:19 here in 2000, but Mayorova’s time is on a changed course. Of the top nine runners, all under 2:39, Mayorova, Nakazato, Ito and Miyachi set personal bests. Two all-time greats, Lidia Simon and Catherine Ndereba, did not fare well - finishing 19th and 22nd.

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Mayorova was steadily gaining on the leaders. Soon after 35km (1:59:41) she passed them, breaking up the pack in the process. Only Ozaki, Nakazato and Ito were able to follow her. Ito drifted back after 36km and soon Ozaki and Nakazato were also left behind, perhaps concentrating on the battle for Olympic selection. They passed 1km to go together and 200m behind Mayorova, but with the Nagoya dome in sight and 500m to run Ozaki surged away.

WOMEN (ONLY):
1 Albina MAYOROVA RUS 2:23:52
2 Yoshimi OZAKI JPN 2:24:14
3 Remi NAKAZATO JPN 2:24:28
4 Yoko SHIBUI JPN 2:25:02
5 Mai ITO JPN 2:25:26

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KYOTO MARATHON, JAPAN

See separate feature, p.17

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Results

18 MARCH 2012: SEOUL INT’L MARATHON, KOREA

Wilson Loyanae took advantage of cool conditions to break the course record by over a minute. He had run his previous personal best of 2:09:23 in Gyeongju last October.

A 12-strong lead group went through 10km in 29:45 and 20km in 59:46. Even at 35km there were still nine runners together, before Loyanae made his bid for victory and started to build an increasing winning margin. The first three to finish broke the old course record.

Tadese Feyse led the women’s race from the start. A group of four passed through 10km in 34:00. By 20km it had become three, and when Flokema Chepchirchir dropped back before 30km it briefly became a contest between Feyse and Askale Magarsa, but after 35km Feyse pulled away to win. Behind them Serena Burla came through after a cautious start to improve her personal best by almost seven minutes in third place.

17 MARCH 2012: USA ROCK ‘N’ ROLL MARATHON

18 MARCH 2012: MARATONA DI ROMA, ITALY

The men’s race was on course record pace until 30km, but the pace slowed in the last 7km due to strong wind, writes Diego Sampaolo. Luka Kanda nonetheless improved his previous best of 2:08:40. Pre-race favourite Hellen Kimutai ran to form to win the women’s race.

The men’s race set off fast, passing 10km in 29:49. Still fast at halfway (1:03:06) the course record was well within reach at 30km with six in contention (1:29:56). With pacemaking over Kanda and Samson Barmao attacked, Kanda starting to pull away after 32km. Although he slowed after 35km he was not challenged as the record slipped out of his reach. He was the third fastest time run in Rome.

The women’s race set off at a 2:26 pace for the first 5km, although favourite Hellen Kimutai was 25 seconds behind the lead group of Ethiopians. Kimutai gradually pegged them back over the next 10km and they went through halfway in 1:13:34. Ashete Bekele pulled ahead before 30km with Kimutai in 4th at 30km. Although he slowed after 35km he was not challenged as the record slipped out of his reach. His Excellency The Governor Mr Nigel Haywood officiated at the start of the race. His Excellency The Governor Mr Nigel Haywood officiated at the start of the race.

The men’s race were quite close, and all under three hours. Claudia Camargo set a new course record in the men’s race. Her Excellency The Governor Mr Nigel Haywood officiated at the start of the race before himself running and completing the race in a time of 3:42:14. He then presented the prizes. The proceeds from the race totalling over US$12,500 will be donated to Standard Chartered Bank’s nominated charity, Seeing is Believing.
World leading times

LATEST STANDINGS

AT MARATHON, HALFMARATHON AND 10KM

Marathon, Men

Present world record:
Patrick Makau (KEN); 2:03:38; Berlin; 25 SEP 2011

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Marathon, Women

Present world record:
Paula Radcliffe (GBR); 2:17:42; London; 17 APR 2005

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Half Marathon, Men

Present world record:
Zersenay Tadese (ERI); 58:23; Lisboa; 21 MAR 2010

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Half Marathon, Women

Present world record:
Mary Keitany (KEN) 1:05:50; Ras Al Khaimah 18 FEB 2011

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10km Road, Women

Present world record:
Paula Radcliffe (GBR); 30:21; San Juan; 26 FEB 2003

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<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>30:21</td>
<td>Paula Radcliffe</td>
<td>GBR</td>
<td>1</td>
<td>San Juan</td>
<td>26 FEB 2003</td>
</tr>
</tbody>
</table>

10km Road, Men

Present world record:
Leondard Patrick Kiprop (KEN); 26:44; Utrecht; 26 SEP 2010

<table>
<thead>
<tr>
<th>TIME</th>
<th>ATHLETE</th>
<th>NATION</th>
<th>RANK</th>
<th>VENUE</th>
<th>DATE</th>
</tr>
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<tbody>
<tr>
<td>26:44</td>
<td>Leonard Patrick Kiprop</td>
<td>KEN</td>
<td>1</td>
<td>Utrecht</td>
<td>26 SEP 2010</td>
</tr>
</tbody>
</table>

These lists give the current standings in the world of road racing, and are believed accurate at 20 March 2012. They have been drawn from the website of the Association of Road Racing Statistics www.amr.net and focus primarily on the Marathon and Half Marathon, as these constitute 75% and 18% of the AIMS membership respectively.


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Race Directors: send updated race contact details to update@aimsworldrunning.org

Race contact details

Sahara Marathon
James E. B. Carney
P.O. Box 405, Mallala, WA 6116, USA
T: 1 722 969 0349
F: 61 8 9255 9266
E: sahariamarathon@iinet.net.au
W: www.sahariamarathon.com.au

*Associate member

MALAYSIA

Borneo Half Marathon
Goh Seng Cheong
227, Jalan Kiara 4, Room 206/207,
Kuala Lumpur 50470, Malaysia
T: 60 3 6169 2241
F: 60 3 6169 2247
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**Race contact details**

*Race Director: Send race contact details to update@aimsworldrunning.org*

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**MACAU, CHINA**

Macau Galaxy Entertainment

**In-House Marathon**

José Manuel Ustárroz, Director de Operaciones y Marketing

Tel: +853 2701 8000 Ext. 7811

E: marcomacau@macau.com

**Marathon In De Paula**

José Manuel Ustárroz, Director de Operaciones y Marketing

Tel: +853 2701 8000 Ext. 7811

E: marcomacau@macau.com

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**MALAYSIA**

Penang Bridge In-House Marathon

Presbytarian University, Penang

Tel: +60 4 272 8086

E: info@bridge-marathon.com

**Marathon Penang**

Presbytarian University, Penang

Tel: +60 4 272 8086

E: info@bridge-marathon.com

**Dubai Marathon**

Dubai Media City, Dubai, UAE

Tel: +971 4 884 1863

E: dubaimarathon@dxbm.com

**Kuwait Marathon**

Kuwait Ministry of Health

Tel: +965 3 690 1889

E: info@kuwaitmarathon.org

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Kuwait Ministry of Health

Tel: +965 3 690 1889

E: info@kuwaitmarathon.org

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**LATVIA**

Marathon de la Ville d’Maire Elois

C/O Incentive Partners Ltd, Impasse de la Foret-Chamouny-Ile Maurice

Tel: +297 949 1683

E: info@marathondeillemarie.com

**Semi-Marathon de Rabat**

Badr Bennis

Tel: +212 6 60 03 3030

E: contact@marathondeillemarie.com

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**NEW ZEALAND**

Auckland Marathon

Richard Lindsell

Tel: +64 9 316 8161

E: racedirector@aucklandmarathon.co.nz

**Auckland Marathon**

Richard Lindsell

Tel: +64 9 316 8161

E: racedirector@aucklandmarathon.co.nz

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**MOROCCO**

Grand Marathon de l’Oasis

Said Ibrahim Moulay Skali

Tel: +212 522 94 7705

E: contact@grandmarathonlouge.com

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**NOORWA**

Fjord Norway Half Marathon

Helle Beke

Tel: +47 977 56 526

E: 4763 56 503

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**NORWAY**

**Marathon in de Marsacht**

Mohamed Kadi

Tel: +212 626 24 1402

E: marathonin@marathondeillemarie.com

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**Semi-Marathon in de Laayoune**

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E: contact@marathondeillemarie.com

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**Paris**

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**TCS Amsterdam Marathon**

Cees Pronk

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E: ceesprink@dameratoen.nl

**Williammarathon**

Tel: +31 618 18 20 95

E: info@marathondeillemarie.com

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**Vinniada Marathon**

Luisa Picon

Tel: +31 6 17 01 85 04

E: vinidirect@vinniaimasbi.co.uk

**Winchester Marathon**

Luisa Picon

Tel: +31 6 17 01 85 04

E: vinidirect@vinniaimasbi.co.uk

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E: contact@marathondeillemarie.com

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**Falko Strobelt**

**Marathon: Berlin**

**Rothensee 56, 10587 Berlin, Germany**

**F**: 49 30 373 4031

**E**: info@berlin-marathon.de

**W**: www.berlin-marathon.de

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**Moscow Marathon Luzhetski**

**Valery Shevchenko**

**24 Luzhetskaya Embankment, Moscow 119458**

**F**: 7 495 637 0278

**F**: 7 495 255 2891

**E**: marathocivilis@minca.ru

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**Kosice Peace Marathon**

**Martin Vecslar**

**Marathon Club Kosice, Pr. Jozafna 1, PO Box F-24, 043 04 Kosice**

**F**: 421 55 622 4158

**E**: info@kosicemarathon.com

**W**: www.kosicemarathon.com

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**Ljubljana Marathon**

**György Zalag**

**T**: 386 2 345 205

**E**: info@ljubljana-marathon.si

**W**: www.novinaruns.com

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**32. Three Rivers Marathon**

**Marko Pintaric**

**Marathon Int. ARC., 26, Sl. – 9532 Radece**

**F**: 386 2 256 1170 / 386 4 179 5230

**E**: info@mararadarece.si

**W**: www.novinaruns.com

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**Zurich Maraton de Barcelona**

**RPM Racing / Cristina Lloris**

**Ave Prta, 7, 4th fl., 08020 Hospital de Llobregat, Barcelona**

**F**: 34 91 443 5533

**E**: cdiles@rpmracing.es

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**Marathon Olivia Ponte Vecchia**

**Paco Baro**

**Ave. Falier y Fuem, 14, 46039 Valencia**

**F**: 94 64 367 077

**E**: info@maratonaoliva.com

**W**: www.maratonaoliva.com

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**Medio Maraton de Madrid**

**Gullermo Ferrero Centeno**

**Calle Villanue, 65, Madrid 28053**

**F**: 91 407 6962

**E**: maratons@campus.es (sport questions), maratonaoliva@campus.es (registrations)

**W**: www.maratonaoliva.com

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**Marathon Donostia – San Sebastian**

**Pablo j. Ibarra Ponzano**

**Fly Group, Almogar, 12, Pamar, 20010, Hernandi, Spain**

**F**: 34 94 647 3434

**E**: info@san-sebastian-marathon.com

**W**: www.marathondonostia.com

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**Athens Half Marathon**

**Aorning Chalal**

**Greece Sports Council, 73, Metaxas 28, 116 61 Attiki, Greece**

**F**: 210 965 1949

**E**: info@athenshalfmarathon.gr

**W**: www.athenshalfmarathon.gr

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**Riga Marathon**

**Izabel F. Monteiro**

**Ave. Pobre, 21, 1, 2000-029 Riga, Latvia**

**F**: 371 220 1111

**E**: info@rigamarathon.com

**W**: www.rigmam.com

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**Tbilisi Marathon**

**Mr P.T. Weerasinghe**

**Colombo Marathon, O.P. 1 C.P. 283, Kalubowila, Dehiwela, Sri Lanka**

**F**: 94 11 282 4500

**E**: colombomarathon@lsr-srilanka.com

**W**: www.srilankamarathon.org/

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**Rainha**

**Jose M. Antelis**

**Ave. dos Descobrimentos, 32, 2800-012 Lisbon, Portugal**

**F**: 351 220 2111

**E**: geral@extramarathon.com

**W**: www.extramarathon.com

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