Kilimanjaro Marathon
Tanzania
WANT IT MORE THAN ALL-NIGHT PARTIES

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from MARATHON to ATHENS
AIMS Children’s Series

The first AIMS Children’s Series race of 2016 was held on 24 January in the village of Khanivalli, 80km north of Mumbai, the first time the Series has ever hosted an event in India.

Just under 500 children from the Anand Laxman Chandavarkar Vidhyalaya secondary school participated in a 4km fun run. AIMS launched the Children’s Series in 2006 to assist selected member races in promoting running among children in areas of need.

The school, attended by children from mainly farming families, hosted boys’ and girls’ races for the eighth, ninth and tenth grades. The children raced over a traffic-free out-and-back 4km course on mainly tarmac road. The gently downhill first kilometre to the bridge over the river made for some fast starts. The girls’ races were set off five minutes after the boys so that there was only limited overlap and the interval between age groups was sufficient to allow almost all the field to have completed before the next race followed. All completed the course and some with impressive timings, the fastest of the day being 14 minutes 27 seconds. Comprehensive chip-timed results were available following the race.

There was a good incentive to run fast as the first three in each category – 18 in all – were awarded individually measured up the canvas shoes (the children had been recruited an organising team including the school staff, members of the Inner Wheel Club of Bombay Sea Coast, the Borivali National Park Green Runners from north Mumbai and a wide range of family and friends, was pleased with how the race went.

Race director Amit Sheth, who had everyone received a personal Fuji Instamax Polaroid of them with their medal, an analogue watch, a pair of canvas shoes (the children had been individually measured up the previous week) and two pairs of socks.

The other 2016 AIMS Children’s Series events are scheduled to take place in Zimbabwe and South Africa.
If you want a photo of you at your best, a photo of you at your strongest. If you want a photo that inspires you every time you look at it — this is that photo.
Medical partnership

AIMS has entered into a partnership with the International Institute for Race Medicine (IIRM) in which it becomes the medical advisory body to AIMS.

Founded in October 2003 as the American Road Racing Medical Society (ARRMS), IIRM was developed to help create a streamlined medical response plan for race directors and medical volunteers to protect runners on their courses. IIRM offers educational resources to race directors and sports medicine physicians including best responses for common road racing injuries and advice on how to train medical volunteers for race day.

AIMS members will be able to use IIRM as a conduit to access information, research and good practice from many of the world's leading and most highly qualified medical professionals specialising in sport and in particular distance running.

AIMS President Paco Borao comments: "I am sure that both organisations will feel the benefits of this partnership. I hope many AIMS members will join IIRM and make use of their educational resources to benefit their races and provide the best services to runners."

Chris Troyanos, Executive Director of IIRM comments: "We look forward to providing AIMS and their member races with the expertise and knowledge that we have built up over the past 12 years. This partnership helps us towards our goal of attaining true international reach."

New race members

- The Nike Women’s Half Marathon (TPE) and 10km will hold its fourth edition in Taipei on 11 April 2016. On the last occasion 11,000 women ran the half marathon and another 18,000 the 10km. 1200 foreign participants came from 18 different countries.
- The Losinski Half Marathon (CRO) has been held for the last five years with the next race scheduled for 30 April. The field comprises only 150 runners but a large proportion are foreign visitors. Race records stand to Julius Lagat and Hellen Kimutai with 1:04:53 and 1:16:54 respectively.
- The Athens Half Marathon (GRE) has been held for the last five years as a sister event to Athens Marathon – the Authentic. At the most recent edition on 20 March 4000 men and 1000 women ran the half marathon and another 9000 took part in the supporting events among whom were 216 foreign runners from 29 countries.
- The Stavanger Marathon (NOR) will hold their 15th edition on 27 August 2016. The marathon attracts 150 men and 50 women but there are around 1500 in the other events split evenly between men and women and including over 250 foreign runners from 44 countries.

New associates

- The Marathon Vert d’Agadir (MAR) will be held for the first time on 24 April 2016.
- The Yerevan Half Marathon (ARM) was held for the first time in October 2015, attracting 800 men and 700 women of whom 500 were foreign runners from 34 countries. Inaugural records were set by Rinas Akhmadeev (RUS) and Olga Skrypka (UKR) at 1:09:57 and 1:16:15.

Lives remembered

Chet Sainsbury
1942–2016
Two Oceans race director and Comrades Marathon veteran

Chet Sainsbury, Race Director of the Two Oceans Marathon for 27 years, died on 23 February 2016. He held many positions within the road running fraternity including serving on the South African Road Running Commission, acting as Vice-Chair of Western Province Athletics and as Chairperson of Western Province Road Running and the Celtic Harriers Club. He was an active measurer in South Africa throughout the 1990s.

Chet was an ardent supporter of the Comrades Marathon and was a “Green Number” runner having completed more than 10 of the 89km races – in fact 14 of them between 1978 and 1991. He ran his final Comrades in the year 2000 in the 75th commemorative edition of the race.

CMA Vice Chairperson Cheryl Winn says: “Chet was synonymous with the Two Oceans Marathon, Western Province Athletics and South African distance running. He was strongly principled, incredibly energetic, organised and methodical to the extreme. I remember when he fell within a kilometre of the start of the 1989 Comrades Marathon and crashed his elbow into a curb. He strapped it to his chest and ran through 90km of discomfort and increasing agony to earn his eighth silver medal.”

Two Oceans Marketing Manager Stefanie Schulzen says: “He was a mentor and leader to me and many others. He contributed so much to athletics and his legacy will be felt for a long time to come.”

The Taipei Expressway Marathon (TPE) is one of the many races staged by the Chinese Taipei Road Running Association. It incorporates a half marathon and 10km and has been held since 1994 – the latest edition being on 20 March. The race attracts 6000 runners to the marathon and 12000 to throw other events, including 800 foreign runners from 22 countries.

 Held for 6 years the next Kyiv City Marathon (UKR) will be on 18 September. The race includes both 2- and 4-person relays, plus 10km, 5km and 2km events. The marathon gets 500 men and 100 women but another 2000 men and 1700 women participate in the other events with 52 foreign runners coming from 32 countries.

AIMS News
John Disley, former world record holder in the 3000m steeplechase and co-founder of the London Marathon, died on 8 February after a short illness.

Born on 20 November 1928 Disley, from Corris on the southern slopes of Snowdonia in North Wales, became Britain’s first world-class steeplechaser and lowered the British record five times — from 9:18.4 in 1950 to 8:44.2 in 1955. He only took up athletics after attending Loughborough College in 1946 and meeting the coach Geoffrey Dyson.

Educated at Oswestry High School in Shropshire, Disley was quoted in an interview in the British publication Athletics Weekly in 1951 that he had never seen an athletics track until he went to Loughborough. On arrival there he ran a mile in the Freshers’ Sports: before that his running had been at annual cross-country runs and school sports.

He broke the nine-minute barrier at the 1952 Helsinki Olympics when he improved from 9:11.8 to 8:59.59 in the heats and to 8:51.94 for the bronze medal in the final. Four years later he entered the Melbourne Olympics as Britain’s No.1. Although he nearly matched his best, running 8:44.6, he placed sixth in the final won by his teammate Chris Brasher. Disley and Brasher formed a friendship which endured well beyond their athletics careers.

Disley ran for the club London AC and was a schoolmaster in West London during his running days before becoming the first chief instructor at the flagship national mountaineering and outdoor pursuits centre, Plas y Brenin in Snowdonia. He and Brasher ‘imported’ the Nordic sport of orienteering to Britain from the mid-1960s and Disley took over from Brasher as chairman of the British Orienteering Federation from 1970–72. In a later development they instituted rules for conducting relays on long-distance footpaths in the United Kingdom.

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A former vice-chairman of the UK Sports Council, Disley received royal honours in 1979 for his work in outdoor education.

Disley and Brasher were both members of the Ranelagh Harriers club in London during the 1970s. In 1979 Disley, Brasher and another clubmate took third place in the South of England Veterans’ Cross-Country Championships despite Disley and Brasher arriving late and missing the start. Later that year they travelled with a club group to run in the New York City Marathon and were so impressed by it that they resolved to put on a similar event in London.

They convinced the London authorities, the police, the athletics federation and the London Tourist Board to back their efforts and secured commercial sponsorship. The first London Marathon, with 8000 entries, was held in March 1981— only a year and a half after their visit to New York.

Disley took particular responsibility for the course — a clever design which followed the River Thames and included a 15km loop around the then largely derelict docks area to minimise traffic disruption. It has stood the test of time and remained substantially intact despite the redevelopment of the docklands into London’s new financial centre.

But his influence extended to more than just the London course. He developed an interest in the measurement and verification of road race courses. In 1985 a new marathon “world record” (only recognised as such from 2005) was run in Rotterdam by Carlos Lopes. An international team of measurers checked the course — the first time this had been done.

John Disley looks on following the presentation of the inaugural John Disley London Marathon Lifetime Achievement Award during the Virgin Money London Marathon on April 26, 2015. Photo: Steve Bardens/Getty Images

Lives remembered

British athlete John Disley, 3000m steeple chase Olympic bronze medalist, during a five lap training run at Motspur Park, London, March 15th 1954. Photo: Hag-Speller/Fox Photos/Getty Images

John Disley 1928–2016
Former 3000m world record holder and co-founder of London Marathon

Photograph taken in 1996 at the Canary Wharf bomb-blast site (which literally impacted on the route). L to R: Pete Riegel, Foreman of the site (name unknown), Hugh Jones, Mike Tomlins and John Disley (holding measuring wheel).
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John Disley was aware that for times to be credible a world-class event with fast runners needed to have its course vetted beforehand by independent measurers. At Disley’s invitation Pete Riegel of USA Track & Field travelled to London a week before the 1987 London Marathon to check the length of the course. During the race he rode in the lead vehicle to verify that the course was run as measured.

Disley and Riegel established a firm friendship. Together they wrote the official manual “The Measurement of Road Race Courses” and served as two of the four administrators of a worldwide system of road race measurement.

The measurement and verification procedure pioneered by Disley set a new standard which more and more big races started to follow. This was instrumental in World records in road running finally being recognised by the world governing body in 2005.

Disley continued to be involved in the London Marathon after Chris Brasher’s death in 2003 through assisting with measurement of the course and as Chairman of the London Marathon Charitable Trust.

John Disley won major awards throughout his life — such as BBC Cymru Wales Sports Personality of the year in 1955 and a place in the Welsh Sports Hall of Fame in 2007 but an award is also made in his name. In 2015 Paula Radcliffe was the first recipient of the John Disley Award for Lifetime Achievement in running.

Chris Brasher’s son Hugh, now the London Marathon race director, said: “John inspired so many people with his love of running and the outdoors and has left a legacy that is now part of the fabric of British society.”

He is survived by his wife Sylvia, who also won a bronze medal in the 1952 Helsinki Olympics on Great Britain’s 4x100m relay team, and their two daughters.
Kenya repeated their 2014 medal sweep in the women’s race and the same two Ethiopians who trailed the Kenyans then — Netsanet Gudeta and Genet Yalew — again finished behind them in Cardiff writes John Mulkeen.

All five Kenyans — Pascalia Kipkoech, Cynthia Limo, Mary Wacera, Peres Jepchirchir and Gladys Chesire — were part of a large lead group of 14 athletes to go through 5km in 16:31. By 10km, reached in 32:34, the lead group had been halved as Gudeta and Yalew were the only athletes keeping the Kenyan quintet company.

The third 5km section, covered in 15:40, was the quickest of the race but Kipkoech was the only athlete to drop away from the leading pack. The group began to disintegrate.
soon after as Chesir drifted back, followed by Yared. Gudeta had the sole responsibility of disrupting a potential Kenyan sweep, but the Ethiopian had to surrender after an hour of running as she too lost contact with the leaders.

Wacera began to fade at about 20km, leaving Limo and Jepchirchir to battle it out. Limo opened up a few metres on her compatriot with just a couple of minutes left to run. But Jepchirchir closed the gap and then kicked for home as she negotiated the last turn with the finish gantry in sight.

Limo, the world leader, had to settle for second. Kenyan and Ethiopian women filled the top eight places while Peru’s Gladys Tejeda set a South American record of 1:10:14 in ninth place.

For the sixth time in the past eight editions, Kenya took team gold. Ethiopia, team winners in the past two Olympic years, was second this time around. And for the ninth successive edition, Japan took team bronze.

**Men:**
1. Geoffrey Kipsang KAMWOROR KEN 59:10
2. Bedan Karoki MUCHIRI KEN 59:36
3. Mohamed FARAH GBR 59:59
4. Abayneh AYELE ETH 59:59
5. Tamirat TOLA ETH 1:00:06
6. Simon CHEPCHERU KIPRuto KEN 1:00:11
7. ABRAR OSMAN ERI 1:00:58
8. Mule WASHUN ETH 1:01:11
9. Edwin Kiprop KIPTOO KEN 1:01:21
10. Stephen MOOKOKA RSA 1:01:27

**Teams:**
1. Kenya 2:58:58
2. Ethiopia 3:01:16
3. Eritrea 3:06:18
4. Great Britain & N.I. 3:07:00
5. Japan 3:12:11

**Women:**
1. Peres JEPCHIRCHIR KEN 1:07:31
2. CYNTHIA JEROTICH LIMO KEN 1:07:34
3. Mary Wacera NGUGI KEN 1:07:54
4. Netsanet GUDETA ETH 1:08:15
5. Genet YALEW ETH 1:08:15
6. Gladys Chesir KIPRuto KEN 1:08:46
7. PACALIA CHESIR KIPRuto KEN 1:09:44
8. Mule WASHUN ETH 1:09:58
9. Gladys TEJEDA PER 1:10:14
10. YUKA ANDO JPN 1:10:34

**Teams:**
2. Ethiopia 3:26:29
4. Australia 3:32:48
5. United States 3:34:26

**Talking road running**

An IAAF seminar on road running was held in Cardiff the day before the championships report Jon Mulkeen and Steven Mills. IAAF President Sebastian Coe introduced this by saying: “We have to be realistic: road running is the way that we connect in our sport. It’s why we are so keen for there to be a mass race off the back of the elite race at the World Half Marathon Championships. Road races are [financially] supporting track and field programmes; that’s why we have to be protective of road events.

The seminar began with IAAF road running manager Sean Wallace Jones reviewing the past and future of IAAF Label Road Races. Jakob Larsen, the chief executive of the local organising committee for the IAAF World Half Marathon Championships Copenhagen 2014, recounted the story of the Danish capital hosting the event and the ‘legacy’ it left. A round-table discussion involving five big city races on the value and costs of an IAAF Label was followed by a presentation from Nigel Gough of the Great Run Company on the benefits of combining road-running weekends with other athletics events.

The final hour of the seminar was a round-table discussion between five distance-running greats: Paula Radcliffe, Steve Jones, Tim Hutchings, Jos Hermens and Massimo Magnani.

On pacemaking Hermens pointed out that fast times are not going to be achieved on certain courses and would work better without pacemakers. Hutchings cited the 2015 Chicago Marathon as an example of a race that lost value as a result of pacemakers not being used but argued that when they are used they should be required to drop out for the last quarter of the race.

The topic of the sub-two-hour marathon was the most polarising topic to be discussed. Magnani and Hermens both said the mark can be achieved at some point in decades to come although an increasingly scientific approach is required. Hermens added that training methods for the marathon haven’t changed since he was competing in the mid-1970s. Hutchings said that the mile splits required to break the mark are “science fiction” while Jones argued that if drug testing improves sufficiently then times could become slower by a couple of minutes. Radcliffe contested the assertion that marathon training hasn’t become more scientific.

There was consensus on the topic of championship events still holding legitimacy and participants also agreed there are not “too many” races — governing bodies should not interfere if the market and interest is present. Hutchings proposed some sort of ranking system for mass runners as a means to sustain interest and create narratives. On reviving European distance running Hermens advocated a centralised high altitude camp to improve standards while Radcliffe praised the group training system in the United States.
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### Gold Races
- **2 Apr** Sportisimo Prague Half Marathon (CZE)
- **3 Apr** Schneider Electric Marathon de Paris (FRA)
- **10 Apr** Maratona di Roma (ITA)
- **10 Apr** Vienna City Marathon (AUT)
- **10 Apr** NN Marathon Rotterdam (NED)
- **18 Apr** B.A.A Boston Marathon (USA)
- **24 Apr** Yangzhou Jianzhen International Half Marathon (CHN)
- **24 Apr** Virgin Money London Marathon (GBR)
- **8 May** Volkswagen Prague Marathon (CZE)
- **21 May** Matttoni Karlovy Vary Half Marathon (CZE)
- **22 May** Morrisons Great Manchester Run (GBR)
- **28 May** Ottawa 10K (CAN)
- **29 May** Ottawa Marathon (CAN)
- **4 Jun** Mattoni Ceske Budejovice Half Marathon (CZE)
- **25 Jun** Mattoni Olomouc Half Marathon (CZE)
- **3 Jul** Gold Coast Airport Marathon (AUS)
- **31 Jul** Media Maraton de Bogota (COL)
- **10 Sep** Birel Prague Grand Prix (CZE)
- **17 Sep** Matttoni Usti nad Labem Half Marathon (CZE)
- **17 Sep** Beijing Marathon (CHN)
- **18 Sep** Blackmores Sydney Marathon (AUS)
- **25 Sep** Carrera de la Mujer (COL)
- **25 Sep** BMW Berlin Marathon (GER)
- **2 Oct** RNR Lisbon Marathon EDP (POR)
- **2 Oct** RNR Half Marathon Vodafone RTP (POR)
- **9 Oct** Bank of America Chicago Marathon (USA)
- **16 Oct** TCS Amsterdam Marathon (NED)
- **16 Oct** Scotiabank Toronto Waterfront Marathon (CAN)
- **23 Oct** Medio Maraton Valencia Trinidad Alfonso (ESP)
- **30 Oct** Frankfurt Marathon (GER)
- **6 Nov** TCS New York Marathon (USA)
- **6 Nov** Shanghai International Marathon (CHN)
- **13 Nov** Vodafone Istanbul Marathon (TUR)
- **20 Nov** Maraton Valencia Trinidad Alfonso (ESP)
- **4 Dec** The 70th Fukuoka International Open Marathon Championships (JPN)
- **4 Dec** Standard Chartered Marathon Singapore (SIN)

### Silver Races
- **3 Apr** Daegu International Marathon (KOR)
- **3 Apr** Great Ireland Run (IRL)
- **10 Apr** HAJ Hannover Marathon (GER)
- **17 Apr** DOZ Marathon Lodz with PZU (POL)
- **17 Apr** Rock N Roll Madrid Marathon (ESP)
- **24 Apr** Orlen Warsaw Marathon (POL)
- **8 May** Yellow River Estuary International Marathon (CHN)
- **15 May** Gifu Seiryu Half Marathon (JPN)
- **18 Sep** Sanlam Cape Town Marathon (RSA)
- **18 Sep** Dam Tot Damloop (NED)
- **18 Sep** Copenhagen Half Marathon (DEN)
- **30 Oct** Marseille-Cassis 20km (FRA)
- **13 Nov** Saitama International Marathon (JPN)
- **13 Nov** BDL Beirut Marathon (LIB)
- **18 Dec** Corrida Internationale de Houilles (FRA)
- **31 Dec** 52a San Silvestre Vallecana Internacional (ESP)

### Bronze Races
- **3 Apr** Milano Marathon (ITA)
- **17 Apr** Nagano Marathon (JPN)
- **17 Apr** Brighton Marathon (GBR)
- **7 May** Okpekpe Intri 10km Road Race (NGR)
- **8 May** Harmony Geneve Marathon for Unicef (SUI)
- **15 May** Letecco Romagna Marathon (ITA)
- **29 May** The Edinburgh Marathon (GBR)
- **18 Jun** Corrida de Langueux (FRA)
- **26 Jun** B.A.A. 10K (USA)
- **25 Sep** 38. PZU Maraton Warszawski (POL)
- **2 Oct** Bournemouth Marathon (GBR)
- **2 Oct** Kosice Peace Marathon (SVK)
- **2 Oct** Lloyds Bank Cardiff Half Marathon (GBR)
- **23 Oct** Venice Marathon (ITA)
- **13 Nov** Marathon des Alpes-Maritimes Nice-Cannes (FRA)
- **20 Nov** Semi-Marathon de Boulogne Billancourt Christian Granger (FRA)
- **20 Nov** Airtel Delhi Half Marathon (IND)
- **11 Dec** Guangzhou Marathon (CHN)
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01
Distance Running | 2016 Edition 2
At 210m below sea level the Tiberias Winner International marathon is the lowest marathon held anywhere on Earth. It is run along the shores of the Sea of Galilee (Kinneret in Hebrew), a deep blue harp-shaped lake situated in the Jordan Valley and surrounded by breathtaking scenery. The setting for many important events in history, this is a most fascinating area to visit with something to offer everyone – from water recreation to major historic sites.

Being run around the shore of Israel’s largest freshwater lake (55km in circumference) the Marathon offers a flat course with only three curves over its entire length. This at least partly explains why the course record of 2:07:30, set in 2012 by Frenchman Patrick Twambe, is so fast. The location and date of the marathon (early in January when temperatures are at their lowest) makes it a great opportunity for runners to break their personal best times.

The number of participants in the marathon has increased each year and in 2016 the number of finishers topped 2000 for the first time. The event includes a 10km run in which a few thousand more participate.

The race was founded in 1977 by the Israeli Athletic Association and a few long distance running coaches and is now the longest-running marathon in Israel. Since foundation it has been held every year without exception. The organising committee put their greatest efforts into the marathon race.

Over the years many runners from all over the world have run their best marathon times in the longest-running marathon in Israel

RESULT
Marathon
Men
1 Teferi Kebede BALCHA ETH 2:15:31
2 Dereje Tadesse RAYA ETH 2:19:53
3 Samuel Getachew DEMIE ETH 2:22:12
4 David Barmasai TUMO KEN 2:23:52
5 Malkamo JAMBAR ISR 2:24:02
6 Luca ROTICH KEN 2:24:48
7 Amir RAMON ISR 2:29:52
8 Asrat MAMO ISR 2:30:57
9 Moshiko YESHARIM ISR 2:32:12
10 Adiso ASENKOW ISR 2:32:30

Women
1 Edinah Jerotich KWAMBAI KEN 2:51:16
2 Svetlana BACHMEND ISR 2:56:23
3 Hagar CNAANI ISR 2:56:47
4 Migel Atias YODFAT ISR 2:58:04
5 Bikaya MANTAMER ISR 3:00:03
6 Stefania LEONDIADAS GRE 3:00:31
7 Moran SHA'+TAL ISR 3:06:42
8 Shiri FRIDMAN ISR 3:08:58
9 Yael DANK ISR 3:11:10
10 Sonia ARIELY ISR 3:15:57

Over the years many runners from all over the world but particularly those from Israel have run their best marathon times in the Tiberias Marathon. Refreshment stations are placed every 2.5km some of which offer isotonic drinks. Every kilometre there is a DJ stand so that runners can hear music all the way along the course.

One of the unique features of the race is that slower runners can see the marathon leaders running in front of them at several points during the race. Keeping them in sight in this way seems to increase the mass runners’ motivation.

When runners come to Tiberias they find that the whole city is dressed up in special holiday costume just for this event. The hotels are fully geared up to receive the marathon runners. Pre-race briefings are held wherever they may be staying and information boards and posters give information about the marathon course and race instructions. The race press conference is held the day before with the elite runners in attendance and later on there is the pasta dinner. All runners and a large part of the city’s population attend the race EXPO.

Race day starts early as the runners warm up and ready themselves for the starting gun. The roads are cleared: only the lead cars and TV bikes are allowed on the road.

In the finish zone, after receiving their medals, runners can choose from a range of refreshments including soft drinks, hot soups, fresh fruits, energy snacks and more.

For more information visit: www.tiberiasmarathon.com
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- Massive entertainment program
- Enthusiastic crowd support
- Intense and vibrant city atmosphere
- Live coverage on app and web
- Three day expo

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Download the free Telenor Copenhagen Marathon App
More than 30,000 runners dashed out in the early morning despite a record low temperature for Taiwan of 4C. Despite the adverse conditions most of them raced steadfastly towards their respective finishing line. The race was concluded successfully thanks to the “can do” attitude shown by runners: the self-belief, willpower, stamina, and determination to go the distance. This spirit is one of the main reasons why Standard Chartered title-sponsors so many major marathons around the world.

It was the third edition of this particular race which has already grown to be Taiwan’s biggest running event. Not only does it have the largest number of runners and of nationalities competing, it also has the most visually impaired participants. “Seeing is believing” is the banner under which Standard Chartered directs its charitable efforts towards improving life for the visually impaired. From the first edition in 2015 the race has recorded very high levels of runner satisfaction: 91% of them were satisfied with the overall arrangement of the race and around 96% of them expressed the intention to register for the following year. The race has established itself as a premium international Marathon and the most charitable in Chinese Taipei.

Apart from the standard full marathon there are other options which include a half marathon, a 10km run, a 3km leisure run and a 2km ‘Leader’s Cup’ suitable for runners of all ages and fitness levels. After starting at the Presidential Office Plaza runners pass by many significant spots along the race route such as the Jin-Fu Men Monument, the Chiang Kai-shek Memorial Hall, the Taipei Fine Arts Museum, the Grand Hotel, the Martyrs’ Shrine, and the Neihu Science Park before finishing at the Dai-Jia Riverside Park. The Park is a place local residents use for doing exercises and casual activities but after the runners finish it becomes the scene of the race carnival. All runners are welcome to bring their friends and families to join the carnival and to see the live bands performing, the award ceremony, the lucky draw and to take photos to share their memorable moments.
Kaunas Marathon 2016

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Midnight Sun Marathon
Halfmaraton
Tine-Mila 10 km
Coop MiniMaraton
Labb and Line kids run

Polar Night Half Marathon – 7 January 2017

Get at great Arctic experience by running
The Polar Night Half Marathon in Tromsø, Norway

Polar Night Halfmarathon
Mørketidsmila 10 km
Stamina Mørketidstrim 5 km

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This year 200 visually impaired runners joined the race and experienced all the joy that running could create. Moreover, under the organiser’s initiative and with their assistance, 20 visually-impaired people served as working staff on race day and proved their capabilities.

Standard Chartered Bank initiated the Visually Impaired Corporate Advisory Council and from May 2013 called upon Chunghwa Telecom, Jardines Group, Fubon Culture and Education Foundation, Audi Automobile Taiwan, and HP Taiwan to support job placement of the visually impaired. The goal was to combine and integrate resources from corporates, Government, and NGO to create jobs. Supported by the Taipei Parents’ Association for the Visually Impaired, Eden Social Welfare Foundation and Technology Development Association for the Disabled, the “Standard Chartered Seeing is Believing Visually Impaired Employment Platform” was set up to demonstrate the joint efforts among public and private sectors, as well as non-profits, to support job placements of the visually impaired. As a direct result more than 250 visually impaired workers have been successfully employed since 2013.

In the 2016 race, to enhance the awareness of finding job placements for visually impaired people, Standard Chartered Bank initiated a social network campaign called “Hear the Love”. The idea was to encourage the public to record videos containing their cheers for visually impaired people. Vice President Duyn-Yi Wu and Taipei City Mayor Wen-Che Ke recorded their own cheers right at the start of the campaign. The initiative received positive feedback from the public; the famous actress Puff Kuo and the baseball player Kuo-Hui Kao recorded videos and they both joined the run for their first time.

Ten of the Taiwanese athletes who are bound for the 2016 Olympics recorded their cheers to all runners and broadcast them on the event’s Facebook page.

The Bank also recruited cheering squads made up of bank employees and college student volunteers to line up along the race route to add spirit to the event.

Taipei Standard Chartered Charity Marathon is held at the end of January or early in February every year, which is normally just prior to Chinese Lunar New Year.

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Brisbane Marathon Festival
7th August 2016

Celebrate 25 Years

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2.2 km 5 km 10 km 21.1 km 42.2 km
A marathon in bloom

Take a trip to one of the most captivating cities of the world and run towards happiness

At the time the race is held Europe is freezing but in Madeira Island it’s 19°C, the sun shines and there is no wind: welcome to Funchal.

This extreme southwest corner of Europe is an idyllic place: one of the world’s safest holiday and leisure destinations and just an hour and a half’s flight away from the Portuguese capital, Lisbon.

A calm crystal-clear blue sea and breathtaking landscapes provide the background and inspiration for a great running competition which gathers locals alongside hundreds of tourists. Among them this year was Steve Edwards with a magnificent total of over 700 marathons under his belt, all run in less than three and a half hours.

The marathon is run on the main streets of Funchal which are generally flat but the island itself is very hilly and some slopes are unavoidable. The diversity of landscapes, dazzling hotels, charming streets and blooming, perfumed gardens that you pass by provide interest and diversion.

Along the roads locals enthusiastically applaud and cheer the runners as the morning becomes even more colourful and full of life. The sun helps to warm the soul, providing comfort to visitors and helping them to notice more.

It is Cristiano Ronaldo’s island where one of the world’s best football players was born. Near to the finish line, beside the sea, is a bronze statue of him that stands and keeps guard over a museum to his honour: here CR7 has all his individual trophies – a must-see, among so many others.

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These are the good energies that Madeira island provides. It's a unique place, and yet so close, where the landscape, the culture, the gastronomy and the exceptional hotel service provide ideal reasons for relaxation and revitalisation that are so essential for health.

Apart from the main event, Funchal’s Marathon includes a Half Marathon and a Mini Marathon, as a way of providing sport to all, to whole families, giving them the opportunity of entering into the occasion in the Pearl of the Atlantic and enjoying a great journey.

In 2017 Funchal’s Marathon will take place on 29 January. Why don’t you take a trip to one of the most captivating cities of the world and run the race? This is Europe but the sun shines and transfers enough energy for you to keep pace, turn the autopilot on and run towards happiness.

Madeira Island, besides being one of the most beautiful holiday destinations in Europe, is perfect for combining tourism and sport. It may be impossible to please everyone but in Madeira it is possible to get the best of these two worlds, participating in a unique marathon and at the same time enjoying the local gastronomy and the overwhelming landscapes. Share this moment — bring your family.

Madeira was named as the World’s Leading Island Destination by the World Travel Awards in 2015. It is a place facing the sea and blessed by the sun, with a total area of 741 square kilometres (57km long and 22km wide). The weather is mild with an average temperature of 17°C in winter and 25°C in summer. Due to the influence of the Gulf Stream the sea is equally warm with average temperatures of 22°C in summer and 18°C in winter.

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107 TOYOTA MEDIA MARATON DE LIMA
10K • 21K
To the glory of Guadalajara

Guadalajara, capital of the state of Jalisco, is known within Mexico and around the world for its proud and hospitable people. In their daily life they preserve and safeguard traditions and symbols that represent Mexican identity: the music of the mariachis; the charreada (rodeo riding where the audacious riders, both men and women, show eye-catching and risky equestrian skills); and the typical tequila that complements, with its energetic country flavor, the exquisite and spicy regional gastronomy.

All this combines harmoniously with modern influences. Guadalajara has perfectly adapted to the passing of the years without losing the spirit that makes her unique: she knows she is the window through which the world gets its first impressions of the whole country.

The tapatíos, as people from Guadalajara are known, are passionate about sport and in recent times have found that urban marathons have presented new opportunities to enjoy the magnificent ancient buildings and monuments as well as the new architectural innovations that have enriched the city. People from all different ages and backgrounds who participate in these marathons feel the experiences that, past and present, unify tradition and modernity. They reinvigorate the emotional bonds of living in a city where they are not only spectators but also enthusiastic participants helping to project its international reputation and the improving quality of life.

The race is an event organized by the government of the city and has been launched with the purpose of providing runners with a full community experience. The idea is to combine physical and mental freedom in the challenge of the distance. There is a joyful sense of people proudly and loudly declaring: “we are the city” to their fellow citizens and visitors alike.

The wide tree-lined avenues through which the marathon passes take runners past important landmarks and iconic places which will be lodged in the memories of the runners and of spectators. From early morning people line the sides of the roads to scream encouragement, clap, wave banners and sing songs to support the runners quite independently of the various musical and animation groups.

The new route for the half marathon has been designed as a circuit with the intention that spectators, especially friends and families of local runners, could more easily appreciate the efforts of their loved ones along the route and could better express their support.
Quebec City Marathon

42.2K  21.1K
Oasis 10K
Tanguay Kids Run
SSQ Health 5K
SSQ Star Race

quebecmarathon.com
the runners’ progression past the city’s emblematic places allows them to “feel in their legs” the inspiring aesthetic of the place. It helps to clear their minds and make the accumulating tiredness more bearable, reducing the ‘emotional’ distance remaining.

The start and finish is at the magnificent monument called La Minerva erected in honour of the Roman goddess of wisdom. It is an enormous fountain, 74m in diameter, in the middle of which haughtily stands the eight-metre high statue of the goddess. The fountain is surrounded by a garden sown with blue agave, the plant from which Mexico’s most famous drink is made: tequila. Statue, fountain and garden form a square at the crossroads of the most important avenues of the city. Many large shows and gatherings take place here. A dedication “To the Glory of Guadalajara” has been engraved on the monument but could be rephrased as “To the Glory of the Runners” since it is where their odyssey starts after hearing the starting shot. It is also to where they return after fulfilling the challenge to share memorable moments with families and friends both personally and through social media. Another dedication engraved on La Minerva reads: “Justice, Wisdom and Strength Guard this Loyal City” which on the day of the event re-emphasises that the goddess affords the same protection for the runners as for the city — both anxious and fresh in their departure and exhausted but happy at the end.

One of the pleasures of participating in this race is running across the urban bridges that are much more than utilitarian structures to facilitate traffic. The first of them, known as Puente Matute Remus, honours a tapatío engineer who managed to physically move the headquarters of a phone company without the employees having to stop work. It is more than 900m long, 7m high and 26m wide and built in an avant-garde style that makes it look like a piece of urban art designed to enhance the city. Another aesthetic high point is the vehicular bridge beside the Arcos del tercer milenio, a monumental urban sculpture consisting of four metal arches, up to 52m high, which is the work of the famous Mexican artist Sebastián.

The XXX Electroíl International Half Marathon Guadalajara has for 30 years celebrated the anniversary of the founding of the city on 14 February. It has everything a runner can feel passionate about in its motto: “Running is Power”. Having the opportunity of running in Guadalajara has been a heartwarming experience for all, shared by runners with joyfulness and liberty.

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### RESULTS

**Half marathon**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Country</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Juan Luis BARRIOS</td>
<td>MEX</td>
<td>1:04:13</td>
</tr>
<tr>
<td>2</td>
<td>Emmanuel MNANGAT</td>
<td>KEN</td>
<td>1:04:41</td>
</tr>
<tr>
<td>3</td>
<td>Julius Kipyego KETER</td>
<td>KEN</td>
<td>1:04:49</td>
</tr>
<tr>
<td>4</td>
<td>Stephen NJOROGE</td>
<td>KEN</td>
<td>1:06:02</td>
</tr>
<tr>
<td>5</td>
<td>Eloy SANCHEZ</td>
<td>MEX</td>
<td>1:06:26</td>
</tr>
<tr>
<td>6</td>
<td>Charles Kandie KOECH</td>
<td>KEN</td>
<td>1:07:04</td>
</tr>
<tr>
<td>7</td>
<td>Alejandro SUAREZ</td>
<td>MEX</td>
<td>1:07:17</td>
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<td>8</td>
<td>Tomas Luna DOMINGUEZ</td>
<td>MEX</td>
<td>1:07:47</td>
</tr>
<tr>
<td>9</td>
<td>Shadrack Kipkorir KIYAI</td>
<td>KEN</td>
<td>1:08:45</td>
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<tr>
<td>10</td>
<td>Francisco BAUTISTA</td>
<td>MEX</td>
<td>1:08:53</td>
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</table>

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</thead>
<tbody>
<tr>
<td>1</td>
<td>Risper GESABWA</td>
<td>KEN</td>
<td>1:13:16</td>
</tr>
<tr>
<td>2</td>
<td>Ogla KIMAIYO</td>
<td>KEN</td>
<td>1:13:17</td>
</tr>
<tr>
<td>3</td>
<td>Margarita HERNANDEZ</td>
<td>MEX</td>
<td>1:13:23</td>
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<td>4</td>
<td>Viany DE LA ROSA</td>
<td>MEX</td>
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<td>Marisol Guadalupe ROMER</td>
<td>MEX</td>
<td>1:13:30</td>
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<tr>
<td>6</td>
<td>Mayra SANCHEZ VIDAL</td>
<td>MEX</td>
<td>1:15:28</td>
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<td>7</td>
<td>Esmeralda REBOLLO</td>
<td>MEX</td>
<td>1:15:41</td>
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<tr>
<td>8</td>
<td>Karina Lizette GARCIA</td>
<td>MEX</td>
<td>1:17:45</td>
</tr>
<tr>
<td>9</td>
<td>Mitzani LOZANO</td>
<td>MEX</td>
<td>1:17:46</td>
</tr>
<tr>
<td>10</td>
<td>Maria Elena VALENCIA</td>
<td>MEX</td>
<td>1:18:11</td>
</tr>
</tbody>
</table>
Experience the most amazing Night Race running through the colonial churches in Downtown Quito.
Europe’s flattest marathon course passes through Seville’s most beautiful, emblematic and recognisable points of interest

In the 32 years of its existence the Seville Marathon has established itself as one of southern Europe’s most important marathons. But for many of those seeking to score fast age-group times it is surely among the top three most sought after races. The reasons are not hard to see. Seville enjoys one of the most benign winter climates in Europe. In fact it can hardly be called winter: when it’s winter in Europe it’s springtime in Seville.

The city lies in the southwest of Spain on the plain of the Guadalquivir River and is the fourth largest metropolitan centre in the country with a population of around 1.5 million. After the ‘discovery’ of the ‘New World’ Seville became an important economic centre in the 16th Century as its port monopolised the trans-oceanic trade. From the 17th Century it began a gradual economic and demographic decline as silting in the Guadalquivir forced the trade monopoly to relocate to the nearby port of Cádiz. What was lost over the centuries by way of maritime presence has fortuitously added to its present-day lure for Marathon runners.

Because besides the climate there is another reason for Seville’s popularity which is that the course is Europe’s flattest — highly suitable for setting fast times. Throughout the route there is only a ten-metre change in altitude between its highest and lowest points.

The course is designed to be more than flat though: it passes through Seville’s most beautiful, emblematic and recognisable points of interest: Plaza de España, Torre del Oro, La Giralda, María Luisa Park, City Hall and Plaza Nueva, Avenida de la Constitución, Alameda de Hércules, the Maestranza bullring... the list goes on. As the popular love song to the city of Seville declares, this event clearly has a special “colour” about it.

The race has the feel of a major marathon where the results are of tremendous significance but its ultimate potential is still far from being reached. The organisation again closed registration one month prior to race day.

With its price — one of the most inexpensive marathons in Europe, the Andalusian climate in February, the flat and scenic course, the services offered and the care afforded to the runners, Seville has found a highly successful recipe.
The race continues to be the only "sold-out" Spanish marathon on the calendar. Major improvements made since 2013 have resulted in a leap in quality. 13,000 runners entered in 2016 of whom 10,800 finished. Among these 945 of them — an impressive percentage — managed to finish in under three hours. Apart from its title as "Europe’s flattest" the course contrives to be at its prettiest along that part of the route which coincides with when runners hit the feared "wall". The area is brimming with people and excitement which greatly helps the runner to get through this critical part of the race. From 30km the marathon passes through the centre of the city, going through, for example, the beautiful María Luisa Park and Plaza de España (where Star Wars was filmed). This lasts all the way to the shores of the Isla de la Cartuja, from which runners can spot the Olympic stadium where their friends and family are waiting for them. It was in this stadium where in 1999 Abel Antón was crowned world champion in the marathon.

This year's race provided further evidence of how fast runners can go when presented with such favourable conditions as Seville offers. Kenyan Cosmas Kiplimo Lagat who set the previous course record in 2014 broke it again with a time of 2:08:14. Behind him two male and two female Spanish athletes, who were competing in their National Championships, finished within the Olympic Qualifying Standard for Rio de Janeiro.

Women's winner Paula González said: "It was my debut. I was really focused on the clock and on the Spanish women. But then I realised I could beat the Kenyan and Ethiopian runners."

The course is wide enough to allow all participants a clear run without any problems or sudden stops but to be in good company from start to finish.

The "side events" have their own highlights: the Marathon Expo features nearly 100 exhibitors; the runner’s goodie bag includes a New Balance technical windbreaker; the fun kids’ run; and a delicious pasta meal that is free for all runners.

Plan to start your 2017 Marathon schedule with a visit to Seville — fast becoming an international reference point for runners throughout Europe.
THE COURSE: The Stockholm Half Marathon is run on an inspiring course through central Stockholm. The difference between the highest and the lowest point of the course is 27 metres. Start and finish in front of the Royal Palace.
WEATHER CONDITIONS: Average temperature in mid September is 15 degrees C.
THE CITY: Welcome to Stockholm, one of the world’s most beautiful capitals. Built on 14 islands around one of Europe’s largest and best preserved medieval city centres, the Swedish capital is superbly positioned, with stunning and extremely varied scenery in every direction.
RACE OFFICE: Phone: +46 – 854 566 440.
E-mail: info@StockholmHalfMarathon.se
Web site: StockholmHalfMarathon.se
TOURIST INFORMATION: Stockholm Visitors Board.
Web site: stockholmtown.com
OFFICIAL HOTEL: Villa Brevik, Web site: villabrevik.se
Organisers: Athletic clubs Hässelby SK, Spårvägens FK and Turebergs FK.
Mount Kilimanjaro, the highest free-standing mountain in the world, dominates the Tanzanian countryside for miles around.

Coming to run the Kilimanjaro Marathon here must be near the top of any runners’ must-do list especially as there are packages which include a six-day climb to the top of the mountain after the race. I opted to run the Half Marathon because I had booked myself on just such a package, starting the following day.

I arrived in Moshi a couple of days in advance to prepare. Signs for the race were up everywhere and people of all ages were constantly asking us whether we were there for the run. It was my fourth visit to Tanzania and I have always found it one of the most friendly countries I have visited. But the usual formalities of ‘habari yako?’ or ‘mambo vipi?’ were for this weekend replaced with ‘21 or 42km?’

There was a steady stream of people jogging towards the stadium at six in the morning. The early start time of 07.00 was designed to beat the worst of the heat. The marathon runners were getting in position as my brother and I arrived and we stood up in the stands as the excitement grew. The sun began to appear over the horizon behind Mawenzi Peak, the second highest on Mt. Kilimanjaro, as the loud music and a DJ started getting everyone fired up.

The start line outside the stadium was so noisy that we missed the sound of the gun firing. Despite having spent the past few months training with the target of setting personal best times today was about enjoying the race and conserving energy ahead of the climb. Even if I had wanted to go for a PB it would have been impossible. Hundreds of people lined the route; I have never hi-fived so many kids while running before.

The half marathon route heads north from town and it’s a tough uphill climb for the first 9km or so. You soon leave the built up town of Moshi and run into more rural communities. One section was an off-road track and row after row of banana trees helpfully provided us with shade. They were interspersed with coffee trees, several huge red termite mounds and many groups of enthusiastic kids cheering us on.

By the time I reached the highest point of the course, before the long downhill stretch back towards town, the sun was high in the sky and...
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Half marathon
10 km
Nike Youth Run
Children Races

INFO & REGISTRATION
www.tallinnmarathon.ee

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AIMS
beating down. Coming from a North European winter I found it hard going but there were plenty of water stops and the occasional shower on the back rode up and down the course collecting waste.

Indelible on the memory is the experience of running below the magnificent, regal snow-capped peak of Mount Kilimanjaro. Also impressive was the much closer view we had of the elite men in the marathon — who started half an hour before us but had to run the first half of the Marathon out-back on the Moshi to Dar Es Salaam road. They glided past me with 3km to go.

As we returned to Moshi the crowds grew thicker and the noise louder; and as we entered the stadium we were cheered by thousands. The finish line appeared around the track in the heat and humidity almost as a mirage. Despite my contained effort I felt quite drained by the end but it was certainly one of the best races I have ever run. As great as the half was I’m sure I’ll be back for the full marathon one day.

Charlotte Schmidt, a Danish expat mother of two baby girls resident in Dar es Salaam adds:

Living in Dar-Es Salaam has not offered best training conditions: I have been struggling with the heat and the hectic traffic during training. I only focused my training on the Kilimanjaro Marathon (I mean the half marathon there) in January.

But after a good night’s sleep (despite a bit of noise from the wildlife outside) I got up at 04.00 had breakfast and took the shuttle to the race. It was pitch black when the driver dropped us off. I stood at the start line with butterflies in my stomach and at 07.00 we took off. I had placed myself in the middle of the massive crowd (a bad decision) and found groups already walking ahead of me. Despite that frustration I knew I was just starting this wonderful journey and I wanted it to be a fun experience.

Right after we started the temperature was already rising but my training in the hot morning hours of Dar Es Salaam were now going to pay off. Mentally I felt good. After 7km I saw other runners had stopped to take photos of something to their right hand side. When I looked their way I was blown away by the stunning view of Mt. Kilimanjaro. I never thought I would stop in a race to take photos, but in this breathtaking moment I succumbed. I wasn’t worried about losing time I was just pleased see such amazing scenery. The meeting with Mt. Kilimanjaro gave me and the other runners a fresh boost of energy; all of us were smiling at each other while we continued the race.

After about 10km we finally turned back downhill. Sudden I felt like I could keep running forever: a feeling of relief and happiness. But then the top marathon runners flashed by. They looked so easy running at a speed that I don’t even dream about. I cheered them on as they overtook.

Approaching the stadium I could hear the crowds cheering. People were lined up everywhere watching the race. They provided a much needed rush of adrenaline to spur me on to the finishing line.

<table>
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<tr>
<th>RESULTS</th>
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<tr>
<td>1 Kiprotich KIRUI</td>
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<tr>
<td>2 Kenneth RONOH</td>
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<td>3 Bernard KIMAIYO</td>
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<td>4 Mathew KEMBOI</td>
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<td>5 David KIPKORIR</td>
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<td>8 Timothy PIUS</td>
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<td>9 Philip NGETICH</td>
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<tr>
<td>10 Kiprono KIRUI</td>
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</tbody>
</table>

| **Women**  |  |
| 1 Alice KIBOR | KEN | 2:38:03 |
| 2 Elizabeth CHEMWENO | KEN | 2:44:20 |
| 3 Alice SERSER | KEN | 2:44:56 |
| 4 Euliter TANVI | KEN | 2:47:11 |
| 5 Eveline ATANCHA | KEN | 2:50:46 |
| 6 Eunice MUCHIRI | KEN | 2:56:24 |
| 7 Techlah CHEBET | KEN | 2:57:05 |
| 8 Angel JOSEPH | TAN | 2:58:59 |
| 9 Monica MENGICH | KEN | 2:59:28 |
| 10 Ziporah ELEMAN | KEN | 3:00:16 |

| **Half marathon**  |  |
| **Men**  |  |
| 1 Benard MATHEKA | KEN | 1:03:23 |
| 2 Daniel MUTETI | KEN | 1:03:31 |
| 3 Ismael GATTLE | TAN | 1:03:36 |

| **Women**  |  |
| 1 Grace KIMANZI | KEN | 1:14:08 |
| 2 Vicoty CHEPKEMOI | KEN | 1:14:41 |
| 3 Failuna MATANGA | TAN | 1:14:55 |
15TH VOLKBANK MÜNSTER MARATHON
11 SEPTEMBER 2016

Most popular marathon in NRW 2012–2015
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» flat course with a mixture of a historical city and a scenic country-side
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If you’re going to put yourself through hell, you might as well do it in heaven.
Start this summer by attacking your marathon best (or another shorter distance) in the historical but yet undiscovered second city of Lithuania, Kaunas.

Start in the city hall square, dating from the 16th century, run by the remains of Kaunas castle, built in the 14th century, and enjoy the flat route beside the confluence of the two biggest rivers in Lithuania, the Nemunas and the Neris. Nearby lies the Kaunas Reservoir, the largest body of water in Lithuania.

The city features examples of Lithuanian architecture from the Medieval, Gothic, Renaissance, Baroque, Modernist and Soviet eras to modern times. Kaunas is sometimes still called “the temporary capital” of Lithuania as it was officially (the only one in the world) during the inter-war years when Polish forces occupied Vilnius.

Like the city itself the marathon is being discovered by the world at large. Still in only its fourth year it is drawing ever larger fields as the historical setting and flat course attracts the attention of runners from further and further afield. Last year’s winner, Antonia Johnson from Scotland, commented: “It was so flat and nice to run that you can go for your personal best. Running two laps through the old town and beautiful parks was fun. The gentle breeze from the rivers helped too.”

The difference between the lowest and highest points of the course is just 14m, something that even the renowned world record course of Berlin cannot boast. Course records stand at 2:28:18 by Aurimas Skinulis and 3:06:43 by Elena Simonok but the growing popularity of the race makes it likely that these records will be improved upon on an annual basis for the next few years. To encourage the chances the organisers are offering a 600 euro bonus. In 2016 the Lithuanian marathon championships will be incorporated within the event.

But most of the 5000 participants take part in the 5km and 10km races. Those also pass through the historic old town with its century-old brick-paved streets and through Confluence Park, where the Nemunas and Neris rivers meet.

Live music, dancers and even extreme street sports enthusiasts like parcour or BMX demonstrate their routines in the Kaunas Marathon. It’s not just about running, it’s a festival for the whole city.

Nearby lies the Kaunas Cathedral Basilica. No one really knows when it was built but it was mentioned in written sources in 1413. Runners then head along Vilnius Street towards the New Town and continue on the pedestrianised Laisves aleja (Freedom Avenue) through the commercial centre of the town. The now-not-so-New Town features distinctive interwar architecture for which the European Commission awarded Kaunas the ‘European Heritage’ Label. In 2015 Kaunas was declared a member of the UNESCO Creative Cities Network, the only one with this title in Eastern Europe.

Come to Kaunas to start your summer. The journey — by train, car, boat or plane — is easy. The airport is only 20 minutes from the city centre.
21.1K ON A TRULY FAST COURSE
THAT CALLS FOR PERSONAL RECORDS

Taking place for the second time 18 September 2016, Denmark’s annual half marathon is the only designated IAAF Bronze Label road race throughout the Nordic countries, dedicated to achieving the prestigious IAAF Road Race Gold Label.

By choosing Copenhagen for your Fall ‘16 half marathon destination, you’re in for an experience beyond 21.1 kilometres. Copenhagen boasts not only excellent opportunities for running, but also for sightseeing, exploring and enjoying!

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Waterford is a seaport in the southeast of Ireland and is the country’s oldest city. It was founded by Viking raiders in AD 914 and despite extensive redevelopment the city retains vestiges of its Viking and Norman past in its narrow streets and town walls.

Even today locals keep their Viking past close to their heart. The city’s central point is the ‘Viking Triangle’, where three excellent museums tell the story of Ireland’s Middle Ages better than anywhere else in the country. Here, in the heart of the Viking Triangle, lies the starting line for Waterford Viking Marathon.

Waterford has a strong sporting connection being the home town of John Treacy — who twice won the World Cross-County and took a silver medal at the 1984 Olympics in Los Angeles.

Now in its fifth year the Waterford Viking Marathon has already established itself on the nation’s running calendar and continues to grow, as participation levels increase year on year. Over 2500 runners are expected for this year’s race on 25 June.

The event offers something for everyone, with a half marathon and a quarter marathon as well and this year a three-person relay competition has been introduced. The courses are flat and fast. Runners meander through the narrow Viking city streets down to the infamous Quay along the River Suir and out to the city suburbs. The full marathon route then splits off towards to the small seaside town of Tramore, where runners take in the promenade along this beautiful sandy beach.

Encouraged by bands and musicians along the roadside, runners make their way back towards the city to the finish line at Waterford’s Regional Sports Centre. This venue offers a unique opportunity for an Olympic-style lap finish. A festival feel takes over as a non-stop stream of determined runners cross the line to be met by family and friends with many extraordinary and emotional moments to behold.

All finishers receive a unique collectable Viking-themed medal — the design of which is much anticipated each year — and a high tech t-shirt and goody bag. The Waterford Viking Marathon supports selected local or national charities each year and for 2016 the chosen charity is Pieta House, renowned for its work to prevent self-harming and suicide in Ireland.

Waterford Viking Marathon is memorable not only for the heroics of its participants but for the sense of Waterford’s ownership of the event as local people have taken it to their heart.
JUST FOR THE RUN OF IT!

Get ready to unleash the ‘fitter’ you on the scenic path to health and happiness.

To participate in the 5th edition of the PNB MetLife Satara Hill Half Marathon, visit: www.satarahillmarathon.com/registration.php
Vancouver is Canada’s third largest city with a population of over two million. It boasts fine Asian, South-Asian and fusion restaurants, excellent local craft beers, British Columbia wines, museums and galleries showcasing West Coast art and interesting neighbourhoods.

Stanley Park is one of the world’s largest urban parks, with 400 hectares of forest, rock, towering Douglas fir trees, totem poles, rose gardens, an aquarium, an outdoor swimming pool, and 27 kilometres of trails as well as its Seawall that hugs the surrounding Pacific Ocean.

For 18 years the point-to-point route of the half marathon has remained essentially unchanged, plunging down from the University of British Columbia to the Pacific shores of Spanish Banks and on to the finish line in world-famous Stanley Park. The accompanying 5km is staged within the park around Lost Lagoon and along the Seawall. In 2015 the race drew 4000 participants in the half-marathon and 2200 in the 5km — with runners from eight Canadian provinces and 29 countries.

The event is famed for its post-race party atmosphere amidst the tall trees of the park with the Pacific Ocean and snow-capped mountains as a backdrop.

The race is the fifth event in the Canada Running Series — which culminates at the Scotiabank Toronto Waterfront Marathon in October. The circuit began in Toronto in 1990 as a six-pack of road races sponsored by Coors Light. In 1999 it was expanded to Montreal and Vancouver. The Vancouver Half & 5km were created as a brand new event with Scotiabank as the title sponsor for the duration.

The “Scotia Half” attracts top Canadian distance athletes but at the same time offers a quality event for British Columbia’s outdoor community and support for the charities of the Greater Vancouver Area. Introduced in 2007 the Scotiabank Charity Challenge raises nearly CAN$1 million a year for 80 local charities who show their support with costumes, entertainment and high-energy.

The Scotiabank Vancouver Half & 5km is quintessentially Vancouver, and offers a jumping-off point to explore the magnificent Canadian Pacific Northwest with its towering mountains, wildlife-packed forests and dramatic coastline. This is the Canada that the world thinks of; mountains, ocean, and magnificently large trees.

In 2013 the race became the first in Canada to receive certification from the Council for Responsible Sport in Oregon for its “green” initiatives. The race is close to downtown and you can visit the Capilano Suspension Bridge, or hike the nearby “Grouse Grind” in the North Shore Mountains. For the adventurous there are ferry trips to the Gulf Islands and Victoria, the Sunshine Coast, and cruises through the Inside Passage to Alaska.

June is one of Vancouver’s driest months with temperatures averaging 10–20°C throughout the day. Canada Day follows race weekend, celebrating the founding of Canada on 1 July 1867.

www.vancouverhalf.com
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Run in PARADISE

PLACE: Tamarindo, Guanacaste
HOUR: 4:30 am
DATE: September 17
DISTANCES:
- 26.2 miles
- 13.1 miles
- 18.6 miles
- 6.2 miles

REGISTER:
www.tamarindobeachmarathon.com
Swansea, the second city of Wales with a thousand-year history, will stage only the third edition of what is already the second largest race in the country on 26 June. Last year 5000 runners took part, coming from 25 countries - but 8000 are expected to show up this year making it one of the fastest growing half marathons in the UK.

Poet and Under Milk Wood author Dylan Thomas is the city’s most famous son and Oscar-winning actress Catherine Zeta-Jones its most famous daughter — but on race day the beauty will be supplied by the scenery of the city. Swansea Bay, home to grey seals, dolphins and even basking sharks, provides a sensational backdrop to the event.

The iconic flat and fast city-to-sea course holds many scenic highlights. Within a kilometre of the start the field snakes past Swansea Castle, built in 1106 by the first Earl of Warwick. Runners pass St Helen’s rugby ground at 3km where West Indian cricketing great Sir Garfield Sobers smashed six sixes off an over from the hapless Malcolm Nash 862 years later (in 1968).

At 10km runners turn back towards Swansea along the promenade with Wales’ tallest building, the Meridian Tower, acting as a distant beacon by which to measure their progress.

Technical director Nick Francis says “the course is incredible; you run along a 10km stretch of Swansea Bay. Everyone mentions the views with some comparing it to the most scenic race destinations across the world. We want to give runners the best experience possible.”

Last year Great Britain international and Rio 2016 hopeful Dewi Griffiths sprinted across the city centre finish line in front of thousands of spectators to set a course record of 1:06:48. Emma Wookey claimed the women’s prize with 1:17:51. Both have vowed to go faster in 2016 after being appointed the event’s first ever race ambassadors.

A wheelchair race was incorporated in 2015 while the 2016 race introduces two starting ‘waves’ to help cope with the rapidly growing numbers. There are already further plans for future years: Race director David Martin-Jewell says: “We aim to become an IAAF accredited race at bronze level and are preparing the ground to attain this status.”

Nick Francis adds: “we want to develop a race that is value for money, one runners enjoy and which makes them want to come back year after year.” And why wouldn’t you want to come back to a city also known for its Premier League football team Swansea City and top rugby union outfit Ospreys — which makes it something of a sporting Mecca?
MARATHON | HALF MARATHON | MINI

2 OCTOBER 2016

LISBON’S ONLY MARATHON | GORGEOUS WATERFRONT ROUTE
HALF START ON VASCO DA GAMA BRIDGE | ADIDAS TEE | EUROPE’S BEST VALUE
Da Nang’s coastline, stretching out over a distance of 30km, is renowned for pristine white sand beaches with crystal-clear blue water. It is popular for fishing, water-skiing, diving, and yachting. Forbes Magazine (USA) rates Da Nang as one of the six most beautiful beaches in the world. Da Nang’s green environment and reduced pollution and traffic congestion won it a First-Class City listing. It is considered as the most ‘liveable’ city in Vietnam.

The Da Nang International Marathon also offers a half marathon and a 5km fun run. The course allows you to experience the beautiful coastline, the surrounding mountains and the city itself with its bridges across the poetic Han River at sun rise. The sights and sounds surround you as you breathe in the fresh air during each stride of your run. Come to run in Vietnam and let its alluring beauty usher you towards one of the milestones in your running life.

About 10km to the north east from Da Nang city is a long thin peninsula, Son Tra, with a peak of 693m above sea level (called Monkey Mountain by US soldiers). West of Da Nang the My Son ruins used to be the capital and religious centre of the Champa Kingdom but were badly damaged by bombing in the 1960s. It was declared a UNESCO World Heritage Site in 1999. There are many other places worth visiting such as the Marble Mountains – rocky limestone jutting out of the beach to the south and Ba Na Hill – the resort located in Truong Son Mountains with a 5km cable car ride up to its peak at 1487m above sea level. The old town of Hoi An – a UNESCO World Heritage Site 30km from Da Nang – will transport you back in time. A longer trip will take you north through the Truong Son Mountains – which offer tremendous views from the top – to the charming and peaceful city of Hue, capital of the Nguyen Kingdom.

The race is organised by the Da Nang People's Committee in co-operation with Pulse Active. Funds raised through the competition go to the Da Nang Cancer Hospital Fund.
### Calendar

**AIMS member events for the forthcoming 15 months**

**April 2016 – June 2017**

For latest dates visit distancerunning.co.uk/events.html

#### April 2016

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#### June 2016

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#### Key

- M = Marathon
- H = Half Marathon
- R = Road Race
- U = Ultramarathon

IAAF Events are highlighted in red. *Upredicted date*

At the time of publication, the above dates were believed correct, however, runners should confirm directly with race organisers prior to booking arrangements.
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<td>Turin Marathon</td>
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<td>Lake Tahoe Triple Marathons &amp; Triple Half Marathons</td>
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<td>Marine Corps Marathon</td>
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<td>Toyama Marathon</td>
<td>Full</td>
<td>JPN</td>
<td>2016</td>
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</tbody>
</table>

Distance Running | 2016 Edition 2

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93rd Košice Peace Marathon
Košice • Slovakia • October 2, 2016
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MINI 4 km
RELAY 9/12 km
HALF 21 km
FULL 42 km

CR ♂ 2:07:01
CR ♀ 2:27:47

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November 2016

Antarctic Ice Marathon & 100k

Marathón Valencia Trinidad Alfonso

10–12

December 2016

20 Verona Marathon
ITAM 90

26 Bagán Temple Marathon
MEX M 87

26–27 Gran Maratón Pacífico
MEX M 87

26 Great Hakka Marathon
CHN M/H Course not measurable to AIMS standards

27 KLM Curacao Marathon
CUR M 87

27 Firenze Marathon
ITAM 82

27 Marathon du Gabon
M 82

27 Mount Fuji Marathon
JPN M predicted date

28 Panama Int’l Marathon
M 81

30 ASICS Penang Bridge Int’l Marathon
MAS M/L/M 81

2017

January

1 Neujahrsmarathon Zürich
SUI M/H 81

Tibetian Winner Marathon
See race feature on page 19

6 Siberian Ice Half Marathon
RUS M Course not measurable to AIMS standards

13 Egyptian Marathon
EGY M/L 81

15 Marathon Bahamas, Half & 10K
HKG M/L/H 81

15 Gammon China Coast Marathon & Half
CHN M/H/L 81

17 Chevon Houston Marathon and Aramco Houston Half Marathon
USA M/H 81

20 Maui Ocean Front Marathon & Half
HKG M/L/H 81

20 Standard Chartered Mumbai Marathon
IND M/L/H 81

20 Corrida de Sao Sebastiao
BRA M/L/H 81

20 San Maratón de la Ciudad de Cúcuta
COL M 81

20 Maratón India de la Alegria
HKG M 81

20 Mitja Maratón de VilaSanta
CAT M 81

20 Maratona do Funchal
See race feature on page 25

20 Grande Prémio Fim da Europa
POR M 81

20 Khon Kaen Int’l Marathon
THA M/L/H 81

20 Marathon & Semi Int’l de Marrakech
MAR M/L/H predicted date

20 Cebu Marathon
PHI M/L/H 81

20 Osaka Women’s Marathon
JPN M predicted date

20 Taipei Standard Chartered Marathon
CHN M/L/H 81

20 Taipei Int’l Marathon
TPE M/L/H 81

20 World’s Best 10k Race
POR M 81

February

5 Beppu-Oita Mainichi Marathon
JPN M predicted date

5 Mitja Maratón Granollers
ESP M 81

5 Napoli Mostra d’Oltremare Half Marathon
ITA M/H 81

13 El Corte Inglés São Silvestre de Lisboa
POR M 81

13 Milano Marathon Mania Finals Race
PHI M 81

18 Pisa Marathon
ITA M/H 81

18 Taipeh Marathon
TPE M/L/H 81

26 The Carthage Race Int’l Marathon
TUN M/L/H 81

26 Marburg City Marathon
RUS M/L/H predicted date

26 Seychelles Eco-Friendly Marathon
SEY M/H 81

26 Al Amerat Challenge Race
OMA M 81

26 Eilat Full Desert Marathon
ISR M/H predicted date

26 Cambodgien Challenge Marathon
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26 Medio Maratón Int’l Guadalajara
See race feature on page 29

26 Gyeonggi Int’l Half Marathon
KOR M 81

26 Kagawa Marugame Int’l Half Marathon
JPN M 81

26 Kaohsiung Int’l Marathon
TPE M/L/H predicted date

26 Kilimanjaro Marathon
TAN M/H predicted date

26 Kinmen Marathon
TPE M 81

26 Tokyo Marathon
JPN M 81

26 Vodafone İstanbul Marathon
TUR M 81

26 Kyoto Marathon
JPN M 81

26 Ohme-Hochi 30km Road Race & 10km
JPN M 81

26 RAK Half Marathon
UAE M 81

26 Sahara Marathon
ALG M Course not measurable to AIMS standards

26 Tokyo Marathon
JPN M 81

26 World’s Best 10k Race
POR M 81

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5 Lake Biwa Mainichi Marathon
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5 Lake Maggiore Half Marathon
ITA M 81

5 Nafplio Marathon
GRE M 81

5 Shanozville Int’l Half Marathon
HUN M 81

10th Lake Balaton Supermarathon
HUN M/H Course not measurable to AIMS standards

13 Incheon Int’l Half Marathon
KOR M 81

13 Runatollia Marathon (Half + 10km)
TUR M/L/H 81

13 Santander Half & 10k
ESP M/H 81

13 Turronifrutia Half Marathon
ESP M 81

13 TREK Half Marathon
ITA M 81

13 Tirana Half Marathon
ALB M 81

13 World’s Best 10k Race
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Planning ahead

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EDP Lisbon Half Marathon
POR H
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Rock ‘n’ Roll DC Marathon & Half Marathon
USA M,
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Seoul Int’l Marathon
KOR M
92

Standard Chartered Stanley Marathon
FLM K
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Treviso Marathon 1.3 and Half
ITA M
90

New Taipei City Wan Jin Sh Marathon
TPE M,
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32nd Telecom Vivicittà Spring Half Marathon Budapest
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NPO M Course not measurable to AIMS standards
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B.A.A. Boston Marathon
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Düsseldorfer Marathon
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GRE M
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DVV Antwerp Marathon
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Australian Running Festival
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30th Belgrade Marathon
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94

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NOR H,
88

Berlin Half Marathon
GER H
88

Big Sur Int’l Marathon
USA M,M
98

ČSOB Bratislava Marathon
Svk M,H,
92

CAF Caracas Maratón
VEN M
98

Chia Laguna Half Marathon
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Chisinau Int’l Marathon
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92

Daegu Int’l Marathon
KOR M
92

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Diaco Gaborone Marathon
BOT M,
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Guam Int’l Marathon
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tbc Gun San Saemangeum Int’l Marathon, 10km & 5km
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tbc Haspa Marathon Hamburg
GER M
88

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Nova Poshta Kyiv Half Marathon
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Limassol Marathon GSO
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DOZ Marathon Łódź with PZU
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ASICS Medio Maratón de Madrid
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EDP Rock ‘n’ Roll Madrid Half Marathon & 1/2
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Barossa Marathon Festival
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GMB R
88

Borneo Int’l Marathon
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OMV Petrom Bucharest Half Marathon
ROU H,
16

Scotiabank Calgary Marathon
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87

RAHAL Mémorial Casablanca
MAR R
92

Comrades Marathon
RSA U
92

Telenor Copenhagen Marathon
DEN M
20

Gifu Seiryu Half Marathon
JPN M
90

GöteborgsVarvet Half Marathon
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The Great Wall Marathon
CHN M Course not measurable to AIMS standards
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Leiden Marathon
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94

Maratón movistar Lima42K
PER M
94

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Moonlight Half Marathon
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18

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June 2017

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ECU R
30 June
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Lake Saroma 100km Ultra Marathon
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MEX H
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CHN M,U
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Libon Eco Marathon
POR M Course not measurable to AIMS standards
94

Midnight Sun Marathon
NOR M,
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Gatorade Panama Int’l Half Marathon
PAN H
94

Phnom Penh Half Marathon
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Suzuki Midnight Sun Run
ISL H
90

ASICS Stockholm Marathon
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SCP Swansea Half Marathon
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GGR H
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Tangamanga Int’l Marathon
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Telesis City Trophy Int’l Road Race 10k
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Vidovdan 10km Road Race
BIV R
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PKO Wroclaw Night Half Marathon
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94

iWelt Marathon Wuerzburg
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88

July 2017

Golden Ring Ultra Trail 100
RUS M Course not measurable to AIMS standards
94

Australian Outback Marathon
AUS M predicted date Course not measurable to AIMS standards
87

BMOVancouver Marathon
tbc
14

BMO Vancouver Marathon
tbc
14

The 21km Coahuila
Mex H
94

Cork City Marathon
IRL M
90

Carrera del Dia Del Padre Medio Maratén
MEX H
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Kaunas Marathon
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Laguna Phuket Int’l Marathon
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Lanzhou Int’l Marathon
CHN M,U
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Libon Eco Marathon
POR M Course not measurable to AIMS standards
94

Midnight Sun Marathon
NOR M
22

Gatorade Panama Int’l Half Marathon
PAN H
94

Phnom Penh Half Marathon
CAM H
87

Suzuki Midnight Sun Run
ISL H
90

ASICS Stockholm Marathon
SWE M
98

SCP Swansea Half Marathon
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GGR H
88

Tangamanga Int’l Marathon
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92

Telesis City Trophy Int’l Road Race 10k
ITA H
90

Vidovdan 10km Road Race
BIV R
90

Waterford Viking Marathon
See race feature on page 43
IRL H
22

PKO Wroclaw Night Half Marathon
POL H
94

iWelt Marathon Wuerzburg
GER M
88

Golden Ring Ultra Trail 100
RUS M Course not measurable to AIMS standards
94

Australian Outback Marathon
AUS M predicted date Course not measurable to AIMS standards
87

BMOVancouver Marathon
tbc
14

BMO Vancouver Marathon
tbc
14

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FROM 80 COUNTRIES

DISTANCES:
• MARATHON, 30 KM,
• MARATHON RELAY FOR 4,
• 10 KM,
• FUN RUN

31ST SPAR
BUDAPEST
MARATHON

9 OCTOBER 2016

THE BIGGEST RUNNING EVENT IN HUNGARY
WITH MORE THAN 27,000 PARTICIPANTS
FROM 80 COUNTRIES

DISTANCES:
• MARATHON, 30 KM,
• MARATHON RELAY FOR 4,
• 10 KM,
• FUN RUN

PKO Silesia MARATHON

02.10.2016
MARATHON
HALF MARATHON
MINI MARATHON
POLAND
KATOWICE

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Nothing new — and not out of Africa

by Hugh Jones

Some interested person sent me a press cutting from the International New York Times last month (10 Feb 2016: “Security fears hang over African Marathons”). It’s just my opinion — but I have seldom read such a rubbishy piece of journalism.

While I don’t contest the facts — I am sure they have someone whose job it is to check them — the way in which they are presented is at best misleading. The logic is so flawed that it is hard to find another word to describe it than ‘ridiculous’.

The author states that:

i) African distance running events are on the increase (perhaps even more so than according to the worldwide trend).

ii) There have been terrorist incidents in African countries (Mali, Burkina Faso, and Nigeria are cited)

iii) On one occasion, two terrorists detonated bombs at a marathon (not in Africa, but in Boston).

The article seems to suggest (the logic is missing, so it can hardly be called an argument) that because a bomb once went off at a marathon on another continent* and because more and more marathons are staged in African countries and because terrorists are active in some African countries — we must therefore expect these events to be bombed.

What a lot of old rubbish. The facts need rephrasing and placing in some context.

i) African distance running events are on the increase (perhaps even more so than according to the worldwide trend).

ii) There have been terrorist incidents in African countries (Mali, Burkina Faso, and Nigeria are cited, but we can also add Egypt, Tunisia, Cote D’Ivoire, Algeria, Somalia and Kenya).

iii) New marathons in Africa include events in Senegal, Sierra Leone, Liberia, Ghana, Cote D’Ivoire, Nigeria, Gabon and Zambia as well as more established races in Congo, Angola, Namibia, Botswana, South Africa, Zimbabwe, Tanzania, Rwanda, Uganda, Kenya and Ethiopia.

iv) there are three countries common to these two lists: Cote D’Ivoire (where the terrorist incident at a resort hotel in March occurred after the article had been published) Nigeria and Kenya.

Yet Kenya has held a high-profile Marathon (and hundreds of other local races) for many years without incident, and Nigeria has put on

* In fact it has been twice: five years before the Tsarnayev brothers planted their bombs along the side of Boston’s Boylston Street finishing straight a suicide bomber lined up at the start of an event in Sri Lanka on 5 April 2008 and detonated himself, successfully assassinating the Government Minister of Highways he had targeted. “Collateral damage” included killing two others – an Olympic runner and a national coach – and injuring ‘up to’ 100 runners who happened to line up for the race.
several races which have attracted foreign elite runners, also without incident.

Where the authorities ask fairly searching security questions of organisers in Africa — for example in South Africa — these focus primarily on the more common concern of traffic control and the installation of temporary race-related infrastructure rather than the possibility of bombs going off. Where bombs do go off — outside of fully-fledged war zones — tends to be in European capital cities (as I write this news of the Brussels Airport and metro bombings was breaking). But even then there is no discernible connection to the many marathons that are run in Europe. The only incident of which I am aware was the cancellation of Macedonia’s Skopje Marathon in May 2015 on the eve of the race after an incident earlier that day in which eight policemen were killed in an anti-terrorist action in Kumanovo (a town 40km from Skopje). In a subsequent statement the marathon was cited as being one of the targets of the terrorist group.

Even the bombing which happened at the Boston Marathon two years earlier seemed not to have been specifically pre-planned. The Runners World website reported that according to wire agencies Dzhokhar Tsarnaev told the FBI that he and his brother Tamerlan had chosen the marathon finish area because it was a “target of opportunity.” The brothers had originally planned their attack for Independence Day on 4 July but finished making their bombs earlier than expected and picked the crowded, open, high-visibility finishing stretch of the marathon instead.

The Great Ethiopian Run is the largest running event in Africa with over 40,000 runners massing in the centre of Addis Ababa for the race start. Race director Ermias Ayele, who has also worked on running events in South Sudan, Liberia and Ghana, argues that despite the huge numbers the impact of a terrorist attack would probably not be as far-reaching as an attack on a more everyday event. “People only come to the race once a year but they go to the market at least on a weekly basis. If you want to spread a climate of fear and suspicion and disrupt people’s lives then you would target somewhere that they go regularly”. The frequent attacks on public transport facilities in major cities would appear to lend support to this view.

Rather than acting as targets for terrorists mass participation marathons have more frequently acted as a medium through which the healing process is manifested. They have provided a means by which to express feelings of solidarity and affirmation in the aftermath of terrorist outrages. Such has been the case in Washington DC and New York City in 2001, in Madrid in 2004 and in Mumbai in 2008 — all these cities held marathons within a few weeks of terrorist atrocities being committed. Is there any reason to suppose that marathons held in Cote D’Ivoire or Nigeria would not be able to fulfil the same purpose?
The 5km looped course took the athletes through the different facilities in the ‘Aspire’ sporting complex which constitutes a distinct district of the city. Six men finished under 3 hours and six women finished under 3 hours and 33 minutes.

By 25km in the men’s race the lead pack had dwindled to Arnold Kiptaoi and Mike Fokorani (RSA) running just in front of Tony Migliozzi (ITA). Major changes happened over the final 10km as Migliozzi moved past Kiptaoi and Fokorani, running his last 5km lap in 17:52 while Kenyans Kiptaoi and Ongaki moved up to finish in silver and bronze medal positions.

Camille Herron took an early lead in the women’s race and never relinquished it, increasing her pace with every lap. Caitlin Smith (USA) ran consistently 30 seconds behind her team-mate for a few laps but then slowed. Khishigsaikhan Galbadrakh (MGL) had an outstanding run, leading the chase group for three quarters of the race and eventually finishing fifth. Maria Vrajic, Catrin Jones and Olympic marathon runner Catriona Jennings (IRL) started conservatively and made up places as the race went on.

**MEN:**
1. Tony Migliozzi USA 2:52:08
2. Arnold Kiptaoi KEN 2:55:34
3. Samuel Ongaki KEN 2:56:15

**TEAMS:** Kenya 8:49:09; United States of America 8:57:52; Australia 9:37:51

**WOMEN:**
1. Camille Herron USA 3:28:20
3. Catrin Jones GBR 3:29:20

**TEAMS:** Croatia 10:50:08; Canada 11:10:41; Australia 11:31:40

**Taipei International 12 Hour**

**MEN:**
1. Ka-Hei LAM HKG 127.086km
2. Kevin MULLER AUS 80.681km
3. Stuart HUGHES AUS 69.461km
4. Omar FAROQO AUS 67.742km
5. Shane LAWTEY AUS 65.984km

**WOMEN:**
1. Wan-Yee LEUNG HKG 117.511km
2. Chia-Chen TSAI TPE 108.960km
3. Ming-Ling KAO TPE 99.922km
4. Miki ENDOU JPN 99.202km
5. Yun-Ju LU TPE 95.132km

**AURA 6 Hour Track Championships**
Coburg, Australia
6 March 2016

**MEN:**
1. Francesco CIANCIO ITA 85.265km
2. Kevin MULLER AUS 80.681km
3. Stuart HUGHES AUS 69.461km
4. Omar FAROQO AUS 67.742km
5. Shane LAWTEY AUS 65.984km

**WOMEN:**
1. Amelia GRIFFITH AUS 70.905km
2. Lyne MAUGHAN AUS 62.598km
3. Sharon SCHOLTZ AUS 60.684km
4. Emmy NANSCAWEN AUS 35.025km
5. Cherise BELL AUS 25.600km

**The extra mile**

There was a time when ultra competitors had an almost fixed calendar but they now have many races to choose from on any given weekend writes Nadeem Khan. Organisers now have to go the extra mile to entice runners by citing their historical background, organisational quality or bulging goody bags.

There are now TV documentaries dedicated entirely to ultrarunning, even on mainstream sports channels. The combined effect of athletes’ efforts, quality international races and the dedication of federations and volunteers has greatly raised the profile of this traditional sport.

Ultradistance is no longer regarded as unachievable but now offers a realistic challenge that can be accomplished with dedication and determination. “Ultra” is no longer a foreign word in the vocabulary of athletics.

All around the world the one common factor that unites runners is the determination to give all on any given day to achieve that common goal... the glory of the finish line.

It is the distance that defines our sport along with its open-ended character which makes it enigmatic and somewhat daunting. An event could be anything from 50km to days or even weeks on end.

Ultrarunning has taken off in ‘non-traditional’ regions which have embraced the sport. Events are now held in Oman, Sri Lanka, Virgin Islands, Egypt and numerous other places. The attraction of ultrarunning is the “freedom to choose”. One can choose any distance or duration, terrain (road, track or trails) and often how far to go in within an event is at one’s own discretion. This flexibility has exponentially increased participant numbers.

The sport will continue to grow. The trick will be to bring a cohesive approach towards increasing the profile of the sport and to harness that to enhance championships and events.
BUSINESS STARTS OFF BETTER WHEN YOU TAKE OFF IN ADVANTAGE.

The TAP Programme for small and medium-size companies is a way for companies to reduce costs as it allows them to convert business travel into points, which can later be exchanged for Award Tickets or upgrades.

Registered businesses also get access to exclusive campaigns and accumulate rewards on the Victoria Programme, since the company earns Corporate Points and the business traveller can earn miles on their Victoria Card.

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fly, a programme that takes your business further.

WITH ARMS WIDE OPEN

a place for growth

FOR THE LOVE OF THE RUN

Register for the 2016 GoodLife Fitness Victoria Marathon at runvictoriamarathon.com.

MARATHON | HALF MARATHON
8K ROAD RACE | THRIFTY FOODS KIDS RUN
BOSTON MARATHON QUALIFIER
2016 BC MARATHON CHAMPIONSHIPS

INFO@RUNVICTORIAMARATHON.COM | 250.658.4520

PORTLAND MARATHON
45th Anniversary Celebration
OCT. 9 2016
portlandmarathon.org

24 Novi Sad Marathon

Distance 42,195km

Certified track

www.marathon.org.rs marathon@sbb.rs
Flat • Fast • Festive

STWM.ca  @RunCRS  #STWM  October 16, 2016
Results
14 December 2015 – 22 March 2016

20 December 2015
Tata Steel Kolkata 25k
India

25km

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<td>IND</td>
<td>1:20:04</td>
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<td>Srinu RUGATHA</td>
<td>IND</td>
<td>1:20:16</td>
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<td>Satnam SINGH</td>
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<td>Sudha SINGH</td>
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<td>2</td>
<td>Lalita BAHU MARR</td>
<td>IND</td>
<td>1:27:47</td>
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<td>3</td>
<td>O.P. JAHNA</td>
<td>IND</td>
<td>1:28:05</td>
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www.tsk25.procaminrunning.in
Next date: 18 December 2016

20 December 2015
Mizuno Hong Kong Half-Marathon Championships
Hong Kong, China

Half marathon

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<tr>
<td>1</td>
<td>Kun WANG</td>
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<td>1:10:29</td>
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<td>2</td>
<td>Hin Wu YU</td>
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<td>1:11:31</td>
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<td>3</td>
<td>Kang NGAI</td>
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<td>Lai Ming KONG</td>
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<td>3</td>
<td>Mandy Muu Tai CHOI</td>
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<td>1:27:36</td>
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www.hkoaa.com
Next date: 18 December 2016

20 December 2015
Taipei Marathon
Chinese Taipei

Marathon

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<tr>
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<td>William Cebon CHEBOK</td>
<td>KEN</td>
<td>2:16:15</td>
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<td>2</td>
<td>Elias Chebulo KEMBOI</td>
<td>KEN</td>
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<td>3</td>
<td>Josaphat Kipter KEPROPOL</td>
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<td>Nancy Joan ROTHCHI</td>
<td>KEN</td>
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<td>2</td>
<td>Rose Chekhuru ROSEGI</td>
<td>KEN</td>
<td>2:38:54</td>
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<td>3</td>
<td>Leah Jebet KIPRUD</td>
<td>KEN</td>
<td>2:40:43</td>
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Half marathon

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<tbody>
<tr>
<td>1</td>
<td>Josaphat Kiprono MEJNO</td>
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<tr>
<td>1</td>
<td>Cecilia Wanjana MICHAEL</td>
<td>KEN</td>
<td>1:18:05</td>
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www.sportsnet.org.tw
Next date: 18 December 2016

26 December 2015
El Corte Inglés São Silvestre de Lisboa
Portugal

10km

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<th>Men</th>
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<tr>
<td>1</td>
<td>Hermano FERREIRA</td>
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<tr>
<td>2</td>
<td>Rus MILHA</td>
<td>POR</td>
<td>30:04</td>
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<tr>
<td>3</td>
<td>João PEREIRA</td>
<td>POR</td>
<td>30:49</td>
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<tr>
<td>1</td>
<td>Dulce FELIX</td>
<td>POR</td>
<td>33:00</td>
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<tr>
<td>2</td>
<td>Jessica AGUSTO</td>
<td>POR</td>
<td>33:33</td>
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<td>3</td>
<td>Salome ROCHA</td>
<td>POR</td>
<td>34:15</td>
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www.susosilvestrelisboa.com
Next date: 31 December 2016

31 December 2015
São Silvestre de Luanda
10km
Angola

10km

<table>
<thead>
<tr>
<th>Men</th>
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<tbody>
<tr>
<td>1</td>
<td>Alex OLOITITI</td>
<td>KEN</td>
<td>28:45</td>
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<tr>
<td>2</td>
<td>Daniel CHERIE</td>
<td>KEN</td>
<td>28:46</td>
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<td>3</td>
<td>Edwin KIPYEGO</td>
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<td>29:51</td>
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<td>Pires Jeffery</td>
<td>KEN</td>
<td>33:07</td>
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<td>2</td>
<td>Polino Vanja NIERI</td>
<td>KEN</td>
<td>33:16</td>
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<tr>
<td>3</td>
<td>Angela Tanui</td>
<td>KEN</td>
<td>33:55</td>
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</table>

www.susosilvestreangola.co.ao
Next date: 31 December 2016

1 January 2016
Neujahrsmarathon Zürich
Switzerland

The 12th edition had a record number of participants, up 20% from last year. David Jeker (CAN), who had found out about the race only two days earlier, won after a long contest with last year’s winner Philipp Arnold. Arnold has now made the podium three times in a row. Astrid Mueller (SUI) celebrated her 5th victory in the women’s race to seven years. She stayed in the leading group, passing 10km in 34:42 and 20km in 1:08:07, before making a solo run for home from around 25km. More than 27,000 runners competed with another 21,000 taking part in the associated 5km.

Marathon

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<th>Men</th>
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<tr>
<td>1</td>
<td>Vincent KIPRUTO</td>
<td>KEN</td>
<td>2:10:18</td>
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<td>2</td>
<td>Shura KITATA</td>
<td>ETH</td>
<td>2:10:24</td>
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<td>3</td>
<td>Feyise BEKELE</td>
<td>ETH</td>
<td>2:11:10</td>
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<td>Workneh EDISA</td>
<td>ETH</td>
<td>2:24:02</td>
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<td>2</td>
<td>Maria LEMMA</td>
<td>ETH</td>
<td>2:24:32</td>
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<td>3</td>
<td>Fania ETICH</td>
<td>ETH</td>
<td>2:26:53</td>
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www.xmim.org/en/
Next date: tbc

7 January 2016
Siberian Ice Half Marathon
Russia

The race welcomes runners to test their stamina and endurance in the harsh conditions of a snowy Siberia on Christmas Day of the Orthodox calendar. More than 800 runners took part. The course runs through the picturesque historic centre of Omsk with the finish in the main square near the Uspensky Cathedral. All of those who started successfully overcame the distance and temperatures of –24C including 34 foreign runners from 10 countries.

Half marathon

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<th>Men</th>
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<tbody>
<tr>
<td>1</td>
<td>Vasily MINAEV</td>
<td>RUS</td>
<td>1:08:32</td>
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<tr>
<td>2</td>
<td>Vaclav ULZHOV</td>
<td>RUS</td>
<td>1:09:16</td>
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<tr>
<td>3</td>
<td>Dima RYCHKOV</td>
<td>RUS</td>
<td>1:10:00</td>
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<tbody>
<tr>
<td>1</td>
<td>Marina KOVALOVA</td>
<td>RUS</td>
<td>1:22:33</td>
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<td>2</td>
<td>Natalia SEDYKH</td>
<td>RUS</td>
<td>1:22:43</td>
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<td>3</td>
<td>Natalia DOBRIZ</td>
<td>RUS</td>
<td>1:26:46</td>
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www.runsim.ru
Next date: 7 January 2017

8 January 2016
Tibetan Winner Marathon
See race feature on page 19
www.tibetanmarathon.com
Next date: 6 January 2017

11 January 2016
Cebu Marathon
Philippines

Marathon

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<td>Eric Kibweat CHEBISOR</td>
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<td>2</td>
<td>Hloba SOWE</td>
<td>KEN</td>
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<td>3</td>
<td>Jackson CHEBISOR</td>
<td>KEN</td>
<td>2:32:18</td>
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<tr>
<td>1</td>
<td>Monica MERO</td>
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<td>2</td>
<td>Milka CHEBOEL</td>
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<td>3:12:05</td>
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<td>3</td>
<td>Susan CHEPKONY</td>
<td>KEN</td>
<td>3:25:44</td>
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Half marathon

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<tr>
<td>1</td>
<td>Prince Joe LEE</td>
<td>PHI</td>
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<td>Mereris RAMIREZ</td>
<td>PHI</td>
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<td>CebuMarathon.com</td>
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Next date: tbc

15 January 2016
Egyptian Marathon
Egypt

Marathon

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<td>1</td>
<td>Owais TODD</td>
<td>USA</td>
<td>3:30:28</td>
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<tr>
<td>2</td>
<td>Florian BRANDL</td>
<td>AUT</td>
<td>3:42:14</td>
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<td>3</td>
<td>Kancharo KIMURA</td>
<td>JPN</td>
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<td>Elisabeth DUNCAN-RICKS</td>
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<td>Florian BRANDL</td>
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<td>Kancharo KIMURA</td>
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Luxor Run (22.3km)

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<td>1</td>
<td>Osama Sard MOHAMED</td>
<td>EGY</td>
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www.egyptianmarathon.net
Next date: 13 January 2017

Distance Running | 2016 Edition 2
63
17 January 2016
Marathon Bahamas, Half & Relay
Bahamas

Marathon
Men
1 Amos DESJARDINS USA 2:12:32
2 Adrien SARASSO FRA 2:13:34
3 Justin GILLETTE USA 2:14:28
Women
1 Vanessa FORBES USA 2:34:11
2 Sarah DOHAN USA 2:36:59
3 Kim CONWAY USA 2:49:46

Half marathon
Men
1 Jonathan VOLPI 1:15:03
2 Adrien SARASSO 1:15:05
Women
1 Marina PERON 1:35:14

www.marathonbahamas.com
Next date: 15 January 2017

17 January 2016
Standard Chartered
Hong Kong Marathon
Hong Kong, China

In monsoon rain Mike KiprotichMutai put on a storming finale in the last 2km to pull clear of his compatriot Lawrence Cherono with only 400m to go writes Pat Butcher. Given the conditions it was a good time — only a minute shy of the course record of 2:11:27, set two years ago by this year’s third placer, Ethiopia’s Feyera Gemeda.

Former Kenyan marathoner Thomas Kiprotich has been living and coaching in Hong Kong for the last eight years. Now moving into athlete management he was responsible for a trio of runners who finished first, fourth and seventh.

Cherono had declared himself a likely winner, whatever the conditions, prior to the race, but afterwards admitted: “I still thought I was going to win but he was too strong for me in the end.” Gemeda dropped off the pace at the point where Mutai and Cherono began their duel after 40km.

In the women’s race half a dozen leaders stayed together until Letebrhan Haylay Gebreslasea, from the Tigre Province in northern Ethiopia, split up the group at 36km. Ayelu Lemma Geda responded and although the gap between them at the end was only two seconds, Geda never got on level terms with Gebreslasea who was not threatened.

Local runner Yu Kit Ching of Hong Kong had already been selected for the Rio Olympics but took sixth place hard on the heels of five quality Ethiopians (one running for Bahrain). She finished only 14 seconds slower than her best.

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OSAKA MARATHON 2016
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08:55 / Wheelchair Race start 09:00 / Marathon and Challenge Run start

Osaka Marathon 2016 Entry Inquiries
Osaka Marathon Desk
osaka-marathon@or.knt.co.jp

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20/11/2016
24 January 2016
Maratón Int'l de Culliacán
Mexico

Marathon
Men
1. Hillary Kipchirchir KIMAIYO KEN 2:18:43
2. Joseph Kiplimo AMANTIA KEN 2:19:56
3. Philip Kipruto TARUS KEN 2:25:23

Women
1. Ruth Chelimo KIHURAI KEN 2:48:58
2. Marta Del Rosario LISEROI MEX 3:11:09
3. Margarita Reynoso VAZQUEZ MEX 3:11:39

Half marathon
Men
1. Ricardo Ramos VARGAS MEX 1:05:40
2. Brenda Esunice FLORES MEX 1:14:32

Women
1. Brenda Esunice FLORES MEX 1:14:32
maratonculiacan.org
Next date: 22 January 2017

24 January 2016
Hospital San Roque Gran Canaria Marathon
Spain

Marathon
Men
1. Julius KIIRER KEN 2:14:47
2. Pharis KIMANI KEN 2:15:38
3. Zenebe TSEGAY ETH 2:18:47

Women
1. Elina JUNNILA FIN 2:57:48
2. Maria Del Rosario LISERIO MEX 3:11:09

Half marathon
Men
1. Eriko ABE JPN 1:05:36

Women
1. Maria Yolanda GUTIERREZ ESP 1:21:55
www.granicanariamarathon.com
Next date: 22 January 2017

24 January 2016
Khon Kaen Int'l Marathon
Thailand

Marathon
Men
1. Albert KANGOR KEN 2:21:35
2. Fikade Alemu WORKU ETH 2:22:12
3. Mahaba Asen BERMUTE ETH 2:23:18

Women
1. Rahel Kebede SHIFERA ETH 2:21:21
2. Aphtah FASILETHIFHAIMA THA 3:02:28
3. Sally Chelagat KIPTENO KEN 3:04:26

Half marathon
Men
1. Frewein ASFAW ETH 1:04:50

Women
1. Gladys Jepkesho TARUS KEN 1:15:15
www.khonkaenmarathon.com
Next date: 29 January 2017

24 January 2016
Mitja Marato Int'l Villa de Santa Pola
Spain

Half marathon
Men
1. Morris GACHAGA KEN 1:01:02
2. Jacob KENDIGOR KEN 1:01:26
3. Ben SOMIKWO WUOM KEN 1:01:52

Women
1. Polline Wanjiru KEN 1:10:25
2. Paula GONZALEZ ESP 1:11:14
3. Souda AIT SALEM ALG 1:19:04

www.mitjasantapol.com
Next date: 22 January 2017

24 January 2016
Taipei Standard Chartered Charity Marathon
Taiwan

See race feature on page 21
www.sportsnet.org.tw
Next date: tbc

31 January 2016
Gammon China Coast Marathon & Half
Hong Kong, China

Marathon
Men
1. Chak In LAM 3:00:28
2. Ka Hung LEUNG 3:03:47
3. Wai Kei CHEUNG 3:07:13

Women
1. Marcia ZHOU 3:26:53
2. Yuen Ting WONG 3:30:46
3. Choi Long NG 3:42:15

Half marathon
Men
1. Matthew CLARKE 1:17:44
2. Yung Kai OH 1:30:54

Women
1. Nidia Zurma Borget RUIDIAZ ESP 40:30
www.avohk.org
Next date: 15 January 2017

31 January 2016
Maratona do Funchal
Madeira, Portugal

16.9km
1. Bruno LOURENCO POR 1:13:47
2. Mário FERREIRA POR 1:14:08
3. Vitor OLIVEIRA POR 1:14:43

www.fundaeuropea.com
Next date: 29 January 2017

31 January 2016
Osaka Women's Marathon
Japan

Kayoko Fukushi put more than six minutes between herself and her nearest rival and almost certainly clinched Olympic Games selection writes Ken Nakamura.

The race started fast in a bid to beat the 2:22:30 Olympic qualifying standard, in sunny conditions with the temperature at 9C. The lead pack quickly reduced to six runners. By 15km (49:57) it was down to Fukushi, Risa Takenaka and Kenyan Sally Chepyego, plus two pace makers. They passed halfway on course record (2:21:18) schedule with 1:10:27 but the fast pace started to take a toll after 24km. Takenaka and then Chepyego drifted back but Fukushi stayed close to the remaining pacemaker. By 30km she was left alone in front in her quest for a fast time. Without help she started to slow and the race record drifted out of reach leaving her to concentrate on beating 2:22:30.

She entered the Nagai Stadium to win the 2013, and beat her personal best by 2:04. Fukushi’s huge winning margin of 6:03 was less than that of Ireland’s Carey who won the 1983 edition of the race by 6:20.

May who won the 1983 edition of Osaka Women’s Marathon she led the race by 6:20. In her debut at the 2008 Marathon she will be on the plane to Rio. In her quest for a fast time. Without help she started to slow and the race record drifted out of reach leaving her to concentrate on beating 2:22:30.

Eleven runners, including eventual winner Goitom Kifle, Kenya’s Dominic Nyairo, Tanzania’s Fabiano Sulle and Japan’s Kajiro Mogi reached 10km in 28:50 writes Ken Nakamura. By 15km (43:05) four remained: Kifle, Sulle, Nyairo and Mogi. Sulle gradually fell off the pace and at 20km Kifle led Mogi and Nyairo by four seconds. The Eritrean held on for the win by just one second ahead of Nyairo. Technically speaking, 18-year-old Nyairo was making his half-marathon debut but the Japanese-based Kenyan ran the 23.1km stage at last month’s Hakone Eiken in 1:07:20 (1:01:30 half marathon pace). Mogi’s best had been a
World marathon bronze medallist Eunice Kirwa ran aggressively in the women’s race, reaching 10km in 31:51 at which point she led Diane Nukuri by 32 seconds and was on course-record pace. With no one to push her Kirwa could not maintain her momentum but finished with a 400m winning margin and a personal best time. Despite setting a PB and running more than a minute quicker than her winning time from last year Eloise Wellings’ performance placed her only third.

Cynthia Limo moved up to third on the world all-time list for the half marathon, behind Florence Kiplagat and Mary Keitany, with this victory writes Rob Walker. She was to the fore throughout: within a group of seven up to 15km (passing 10km in 31:32) which reduced to just her and world Half Marathon champion Gladys Cherono by 20km (1:02:48). Limo broke away over the last 800m to claim a narrow but confident win. Of the first six finishers — all under 67 minutes — five set personal bests with Limo taking 37 seconds off her Ethiopian record in third having lost contact with the two Kenyans around 19km. The men’s pace was sluggish by comparison until the final kilometre when in a thrilling finish four athletes raced to the line within a single second of each other. Bihanu Legese once again proved his finishing power by just holding off Kenya’s Stanley Biwott with both on the same time. A large group had gone through 10km in 29.11 and eight runners were together at 15km (43:28); seven of them remained at the start of the finishing sprint.

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Podium placers

21 February 2016
Kitakyushu Marathon
Japan

Marathon
Men
1 Takashi MAKABE JPN 2:25:04
2 Ken-Ichi KAWANO JPN 2:25:11
3 Hayato IDEUE JPN 2:26:37

Women
1 Miki KAKIMOTO JPN 2:49:20
2 Emiko TERASAWA JPN 3:06:09
3 Makiko KAMOJIMA JPN 3:07:13

Half marathon
Men
1 Ouwahab TSARET ALG 1:13:43

Next date: tbc

21 February 2016
Kyoto Marathon
Japan

Marathon
Men
1 Daisuke UEKADO JPN 2:17:52
2 Kosuke MURASASHI JPN 2:24:51
3 Shunsuke HISAMOTO JPN 2:27:11

Women
1 Hisayo MATSUMOTO JPN 2:50:41
2 Nami OKADA JPN 3:01:23
3 Noriko YAMAGUCHI JPN 3:03:43

Half marathon
Men
1 William Kiprono YEGON KEN 2:10:51
2 Francis KIBWOT KEN 2:12:19
3 Stephen KIPKEMBOI KEN 2:14:48

Women
1 Lonah CHEMTEI KEN 2:40:17
2 Margaret MUGUNA KEN 2:43:40
3 Sarah GIBREIHZADEHA ETH 2:58:51

Next date: tbc

21 February 2016
Ohme-Hochi 30km Road Race & 10km Race
Japan

30km
Men
1 Takanori OHSAWA JPN 1:31:37
2 Michihiro GOTO JPN 1:31:46
3 Kiyotaka KAWASHIMA JPN 1:32:40

Women
1 Miharu SHIMOKADO JPN 1:48:55
2 Miwa NAKA JPN 1:41:57
3 Koto YAMAKAWA JPN 1:46:12

Next date: tbc

21 February 2016
Zurich Maratón de Sevilla
See race feature on page 33
www.zurichmaratonsevilla.es

Next date: 19 February 2017

21 February 2016
Maratona di San Valentino
Italy

Marathon
Men
1 Jonad ZAIN MAR 2:19:12
2 Abdellah IBRAHIM MAR 2:32:10
3 Maurizio ANDREA ITA 2:40:58

Women
1 Maria VRAJIC CRO 2:45:35
2 Paola LACONOTTO ITA 2:53:27
3 Fabiola CARBARELLI ITA 2:59:49

Half marathon
Men
1 Paul TYNGEK KEN 1:06:54
2 Sarah Aime EPEE ITA 1:24:52

Next date: tbc

28 February 2016
Tokyo Marathon
Japan

Men
1 Hahel KIPROP KEN 2:07:07
2 Armande BUNJEMA RUS 2:07:18
3 Chihito KITAJIMA JPN 2:07:31

Women
1 Feyisa LEIDSIA ETH 2:19:14
2 Victoria KIRUI KEN 2:20:53
3 Vivian KIONGOI KEN 2:24:14

Next date: tbc

28 February 2016
World’s Best 10k Race
Puerto Rico

Bedan Karoki and Mary Wacera warmed up for the World Half Marathon in March with narrow wins that repeated their successes in 2014 writes Javier Clavelo Robinson.
It was the first time the race had been held in the morning rather than the usual late afternoon start. The men went through 5km in 13:55. Karoki always featured in the lead group as it began to shrink over the final 3km. Three remained in contention with a chance to go: Karoki, Leonard Barsoton and 2015 defending champion Belaynesh Weldeleho. The lead group then went through halfway in 1:02:52. After nine runners passed 30km in 1:29:49 Chumba made his move and Leisla went with him. They led by 37 seconds at 35km and 53 seconds at 40km – but then Chumba began to slow dramatically and Feyisa had an untroubled win.
Yuki Takamia’s eighth place, with an improvement in his personal best by nearly five minutes, came as a surprise even to himself.

Results unobtainable

28 February 2016
Kilimanjaro Marathon
See race feature on page 37

Next date: tbc

28 February 2016
Gyeonggi Int’l Half Marathon
Korea

[Results unobtainable]

Next date: tbc

28 February 2016
The Carthage Race Int’l Marathon
Tunisia

Marathon
Men
1 Amin MEHRI TUN 2:56:28
2 Pat PRACHAT 3:53:30
3 Ahmed WADZIENZALI 3:57:45

Women
1 Sophie CHARLES FRA 4:20:11
2 Marion HICHER 4:20:11

www.the-carthage.com

Next date: 26 February 2017

28 February 2016
The Sahara Marathon
Algeria

Marathon
Men
1 Vicente Grande DUQUE ESP 3:00:01
2 Juan Pedro Garcia OCHOA ESP 3:13:02
3 Djamel TAJHI ALG 3:25:52

Next date: 26 February 2017

22 February 2016
Kinning Marathon
Chinese Taipei

Marathon
Men
1 Shier Kipkemboi BIWOTT KEN 2:18:22
2 Jegher Japhrop KAMERU KEN 2:18:37
3 Bui Chai HONG TPE 2:20:11

Women
1 Emily SAMOEI KEN 2:37:11
2 Nacy Jan BUTCHI KEN 2:41:32
3 Wei Wei SUN TPE 2:45:24

www.sportnet.org.tw
Next date: tbc

28 February 2016
Maritzburg City Marathon
Republic of South Africa

Marathon
Men
1 Prodelgual KHUIMALO RSA 2:26:44
2 Thulamusa SIBITA RSA 2:32:00
3 Sipho NGOXINGO RSA 2:34:19

Women
1 Lisa COLETT RSA 3:00:09
2 Candere HALL RSA 3:11:51
3 Zisande MKHIZE RSA 3:15:30

Next date: 26 February 2017

28 February 2016
Seychelles Eco-Friendly Marathon
Seychelles

Marathon
Men
1 Moses MBUGU KEN 2:09:38
2 Mitika ONGO SGRU KEN 2:10:18
3 Paul ONGU SGRU KEN 2:10:32

Women
1 Su Chih PING TPE 2:39:11
2 Josphat Jepkopol KAMZEE KEN 2:34:37
3 Zisande MKHIZE RSA 3:15:30

www.seychelles-marathon.com
www.pmb42.co.za
www.tlvmarathon.co.il
www.ggimarathon.com

Next date: tbc

28 February 2016
Marathon in March with narrow wins that repeated their successes in 2014 writes Javier Clavelo Robinson.
It was the first time the race had been held in the morning rather than the usual late afternoon start. The men went through 5km in 13:55. Karoki always featured in the lead group as it began to shrink over the final 3km. Three remained in contention with a chance to go: Karoki, Leonard Barsoton and 2015 defending champion Belaynesh Weldeleho. The lead group then went through halfway in 1:02:52. After nine runners passed 30km in 1:29:49 Chumba made his move and Leisla went with him. They led by 37 seconds at 35km and 53 seconds at 40km – but then Chumba began to slow dramatically and Feyisa had an untroubled win.
Yuki Takamia’s eighth place, with an improvement in his personal best by nearly five minutes, came as a surprise even to himself.

Results unobtainable

28 February 2016
Gyeonggi Int’l Half Marathon
Korea

[Results unobtainable]

Next date: tbc

28 February 2016
Kilimanjaro Marathon
See race feature on page 37

Next date: tbc

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Results unobtainable

28 February 2016
Gyeonggi Int’l Half Marathon
Korea

[Results unobtainable]

Next date: tbc

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Kilimanjaro Marathon
See race feature on page 37

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THIS IS YOUR DAY

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REGISTER NOW!
It was hot, dry, and dusty in the high desert of La Laguna for the 28th edition writes Alan Brookes. It was already 18C when the elite women started at 06:40. The men followed 10 minutes later, then another 5000 runners (a record 28% women) from every state in Mexico and across Latin America. This year’s race sold out within a month — the cap being determined by the number of hotel rooms in Torreón, Gomez Palacio and Lerdo — the three small industrial cities at the hub of ‘La Lagunera’.

Hillary Kimaiyo, who in 2011 ran 2:08:17 on the course to establish La Lasa as the fastest marathon in all of Latin America, sped through the first kilometre in a hasty 2:51. After a toilet stop at 20km (64:11) the eight-strong chase group consumed the half marathon. Reid Noch. Despite the difficult conditions on the second day there was intermittent wind chill down below –15C. On the second day there was intermittent snow at the start and winds climbed to 80km/hour. For the safety of runners and crew the maximum finish time was limited to under 5.5 hours. Running in the first wave Maxime Bondue won by three minutes from marathon debutant Rea Noch. Despite the difficult conditions on the second day Sharon Ryder dominated the women’s field to finish sixth overall and set an unofficial course record.

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Valerie Ayabei produced a solo run almost from the gun to set a Spanish women’s all-comers’ best. She covered the first half in 1:13:31 and then steadily increased her pace over the next 13km, passing 35km in 2:00:05 before crossing the line almost five minutes faster than she had ever run and over five minutes ahead. Pre-race favourite and 2015 winner Aynaile Kassahun never challenged and had to settle for a distant second. Hampered by strong headwind the men’s race started more slowly than expected. There were no fewer than eight pacemakers with the group which reached halfway in 1:04:20. Shortly after 30km Dino Sefir and Albert Korir moved ahead and Sefir made his winning break with about 4km to go, easily pulling away from Korir. 18,899 runners completed the marathon.

18 March 2016
Jerusalem Marathon, Half & 10k
Israel

[The marathon was approx 450m short and the Half Marathon 350m short]

Marathon
Men
1 Shadrack KIPROGEI KEN 2:16:33
2 Ronald Kipngetich KIPKORI KEN 2:16:55
3 Mourad Mabil ISRAEL 2:21:18
Women
1 Joan Jepchirchir KIGEN 2:38:24
2 Alemtsehay Medhin DEMSE ETH 2:44:44
3 Sarah Kereko KEBASO KEN 2:50:30

Half marathon
Men
1 Paul KIRAL YUKU KEN 1:07:59
Women
1 Margaret NJUNGA KEN 1:18:00

www.jerusalem-marathon.com
Next date: 17 March 2017

20 March 2016
Athens Half Marathon
Greece

Half marathon
Men
1 Dimitris TSBOUNIS GRE 1:14:17
2 Dimitris KOTZOLARIS GRE 1:17:33
3 Alexias KONTARATOS GRE 1:17:49
Women
1 Konstantina STEFANOPPOULOU GREE 1:24:54
2 Dimitra IORDANIDOU GRE 1:26:48
3 Maria POULOUPOU GREE 1:34:05

Next date: 19 March 2017

20 March 2016
PZU Gdynia Half Marathon
Poland

Half marathon
Men
1 Hillary KAMAYO KEN 1:02:41
2 Gabriel Gerald GEAY TAN 1:02:52
3 Abel KIBU KEN 1:02:56
Women
1 Agnes CHEBET KEN 1:13:46
2 Christine Moran OIGO KEN 1:13:38
3 Vida ZUSSMATE LTU 1:16:25

www.pzugdyniaihalfmarathon.pl
Next date: tbc

20 March 2016
EDP Lisbon Half Marathon
Portugal

Sammy Kitwara won in a leading time limit after John Maima paced the group through 10km in 28:10. Leonard Komon was clear from the others but in the final kilometres he slowed dramatically to finish fifth.

The women’s race was really challenging, with five women running together for the first half before Sara Moreira dropped back. Eunice Chumba also became outpaced but Ethiopia’s Ruti Aga and Wude Ayalew along with Linet Masai all went through 20km in 1:05:50. Aga proved strongest but Ayalew’s performance was something of a return to form. In the wheelchair races David Weir (GBR) recorded a world record 42:23:23 minutes over a minute clear of the rest while Rochelle Woods did likewise (49:49) but was pursued to the line by Jade Jones.

Half marathon
Men
1 Sammy KITWARA KEN 3:36:57
2 Keneth Kiprono KIPKEMOI KEN 1:00:05
3 Paul LONTANGATA KEN 1:00:11
Women
1 Rutie AFA ETH 1:09:16
2 Wude AYALEW ETH 1:09:23
3 Linet MASAI KEN 1:09:33

www.mesimaratonatdeliboz.com
Next date: tbc

20 March 2016
Seoul Int’l Marathon
Korea

Kenya’s Wilson Loyonae delivered on his promise to improve his own course record at the 87th Seoul International Marathon and take his third victory in the race. He surged with 10km to go and was never headed. Former world record holder Patrick Makau dropped out of the race at around 10km.

Marathon
Men
1 Wilson LOYANAE KEN 2:26:13
2 Evans CHEBET KEN 2:05:33
3 Mike KIPKORIR KEN 2:06:11
Women
1 Rose CHEBE KEN 2:34:14
2 Melissa GIZAW ETH 2:34:28
3 Agnes ERUTO ETH 2:34:59

www.seoul-marathon.com
Next date: tbc

20 March 2016
Standard Chartered Stanley Marathon
Falkland Islands

Marathon
Men
1 Eduardo Rafael LENCINA ARG 2:55:04
2 Thomas KIRBY GBR 2:55:25
3 Jorge Ruden MOURRELL GBR 2:59:47
Women
1 Penny GRAYSON GBR 3:47:22
2 Silvia YELAQUEZ ARG 3:51:05
3 Joanna MURRAY GBR 3:55:08

www.sc.fi/kmarathon
Next date: tbc

20 March 2016
New Taipei City Wan Jin Shi Marathon
Chinese Taipei

Marathon
Men
1 William Chebon CHEBOR KEN 2:13:05
2 Yuki KAMUZU JPN 2:14:12
3 Julius Ndiritu KARINGA KEN 2:14:52
Women
1 Olha KOVTSOVS UKR 2:56:38
2 Bente Sjalovs WORZIN ETH 2:59:11
3 Meseret Dola MAAMA ETH 3:00:14

www.wanjishimarathon.com.tw
Next date: tbc

26 March 2016
Old Mutual Two Oceans Marathon
Republic of South Africa

Mike Fokoroni raced to a comfortable finish, outsprinting fellow countryman and club mate Colen Makaza with defending champion Motlokoa Nhokhutlane third. “I was just holding back” said Fokoroni “[but] at 45km I saw I could win and be mine if I tried.” Defending champion Carol Wostmann maintained her distance from race leader Tanith Maxwell but took the lead in the final kilometres of the race.

Fokoroni’s finish time was the slowest in 22 years. Wöstmann noted that the absence of the Russian athletes (still banned from international participation) contributed to a slower race overall. South African-born Colleen de Reuck travelled from the USA to make her Ultra Marathon debut and finished 5th in 3:33:07 which smashed the 50–54 year age group record by over 20 minutes. She also recorded a new world record for her age group by reaching 50km in 3:27:28. The previous 50km record in the 50–54 age category was 3:41:57, set in 1994.

Mokaedi Dilotsotlhe, Chief Marketing Officer at Old Mutual paid tribute to Chet Sainsbury who passed away a few weeks ago: “If it was not for him, Old Mutual would not have been a part of this outstanding event. We salute you Chet.”
An Arctic

by Maarit Simoska (translated by Richard Foley)

Running into history
Rovaniemi Marathon, Finland

Rovaniemi is a busy summer town offering plenty to do. Crossing the Arctic Circle (66km to the north) is a must. You can also visit Santapark, Santa Claus’ Office, Ounasvaara, the Ranua Wildlife Park, the Arktikum Museum, the Pilke Science Centre and the Jutajaiset Folklore Festival. Or why not take a cruise on the Kemijoki or enjoy a smoke sauna in the Midnight Sun? The possibilities are endless. Welcome to Rovaniemi — enjoy your run and a new experience.

“Birds fly, fish swim and people run” — these are words spoken by the legendary Emil Zátopek, certainly a well-known and revered figure among Finns.

This most natural means of getting from one place to another (the car was only invented little more than a century ago) was uppermost in the minds of the runners who back in October 1992 decided to set up the Arctic Marathon Club (AMC) in Rovaniemi, the capital of Lapland sitting almost astride the Arctic Circle at 66.30.

The need for such a club was obvious: it attracted over 100 members in no time, people who described themselves as “living to run”. The Club’s energies in its first years went into organising various fitness events, arranging group runs, talking up fitness in workplaces and taking part in marathons abroad. The foreign favorites at the time were Stockholm and Berlin but the club was certainly well represented at the Ruska Marathon in Kittilä (one degree of latitude to the north of Rovaniemi) and the Helsinki City Marathon.

Finland’s Grand Old Man of distance running, Tapio Pekola the founder of Juoksija (Runner) magazine who passed away in 2011, remarked that the three best sports in the world are “running, running slightly farther and running even farther”.

Pekola’s wisdom was taken to heart by the enlightened band of runners — concerned as they were for keeping their fellow citizens fit — who came up with the idea of holding a marathon themselves. The first Rovaniemi Marathon — dubbed “Santa Claus’s Summer Trot” — was run in 1996. The event was organized by the Arctic Marathon Club and Lapin Lukko, another local athletic association.

In 2001, the name of the event was changed to the Santa Claus Marathon with AMC and its long-term and reliable partner in distance running, Rovaniemi Roadrunners, in charge of organising it. Since 2013 AMC has arranged the event on its own.

In the early years the start and finish were at the Ounasvaara Ski Stadium, the home base of Ounasvaara Ski Association which boasts international success in winter sports and orienteering.

In 2003, following the lead of other city marathons worldwide, the organisers decided to take to the streets” rather than run in the shadows. The start and finish were moved to the city centre and have remained there ever since. The name of the event was changed back to the Rovaniemi Marathon.

Most of the course follows the scenic banks of Finland’s longest river, the Kemijoki (552km), crossing three of the bridges that span it. The route offers runners the chance to admire beautiful hills, lush riverbanks and the local architecture. Rovaniemi usually enjoys nice, summery weather in the beginning of July — partly cloudy, about 20C and fresh air to breathe.

The route is flat and although Rovaniemi is not a big city there are a lot of spectators along the way cheering the runners on. The locals are welcoming and the event offers quality prizes. Santa Claus is there at the start and the prize ceremony, and medals are handed out to the...
runners by elves. In addition to a full marathon the event features a half marathon, a 10km and a children’s minimarathon.

The aims and principles of AMC remain unchanged over the decades. The club promotes running as a lifestyle and encourages people to exercise for their physical and mental well-being. It is an ethos where high spirits beat low finishing times. The focus on the lighter side of running was foreshadowed in the potential club names bandied about at the founding meeting: the Rovaniemi Night Runners, the Rovaniemi Night Owls.

AMC continues to take its mission of fitness and training very seriously. Every year its activities in the frozen Arctic winter include group training runs, 50km ‘in-house’ ultras and marathon courses. Since 2007 AMC has been chaired by Maant Simoska; her predecessors include Jarmo Kiuru and Markku Torkko.

Rovaniemi Marathon has attracted wide acclaim and interest and has grown steadily since the year 2000. This success has established it as one of the top international distance running events in Finland and Lapland attracting between 700 and 800 runners; the organisers are now targeting a field of 1000.

Race director Olli Tiuraniemi sees the essence of distance running as remembering that in a marathon everyone is only competing with themselves and everyone who makes it across the finish line is a winner.

The Rovaniemi Marathon brings together athletes of all ages. It the largest athletic event in the region and has been recognised further afield as well. The “crazies in bibs” will soon be at it again, accompanied by Santa and his elves, the magic Arctic Circle, the Midnight Sun, and the feast of sun and light that is Lapland in summer. All these add up to a warm welcome for distance runners.

A solid piece of advice for all runners is that offered by Juhani Petäjä, a founding member of AMC: “A marathon is a long distance. You should run it lightly so you don’t get tired.” Every bit as reliable are the words of Colonel Zátopek: “If you want to run, run a mile. If you want to discover a whole new life, run a marathon.” Asked if it makes any sense to run marathons four-time Olympic gold medalist Lasse Virén said: “There might be something crazy about it. It’s kind of like heavy drinking.”
### Marathon

**Present world record:**

Dennis Kimetto (KEN); 2:02:57; Berlin 2014

**World leading times**

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<td>2:03:01</td>
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**Present world record (women’s-only race):**

Florence Kiplagat (KEN); 1:05:09; London 2015

**Women**

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### Half Marathon

**Present world record:**

Zersenay Tadese (ERI); 58:23; Lisboa 2010

**World leading times**

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<td>2010</td>
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<td>58:28</td>
<td>Yarema WUDE JPN</td>
<td>3</td>
<td>Lisboa</td>
<td>2010</td>
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**Present world record (mixed race):**

Paula Radcliffe (GBR); 2:15:25; London 2003

**Women**

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<td>Hana CHERUBE KEN</td>
<td>3</td>
<td>London</td>
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### 10km

**Present world record:**

Leonard Patrick Komen (KON); 26:44; Utrecht 2010

**World leading times**

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<td>2</td>
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**Women**

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When the summer comes

European mountains are still under deep snow cover when mountain runners start to look forward to new challenges.

In recent years new types of mountain running have been developed with popular steep races on ski slopes. Enthusiasts hardly get a chance to draw breath during the winter. Well-organised events in ski resorts offer a mixture of sport and fun and attract hundreds of passionate outdoor sportspersons.

But mountain running still comes into its own in more friendly conditions: friendly for the runners and friendly for the organisers. It’s no fun to race in cold, windy, rainy weather even though runners never forget races in extreme conditions and often remember them as a something special. Organisers don’t forget such events for other reasons: because they were freezing and worried about the runners – if warm clothes and drinks were available on time and in the right place... Tired runners are sensitive and every organiser wants to do the best for the runners, to maintain the race’s reputation and to attract more participants the following year. Holding mass running events in bad weather severely tests the organising structure. Bad weather can be a nightmare for organisers and this is especially true in mountain running where extreme conditions and unexpected changes can happen without warning.

So when the summer months come the World Mountain Running Association Calendar comes to life:

The series of races comprising the World Cup starts on 12 June with the 36th Montée du Grand Ballon in Alsace (FRA). Challenging courses and the friendly organisation attract hundreds of local and international runners every year. The World Cup includes two races this year which were both a part of the former Grand Prix 15 years ago. The 28th edition of the Schlickeralmlauf in Telfes (AUT) is one of the most established races in the Alpine area having hosted the World and European Championships and the World Masters Championships. The Hochfellnberglauf in Bergen (GER) is one of the oldest mountain races in Europe — this year will be the 43rd edition. Both races will enrich the World Cup series. The Grintovec race with 2000m elevation gain in less than 10km is another attractive course set in an area of untouched natural beauty. Smarna gora, a hill only 667m high near Ljubljana (SLO) is a contrast to all the above-mentioned races: a small hill, a tough course and another experienced and friendly organisation provides a fitting finale to the World Cup competition.

The toughest race of all comes at the very beginning of the season, after the warm up at Grand Ballon. The 13th World Mountain Running Long Distance Championships are held on 18 June in Podbrdo (SLO) featuring a 42km-long course with 2800m of ascent and descent. The same venue hosted the event five years ago, but on a different course. The local setup is completely different to last year: Zermatt was a world famous attraction, with organisation that worked like the fabled Swiss clockwork. This year’s Slovenian organisers cannot offer views of the Matterhorn but instead offer a challenging course on local grassy mountains. The Championship race is combined with the traditional “CM4o” that also includes shorter distances and an Ultra Trail race, so everyone can choose their own challenge.

On the last weekend in June 16- and 17-year old girls and boys meet in Janske Lazne (CZE) at the International Youth Cup.

Historic, touristic Arco di Trento (ITA) will host the European Championships on 2 July. The course has already been tested as a World Cup race and the organising team are vastly experienced. The only hazard that could await might be the summer heat...
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The commitment of BMW Lurauto San Sebastian Marathon EDP to offer amateur athletes a race of maximum quality has produced excellent results once again. As in previous years, the organisation focused all its efforts on improving the little details, so that all the runners who take part in any of the three distances receive the treatment they deserve, especially all those brave participants facing the full marathon. More than 20% of the 2015 registered athletes sent in their questionnaires after the race, and the results show a spectacular increase in the quality of the race.

97% Satisfaction

The general assessment of the 2015 edition shows 97% satisfaction of the runners. Out of 1,200 who filled in the anonymous questionnaire, 77% rated the general quality of the race as Very Good and 20% rated it as Good. In addition to this, seven out of 10 runners who took part in the survey improved their personal best, thanks to the excellence of its route — which is at sea level, almost flat, and pollution free, and runs through one of the most beautiful towns in the world.

In comparison to 2014, the questionnaire results reveal a great improvement in many areas. In fact, many of the services offered were rated as Very Good, especially the bibs pick up (73%), the luggage service (62%) refreshment stations (67%), route and security (89%), entertainment along the route (79%) and final refreshment and showers (74%). Some of the recently added services for runners have also had a very good welcome: free local buses (86%), start boxes (85%) and parking areas (65%).

Keep excelling in 2016

The main goal of the organisers of San Sebastian Marathon is to get as close as possible to 100% satisfaction of its participants. Taking into consideration the evaluations and general comments of all the athletes that have participated in the survey, the organisers will make a list of all the needs and areas that have room for improvement, and these will be the main focus until next edition on November 27th.

Taking into account all the above, it looks like the next BMW Lurauto San Sebastian Marathon EDP will be another great running event. The three distances available on the same day will keep growing. The total number for all three is limited to 7,000, so if you want to secure a spot at the start line next 27th November, and enjoy one of the fastest and most favourable marathons to improve your personal best, you should register as soon as possible because bibs will sell out.

European Capital of Culture

San Sebastian is also the European Capital of Culture 2016 and you can already feel the art on the streets. This beautiful city in the Basque Country in northern Spain offers a programme full of activities and events to promote coexistence through dialogue and links with the rest of Europe. San Sebastian will continue to offer a lot of cultural activities throughout 2016, focusing especially on knowledge, technology, citizen involvement, and critical thinking.

Peace, life, voices and conversations are the four pillars of the endless cultural projects that are going to take place. These include workshops, art spaces, installations, conferences, food tasting events, laboratories, exhibitions, concerts and screenings. Photography, cinema, architecture and theatre are just a few of the disciplines that will be included in the programme to celebrate San Sebastian’s year as Capital of Culture. It’s a great excuse to come and enjoy such a friendly city!

Running a marathon represents a whole life experience. And it definitely reaches a new dimension in San Sebastian.
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  - W: www.anticmarathon.com
  - fb: facebook.com/AntarcticIceMarathon

### ARMENIA
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  - **Anahit Siranyan**
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- **Adelaide Marathon Festival**
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  - W: www.adelaide-marathon.com.au

- **Brisbane Marathon Festival**
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  - W: www.brisbanemarathon.com

- **Gold Coast Marathon**
  - **Cameron Hart**
  - E: info@goldcoastmarathon.com.au
  - W: www.goldcoastmarathon.com.au

- **Medibank Melbourne Marathon Festival**
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- **DVF Antwerp Marathon**
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  - W: www.dvfoctobermarathon.be

- **Brussels Marathon & Half Marathon**
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  - E: info@angkorwatmarathon.com

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  - **Cheryl Lowery**
  - E: info@calgarymarathon.ca

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  - **Tim Hopea**
  - E: info@vancouverrun5k.com
  - W: www.vancouversunrun.com

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- ***Great Hakka Marathon**
  - **Dave Curry**
  - E: guanfeng@great-hakka-marathon.com

### CHILE
- **Marathon de Santiago**
  - **Fernando Jamarte**
  - E: jamarte@correos.cl

### CAYMAN ISLANDS
- **Intertrust Cayman Islands Marathon**
  - **Rhonda Kelly**

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- **Beijing Marathon**
  - **Wang Dawei**
  - E: ocr_bjmarathon@bjmarathon.com

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- **Bogota Half Marathon**
  - ***The Angkor Empire Marathon**
  - **Mr. Long Jiang**
  - W: www.sportsnet.org.tw

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