Wizz Air Skopje Marathon
FYR Macedonia

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On the occasion of the 120th anniversary of Marathon race (1896-2016), the 21st World Congress of AIMS will be held on 10-12 November, in Athens, Greece, the birthplace of Marathon and host of AIMS HQ.

More than 200 Race Directors of AIMS members will have the chance to take part in and enjoy the ‘Athens Marathon. The Authentic’ weekend, the AIMS Marathon Symposium, the AIMS Best Marathon Runner Award, the Marathon Flame Lighting Ceremonies and the festivities for the 120th Anniversary inside the Panathenaikon ‘Marble’ Stadium, along with 50,000 runners and thousands of spectators.

The Privilege to be an AIMS member!
Hugh Jones, Secretary of AIMS since 1996, received the Disley Lifetime Achievement Award in recognition of his outstanding contribution to marathon running in the United Kingdom over several decades.

Hugh, a Londoner himself, was the first British winner of the London men's title in 1982 (2:09:24), has been actively involved with the event ever since, and is the AIMS/IAAF Measurer responsible for its certification. The honour first given last year to Paula Radcliffe, world record holder and three times previous winner at London, was initiated by John Disley, co-founder of the London Marathon in 1981 who died aged 87 in February 2016.

HRH Prince Harry, as Patron of the London Marathon Charitable Trust, and Mrs Sylvia Disley, John’s widow and an Olympian herself who won bronze in the 4x100m relay at the 1952 Olympics, are pictured jointly presenting the Award to Hugh after the London Marathon on 24th April 2016.

Photo: Alex Morton/ Getty
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The Stavanger Marathon starts in the central city square outside Norway’s oldest cathedral, dating from the year 1125. The design of “Swords in Rock”, erected as a monument to the Viking battle as a result of which Norway became unified into one kingdom. The course goes out along Hafsfjord where runners pass the memorial “Swords in Rock”, erected as a monument to the Viking battle as a result of which Norway became unified into one kingdom. The design of “Swords in Rock” is also the motif for “AIMS membership will give us broader standards and international visibility – both being important for such a new event. Currently runners from 40 different countries participate. The race is held in June. See: www.helsinkihalfmarathon.fi

The Stavanger Marathon (NOR) celebrates its 15th anniversary on 27 August this year. Founded in 2002, the Stavanger Marathon starts in the central city square outside Norway’s oldest cathedral, dating from the year 1125. The course goes out along Hafsfjord where runners pass the memorial “Swords in Rock”, erected as a monument to the Viking battle as a result of which Norway became unified into one kingdom. The design of “Swords in Rock” is also the motif for “AIMS membership will give us broader

New race members

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The Taipei Expressway Marathon (TPE) in Chinese Taipei is the first race to run on the express way since 1996. Three different distances are offered: a marathon, a half marathon and a 10km race. Entries in the Marathon will be limited to 500 runners. A strong international elite field is expected for the next edition in March 2017 as there are rewards on offer for good performances. Best performances in previous races have been from Kenyans Joel Kipkemboi Kiplimo (2:16:17) and Florence Jepko Sgei Chepso (2:38:56).

Total number of participants in main distance (last edition): Male 4200, Female 1800; Total number of participants in other distances if any (last edition): Male 8000, Female 4000; Total number of foreign participants in all distances (main distance & other dist. (last edition): 600; Total number of foreign countries represented in all distances (last edition): 22.

The Helsinki Half Marathon (HHM) (FIN) is the second biggest half marathon in Finland. Started in 2014, organisers wanted to create a high quality half marathon with a fast, scenic course in central Helsinki. “We are all runners ourselves – we have run in all corners of the world and for HHM, we wanted to bring together all our best experiences”, said Event Director Aki Nummela. The course runs along beautiful coastline roads and passes by all Helsinki’s major landmarks. The Expo and the start and finish area are in the heart of the Finnish capital just between Central Railway Station and the historical Finlandia Hall. HHM also promise, in an effort to enhance running culture in Finland, to add something new and fun every year. This year a stroller category was added and the finisher medal designed as a bottle opener. HHM sought AIMS membership as a means of projecting its high standards and international visibility – both being important for such a new event. Currently runners from 40 different countries participate. The race is held in June. See: www.helsinkihalfmarathon.fi

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World Congress

The 21st World Congress of AIMS will be held in Athens on 10-12 November 2016 at the Crowne Plaza Athens City Center (190 rooms). Other nearby hotels are available to accommodate any additional requirements.

For full information see the Congress website at: http://www.aimsworldcongress2016.gr/

Schedule

• Congress Day 1: Thursday 10 November (09.00-17.00) Official welcome dinner at 20.00
• Congress Day 2: Friday 11 November (09.00-18.00) Includes AIMS business/voting to be conducted in the afternoon Gala Dinner at 20.00
• Congress Day 3: Saturday 12 November AIMS Marathon Symposium (09.00-11.15) continuing with the theme of the previous Symposium: “Doping threats in Distance Running”

Athens Marathon Opening ceremony including Congress photo, Marathon Flame, and lunch at Marathon Lake.

AIMS Business will consist of various reports from the Board to the Congress:

• Progress report (Paco Borao)
• Children’s Series report (Martha Morales)
• Marathoneum report (Horst Milde)
• Financial statement (Al Boka)
• Website Report (Frank Baillie)
• Voting: For Board positions and next Congress venue

Children’s Series

The first race of the AIMS Children’s Series 2016 took place in Khanivalla, India, back in January. The second race will be held in Zimbabwe in August and the third in Pietermaritzburg, South Africa in November. These last two events will be replaced in the 2017 Series with new venues.

The first race of the AIMS Children’s Series 2016 took place in Khanivalla, India, back in January. The second race will be held in Zimbabwe in August and the third in Pietermaritzburg, South Africa in November. These last two events will be replaced in the 2017 Series with new venues.

Distance Running

The next edition of Distance Running will be published in October 2016. The advertising and editorial deadlines will be on 9 September.

Distance Running | 2016 Edition 3
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Achim Wricke, interAir GmbH, Germany | Patrik Yderberg, Springtime Travel, Sweden | Mari-Mar Walton, Travelling Fit, Australia
IAAF Label Road Races

Gold Races
- 25 Jun: Mattoni Olomouc Half Marathon (CZE)
- 3 Jul: Gold Coast Airport Marathon (AUS)
- 31 Jul: Media Maraton de Bogota (COL)
- 10 Sep: Birell Prague Grand Prix (CZE)
- 17 Sep: Mattoni Usti nad Labem Half Marathon (CZE)
- 17 Sep: Blackmores Sydney Marathon (AUS)
- 25 Sep: BMW Berlin Marathon (GER)
- 2 Oct: RNR Lisbon Marathon (POR)
- 9 Oct: Bank of America Chicago Marathon (USA)
- 16 Oct: TCS Amsterdam Marathon (NED)
- 16 Oct: Scotiabank Toronto Waterfront Marathon (CAN)

Silver Races
- 23 Oct: Medio Maraton Valencia Trinidad Alfonso (ESP)
- 30 Oct: Frankfurt Marathon (GER)
- 6 Nov: TCS New York (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 (SGP)

Bronze Races
- 18 Jun: Corrida Internacional de Vilamoura (POR)
- 18 Jun: Corrida de Languedoc (FRA)
- 18 Oct: Bournemouh Marathon (GBR)
- 18 Oct: Kosice Peace Marathon (SVK)
- 23 Oct: Venice Marathon (ITA)
- 13 Nov: Marathon des Alpes-Maritimes Nice-Cannes (FRA)
- 20 Nov: Semi-Marathon de Boulogne Billancourt Christian Granger (FRA)
- 27 Nov: Airtel Delhi Half Marathon (IND)
- 11 Dec: Guangzhou Marathon (CHN)

New IAAF Road Running Commission

The newly-appointed IAAF Road Running Commission, chaired by Carlo Capalbo will convene for their first meeting in July 2016.

The Commission will examine different facets of road running during their mandate with one of the first priorities being to review the IAAF Label programme. The IAAF Label programme was introduced in 2008 to recognise and reward leading international races which met certain criteria relating to quality, safety, and international exposure. Currently there are three levels of labels – Gold, Silver and Bronze and a total of 89 label races in 2016.

Following a successful 10 years since the introduction of the IAAF Label programme, the IAAF Road Running Commission will review its structure, regulations and future. The goal is to strengthen the connections between the IAAF and the global road running community and add further value to the label races through their association with the IAAF.

Carlo Capalbo carries all the credentials necessary to lead the Commission during the period of 2016–2019. Carlo is well known in the road running world and has been serving for 22 years as President of the RunCzech Running League. This league comprises seven events which annually attract over 85,000 runners. All were awarded the IAAF Gold Road Race Label.

Following the success of the inaugural IAAF Road Running Seminar organized in Cardiff on 25 March 2016 the IAAF plan to make this a regular event on the road running calendar to be held biannually at the time of the IAAF World Half Marathon Championships. In addition to the interesting and informative discussion panels, workshops will be added to provide race organisers the opportunity to share ideas, best practices, and learn from each other. The next IAAF Road Running Seminar will be held during the IAAF World Half Marathon Championships in Valencia in 2018.

Finally, the IAAF wish to acknowledge the contributions of Sean Wallace-Jones, who after managing the Labels Race programme since its inception has left the IAAF to pursue other interests. We take this opportunity to wish Sean all the best in his future endeavors.
Düsseldorf is a city of two rivers: the Düssel gave the city its name, the Rhine its importance.

The former fishing village at the mouth of the idyllic River Düssel, which flows into the great River Rhine, looks back on more than 800 years of eventful history. Goethe’s visit left its traces, as well as the musicians Robert and Clara Schumann; Napoleon named it “Little Paris”.

According to the latest surveys Düsseldorf is the sixth best city to live in anywhere in the world. It is an international business and financial centre with a famous zest for life and with lots of carnivals and fairs attended annually by millions of people. Luckily for the city during the Second World War German resistance to the advancing Allied Forces was limited in this area. The war ended a few weeks earlier than in most other parts of Germany and consequently Düsseldorf suffered less destruction than many other cities. It is a big city but most of the sights are within walking distance of each other.

Surprisingly for such a large metropolis, Düsseldorf is very green with lots of parks — most of them in English and French styles. Many of the city’s streets are lined with huge trees. As a result you can easily find shade along the entire course. All 42km are completely traffic-free. That helps, because the late spring in Düsseldorf is fantastic: you smell spring flowers in the air, you hear the birdsong, and you see thousands of wildly blooming magnolias, pink and white Japanese cherries, tulips and daffodils.

Düsseldorf celebrated its 725th anniversary in 2013. The city harmoniously balances its old European architecture of churches, palaces and mansions — dating mostly from the 14th to 18th centuries — with its showcase ultramodern architecture like the world-famous ‘dancing’ buildings of Frank Gehry. The Marathon course passes by each and every one of all these interesting buildings, palaces and attractions. The famous Königsallee is included in the Marathon tour: a large boulevard and the main fashion center of Europe that combines the stores of Fifth Avenue with cafes of
Montmartre. There is a long canal running along the middle of it as if imported by magic from Amsterdam.

The people of Düsseldorf love life. It is clearly visible in their cafes — crammed full at any time of day. The relatively late starting time of the Marathon at 09.00 is not accidental. Most Germans like to sleep in on Sunday and the organisers want to make sure that every resident of Düsseldorf is on the street to cheer the runners.

The marathon course is totally flat and extremely fast: the course record stands at 2:07:48. The city has a very large Japanese community. Many of them participate and the rest stand under the sakura trees cheering. They add a gentle and exotic touch to this otherwise European Marathon.

The finish of the race is in the heart of the Old City close to the romantic Rhine River. The broad promenade just metres away from the finish line is turned into an 'Oktoberfest' beer festival for runners. Hours after the race was over runners were still sitting at tables enjoying the view and drinking the unlimited free beer. It was non-alcoholic but if anyone needed the real stuff right under the promenade there is one of Düsseldorf’s most famous attractions: the longest bar in the world comprising more than 300 cafes, bars, restaurants, and every kind of drinking joint that residents of Düsseldorf could think of.

In total more than 16,000 runners from 80 countries participated in this year’s event which included both a relay and a children’s run.

We look forward to greeting runners from all over the world next year on 30 April 2017: see you in Düsseldorf.

---

**RESULTS**

**Marathon**

**Men**

1. Japhet KOSGEI KEN 2:10:44
2. Marius IONESCU ROU 2:13:00
3. Hendrik PFEIFFER GER 2:13:11
4. Ricardo RIBAS POR 2:13:21
5. Mathew BOWEN KEN 2:13:52
6. Patrick KIMELI KEN 2:14:05
7. Ricardo Ramos VARGAS MEX 2:14:58
8. Bekir KARAYEL TUR 2:15:31
10. Stsiapan RAHAUTSCU BLR 2:16:04

**Women**

1. Zsofia ERDELYI HUN 2:35:37
2. Beverly Sue Ramos MORALES PUR 2:36:31
3. Hanna VANDENBUSCHE BEL 2:39:50
4. Andrea DIETMERS GER 2:56:07
5. Isabelle GROSSKOPFF GER 2:56:54
6. Stefania LEONIAISS GRE 2:57:11
7. Sophia SALZWEDEL GER 2:57:21
8. Miriam SAUERLAND GER 2:58:17
9. Gina DREVERS GER 3:07:57
10. Paola Lizbeth RIVERA PUR 3:08:48

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**METRO GROUP Marathon Düsseldorf**

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- **For more information visit:** www.metrounion-marathon.de
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Running Events in Cambodia

The 3rd Angkor Empire Marathon
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Venue: Angkor Wat, Siem Reap, Cambodia.
Web: www.angkorempiremarathon.org

The 21st Angkor Wat Int’l Half Marathon
Date: Sunday 4th December 2016
Venue: Angkor Wat, Siem Reap, Cambodia.
Web: www.angkormarathon.org

The 6th Sihanoukville Int’l Half Marathon
Date: Sunday 5th March 2017
Venue: Ochheuteal, Sihanoukville, Cambodia.
Web: www.sihanoukville-marathon.org

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14 Distance Running | 2016 Edition 3
In recent months Istanbul may have appeared as a somewhat tumultuous place to outside observers but behind the media headlines is a wonderfully vibrant and ancient city. For a few special days every year the city unites to showcase its beauty and mystifying history while offering the finest hospitality one could ever imagine. The occasion can best be appreciated by an adventurous sportsperson.

On 23 April each year Turkey marks the first gathering of the Grand National Assembly (what would later become known as the Turkish Parliament) which took place on 23 April 1920. ‘National Sovereignty and Children’s Day’ as it is now known commemorates the fall of the Ottoman Empire following World War I and the country’s first step towards national regeneration.

On this day the founder of the Turkish Republic, Mustafa Kemal Ataturk, dedicated the new state to the children of Turkey. As a result on 23 April every year children sit in as the representatives of parliament in a demonstration of the country’s commitment to their future. The Vodafone Istanbul Half Marathon, offspring of the Vodafone Istanbul Marathon held each November, is an integral part of this important National Holiday weekend. It shares the spotlight with many national sporting events taking place at the same time as a sign of accord and peace throughout the country.

Offering ideal racing conditions the Half Marathon has quickly become known as one of the flattest and fastest half marathon courses in the world. In this year’s edition more than 5000 entrants were treated to a beautifully scenic stroll along the shores of the Sea of Marmara. A new start and finish section of the course winds around the famous Golden Horn and affords racers spectacular views of where the Bosphorus and the Sea of Marmara meet and the European and Asian sides of the city face each other across the water.

The Golden Horn offers a very flat course which in this otherwise very hilly city can be hard to find. It was one of the original ports of the post-Roman world. Vistas of the Golden Horn have been depicted in countless works of art and the Horn is now home to a thriving resurgence of wildlife, local fish and flora. It also accommodates the Turkish Navy and the area is

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.
a very popular tourist location visited by more than 10 million travelers annually.

There is no better indication of unity and emphasis on the importance of the weekend for the people of Turkey than the words used to welcome runners to the event by current Mayor of Istanbul, Dr. Kadir Topbaş. His address to the city and international visitors shows the country’s commitment to its future and the future of all who travel its streets.

"I welcome you all: runners, accompanying persons and supporters, to Istanbul. I believe your experience in our city will be memorable as well as enjoyable.

"Raising levels of physical activity is a key ambition for our city. We operate many sports facilities and organise several sporting events throughout the year, of which one is the Istanbul Marathon. The Istanbul Half Marathon is another step taken to motivate and inspire people to take part in physical activity. We hope more and more people will start running and training in order to participate in this event.

"I am also pleased that Istanbul offers a new challenge for runners from all over the world. I am sure many will achieve their personal best times on the flat and fast course of the Istanbul Half Marathon. Our experienced organising team offers you a world-class event.

"Whether you run the Istanbul Half Marathon to win a prize, to finish in a good time or just for fun, I wish you every success. I hope it will be an enjoyable and rewarding day for all involved, and I will see you all at the start and finish lines."

Aside from the Half Marathon and the beauty of the Golden Horn is the beauty of the city itself. What can be seen in only a few short days constitutes a journey back in time. A brief running tour of the city can be a very exciting opportunity for someone to relive and experience a world from long ago that has been so well preserved in the city of Istanbul. A more conventional half-day tour can take you to one of the Seven Wonders of the Middle Ages: Hagia Sophia, one of the oldest Orthodox Christian churches in the world which became converted into a Mosque by the Ottoman Turks until the building of the famed Blue Mosque just alongside it. The Sultan Ahmed Mosque, better known as the Blue Mosque (for the blue tiles that adorn the walls) is another awe-inspiring site. A walk from the Mosque towards the old walled city of Istanbul leads you to the Grand Bazaar, one of the oldest and most famous bazaars in the world. It receives more than 300,000 visitors daily and was ranked as one of the world’s most visited places with upwards of 92 million visitors annually.

Istanbul is nothing short of a magical city that is well worth the visit. The Istanbul Half Marathon and The National Day of Sovereignty weekend offer a wonderful opportunity to lose yourself in one of the most moving, pulsating and energetic cities in the world.
Almaty Marathon, Kazakhstan
24 April 2016

The perfect launchpad

Central Asia’s largest marathon is secret no longer

Not so long ago Kazakhstan was a place with a most secretive identity. As part of the former Soviet Union the desert steppes of Southern Kazakhstan was the place from which Yuri Gagarin took off in Vostok 1 to become the first human in space back in 1961. Launched from the Baikonur space station – purposefully named after a village more than 300km away to divert attention from its true position – it took a U2 spyplane for the location of the launchpad to be detected.

While the ‘Cosmodrome’ remains a very active facility spaceships are not the only thing in Kazakhstan that are taking off. Since independence – the last of the former Soviet Republics to attain that status at the end of 1991 – oil revenues have buoyed up the economy. The national debt was repaid well ahead of schedule. The main cities of the country are booming. Almaty, with a population of 1.7 million people, is the largest city of Kazakhstan. Although it lost its status as capital to the new, more centrally-located city of Astana it has recently acquired one of the essential trappings of any city with international status: a mass-participation marathon.

The Almaty Marathon was first held in April 2012 and attracted 2500 runners. It was the first time a marathon with any significant numbers had been held in Kazakhstan.

The race is now run on a point-to-point course which allows the city’s scenic sites to be viewed to better advantage. The freestyle tour of the city begins in the First Presidential Park and goes through several neighbourhoods, passing along one of the biggest of Almaty’s thoroughfares — the Avenue Al-Farabi. Runners pass the distinctive business centre Nurly Tau and through Abay Square before finishing in Almaty’s Central Stadium.

Every year the Almaty Marathon chooses a charitable cause and sets a money-raising target to be achieved. This year the target was to buy four medical apparatuses for supporting motor system recovery for the ARDI.
rehabilitation centre. The uniqueness of this device is in simulation of indices of physical effects imitating a walking process: pressure level, time characteristics (pulse time, the time interval between the effect on the foot zone and the metatarsal zone, the time interval between the effect on right and left feet) which directly activates the brain cortex area responsible for walking ability.

Thirteen thousand runners were in the First Presidential Park to make this charity goal come true. The most popular distance was 10km (around 9000 runners). The Half Marathon had around 3000 runners and there were 1200 brave souls who tackled the full marathon. About 600 children took part in a 3km run and 250 in a new Nordic walking race. The oldest runner was 79-year-old Larissa Veselova who ran the 10km.

“It was our honour to salute both old and young runners during the 5th Almaty Marathon,” said race director Saltanat Kazybayeva. “This year we had more than 12000 runners from Kazakhstan and around 400 foreign runners from 40 countries all around the world. Next year we expect Almaty Marathon to be still more impressive and appealing to the entire field of runners and to those thousands of spectators cheering them on for the entire 42.195km.”

The Almaty Marathon must be one of the fastest growing footraces anywhere, having attracted around 20,000 participants in 2015. Part of this popularity has been derived from the Almaty Marathon joining AIMS in 2013. Year after year more and more foreign runners from all around the world come to take part in the Almaty Marathon and enhance its international image. Last year’s race was not just the largest marathon in Kazakhstan, it was the largest marathon ever held in Central Asia.

Taking place every April, it provides the perfect launchpad for a year of running. It’s a typically urban race, perfect for beginners, with the majority of the course downhill — apart from the beautiful mountain views of the first few kilometres.

### RESULTS

#### Marathon

<table>
<thead>
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<th>Time</th>
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<tr>
<td>1</td>
<td>Aidn KASEN</td>
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<td>2</td>
<td>Amir VAITUKANOV</td>
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<td>3</td>
<td>Sergei YAKOVLEV</td>
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<td>Ivan KOLESNIKOV</td>
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<td>7</td>
<td>Askar KOZHANOV</td>
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<td>Vakit MOMUNALIEV</td>
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<td>Ekaterina SHATINAYA</td>
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<td>Dulei IMANKAZI</td>
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<td>5</td>
<td>Nagima KERIMBAYEVA</td>
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<td>Aizada TINALIEVA</td>
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<td>Alena UVAROVA</td>
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<td>Tolgonai SHAEAEOV</td>
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<td>Diana MERGENBAEVA</td>
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#### Half marathon

#### Men

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#### Women

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<td>2</td>
<td>Nargza IGLIKOVA</td>
<td>1:36:14</td>
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<tr>
<td>3</td>
<td>Alissa ROGOZHINA</td>
<td>1:38:03</td>
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11. SEPTEMBER 2016
31ST WIZZ AIR BUDAPEST
HALF MARATHON
• 21 KM • RELAY • FUN RUN

17 000 RUNNERS

FUTURE DATE: 10 SEPTEMBER 2017

23-26 MARCH 2017
10TH LAKE BALATON
SUPERMARATHON
• 4 DAYS AROUND THE LAKE BALATON,
194 KM • INDIVIDUAL AND TEAM

4000 RUNNERS

8-9. OCTOBER 2016
31ST SPAR BUDAPEST
MARATHON
• 42 KM • RELAY • 30 KM • 10 KM • 5 KM

28 000 RUNNERS

FUTURE DATE: 14-15 OCTOBER 2017
HUNGARY
MEMBER SINCE 2004
IS THE NEW RUNNING CAPITAL OF EUROPE
HUNGARY

8-9 APRIL 2017
10TH LAKE BALATON SPRING HALF MARATHON
• 21 KM • 10 KM • 7 KM • FUN RUN

30 000 RUNNERS

21 MAY 2017
22ND COCA-COLA WAKE YOUR BODY WOMEN’S RUN
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10 000 RUNNERS

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The Borneo International Marathon is fast gaining popularity among the races within the Asia Pacific region: this year it attracted over 8500 runners with 1000 of them coming from almost 40 foreign countries (it started in 2008 with a mere 529 runners). It was the first road race to be held in the East Malaysian state of Sabah after the ‘Daily Express Sabah Marathon’ back in 1984, 23 years ago.

The founder of BIM was a local businessman, Andrew Voon, who organised the race for four years before his sudden death in 2011. The race organisation was then taken over by his close friends who formed the Kinabalu Running Club and continued his legacy. In the five years since then BIM has become the third largest road race in Malaysia.

This year’s theme of ‘Running Wild in Borneo’ attracted 1000 international runners to ‘run wild’ on the streets of Kota Kinabalu. The ‘wilderness’ features a lovely stretch along the coastline overlooking the islands of the South China Sea and the iconic Mount Kinabalu looming in the East as the sun rises.

The race gets underway early to escape the worst of the heat which can reach up to 36°C at its peak. The marathon starts at 03.00, but it is better for the runners — they just have to run faster to beat the heat. Apart from the Marathon — in which 1600 runners participated — there are also half marathon and 10km events with 2200 and 3700 participants respectively.

It is a good idea for runners to acclimatise to the weather in Sabah before the race. The heat makes personal best times unlikely but the organisers make sure that adequate water and cooling stations are available throughout the course.

Silke Teubener took the trouble to write from Germany after the race: “although none of us got near our best times — the heat was a bit
too much for that — we all agreed that this marathon was well-organised with a nice route and sufficient water stations. The cool water sponges and water hoses were greatly appreciated. Running the final metres into the stadium was a nice way to finish. We truly enjoyed it and congratulate you on a job well done. Bravo!"

The course passes through the old part of the town, highlighting two structures that were built 100 years ago during British colonial times: a clock tower and a government building which presently houses the tourism board. The rest of the route takes runners into the University of Malaysia Sabah where BIM’s version of heartbreak hills greets the runners. They then pass through smaller satellite towns before heading back to the finish. The final 200m on the track inside the stadium gives runners a different feeling.

Sabah is well-known in Malaysia as a tourist state. Its natural attractions include plenty of white sand beaches, rainforests and wildlife. It is a modern state with many brand hotels and shopping malls in the city of Kota Kinabalu, which was mostly ruined during WWII. But it has kept its quaint character in its people who are relaxed and hospitable — not your typical city folks.

May in Sabah is traditionally the official celebration month of the Harvest Festival. Local Sabah people observe the entire month in thanksgiving to the bountiful harvest of the paddy (rice). There is a lot of merry-making and ‘open houses’ which is a typical Malaysian custom of hosting guests all day long at their houses.

BIM is held close to the Sabah Fest, a three-day stage show highlighting local culture and history. Visiting runners and their supporters can take advantage of the festival to learn more about the locality.

“This year we introduced motivational quotes for our Chinese and Japanese runners along the route,” said President of Kinabalu Running Club and Race Director, Dr Heng Aik Cheng. “We are pleased that the Borneo Marathon brings such benefits to tourism in Sabah every year. We are happy to see overseas runners returning year on year, especially from Singapore (50), Philippines, Brunei (180), Japan (100), China (250), UK (100) and USA. One of the most notable foreign participants came from Japan, Mdm Noriko Sakota, who at 70 years of age ran her 1116th marathon.

BIM was established as a community event and remains so to this day, run by a small group of volunteers. Any profit from the race is distributed to charitable bodies around Sabah, including those committed to social improvement, education and conservation.

More than 600 extra volunteers help out on race day itself including the police for security and traffic control and the hospitals for medical support.

Next year’s 10th anniversary race will be held on 7 May 2017.
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.

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October 2nd, 2016

www.hcamarathon.dk
Vancouverites were treated to great weather and great fun while celebrating the 45th year of the Vancouver Marathon. Nearly 16,500 people from over 60 countries signed up — a 40% increase in participation since 2011. While the Marathon is the marquee event, all six races held over the weekend thrilled the crowds.

There are races for everyone: a Kids Run, a 2.5km Walk, an 8km race, a Relay and the Half Marathon and Marathon. The event touched 12 neighbourhoods from Cambie to Kits, and from False Creek to Coal Harbour. Locals created crazy signs and neighbourhood cheer stations to encourage runners under the blue skies and sunshine.

"In 1972 the Vancouver Marathon had 32 finishers" says Charlene Krepiakevich, Executive Director of the Vancouver International Marathon Society. "This year the six separate races led to a combined total of nearly 14,000 finishers."

Organisers of the event, the Vancouver International Marathon Society, made special efforts this year to celebrate the event's rich history, including interviewing the early founders in a Legacy Talks video series and by...
continuing to acclaim Legacy Club members who have run the race 15 times or more.

In a nice echo of the event’s history Tom Howard, the first-ever Marathon winner in 1972, 1973 and 1974, once again finished first — in his 65–69 age category for the 8km event — with a time of 36:42.

Runners of all abilities joined in, including many youngsters and students along with more than 1000 participants over the age of 60. More than 700 were Run4Hope Charity runners supporting different local and national causes. Thousands of fans lined the streets to cheer them on.

The marathon weekend started with a free three-day Health, Sports & Lifestyle Expo at the downtown waterfront Vancouver Convention Centre West and concluded with a Street Festival.

“It is incredible what can be created through a passion for community and sport,” says Krepiakевич. “We are proud to build on the legacy created 45 years ago and to expand the race experience to athletes of all abilities, young and old. We are grateful to have such support from the City of Vancouver, sponsors, and locals.”

The Half Marathon incorporated the British Columbia Championships, won by Lisa Brooking and Terence Attema, but also attracted runners from as far away as Japan, United Kingdom, Australia, Brazil, France, the Netherlands, Switzerland, Finland, Ireland, Spain, and many others.

Organised annually by the local non-profit Vancouver International Marathon Society the BMO Vancouver Marathon is truly a team effort. The Society is governed by a volunteer Board of Directors and delivers running events with a mandate to promote healthy living, increase participation in the sport and celebrate the value the sport delivers to the local community. The event relies on the support of 4000 volunteers and many stakeholders including above all the City of Vancouver.

Recognized by Forbes, CNN, USA Today and others as one of the top destination marathons in the world the event is renowned for its unique scenic views including snow-capped mountain ranges, cherry trees in blossom and 70% shoreline views.
93rd Košice Peace Marathon
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MINI 4 km
RELAY 9/12 km
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FULL 42 km

CR ♂ 2:07:01
CR ♀ 2:27:47

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Over ten thousand people took to the streets of Trieste for Bavisela 2016: a running festival which features the Green Europe Marathon, the Green Europe Half Marathon and the Bavisela Family Run.

The two competitive races attracted runners from every part of the world, with a majority of Italian athletes. Among the long list of entrants, many came from nearby countries: Austria, Slovenia, Croatia, Hungary and Germany. With a strong symbolic value there was a large group of Norwegian women who raced in the marathon and half marathon. The team was captained by Vibeke Bjerg, founder of the “Femirona” project, a truly brave woman who fought against cancer and went back to running in a very short time. She also involved other women in this project with the aim of lifting up their heads through the sport.

Runners flocked to Trieste from throughout Europe: from Belgium, France, Russia, UK, Netherlands, Czech Republic, Romania, Ireland, Serbia, Slovakia, Finland, Switzerland, the Ukraine, Lithuania, Macedonia, Poland, Spain, Albania and Moldavia. The Bavisela festival is a very international event which seems destined to further widen its appeal across all borders. And to all continents: the event also attracted runners from the USA, Africa, Brazil, Iran and India.

The Half Marathon is the most popular race and starts from Duino – a village along the road from Trieste to Monfalcone, perched on the scenic cliffs of the coast road. Its development and history are linked to those of its two castles. The small historical centre that grew up around the castle is the where the Rilke Path finishes, a wonderful walk along the cliffs of the Duino nature reserve which offers stunning views. The path is named after the Prague poet Rainer Maria Rilke who here found the inspiration for his famous poems ‘Duinesen Elegien’, in the early years of the 20th century, when he was guest of the Thurn and Taxis princes.
From Duino runners take the scenic coastal road and pass through a natural tunnel to reach Barcola and then Trieste. The city is located between the inland limestone Karst scenery and the sea, with the air filled by the scents of the Mediterranean scrub.

The Bavisela Family Run is the most popular non-competitive event in Italy. It follows a course from Miramare Castle to the Piazza Unità d’Italia — the largest European square to overlook the sea. Every year it offers fun, sport and entertainment to thousands of people ready to cover the 7km route either running or walking. Special entry terms are offered for all associations working in the field of volunteering, charity teams, and large groups. Such groups can sign up at one time and benefit from a special entry fee.

The Bavisela includes other events such as the Doggy Run, a fun event with dogs; the Trieste SoloWomenRun, dedicated to women; and Bavisela Young, which gets over 2000 children running.

Trieste shines brightest when the sky has been scoured by the Bora wind. It is a city of Mittel-Europa where great writers such as James Joyce, Italo Svevo, Umberto Saba drew their inspiration. Different architectural styles blend harmoniously: neoclassical, libertarian eclectic and Baroque stand side by side with Roman ruins, 18th century and Habsburg buildings. Trieste has also played host to many different religions with their places of worship: the Greek Orthodox Church, the Serbian Orthodox Church, the Synagogue, the Evangelical Lutheran Church and the ancient Helvetic Confession Church.

The people of Trieste have a true passion for coffee and you can drink it in the elegant historical cafes where famous writers used to meet. Many runners fall in love with the city and return to it regularly.

### RESULTS

#### Marathon

<table>
<thead>
<tr>
<th>Men</th>
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<tbody>
<tr>
<td>1</td>
<td>Robert CHEMONGES UGA 2:11:45</td>
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<td>Samuel KIPTUM KEN 2:13:44</td>
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<td>3</td>
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<td>Paolo MASSARENTI ITA 2:33:39</td>
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<td>Alessio MILANI ITA 2:37:25</td>
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<td>Robert KOTNIK SLO 2:39:59</td>
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<td>Marco Emesto FRIGERIO ITA 2:43:16</td>
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<td>Claudio COLPANI ITA 2:44:10</td>
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<td>Loris FANTON ITA 2:47:07</td>
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<td>Torre DALLA ITA 3:15:09</td>
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<td>Gabriella BEN HUN 3:24:16</td>
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<td>Kristin OPLAND NOR 3:26:37</td>
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<td>2</td>
<td>Stefano SCAINI ITA 1:09:00</td>
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<td>3</td>
<td>Fabio BERNARDI ITA 1:10:20</td>
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<td>Rosaria CONSOLE ITA 1:12:13</td>
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<td>2</td>
<td>Simona STAICU ROU 1:17:52</td>
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<td>3</td>
<td>Giulia MEROLA ITA 1:23:49</td>
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In the framework of the "Bila Tserkva marathon" in addition to the basic distance 42.195 km it also will be half marathon (21.098 km), and races of 5 miles for adults, 2 miles for children 10 - 17 years, 1/3 mile for children 7 to 9 years, and 10 fathoms for children up to 7 years.
If you thought that you have to be an elite runner to take part in a marathon you can think again. The BMW Oslo Marathon offers sporting challenges for all accompanied by a resounding roar from the public as more than 25,000 people meet on the streets of the Norwegian capital to soak up the impromptu cultural performances and cheer on their loved ones.

The BMW Oslo Marathon is the biggest and most inclusive marathon in Norway and caters to all different fitness levels with distances of 3km, 10km, 21.1km, 42.2km and 73km; the ‘ultra’ event being called the Oslo Triple. “It is an inclusive event where almost anyone will find a challenge to suit their abilities. Participants range from professionals to those recently rehabilitated from illness or injury”, says communications manager Cathrine Stensaker.

The Oslo Marathon starts and finishes in front of the Town Hall facing the beautiful Oslo Fjord. Marathon runners complete two laps of the half marathon course. The route passes through several of Oslo’s varied districts and goes past many of the city’s most well-known sights like Frogner, Aker Brygge and the Opera House. From many places along the course runners get a view of the Oslo Fjord with its boats and harbours.

This year’s events begin on 16 September with a 3km evening run as a warm-up to the big day on 17 September. While the different distances attract thousands of runners many thousands more flock to be part of the joyous atmosphere created by the entertainment, singing and dancing along the route. “Ballet dancers from the National Opera, top DJs and cheerleaders join forces to create a fantastic buzz,” says Stensaker. “Last year we had 40 different performances scattered across all Oslo and we are expecting more of them this year".

Looking ahead

BMW Oslo Marathon, Norway
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2016: October 9th
2017: October 8th

Register now: www.sparkasse-3-laender-marathon.at
There are many marathons that promise spectacular scenery, fantastic atmosphere and a truly memorable experience – but few deliver it quite like the Baxters Loch Ness Marathon and Festival of Running. The course runs alongside the iconic Scottish loch and is quite possibly one of the most stunning marathon routes anywhere in the world.

The rolling heather-clad hills, roads lined by Caledonian pine trees and the famous Loch are why the organisers say: if you are going to put yourself through the hell of running 26.2 miles then you might as well do it in heaven.

The route is quintessentially Scottish. Runners are bussed from the event hub in Inverness – the capital of the Highlands – to the start line close to the village of Whitebridge. If the scenery is not enough to give runners goose bumps then the rousing sounds of a traditional pipe band that plays as they set off will.

The route heads towards the loch taking in the villages of Foyers and Dores where local residents come out to give their support and ensure that each and every runner experiences the warmth of Highland hospitality.

Even with these groups of supporters it is a far cry from the big city marathons where thousands of people line the route: here you will find peace, tranquillity and nothing but the sound of the excited chatter of runners and the loch lapping against the shore.

It is not just the course that has made the event a must-do for the thousands of runners who come from all corners of the world to collect a finisher’s medal. It is renowned for its welcoming atmosphere to runners of all abilities and unforgettable camaraderie.

Participants may start as strangers but at the end they are bound together in friendship.

Just under half of all runners who take part in the marathon come from outside Scotland. Many will travel from other parts of the UK but hundreds come from all corners of the globe to say that they have taken part in the Loch Ness Marathon.

In 2015 the event welcomed participants from Europe, North America, South America, Asia, and Australia. Inverness is served by an airport which connects directly to hubs at London Heathrow, London Gatwick and Schipol Airport in the Netherlands, meaning that the city is accessible from anywhere in the world.

There is also a well-connected train and bus station and the city is easily accessed by road. It has many large hotels, guest houses and charming bed and breakfast accommodation and there are lots of attractions to visit, from Inverness Castle to the Loch Ness Centre and Exhibition, which focuses on the legendary monster.

The inclusive nature of the event is also a huge draw. With an accompanying 10km and 5km fun run – and the Wee Nessie for pre-schoolers – there is something for runners of all stages and abilities. Entry is open now at www.lochnessmarathon.com.
The Three Country Marathon on Lake Constance is unique: the route runs through three countries. The start is on the beautiful island of Lindau in Germany. From there it goes into Austria, then on through Lochau, Bregenz, Hard, Fussach, Höchst and over the Swiss border to St. Margrethen. Runners then return over the Rhine dam to finish in the stadium in Bregenz.

Sixty percent of the course runs along the shore of Lake Constance. Participants traverse the largest open-air stage in the world, cross through reeds and woodland and at the finish in Bregenz Stadium they receive an enthusiastic welcome. For the duration of the race their start number replaces their passport.

Marathon weekend begins on the Friday when the large Sport-Active exhibition opens its doors at 13.00 in the Festspielhaus in Bregenz. Runners pick up their race numbers there and it is where the pasta party is held.

Saturday is a day for talented youngsters. Approximately 3000 children will start the children’s marathon from the Bregenz Stadium.

The main event starts at 11.30 on Sunday in Lindau. The town’s mayor, Dr. Gerhard Ecker, will set off 7000 runners in three different races: the quarter marathon (10.9km), the Skinfit half-marathon (21km) and the Sparkasse marathon (42.195km). This year is 10th anniversary race of this unique marathon.

The finish is always described by the participants as giving them a “goose-bump feeling”.

Music from George Bizet’s “Carmen” will be played on the Bregenz open-air stage. This is the largest open-air opera stage in the world and in 2008 it was a location for the James Bond film “Quantum of Solace”. The equipment manufacturer Skinfit has a lot planned for where the marathon and half-marathon courses split just after the cycle bridge over the Bregenzer Ache River. Live bands and DJs can be found in Lindau, at the harbour in Bregenz, at the hub of the course in Hard, on the Fußacher Bridge and in the village centre of St. Margrethen. The turning point of the marathon is designed to raise the runners’ spirits.

Bregenz Stadium will be transformed into a cauldron. The finish is always described by the participants as giving them a “goose-bump feeling”. For this and other reasons the Three Country marathon was chosen as Austria’s Marathon of the Year in 2014.

See: www.sparkasse-3-laender-marathon.at
Follow the Sun

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Marathon / Half Marathon / 10 Km

16-10-2016

Ajuntament de Palma

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www.mediomaratonvalencia.com

23/10/2016
RUNNING IS NOT THE SAME, AS RUNNING IN VALENCIA.

Valencia, the fastest city in Spain.

The Ukrainian capital of Kyiv, with its 2.8 million citizens, is the eighth largest city in Europe. It is also one of the most beautiful and ancient cities in Eastern Europe, founded 1500 years ago.

The new route for the seventh edition of the Kyiv Marathon — the largest running event of the year in Ukraine — threads its way through Kyiv as a one-lap course. It starts at Khreshchatyk Street and runs along the Kyiv-Pechersk Lavra passing by the National Museum of the History of Ukraine in World War II, the Paton Bridge, the Desiatynna Church, St. Michael’s Cathedral and other sights of Kyiv. Kyiv is a very open and accessible city — not least due to the efforts of title sponsor Wizz Air (offering nonstop flights from London, Hamburg, Cologne and Budapest among other places).

The Kyiv City administration has agreed street closures in a delicate balance between the interests of the runners and the needs of the city’s transportation network. The agreement recognises the growing importance of running culture in Ukraine.

Founder of the Kyiv International Marathon Dmytro Chernitsky commented: “The new single-lap course presents a challenge for the organisers and for the city but, thanks to the cooperation of all services and departments, runners will be able to enjoy the competition and spectators the sporting spectacle. Year by year more foreign runners will be coming to our race. This year we joined AIMS and this gives us a platform to project our race throughout Europe and the world.

In addition to the classic marathon distance Wizz Air Kyiv City Marathon also offers five other competitions: two relays (2 x 10km + 2 x 11097.5m, and 2 x 21,097.5m); 10km and 5km events and a 2km charity “RunHelp”.

Special attention is paid to the medical credentials of runners entered for the full Marathon distance and the 2 x Half Marathon distance relay. On race day the Marathon pulls in about 500 volunteers of which 250 assist as marshals on the route. Medical support will consist of 22 ambulances, 60 volunteers from the Red Cross, 10 crews of the organisation “MotoHelp” and two medical centres equipped with defibrillators.

There will be races over three distances especially catering for children — all supported by McDonalds Ukraine. These are: 100m (under 6 years old), 500m (from 7-8 years old), 1000m (from 9-13 years old).

Thousands of runners are mobilising in Ukraine as participants in the new running culture. They will enjoy a very privileged view of the city on 9 October. You are invited to join them and feel the incredible energy of running as it infects and energises the city.
Looking ahead

Palma de Mallorca Marathon, Spain
Sunday 16 October 2016

A new record entry of more than ten thousand runners are expected to line up at the start of the 13th edition of the Palma de Mallorca Marathon on 16 October. They can choose to run 10km, Half Marathon or the Marathon.

Palma is one of the main tourist destinations in Europe and its marathon is very international: around 70% of the participants are foreigners. The brand new two-lap city course will take runners on a scenic tour past the most beautiful monuments of the city centre. The Palma de Mallorca Marathon includes many varied side events which will appeal to all the family (a Breakfast Run, the Palma Kids Run, a Post Race Party, the Expo...). Runners can enjoy special entry and discounts for the main museums, activities, free guided visits, etc.

This year’s race features several improvements. The Expo and the Race Pack Pick-up area has been redesigned and also the 10km race will now start 40 minutes later than the Marathon and Half Marathon, in order to offer a less crowded running experience. There are four animation points along the route to enliven proceedings.

A striking feature of the race is that there are more participants coming from Britain and Germany than from Spain. But there are also a lot of people from countries like Sweden, Italy, Netherlands, Denmark, Switzerland, Belgium and many more; which makes the Palma de Mallorca Marathon a global run.

On the Saturday afternoon the Obra Social “La Caixa” Palma Kids Run is expected to attract about 2,000 children. And before that, on Friday morning, the Breakfast Run will be held in order to attract participants to the Expo in the Parc de la Mar and let them relax before the competition. This area will be open on Friday and Saturday from 11.00-19.00. A novelty planned for this year is a touristic and gastronomic route featuring typical Spanish “tapas” with a stop at the Expo area.

Runners also get the chance to enjoy free touristic guided routes and discounts to many of the city’s museums. Palma de Mallorca Marathon and the Fundación Vicente Ferrer have developed a partnership aimed at raising funds to support solidarity projects in India.

See:
www.palmademallorcamarathon.com
www.twitter.com/PalmaMarathon
www.facebook.com/palmademallorcamarathon
www.instagram.com/palmarun
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SUNDAY
23 OCTOBER 2016

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inspiro
Runners and spectators enjoy easy access to the MCM start and finish with the Metro operating from very early hours on Marathon day and throughout the event. Spectators can choose their spots from Georgetown, the Lincoln Memorial and the National Mall in Washington, D.C. to the final leg of the marathon in Crystal City and Arlington, VA.

The new MCM headquarters hotel at the Gaylord National Resort & Convention Center will house most of the MCM Weekend’s events and activities, including the two-day Health & Fitness Expo.

This year’s Marine Corps Marathon is sold out but runners still can register through any of more than 50 charities.

See: www.marine marathon.com

Thanks to thousands of U.S. Marines the Marine Corps Marathon (MCM) is among the largest and most-organised marathon events in the world.

Runners from across the United States and more than 55 nations annually participate in MCM Weekend hosted each October in Arlington, VA and throughout the United States capital of Washington D.C. Organised by the United States Marine Corps the MCM supports more than 30,000 participants over the three-day weekend.

Apart from the Marathon the MCM weekend includes the MCM10K and the MCM Kids Run (a one-mile fun run for ages 5 to 12) held the day prior to the Marathon. The MCM10K is held in conjunction with the Marathon. Registration for the MCM10K is available at www.marine marathon.com.

The MCM is welcoming to all types of runners; from the strong competitor to the first-time marathoner. MCM is also the grand equaliser: it does not offer prize money but is available to any registered participant, earning its title as “The People’s Marathon.”

The scenic course begins in Arlington, VA, between Arlington National Cemetery and the Pentagon and moves through the nation’s capital. It takes participants on a route which features the most prominent sites and significant landmarks in the United States. Monuments, parks and the scenic Potomac River characterise the route: through historic Georgetown, past the Washington Monument and the Lincoln, Jefferson, FDR, World War I, World War II, Korean War and Martin Luther King Jr. Memorials.

Runners will appreciate picturesque views of the U.S. Capitol, the Smithsonian Institution and Museums, the Pentagon, Potomac River and a most remarkable finish: at the Marine Corps War Memorial. The Memorial is the iconic symbol of the United States Marine Corps, depicting five Marines and a Navy Corpsman raising the American Flag during the Battle of Iwo Jima in World War II.

There are 12 water points, four food stations and 15 medical aid stations at the start and finish and along the course. Entertainment is provided nearly every mile with musical and visual performers including rock and pop bands, jazz ensembles, marching bands and American blue grass musicians while cheerleaders, sign spinners and mascots motivate participants all along the marathon and MCM10K courses.

“The People’s Marathon” takes all kinds of runners through the USA’s capital on a route which features the most prominent sites and significant landmarks.
Looking ahead

Rock ‘n’ Roll Las Vegas Marathon & Half Marathon, USA
13 November 2016

Running down the Strip at night is unparalleled: the race combines a world-class course under dazzling lights with live, non-stop entertainment ... and hundreds of runners dressed as Elvis.

The world’s largest night-time running event lights up the Las Vegas Strip in mid-November each year with over 45,000 runners taking part in one or other of the weekend events. Registration is now open for the marathon, half-marathon, 10km and 5km distances.

Runners of all levels are invited to run down the closed lanes of the famed Las Vegas Boulevard and past iconic Las Vegas sights in a one-of-a-kind experience. Forbes Travel Guide recently named this not-to-be-missed running event as one of the 12 Best ‘destination’ Marathons and 2016 marks the 50th running of the marathon.

The experience of running down the Las Vegas Strip at night is unparalleled in the event industry. The race combines a world-class course under dazzling lights with live, non-stop entertainment from start to finish. It offers an opportunity for participants from around the globe to come together to celebrate their physical achievements in an epic fashion.

Race weekend is the only private event to exclusively shut down the Las Vegas Strip at night. Race highlights include the iconic ‘Welcome to Las Vegas’ sign, the Fountains of the Bellagio, and finishing at the foot of the Mirage volcano. New Year’s Eve is the only other time the Strip is shut down in this way.

The running will start on the night of Saturday 12 November with a 5km race presented by Brooks. This warm-up is followed on the evening of 13 November by the marathon, half-marathon and 10km races. Runners can choose to participate in the ‘Remix Challenge’ and earn a bonus third medal by running in both the 5km on Saturday and any distance on Sunday.

Race day begins with a start line festival at the Las Vegas Village pre-race concert for the runners and their friends and family. Past headliners include Kid Rock and Macklemore & Ryan Lewis. In addition to the headline concerts live bands and DJs of every kind will play along the race courses entertaining and encouraging runners as they make their way to the finish line.

To add to the live entertainment along the course the Las Vegas event is renowned for hundreds of runners dressed as Elvis. Every year the event also includes a Run-Thru Wedding Chapel where runners in love can tie the knot or renew their vows on the race route. The finish line venue in front of the Mirage Volcano is conveniently located less than one mile from more than 15 hotels, so runners only have a short walk back after the race.

See: RunRocknRoll.com/LasVegas and follow @RunRocknRoll on Twitter and Instagram.
Run Kyiv. The City that Never Stops Moving

DISTANCES:

- 42.195 km Individuals
- 21.0975 km Individual
- 10 km Individuals
- 5 km Individuals
- 2 km charity run
- 2 x 10 km = 2 x 11.0975 km relay
- Kid’s run

Discover Armenia as a new running destination

October 16 2016
www.armeniamarathon.org
Penang, the second largest city in Malaysia, is home to the popular Penang Bridge International Marathon (PBIM).

The race is organized by Penang State Tourism Development office and fully supported by the Penang State Government. First held in 1986 the marathon is run on the iconic bridge that connects Penang Island to Penang Mainland. PBIM is the largest mass-participation sporting event in Penang, bringing tens of thousands of runners out onto the streets.

In 2014 the race attracted 60,000 runners. This unprecedented entry arose because it was held on the newly-opened “Second Penang Bridge” – the 24km-long Sultan Abdul Halim Muad’zam Shah Bridge – the longest in South-East Asia.

Penang Bridge Run was organized twice in 2015 – the inaugural Penang Bridge Half Marathon on 14 June, on the second Penang Bridge, in conjunction with the first ever AIMS Asia-Pacific Conference.

The annual ASICS Penang Bridge International Marathon (APBIM) was held on 22 November on the iconic Penang Bridge. Prior to the marathon running clinics and a medical forum were held to help minimise the risk of injury and accidents. Experienced dieticians, physiotherapists and a medical doctor provided advice at the forum and guided runners through the various dos and don’ts.

On race day runners are taken through a warm-up and treated to a fireworks display before the start to boost their spirit. The Chief Minister of Penang, The Right Honorable Mr Lim Guan Eng sent the runners on their way accompanied by the Chairman of Penang Bridge International Marathon Committee, YB Danny Law Heng Kiang.

The run was held in the morning to minimise disruption to normal traffic flow over the bridge. Temperatures can reach over 30C — a temperature dangerous for distance running but ameliorated on the bridge by the sea breezes.

Organisers rely heavily on government agencies to ensure the safety and comfort of runners. The Royal Malaysian Police Force, medical officers of Penang Hospital, Red Crescent, St John Ambulance and other agencies are stationed along the entire route to ensure that any runner in distress can receive prompt medical assistance. Water stations are set up along the bridge – and even Prayer Rooms.

Trophies, finisher medals and certificates are given out to those who complete the race. PBIM is popular for its fun, carnival-like atmosphere, showcasing the colours, sights and tastes of Penang. We look forward welcoming runners back to the next edition on 27 November.
THIS IS YOUR DAY

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## Calendar

### AIMS member events for the forthcoming 16 months

**July 2016**

- **2-3** Gold Coast Airport Marathon
  - AU S: M
  - Distance: 87
- **2** Paavo Nurmi Marathon
  - FIN: M
  - Distance: 90
- **2** Gatorade Panama Int’l Half Marathon
  - PAN: M
  - Distance: 96
- **2** Roventani Marathon
  - ITA: M
  - Distance: 90
- **3** Int’l Ergo White Nights Marathon
  - RUS: M
  - Distance: 96
- **3** Ecomet Victoria Falls Marathon
  - ZIM: M
  - Distance: 98
- **10** Correos de Caminos Marathon & Half Marathon
  - MEX: M
  - Distance: 90
- **10** Mauritius Marathon
  - M R: M
  - Distance: 94
- **10** Golden Ring Ultra Trail 100
  - RUS: M
  - Distance: 96
- **10** Tijuana Marathon
  - MEX: M
  - Distance: 94
- **30** American Outback Marathon
  - AUS: M
  - Distance: 87
- **30** Swissalpine Marathon
  - SUI: M
  - Distance: 98
- **30** Media Maratón Int’l de Bogotá
  - CO L: M
  - Distance: 90
- **30** Westlink M7 Blacktown Running Festival
  - AUS: M
  - Distance: 87
- **31** 40th National MILO Marathon
  - PHI: M
  - Distance: 96

### August 2016

- **6** Da Nang Int’l Marathon
  - VI E: M
  - Distance: 98
- **7** The Angkor Empire Marathon
  - CAM: M
  - Distance: 14
- **7** Brisbane Marathon Festival
  - AUS: M
  - Distance: 87
- **7** Standard Chartered KL Marathon
  - MAS: M
  - Distance: 14
- **7** Siberian Int’l Marathon
  - RUS: M
  - Distance: 96
- **7** McDonald’s Townsville Running Festival
  - AUS: M
  - Distance: 87
- **13** Helsinki City Marathon
  - FIN: M
  - Distance: 93
- **14** Adelaide Marathon Festival
  - AUS: M
  - Distance: 87
- **14** Kuching Marathon
  - S NL: M
  - Distance: 94
- **19** Dhiraagu Maldives Road Race
  - MLD: M
  - Distance: 94
- **20** Hvar Half Marathon
  - CRO: M
  - Distance: 90
- **20** Islandsbanki Reykjavik Marathon
  - IS L: M
  - Distance: 92
- **21** Edmonton Marathon
  - CAN: M
  - Distance: 87
- **21** 7 Sunshine Coast Marathon
  - AUS: M
  - Distance: 96
- **27-28** Kranjvilkma – The Great Fjord Run
  - NOR: M
  - Distance: 96

### September 2016

- **3** Petra Desert Marathon
  - JOR: M
  - Distance: 94
- **4** Medio Maratón Atlas de Guadalajara
  - MEX: M
  - Distance: 90
- **4** Minsk Half Marathon
  - BL R: M
  - Distance: 90
- **4** Pila Int’l Half Marathon
  - POL: M
  - Distance: 96
- **4** 10K San José – Costa Rica
  - CRC: M
  - Distance: 90
- **4-9** Running Festival of the Economic Forum
  - POL: M
  - Distance: 96
- **4-9** SEB Tallinn Marathon, Half & 10K
  - EST: M
  - Distance: 90
- **10** Jungfrau-Marathon
  - SWI: M
  - Distance: 90
- **10** Stockholm Half Marathon
  - SWE: M
  - Distance: 96
- **11** 31st Wizz Air Budapest Half Marathon
  - HUN: M
  - Distance: 20+21
- **11** Ladakh Marathon
  - IND: M
  - Distance: 92
- **11** Maratón de las Flores Medellín
  - CO L: M
  - Distance: 90
- **11** Volksbank-Münster-Marathon
  - GER: M
  - Distance: 90
- **11** Danske Bank Vilnius Marathon
  - LTU: M
  - Distance: 94
- **11** 34th PKO Wroclaw Marathon
  - POL: M
  - Distance: 96
- **11** Golden Ring Yaroslavl Half Marathon
  - RUS: M
  - Distance: 96
- **17** BMW Oslo Marathon
  - NOR: M
  - Distance: 96
- **17** Tamarindo Beach Marathon
  - PAN: M
  - Distance: 90
- **18** Sanlam Cape Town Marathon
  - RSA: M
  - Distance: 22
- **18** Copenhagen Half Marathon
  - DEN: M
  - Distance: 25
- **18** Dam tot Damloop
  - NED: M
  - Distance: 96

### October 2016

- **1-2** Bournemothern Marathon Festival
  - GBR: M
  - Distance: 90
- **1** Legends Marathon
  - R SA: M
  - Distance: 36
- **1** Tartu City Marathon
  - EST: M
  - Distance: 26
- **1** H. C. Andersen Marathon
  - DEN: M
  - Distance: 26
- **1** Bila Tserkva Marathon
  - UKR: M
  - Distance: 33
- **1** Belfius Brussels Marathon & Half Marathon
  - BEL: M
  - Distance: 87
- **1** Gatorade Caracas Rock 10K
  - VEN: M
  - Distance: 96
- **1** Cardiff Half Marathon
  - GBR: M
  - Distance: 96
- **1** 20th RheinEnergieMarathon Cologne
  - DE U: M
  - Distance: 96
- **2** Colombo Marathon
  - SL M: M
  - Distance: 26
- **2** Trento Half Marathon
  - ITA: M
  - Distance: 33
- **2** Guayaquil Marathon
  - ECU: M
  - Distance: 90
- **2** Incheon Songdo Int’l Marathon
  - KOR: M
  - Distance: 94
- **2** Košice Peace Marathon
  - SVK: M
  - Distance: 29
- **2** Rock’n’Roll Lisbon Marathon
  - P OR: M
  - Distance: 30
- **2** RAHAL 10K Int’l Marrakech
  - MAR: M
  - Distance: 36
- **2** Rock ‘n’ Roll Querétaro Maratón
  - MEX: M
  - Distance: 94
- **2** Silesia Marathon
  - POL: M
  - Distance: 96
- **2** Turin Marathon
  - ITA: M
  - Distance: 92
- **3-5** BMO Okanagan Marathon
  - CAN: M
  - Distance: 87
- **4** Int’l Thessaloniki Night Half Marathon
  - GREE: M
  - Distance: 90
- **4** 3 Country Sparkasse Marathon
  - GER: M
  - Distance: 92
- **4** Rallifeisen Bank Bucharest Marathon
  - ROU: M
  - Distance: 36
- **4** 31st Spar Budapest Marathon
  - HUN: M
  - Distance: 20+21
- **4** Buenos Aires Int’l Marathon
  - ARG: M
  - Distance: 90
- **4** De Lage Landen Marathon Eindhoven
  - NED: M
  - Distance: 96
- **4** Wizz Air Kyiv City Marathon
  - UKR: M
  - Distance: 47
- **5** Munich Marathon
  - GER: M
  - Distance: 90
- **5** Portland Marathon
  - USA: M
  - Distance: 98
- **5** 17th PKO Poznań Marathon
  - POL: M
  - Distance: 36
- **5** GoodLife Fitness Victoria Marathon
  - CAN: M
  - Distance: 87
- **5** Zagreb Marathon & Half
  - HR: M
  - Distance: 90
- **6** Dong-A libo Gyeongju Int’l Marathon
  - KOR: M
  - Distance: 94
- **6** TCS Amsterdam Marathon
  - NED: M
  - Distance: 94
- **6** Medibank Melbourne Marathon Festival
  - AUS: M
  - Distance: 87
- **6** Novi Sad Marathon
  - SRB: M
  - Distance: 96
- **6** Palma de Mallorca Marathon
  - ESP: M
  - Distance: 93

### Important Note

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

**For the latest dates visit aims-worldrunning.org/calendar.html**
November 2016

5 3-Sjerslapet NOH R 96
6 Yi Lan Chiang Wei Shui London Marathon 87
5 3-Sjerslapet NOH R 96
5 3-Sjerslapet NOH R 96
6 Maraton Megacable Guadalajara MEX M 94
6 Hangzhou Int'l Marathon CHN M 94
6 Lake Maggiore Marathon IT M 94
6 TCS New York City Marathon USA M 94
6 Porto Marathon EDI POR R 94
6 JoongAng Seoul Marathon KOR K 94
16 Linker Oevent 1/2 Marathon BEL M 87
16 Scotiabank Toronto Waterfront Marathon & Half Marathon & 5K CAN M, F 35
17 Yerevan Half Marathon ARM M, R 47
23 1/2 de Maraton Ciudad de Bucaramanga – FCV COL M 52
23 Grand Marathon Int’l de Casablanca MAR M, R 94
23 Chusovitino Chuscehun Int’l Marathon KOR M 94
23 Jakarta Marathon INA M, F 44
23 Kanazawa Marathon JPN M 92
23 HeidelbergCement TbilisiHalfMarathon GEO M 90
23 Medio Maratón Valencia Trinidad Alfonso ESP H 40+14
23 Venicemarathon ITA M 92
28 Samsung Amusin Int’l Marathon JOR M, R 47
28 Erbil Marathon IRQ M, R 92
28 Polar Circle Marathon GRN M 92
30 Maratón Aguascalientes MEX M 94
30 ASB Auckland Marathon Nzl M, R 96
30 SSK Aricriticy Dublin Marathon IRL M 92
30 Maimova Frankfurt Marathon GER M 49
30 Lausanne Marathon SWI M 98
30 Volkswagen Lubiana Marathon SLV M 92
30 Marine Corps Marathon USA M 98
30 Standard Chartered Nairobi Marathon KEN M predicted date 94
30 Niagra Falls Int’l Marathon CAN M, R 52
30 Osaka Marathon JPN M 94
30 Podgorica Marathon MNE M predicted date 94
30 SwissCityMarathon – Lucerne SUI M, R 52
30 Toyama Marathon JPN M 94
30 tbc Quito 21k Mitad del Mundo ECU M 90

December 2016

24 Run Barbados Marathon Weekend BAR M, R 58
24 Reggae Marathon, Half & 10K JAM M, R 92
24 Angkor Wat Int’l Half Marathon CAM M 14
24 Intertrust Cayman Islands Marathon CAY M predicted date
24 Fukosuka Int’l Open Marathon Championship JPN M 92
24 Macao Galaxy Entertainment Int’l Marathon MAC M 73
24 Maratón Cabberty Málaga ESP M 92
24 Milo Marathon Manila Finals Race PHI M, R 96
24 Pune Int’l Marathon IND M predicted date 92
24 San José Costa Rica Half & Marathon CRC M, R 65
24 Standard Chartered Marathon Singapore SIN M, R 96
24 Discoveries Half Marathon POR M 96
24 Ayla Red Sea Half Marathon JOR M, R 94
24 Bengaluru Midnight Marathon IND M, R 64
24 Goa River Marathon IND M, R 75
24 Maratón Poderade Monterrey MEX M 94
24 Atlas Marathon CAN M, R 58
24 Sfax Marathon TUN M predicted date 92
24 St Croix Int’l Marathon USV M predicted date 92
24 Tata Steel Kolkota 25k IND M 92
24 Mizuno Hong Kong Half-Marathon Championships HKG M, R 92
24 PisaMarathon ITA M 75
24 Taipei Marathon TPE M, R 87
24 São Silvestre de Luanda 10km ANG M predicted date 87
24 El Corte Inglés São Silvestre de Lisboa POR M 92

January 2017

1 Neujahrsmarathon Zürich CHE M, R 98
1 Xiamen Int’l Marathon CHN M 87
1 Tiberias Winner Marathon ISR M 94
1 Siberian Ice Half Marathon RUS M (Course not measurable in AMR Standards)
1 Cebu Marathon PHI M predicted date 96
1 Egyptian Marathon EGY M predicted date 90
15 Marathon Bahamas, Half & Relay BAR M, R 77
15 Chevron Houston Marathon and Aramco Houston Marathon USA M, R 98
15 Kinmen Marathon TPE M, R 87
15 Maui Ocean Front Marathon & Half USA M, R 77
15 Standard Chartered Mumbai Marathon IND M predicted date 92
20 Corrida de Sao Sebastiao BRA M, R 98
20 Gammon China Coast Marathon & Half HKG M, R 92
20 Maratón Int’l de Cullacán MEX M predicted date 94
20 Hospital San Roque Gran Canaria Marathon ESP M, R 77
20 Mitja Marato Int’l Vila de Santa Pola ESP M, R 98
20 Taipei Standard Chartered Charity Marathon TPE M, R 90
20 Maratona do Funchal PRT M, R 96
20 Grande Prémio Fim da Europa POR M, R 96
20 Khon Kaen Int’l Marathon THA M 98
20 Marathon & Semi Int’l de Maratón ECU M predicted date 94
20 tbc Osaka Women’s Marathon JPN M 96

February 2017

5 Beppo-Oita Mainichi Marathon JPN M predicted date 92
5 Mitja Marato Granollers ESP M, R 98
5 Kagawa Marugame Int’l Half Marathon JPN M 92
5 Napoli Mostra d’Oltremare Half Marathon ITA M, R 92
5 RAK Half Marathon UAE M 77
5 27km for Freedom RSA M 77
5 tbc eDreams Mitja Marató de Barcelona ESP M 98
5 Giulietta & Romeo Half Marathon ITA M, R 92
5 Standard Chartered Hong Kong Marathon HKG M, R predicted date 92
5 Kyoto Marathon JPN M 92
5 Zurich Maratón de Sevilla ESP M, R 92
5 Maratona di San Valentino ITA M, R predicted date 92
5 Tele Avis Samsung Marathon ISR M, R 98
5 The Carthage Race Int’l Marathon TUN M, R 75
5 Kilimanjaro Marathon TAN M 98
5Maritzburg City Marathon RSA M, R predicted date 96

Continued on page 53
Planning ahead

Continued from page 51

26 Seychelles Eco-Friendly Marathon

26 Tokyo Marathon

26 World’s Best 10k Race

28 Sahara Marathon

28 Al Amerat Challenge Race

2c 21k Electroil Guadalajara

2c Gyeonggi Int’l Half Marathon

2c Kaohsiung Int’l Marathon

2c Ohme-Hochi 30km Road Race & 10km

2c Vadodara Int’l Half Marathon

March 2017

5 Lake Biwa Mainichi Marathon

5 Lake Maggiore Half Marathon

5 Nafplio Marathon

5 Sihanoukville Int’l Half Marathon

5 Treviso Marathon 1.3 and Half

10 Antarctica Marathon & Half

11 Rock ‘n’ Roll DC Marathon & Half Marathon

12 Zurich Maratoo de Barcelona

12 ASTA Grand Prix Casablanca

12 Gran Maraton Mexiquense

12 Nagoya Women’s Marathon

17 Jerusalem Marathon, Half & 10k

19 Athens Half Marathon

19 PZU Gdynia Half Marathon

19 Limassol Marathon GSO

19 EDP Lisbon Half Marathon

19 Standard Chartered Stanley Marathon

23-2610th Lake Balaton Supermarathon

26 Incheon Int’l Half Marathon

26 Runatoll Marathon (Half + 10km)

26 Maratón Int’l Lala

26 Seoul Int’l Marathon

2c Taipei Expressway Marathon

2c New Taipei City Wan Jin Shi Marathon

April 2017

1 Int’l Marathon Alexander the Great

2 Berlin Half Marathon

2 Milano Marathon

2 Maratona di Roma

2 Maratón de Santiago

3-9 Australian Running Festival

3-9 32nd Telekom Vivicittá Spring Half Marathon Budapest

5 Dogi’s Half Marathon

5 Guam Int’l Marathon

5 Haj Hannover Marathon

5 Kharkiv Int’l Marathon

9 North Pole Marathon

9 Schneider Electricity Marathon de Paris

9 Zurich Marathon

9 NN Marathon Rotterdam

15 Pardubice Wine Half Marathon

15 Old Mutual Two Oceans Marathon

16 Vodafone İstanbul Half Marathon

16 Nagano Marathon

17 B.A.A. Boston Marathon

17 30th Belgrade Marathon

18 Almaty Marathon

18 DW Antwerp Marathon

18 Enschede Marathon

18 Gifu Seiyu Half Marathon

18 Haspa Marathon Hamburg

18 DOZ Marathon Lódź with PZU

18 EDP Rock ‘n’ Roll Madrid Maratón & 1/2

20-21 Semi-Marathon Int’l de Nice

20 Maratona di Padova – XVII

20 Fjordkraft Bergen City Marathon

20 Big Sur Int’l Marathon

20 METRO GROUP Marathon Düsseldorf

20 Nova Poshta Kyiv Half Marathon

20 Marathon Vert D’Agadir

2t CSB Bratislava Maratón

2t Chía Laguna Half Marathon

2t Daegu Int’l Marathon

2t Dushanbe International Half Marathon

2t Gunsan Saengameun Int’l Marathon, 10km & 5km

2t Losinjski Half Marathon

2t ASICS Medio Maratón de Madrid

2t Maratón de Montevideo

2t Nike Women’s Half Marathon

2t Novi Sad Half Marathon

2t 10th PKO Poznań Half Marathon

2t Roads to Rhodes Marathon

2t São Paulo Int’l Half Marathon Corpo

2t Tokushima Marathon

2t ORLEN Warsaw Marathon

2t 261 Women’s Marathon

May 2017

1 Deep RiverRock Belfast City Marathon

1 Borneo Int’l Marathon

1 Diaco Gaborone Marathon

1 Harmony Genève Marathon for Unicef

1 Salzburg Marathon

1 Wizz Air Skopje Marathon

1 GoodLife Fitness Toronto Marathon

1 BMO Vancouver Marathon

14 PKO Białystok Half Marathon

14 Lattelecom Riga Half Marathon

14 GoteborgsVarvet Half Marathon

14 Volvo Hearts Marathon

14 Austrian Women’s Run

14 22nd Coca-Cola Wake Your Body Women’s Run

14 TCS World 10K Bengaluru

14 Telenor Copenhagen Marathon

14 Erzurum Half Marathon

14 Leiden Marathon

14 Maratón movistar Lima42k

21 Welt Marathon Wuerzburg

21 Moonlight Half Marathon

21 Scotiabank Calgary Marathon

21 Edinburgh Marathon Festival

21 Scotiabank Ottawa Marathon and Ottawa 10k

21 Media Maratón Int’l Ciudad de Asunción

21 Banja Luka Half Marathon

21 Barossa Marathon Festival

21 Semi Marathon Int’l de la Ville de Béjaria

21 OMV Petrom Bucharest Half Marathon

21 RAHAL Mémorial Casablanca

21 PZU Cracovia Marathon

21 Dalian Int’l Marathon

21 Trieste Green Europe Marathon

21 The Great Wall Marathon

21 Kigali International Peace Marathon

21 Milton Keynes Marathon

21 Paris St Germain in Laye – La Course

21 Volkswagen Prague Marathon

21 Tripoli Int’l Half Marathon

21 Turin Half Marathon

June 2017

3 ASICS Stockholm Marathon

3 Comrades Marathon

3 Quito Últimas Noticias 15k

5 Cork City Marathon

5 Helsinki Half Marathon

5 Midnight Sun Marathon

5 Phnom Penh Half Marathon

5 Rio de Janeiro City Marathon

5 Telesia City Trophy Int’l Road Race 10k

8 Suzuki Midnight Sun Run

8 The Big Five Marathon

8 Lake Saroma 100km Ultra Marathon

8 Scotiabank Vancouver Half-Marathon & 5k

8 21k Coahuila

Distance Running | 2016 Edition 3

Continued on page 54
### August 2017

<table>
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<th>No.</th>
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### Keep up to date!

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

You can also subscribe to the AIMS calendar in your calendaring application of choice, whether on your phone, tablet or computer. Simply subscribe to [webcal://aims-worldrunning.org/events.ics](http://webcal://aims-worldrunning.org/events.ics) in your calendar app.

AIMS – the home of world running™
The numbers game

Culled from last year’s statistics we list below the world’s biggest marathons (in terms of the number of finishers recorded).

These figures are slightly less than the number of those starting the race which in turn is very marginally less than those registered — ie those who pick up their number from race registration. The really significant difference is between those who successfully enter a race – often several months and sometimes almost a full year before it is held – and those who pick up their number. Race organisers, from years of previous experience, have a very clear idea of what proportion of those who enter will likely not collect their number and build this into their planning.

Concerning the 2015 list in particular there are several notable features. One is the large margin by which New York heads the rest – yet this is the first time it has dropped below the 50,000 mark since breaking that barrier for the first time in 2013. Paris surpassed 40,000 for the first time, a number that has only otherwise been topped by Chicago (in 2014).

London had its highest number of finishers ever but has this year added another couple of thousand to the figure. It seems set to re-enter the numbers game conducted during the 1980s and 1990s with New York. During those decades each race leap-frogged the total of their rival as successive editions were held until New York, after dipping under 24,000 during 2001 in the first post-9/11 event, then pulled ahead in the 2000s to what has so far proved an unassailable leading position, first surpassing 40,000 in 2009.

So London is competing – if competing it is – for second place against races such as Paris, Chicago and Berlin. In doing so it starts from a disadvantage inasmuch as the course does not have the capacity – the roads are just not wide enough – to accommodate as many runners as any of these other races.

### 2015

<table>
<thead>
<tr>
<th>Date</th>
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<th>Finishers</th>
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<tr>
<td>22 OCT</td>
<td>Tokyo</td>
<td>35,295</td>
</tr>
<tr>
<td>12 APR</td>
<td>Paris</td>
<td>30,382</td>
</tr>
<tr>
<td>18 APR</td>
<td>Boston</td>
<td>28,887</td>
</tr>
<tr>
<td>11 DEC</td>
<td>Honolulu</td>
<td>24,219</td>
</tr>
<tr>
<td>13 MAR</td>
<td>Seoul</td>
<td>21,067</td>
</tr>
<tr>
<td>24 APR</td>
<td>Hamburg</td>
<td>18,384</td>
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<tr>
<td>05 JUN</td>
<td>San Diego</td>
<td>15,934</td>
</tr>
<tr>
<td>04 DEC</td>
<td>Naha</td>
<td>14,882</td>
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<tr>
<td>04 JUN</td>
<td>Stockholm</td>
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<tr>
<td>11 SEP</td>
<td>Köln</td>
<td>11,071</td>
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<th>Date</th>
<th>City</th>
<th>Finishers</th>
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<tr>
<td>06 NOV</td>
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<tr>
<td>17 APR</td>
<td>London</td>
<td>35,261</td>
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<tr>
<td>09 OCT</td>
<td>Chicago</td>
<td>32,995</td>
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<tr>
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So London is competing – if competing it is – for second place against races such as Paris, Chicago and Berlin. In doing so it starts from a disadvantage inasmuch as the course does not have the capacity – the roads are just not wide enough – to accommodate as many runners as any of these other races.
The demand for entries is only a subsidiary factor as most of these ‘top of the bill’ marathons have far more demand for places than they can satisfy. This is above all true of the highest Japanese entry in the list, the Tokyo Marathon, which capped its entry at 36,500. Tokyo generally receives upwards of 300,000 applications.

The emergence of fully-fledged big-city mass marathons in Japan has wrought the most profound change to these lists in recent years. There are no fewer than 12 Japanese races in the top-30 (and 9 in the top 20). Yet 10 years previously only Naha Marathon would have made this list (as it would have 10 years before that when it was sixth largest in the world). The first big-city mass marathon to emerge in Japan was Tokyo in 2007, when participation leapt to 25,000 (from the previous year’s elite entry of several dozen runners who could finish within the 2 hours 30 minutes time limit).

With instant success for the first mass Tokyo Marathon many other Japanese cities quickly followed its example. The 2015 list includes no fewer than 12 Japanese races in the top-30 (and 9 in the top 20). Yet 10 years previously only Naha Marathon would have made this list (as it would have 10 years before that when it was sixth largest in the world). The first big-city mass marathon to emerge in Japan was Tokyo in 2007, when participation leapt to 25,000 (from the previous year’s elite entry of several dozen runners who could finish within the 2 hours 30 minutes time limit).

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Rising overall levels of participation are reflected by the length of the three lists for 1995, 2005 and 2015. Last year 30 races are listed. Amsterdam, the 30th, had over 12000 finishers. The 15th of the 15 largest marathons of 2005 (Köln) had 11000; and the 10th of the 10 largest marathons in 1995 (Boston) had only 8250. To put it another way, the 10th-place (Boston) finisher numbers for 1995 would have placed it 19th in 2005 and 59th on the 2015 list. In 1995 there were seven marathons with more than 10000 finishers: in 2005, 15; and in 2015, 42.

Not only are most of the long-established large marathons getting vastly increased numbers of finishers but there are a lot of new entries pushing them hard from behind. It is partly because running is a healthy pursuit that the underlying numbers are so healthy.
Run the most panoramic course in Italy!

www.LAGOMAGGIOREMARATHON.it
www.LMHM.it
MILE, 5K, 10K, HALF-MARATHON, MARATHON, MARATHON RELAY
Come for the run, stay for the fun!
The Rheinenergiemarathon Cologne made history even in its very first edition back in 1997 with a world record: the first time more than 13,000 registered runners took part in a marathon premiere. An additional 1000 inline skaters also glided their way through the streets of the city.

When planning the marathon the organising team put special emphasis on two things: firstly to showcase the city's breathtaking facets and secondly to project the open-mindedness and tolerance of the Rhenish city. To fulfil the first ambition runners were led on an exciting course through numerous famous city districts, which together depicted broad cultural diversity and astonishing scenery, right up to the finish line in front of Cologne's famous Cathedral. The second purpose was symbolised by carving a course on the map of the city which resembled the open hand of friendship.

With more than a million citizens Cologne is Germany's fourth largest metropolis. It can look back on 2000 years of history starting with the Romans in about AD 50. As a religious and trade city located on the River Rhine Cologne has played a crucial role during past centuries which can be seen in the expansion of the city. Many churches as well as the Old Town of Cologne bear witness to this history but many fell victim to bombing during the Second World War.

Cologne's marathon may have made a later debut than most but it was hailed by the running community. A lot of national and international athletes hit the road in Cologne for the first edition on 5 October 1997 won in 2:11:58 by Olympic bronze medal winner from Barcelona 1992 Stephan Freigang — outpacing Kenyan Benson Lorkowa (2:13:25). Angelina Kanana won the women’s race in 2:27:27 and finished over seven minutes clear of Poland’s Krystina Kuta. Her time from this first race stood as the course record for 15 years.

The following year another German runner won: Carsten Eich, who competed at the Sydney Olympic Games in 2000, finished just seconds ahead of Benson Lorkowa in 2:10:55. In doing so he improved Freigang’s inaugural course record by more than a minute. Poland’s Malgorzata Sobanska won the women’s race in 2:29:39. In this race 2700 inline skaters took part and there were 11 athletes in wheelchairs.

In 1999 a marathon relay for schoolchildren was added to the events on offer: 273 students in 39 teams ran the marathon distance as an Ekiden relay.
The number of runners gradually increased over the years, reaching 18,000 in the 2003 race. Inline skaters were part of the marathon programme until 2014 and their participation peaked in 2002 with 5365 participants.

Coinciding with the 10th anniversary of the RheinEnergieMarathon Cologne in 2006 the half marathon distance was added to the portfolio of running events and has since then developed into Germany’s second largest with more than 10,000 starters.

The winners that year were Pascal Meissner in 1:11:43 and Irina Mikintenko in 1:10:59. Mikitenko was Germany’s best female marathon runner for several years. Born in Kazakhstan she won the London Marathon in 2008 and 2009, and the Berlin Marathon in 2008. She is the only German female to have broken the 2:20 barrier and won the “World Marathon Majors” Series in 2007–2008 and 2008–2009.

In more recent times Kenyan runners have conclusively come to the fore in Cologne. Alfred Kering set the current course record with his 2012 winning time of 2:07:37. Helena Kirop’s win that same year in 2:25:34 finally broke Kanana’s inaugural mark. These times show that the RheinEnergieMarathon Cologne is not only a beautiful and interesting course but also a fast one.

With a full range of events on offer runners do not have to run a complete marathon to enjoy Cologne’s special atmosphere. The relay was initially a mass ‘fun’ event but has developed into a more serious competition with a course record of 2:30:00. Up to 600 teams cross the starting line each year.

The last 10 years of the RheinEnergieMarathon Cologne have been characterised by numerous course changes because of construction and this was also why the finish line had to be moved from Cologne Cathedral. For many years it has been in Cologne-Deutz which is from where all the various races start. But in 2013 the finish line could finally be moved back to nearby the internationally-renowned landmark of Cologne Cathedral. The famous sight with its gothic architecture stands 157m high – the second largest cathedral in Europe (after the Ulmer Münster) and the third largest in the world. The Cathedral was started in the thirteenth century but construction paused for several hundred years and it was only completed in the nineteenth century.

Returning the finish line close to the jaw-dropping sight of the Cathedral gives the runners a very special finishing Moment that they will never forget. The recent course and its old-cum-new finish line represents the city very well and displays the diversity of its cultures and people. The RheinEnergieMarathon Cologne offers an extraordinary experience for every runner who comes to participate.

On 2 October this year the RheinEnergieMarathon Cologne celebrates its 20th anniversary. Professional and amateur runners, “Rhenanian cheerfulness” and top athletes’ ambitions, carnival costumes and high-tech clothing will all mix up together and merge into a great birthday party after the race.

RheinEnergieMarathon Cologne

- Next event: 2 October 2016
- For more information visit: www.cologne-marathon.com
Verona Marathon Eventi

20 novembre 2016

42km - 21km - 10km
veronamarathon.it

12 febbraio 2017

21km - 21km relay
giuliettaeromeohalfmarathon.it
Very satisfied: 77%
Satisfied: 20%
Little satisfied: 0%
Somedewhat satisfied: 0%
Dissatisfied: 3%
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 bibles pick up (73%), the luggage service (62%) refreshment stations (67%), route and security (89%), entertainment along the route (75%) 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!
8 June 2016
Nova Zagora, Bulgaria
8th Balkan Championships
Sixty runners from Bulgaria, Romania, Turkey, Serbia and FYR Macedonia took part in the four championship races. Later this year the 32nd World Mountain Running Championships will be held at Sapareva Banya thanks to the interest and commitment of the Bulgarian Athletics Federation.

Medals:

<table>
<thead>
<tr>
<th></th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Total</th>
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<tbody>
<tr>
<td>Romania</td>
<td>6</td>
<td>3</td>
<td>2</td>
<td>11</td>
</tr>
<tr>
<td>Turkey</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>–</td>
<td>1</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

JUNIOR WOMEN (4180m, 1 lap)

1 Yasemin ZENGIN TUR 21:30
2 Alexia HECICO ROU 21:34
3 Loredana VIZITEU ROU 21:54

TEAM:
1: Romania: 10 pts; Turkey: 15 pts; Bulgaria: 28 pts

JUNIOR MEN: (8360km, 2 laps)

1 Gabriel BULARDA ROU 36:53
2 Atalayin TAHSIN TUR 37:44
3 Yalcin TEKIN TUR 38:46

TEAM:
1: Turkey: 9 pts; 2: Romania: 16 pts; 3: Bulgaria: 25 pts

The second race in the World Cup Series is on 24 July at Kamnik, Slovenia.
New championship scheduling

IAU is busy year-round recording performances, maintaining a news outlet and promoting and developing the sport of ultra running internationally. As part of this last task IAU works to set the stage for world championships. This has never been easy but in recent times the economic crisis has impacted heavily on the sustainability of our championships.

Hosting championships is often an activity more locally driven than globally dependent. IAU understand the need to change our model to suit growing trends around the globe. From 2016 the 100km and 24 Hour world championships will alternate annually. The 100km will be held this year, the 24 Hour in 2017. The trail and 50km world champs will continue on an annual basis as we try to build and grow these events. Continental championships will be held in those intermediate years between world championships in the particular discipline.

The new format will allow venues to build towards hosting global championships by first staging continental championships – which involve comparatively fewer athletes, support staff and logistics. This will also allow the federations to prepare their teams and more easily manage funding for the major ‘altering’ championships.

It is hoped that this will also allow championships to be staged in regions which have not done so before and in this way help to grow the sport.

Growing membership

IAU’s newest member federation Jordan brings membership to 80, half of which is concentrated in Europe with the other half fairly evenly spread.

The increase in membership has allowed IAU to develop the sport at a continental level and enjoy closer communication with potential new members in these regions. Our goal is to continue to welcome new member federations (and more athletes) to our championships. The continued rise in numbers will bring greater competition, increased performance and greater media attention.

24 Hour European Championship
22-23 October 2016, Albi (FRA)
Trail World Championships
29 October 2016, Geres (POR)
50km World Championships
11 November 2016, Doha (QAT)
24 Hour World Championships
1-2 July 2017, Belfast (GBR)

For more information contact:
Nadeem Khan
nadeem.khan@iau-ultramarathon.org
www.iau-ultramarathon.org
Follow IAU on Twitter: @iaunews
### Marathon

**Men**

<table>
<thead>
<tr>
<th>Time</th>
<th>Athlete</th>
<th>Nation</th>
<th>Rank</th>
<th>Venue</th>
<th>Date</th>
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<tr>
<td>2:05:45</td>
<td>Eliud Kipchoge</td>
<td>Kenya</td>
<td>1</td>
<td>London</td>
<td>26 SEP 2016</td>
</tr>
<tr>
<td>2:05:51</td>
<td>Stanley Biwott</td>
<td>Kenya</td>
<td>2</td>
<td>Tokyo</td>
<td>28 FEB 2016</td>
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<tr>
<td>2:06:24</td>
<td>Tesfaye Abera</td>
<td>Ethiopia</td>
<td>1</td>
<td>Paris</td>
<td>03 APR 2016</td>
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<tr>
<td>2:06:35</td>
<td>Haile Bekele</td>
<td>Ethiopia</td>
<td>2</td>
<td>Paris</td>
<td>03 APR 2016</td>
</tr>
<tr>
<td>2:06:46</td>
<td>Asole Mekonnen</td>
<td>Ethiopia</td>
<td>3</td>
<td>London</td>
<td>26 SEP 2016</td>
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<tr>
<td>2:07:40</td>
<td>Eliud Kipchoge</td>
<td>Kenya</td>
<td>7</td>
<td>London</td>
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<td>2:07:43</td>
<td>Mike Kallon</td>
<td>Kenya</td>
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**Women**

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<td>Tiki Gelana</td>
<td>Ethiopia</td>
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<td>London</td>
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<td>2:24:08</td>
<td>Valeria Stranei</td>
<td>Italy</td>
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<td>Ines Usai</td>
<td>Italy</td>
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### Half Marathon

**Men**

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**Women**

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<tbody>
<tr>
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### 10km

**Men**

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<td>Stephen Sambu</td>
<td>Kenya</td>
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<td>San Juan</td>
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<tr>
<td>27:49</td>
<td>John Njogu</td>
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**Women**

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<td>Kenya</td>
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<tr>
<td>30:52</td>
<td>Vivian Cheruiyot</td>
<td>Kenya</td>
<td>3</td>
<td>London</td>
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Results

26 March 2016 – 19 June 2016

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

Mike Fokoroni raced to a comfortable finish, outpacing fellow countryman and club mate Collen Makaza with defending champion Motlokoa Nhobotlane third. “I was just holding back” said Fokoroni “[but] at 45 km I saw victory could be mine if I tried.” Defending champion Carol Wöstmann 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 3:53:07 which smashed the 50–60 year age group record by over 20 minutes. She also recorded a new world record for her age group by reaching 50 km 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.”

56km

Men
1 Mike FOKORONI ZIM 3:13:33
2 Collen MAKAZA ZIM 3:14:45
3 Motlokoa NKHABUTLANE LES 3:16:22

Women
1 Caroline WOSTMANN RSA 3:44:44
2 Tanith MAXWELL RSA 3:45:35
3 Armswork KISERU ETH 3:47:40

Half marathon

Men
1 Namake NKHABUZI ZIM 1:05:36
2 Irvette VAN ZYL RSA 1:05:36
3 Asics Medio Maraton de Madrid Spain

Picture: Jose D. Sacristan

3 April 2016
Incheon Int’l Half Marathon
Korea

[Results unobtainable]

Next date: 26 March 2017

3 April 2016
Int’l Marathon Alexander the Great
Greece

Marathon

Men
1 Abd Kibet ROP KEN 2:17:41
2 Silas Kipruto TIO KEN 2:17:54
3 Moses Kiprop KEMBE KEN 2:18:10

Women
1 Hellen Jepkoei KIMUTAI KEN 2:41:50
2 Marija VRDJKIC CRO 2:52:29
3 Maria Magdalena LUCA ITA 2:58:42

www.alexanderthegreatmarathon.org
Next date: 2 April 2017

3 April 2016
ČSOB Bratislava Marathon
Slovakia

Marathon

Men
1 Jiri IPA CZE 2:27:41
2 Hubert WIERDACK POL 2:29:37
3 Berta KOTMAN SVK 2:37:52

Women
1 Zsofia BODI HUN 3:12:39
2 Kristýna CRMEĽKOVÁ CZE 3:16:44
3 Iolancs HOJBIKOVÁ CZE 3:23:05

www.bratislavamarathon.com
Next date: tbc

3 April 2016
Daegu Int’l Marathon
Korea

Marathon

Men
1 James KWAMBAI KEN 2:10:46
2 John LANGAT KEN 2:10:49
3 Abdallah TEGEARRAFT KEN 2:11:34

Women
1 Caroline KILEL KEN 2:27:39
2 Meseret MELCHIOR ETH 2:27:40
3 Shewarge ALENE ETH 2:32:40

marathon.daegusports.or.kr
Next date: tbc

3 April 2016
Dogis’ Half Marathon
Italy

Half marathon

Men
1 Alfred Ronoh KIMELEI KEN 1:02:43
2 Henry Kantai KIBET KEN 1:03:14
3 Paul Karaki MWAANGI KEN 1:03:34

Women
1 Lucy Wambui MURUGI KEN 1:12:30
2 Pauline EAPAN KEN 1:13:33
3 Laura GELM ITA 1:22:08

www.dogishalfmarathon.it
Next date: 9 April 2017

3 April 2016
Diacore Gaborone
Marathon
Botswana

Marathon

Men
1 Gilbert MUTANDERO ZIM 2:19:10
2 Paulino ITAMBO NAM 2:19:38
3 Albert KANGOR KEN 2:21:30

Women
1 Alina ARMAS NAM 2:40:06
2 Lavinia Ndirupwe HAITIPWE NAM 2:40:47
3 Ekandjo Ndeshimona NANGULA NAM 2:45:54

Half marathon

Men
1 David MANJA RSA 1:05:08
2 Onneile DINTWEBOT BOT 1:07:31

www.diacoregaboronemarathon.com
Next date: 7 May 2017

Distance Running | 2016 Edition 3 67
3 April 2016
ASICS Medio Maratón de Madrid
Spain

Half marathon

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<td>John Kipsang LOTIANG</td>
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<td>Philip KOECH</td>
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Women

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<td>2</td>
<td>Rehema SERBO HUSSEN</td>
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<td>3</td>
<td>Clarisse CRUZ</td>
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www.mediomaratonmadrid.es

Next date: tbc

3 April 2016
Milano Marathon
Italy

Marathon

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<td>1</td>
<td>Ernest NGENO</td>
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<tr>
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<td>Ibrahim CHEMUT</td>
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<td>3</td>
<td>Kenneth MUNGARA</td>
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Women

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<td>Dafni BELMONTE</td>
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www.milano-marathon.it

Next date: 2 April 2017

3 April 2016
Novi Sad Half Marathon
Serbia

Half marathon

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<td>Ognejan STOJANOVIC</td>
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<tr>
<td>2</td>
<td>Doris IVANOVSKI</td>
<td>MDK</td>
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<td>Milad DJAMOVIC</td>
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Women

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<td>Mariana LUKIC-CEGAR</td>
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<td>Aleksandra MARINOVIC</td>
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www.maraton.org.rs

Next date: tbc

3 April 2016
Schneider Electric Paris Marathon
France

Marathon

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<td>Cybrian KITUTU</td>
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<td>Laban KIRIR</td>
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<td>Stephen CHEMLANY</td>
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Women

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<td>Dinkesh TEFERA</td>
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www.schneider-electric-paris-marathon.com

Next date: 9 April 2017

3 April 2016
Maratón de Santiago
Chile

28,000 runners took part in all events of the 10th edition. Kenyan runners took both mens’ and womens’ marathon titles with Victor Kipchirchir setting a new event record.

Marathon

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Half marathon

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<td>Jemilla WORTESE</td>
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9 April 2016
Australian Running Festival
Australia

Marathon

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<td>Michael HLO</td>
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Half marathon

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9 April 2016
Kharkiv Int’l Marathon
Ukraine

Marathon

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Half marathon

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<tr>
<td>3</td>
<td>Iryna LEVENGARU</td>
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9 April 2016
North Pole Marathon
North Pole

Marathon

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<td>Colin WRIGHT</td>
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<td>Marat YUSIPOV</td>
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Half marathon

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<td>Alexandra HANSON</td>
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<tr>
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<td>Anna Maria SZTELA</td>
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www.npmarathon.com

Next date: 9 April 2017
Penang Bridge International MARATHON™
27 - 11 - 2016

Email: info@penangmarathon.gov.my
Register Online at: www.penangmarathon.gov.my

PBIM COMMITTEE
Level 53, Komtar, 10503 Penang, Malaysia.
TEL +604-650 5136, +6016-411 0000
FAX +604-261 8744
### Podium placers

**Guam International Marathon**

**Guam**

**Men**

1. Hikoki NAKAJIMA JPN 2:30:31
2. Akiyoshi KAMIDOKO JPN 2:38:21
3. Yumiya INOUE JPN 2:41:02

**Women**

1. Sunghwa RYU KOR 3:00:37
2. Tomomi INOUE JPN 3:18:16
3. Yukiyo KASAKO JPN 3:30:37

Next date: 9 April 2017

### Limassol Marathon GSO

**Cyprus**

#### Marathon

**Men**

1. Tomaz KLISZ POL 2:41:48
2. Pavel ROBORIN CYP 2:43:24
3. Michael KEENAN CYP 2:44:32

**Women**

1. Sylvia BONDARA POL 3:12:40
2. Diagrema RANDZIK CYP 3:13:09
3. Judia ANDIKIOU CYP 3:16:19

Next date: 19 March 2017

### HAJ Hannover Marathon

**Germany**

**Men**

1. Lusapho APRI RSA 2:11:27
2. Martin RODGE KEN 2:11:54
3. Moses MASAI KEN 2:13:43

**Women**

1. Edinah KWAMBAI KEN 2:29:47
2. Anna HAINSER GER 2:30:35
3. Salome RIBOT KEN 2:31:47

Next date: 9 April 2017

### Limassol Marathon GSO

**Cyprus**

**Marathon**

**Men**

1. Agelomis ROJAS 1:17:32
2. Manoel Silva LAGOA 1:22:40
3. Lucas VILLANDERA 1:27:17

**Women**

1. Gladys Celia MACHACIUAY 1:42:20
2. Hortencia ARZAPALO RAMOS 1:46:28
3. Rosangela PEREIRA 1:58:31

Next date: tbc

### São Paulo International Half Marathon

**Brazil**

**Men**

1. Wagner da Silve NORSISHA BRA 1:07:36
2. Vander NEVES BRA 1:13:04
3. Denis Patricio AUGUSTO BRA 1:13:36

**Women**

1. Raissa Marcelino DO NASCIMENTO BRA 1:26:07
2. Leite Justina DA SILVA BRA 1:39:03
3. Ememsa de Jesus SANTOS BRA 1:59:53

Next date: 10 April 2016
**10 April 2016**  
**Vienna City Marathon**  
**Austria**  
Kenya’s Robert Chemosin won in very windy conditions, writes Jorg Wenig.

After two Ethiopian victories in the past two years, the men’s race at this edition was dominated by Kenyan runners as four of his compatriots followed Chemosin home.

**Marathon**

**Men**
1. Robert CHEMOSIN KEN 2:09:48
2. Charles CHERUIYOT KEN 2:10:09
3. Saleman SIMOTWO KEN 2:10:15

**Women**
1. Shuko GENEMO ETH 2:24:31
2. Bati AGA ETH 2:25:27
3. Doris CHANGEGWO KEN 2:31:30

**Haspa Marathon Hamburg**  
**Germany**

---

**10 April 2016**  
**261 Women’s Marathon**  
**Spain**

**Marathon**

**Women**
1. Cristina González GARCÍA ESP 3:06:53
2. Debra PATSKOWSKI  
3. Maria Lora RUT  
4. Eunice RONKAI  
5. Ben AKIN  
6. Asomum Kiplagat NABANJO  
7. Joana M. Coll NICOLOAU  
8. Karin HADER  
9. Maria Fernandes VALENTE  
10. Petra RATH

**www.261wm.com**  
**Next date: 23 April 2017**

---

**16 April 2016**  
**29th Belgrade Marathon**  
**Serbia**

**Marathon**

**Men**
1. Abd Kibet ROP KEN 2:23:59
2. Moses Ruto KIBIRÉ KEN 2:28:49
3. Tamás NAGY HUN 2:36:19

**Women**
1. Stellas Jepng’riche BARSOSIO KEN 2:43:41
2. Hellen KIMUTAI KEN 2:49:03
3. Tanja IVANOVIC USA 3:17:29

**www.bydmarathon.org**  
**Next date: tbc**

---

**16 April 2016**  
**Dushanbe International Half Marathon**  
**Tajikistan**

Results unobtainable.

**www.dushanbe-marathon.com**  
**Next date: tbc**

---

**16 April 2016**  
**Pardubice Wine Half Marathon**  
**Czech Republic**

**Half marathon**

**Men**
1. Joel Maina MWANGI KEN 1:05:25
2. Henry KEMBOI KEN 1:05:27
3. Silvan Kiprono TOO KEN 1:05:28

**Women**
1. Gladys RWIOTT KEN 1:18:19
2. Petra KAMINKOVA CZE 1:37:31
3. Petra PASTOROVA CZE 1:38:13

**www.pardubickylvinarskypulmaraton.cz**  
**Next date: 15 April 2017**

---

**17 April 2016**  
**DVV Antwerp Marathon**  
**Belgium**

Results unobtainable.

**www.dvvantwerpmarathon.be**  
**Next date: 23 April 2017**

---

**17 April 2016**  
**31st Telekom Vivicittá Spring Half Marathon**  
**Budapest**  
**Hungary**

**Half marathon**

**Men**
1. Gáspár CEHÉR HUN 1:07:34
2. Tamás BOGOS HUN 1:09:33
3. Ádám HALÁSZ HUN 1:12:24

**Women**
1. Timea MERENTYH HUN 1:23:13
2. Valeria MOLNÁR HUN 1:24:14
3. Katalin FERENC HUN 1:24:56

---

**17 April 2016**  
**Chisinau Int’l Marathon**  
**Moldova**

**Half marathon**

**Men**
1. Vitalie GHEORGHIITA MLD 2:27:54
2. Marius SIȘIȚA POL 2:42:51
3. Liviu CRĂTĂRĂU MLD 2:42:56

**Women**
1. Nadezhda ANFIMOVA MLD 3:23:41
2. Anastasia OVERTANAO MLD 3:43:16
3. Anastasia LUNGU MLD 3:48:29

---

**17 April 2016**  
**Enschede Marathon**  
**Netherlands**

**Marathon**

**Men**
1. David STEVENS BEL 2:33:34
2. Christan DE LIE NED 2:33:49
3. Erik SANDER NED 2:35:22

**Women**
1. Sarah JERET KEN 2:27:59
2. Priscila JPLETENG KEN 2:29:06
3. Rosy EPPICHWARA KEN 2:29:09

**www.enschedemarathon.nl**  
**Next date: 23 April 2017**

---

**11 April 2016**  
**DOZ Marathon Łódź with PZU**  
**Poland**

**www.sportografia.pl**
17 April 2016 Haspa Marathon Hamburg Germany

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>ETH</th>
<th>2:06:58</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tesfaye ABERA</td>
<td>ETH</td>
<td>2:07:20</td>
</tr>
<tr>
<td>Japhet KIPRuto</td>
<td>KEN</td>
<td>2:10:44</td>
</tr>
<tr>
<td>Meseret MELKamu</td>
<td>ETH</td>
<td>2:21:56</td>
</tr>
<tr>
<td>Meseret HAILU</td>
<td>ETH</td>
<td>2:26:26</td>
</tr>
<tr>
<td>Anja SCHEBL</td>
<td>GER</td>
<td>2:27:50</td>
</tr>
</tbody>
</table>

17 April 2016 Nova Poshta Kyiv Half Marathon Ukraine

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>UKR</th>
<th>1:04:42</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salo TARAS</td>
<td>UKR</td>
<td>1:04:47</td>
</tr>
<tr>
<td>Oleksander BARAKA</td>
<td>UKR</td>
<td>1:06:11</td>
</tr>
<tr>
<td>Ganna NOSENKO</td>
<td>UKR</td>
<td>1:13:55</td>
</tr>
<tr>
<td>Serhiy SASNYK</td>
<td>UKR</td>
<td>1:15:40</td>
</tr>
<tr>
<td>Lyuda FISKIVT</td>
<td>UKR</td>
<td>1:16:26</td>
</tr>
</tbody>
</table>

17 April 2016 DOZ Marathon Łódź with PZU Poland

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>ETH</th>
<th>2:13:34</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abas MISGANA</td>
<td>ETH</td>
<td>2:13:45</td>
</tr>
<tr>
<td>Rogers KIPRUCH</td>
<td>KEN</td>
<td>2:13:51</td>
</tr>
<tr>
<td>Maria KIPRICH</td>
<td>KEN</td>
<td>2:13:55</td>
</tr>
<tr>
<td>Rachid Jemutai MUTIGA</td>
<td>ETH</td>
<td>2:21:41</td>
</tr>
<tr>
<td>Agnieszka MIERZEJEWSKA</td>
<td>POL</td>
<td>2:32:04</td>
</tr>
<tr>
<td>Natassia DIANOVA</td>
<td>BLR</td>
<td>2:34:47</td>
</tr>
</tbody>
</table>

17 April 2016 Nagano Marathon Japan

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>JPN</th>
<th>2:15:04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jairus CHANCHIMA</td>
<td>JPN</td>
<td>2:15:04</td>
</tr>
<tr>
<td>Ser-Od BAT-OCRHE</td>
<td>MGL</td>
<td>2:15:31</td>
</tr>
<tr>
<td>Taiga TINO</td>
<td>JPN</td>
<td>2:16:32</td>
</tr>
<tr>
<td>Shasho INSERMU</td>
<td>ETH</td>
<td>2:34:14</td>
</tr>
<tr>
<td>Gladys TEJADA</td>
<td>PER</td>
<td>2:34:54</td>
</tr>
<tr>
<td>Kaori YOSHIIDA</td>
<td>JPN</td>
<td>2:35:14</td>
</tr>
</tbody>
</table>

17 April 2016 9th PKO Poznan Half Marathon Poland

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>POL</th>
<th>1:10:04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dzmitry MUTIET</td>
<td>POL</td>
<td>1:10:49</td>
</tr>
<tr>
<td>Dzmitry KIPRINT</td>
<td>POL</td>
<td>1:10:53</td>
</tr>
<tr>
<td>Flavious SWAMBUKA</td>
<td>ETH</td>
<td>1:14:51</td>
</tr>
<tr>
<td>Marta KRAWCZY</td>
<td>POL</td>
<td>1:14:46</td>
</tr>
<tr>
<td>Olga OCHAL</td>
<td>POL</td>
<td>1:16:18</td>
</tr>
</tbody>
</table>

17 April 2016 Roads to Rhodes Marathon Greece

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>GRE</th>
<th>2:56:51</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vlassis KARAVASILIS</td>
<td>GRE</td>
<td>2:56:51</td>
</tr>
<tr>
<td>Pierre Antoine CHARBONNEL</td>
<td>FRA</td>
<td>2:59:36</td>
</tr>
<tr>
<td>Michael CHARBONNEL</td>
<td>GRE</td>
<td>3:00:14</td>
</tr>
<tr>
<td>Ana Maria FERNANDES</td>
<td>GRE</td>
<td>3:42:29</td>
</tr>
<tr>
<td>Louise KAMARIOU</td>
<td>GRE</td>
<td>3:44:02</td>
</tr>
<tr>
<td>Charlotte WEST</td>
<td>USA</td>
<td>3:45:28</td>
</tr>
</tbody>
</table>

17 April 2016 Maratona di Padova - XVII S.Antonio Italy

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>ITA</th>
<th>2:12:17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruggero PERTILE</td>
<td>ITA</td>
<td>2:12:17</td>
</tr>
<tr>
<td>Giuseppe HINDUER</td>
<td>ROM</td>
<td>2:12:54</td>
</tr>
<tr>
<td>Edmon KIPRANUI</td>
<td>KEN</td>
<td>2:13:31</td>
</tr>
<tr>
<td>Federica DAL RI</td>
<td>ITA</td>
<td>2:13:58</td>
</tr>
<tr>
<td>Lilian Jelekore CHEMWENO</td>
<td>KEN</td>
<td>2:14:26</td>
</tr>
<tr>
<td>Teresa MONBIRONE</td>
<td>ITA</td>
<td>2:14:52</td>
</tr>
</tbody>
</table>

17 April 2016 The Vancouver Sun Run 10K Presented By BlueShore Financial Canada

Podium placers

<table>
<thead>
<tr>
<th>Women</th>
<th>CAN</th>
<th>3:21:15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jairus CHANCHIMA</td>
<td>KEN</td>
<td>2:15:04</td>
</tr>
<tr>
<td>Ser-Od BAT-OCRHE</td>
<td>MGL</td>
<td>2:15:31</td>
</tr>
<tr>
<td>Taiga TINO</td>
<td>JPN</td>
<td>2:16:32</td>
</tr>
<tr>
<td>Shasho INSERMU</td>
<td>ETH</td>
<td>2:34:14</td>
</tr>
<tr>
<td>Gladys TEJADA</td>
<td>PER</td>
<td>2:34:54</td>
</tr>
<tr>
<td>Kaori YOSHIIDA</td>
<td>JPN</td>
<td>2:35:14</td>
</tr>
</tbody>
</table>

www.vancouversunrun.com

Next date: 23 April 2017

18 April 2016 B.A.A. Boston Marathon United States of America

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>ETH</th>
<th>2:12:45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lumi Berhanu HAIL</td>
<td>ETH</td>
<td>2:12:45</td>
</tr>
<tr>
<td>Lelisa DEBESA</td>
<td>ETH</td>
<td>2:13:32</td>
</tr>
<tr>
<td>Sinéad Adhane TSEGAY</td>
<td>ETH</td>
<td>2:14:02</td>
</tr>
<tr>
<td>Ana Maria FERNANDES</td>
<td>GRE</td>
<td>3:42:29</td>
</tr>
<tr>
<td>Louise KAMARIOU</td>
<td>GRE</td>
<td>3:44:02</td>
</tr>
<tr>
<td>Charlotte WEST</td>
<td>USA</td>
<td>3:45:28</td>
</tr>
</tbody>
</table>

www.baa.org

Next date: 17 April 2017

24 April 2016 Marathon Vert D’Agadir Morocco

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>MAR</th>
<th>2:13:51</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aat Saad</td>
<td>MAR</td>
<td>2:13:51</td>
</tr>
<tr>
<td>Dlagam Kiputui CHIBI</td>
<td>KEN</td>
<td>2:14:59</td>
</tr>
<tr>
<td>Kalsadu ANTONY</td>
<td>KEN</td>
<td>2:15:11</td>
</tr>
<tr>
<td>Kamela Birubisa KEITU</td>
<td>ETH</td>
<td>2:15:53</td>
</tr>
<tr>
<td>Sten Abdu LEOMBA</td>
<td>KEN</td>
<td>2:16:45</td>
</tr>
<tr>
<td>Salina CHAKKI</td>
<td>MAR</td>
<td>2:16:04</td>
</tr>
</tbody>
</table>

Half marathon

<table>
<thead>
<tr>
<th>Women</th>
<th>MAR</th>
<th>1:15:45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lahcen BENOUH</td>
<td>MAR</td>
<td>1:15:45</td>
</tr>
<tr>
<td>Zinah Debele DEGAFA</td>
<td>ETH</td>
<td>1:17:11</td>
</tr>
</tbody>
</table>

www.agadirmarathon.com

Next date: tbc

24 April 2016 Almaty Marathon

See race feature on page 18

www.almaty-marathon.kz

Next date: 23 April 2017
Macao Galaxy Entertainment International Marathon

04/12/2016

www.macau-marathon.com
www.sport.gov.mo
### 24 April 2016

**Big Sur Int’l Marathon**
United States of America

#### Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adam ROACH USA</td>
<td>2.55:36</td>
</tr>
<tr>
<td>2. Justin PAVNANAN USA</td>
<td>2.38:41</td>
</tr>
<tr>
<td>3. Jason KARRBELL USA</td>
<td>2.38:31</td>
</tr>
<tr>
<td>1. Magdalene BOUCY USA</td>
<td>3.01:27</td>
</tr>
<tr>
<td>2. Tyler STEWART USA</td>
<td>3.03:15</td>
</tr>
<tr>
<td>3. Elizabeth FITTS Barry USA</td>
<td>3.07:51</td>
</tr>
</tbody>
</table>

**21 Miles**

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. David FELLows USA</td>
<td>2.23:19</td>
</tr>
<tr>
<td>1. Sarah SHEPARD USA</td>
<td>2.47:38</td>
</tr>
</tbody>
</table>

**24 April 2016**

**CAF Caracas Maratón**
Venezuela

#### Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. William RODRiguez COL</td>
<td>2:25:07</td>
</tr>
<tr>
<td>2. Ronald PAGCAR PER</td>
<td>2:29:33</td>
</tr>
<tr>
<td>3. Eric KIPLETING KEN</td>
<td>2:27:25</td>
</tr>
<tr>
<td>1. Zuleima AMAYA VEN</td>
<td>2:54:40</td>
</tr>
<tr>
<td>2. Magaly GARCIA VEN</td>
<td>2:54:45</td>
</tr>
<tr>
<td>3. Yolanda FERNANDEZ COL</td>
<td>2:55:18</td>
</tr>
</tbody>
</table>

#### Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adelino ALVES USA</td>
<td>1:09:40</td>
</tr>
<tr>
<td>1. Mirena GONÇALVES VEN</td>
<td>1:25:02</td>
</tr>
</tbody>
</table>

**24 April 2016**

**Chia Laguna Half Marathon**
Italy

#### Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stefano LA ROSA ITA</td>
<td>1:10:07</td>
</tr>
<tr>
<td>2. Salvatore CICONTE ITA</td>
<td>1:16:26</td>
</tr>
<tr>
<td>3. Paolo CASSAS ITA</td>
<td>1:16:40</td>
</tr>
<tr>
<td>1. Paola BERNARDO ITA</td>
<td>1:26:26</td>
</tr>
<tr>
<td>2. Antonella ALTEA ITA</td>
<td>1:29:06</td>
</tr>
<tr>
<td>3. Stefania CAROLI ITA</td>
<td>1:32:27</td>
</tr>
</tbody>
</table>

www.chialagunahalfmarathon.com
Next date: tbc

**24 April 2016**

**METRO GROUP Marathon**
Düsseldorf
See race feature on page 11
www.metrogroup-marathon.de
Next date: 30 April 2017

**24 April 2016**

**Vodafone Istanbul Half Marathon**
See race feature on page 15
www.istanbulyarimaratonu.org
Next date: 16 April 2017
**GOA RIVER MARATHON**
A Riverside Run
11th Dec 2016
Vasco-de-Gama, Goa - India

**EVENTS**
- Half distance (competitive events)
- FULL MARATHON
  - Route: [link](http://www.garemarathon.com/essential-information2.php?id=5868883923482)
- HALF MARATHON
  - Route: [link](http://www.garemarathon.com/essential-information3.php?id=511943188421)
- 10K
  - Route: [link](http://www.garemarathon.com/essential-information3.php?id=511943188421)
- 5KM FUN WALK (non-competitive)
  - All the events are an out and back course.

**Venue:**
SAG Ground, Airport Road,
Chicalim, Goa - India.

Contact Information:
- [www.goarivermarathon.com](http://www.goarivermarathon.com)

---

**NARA MARATHON**
2016 DEC 11
Run through the ancient city, feel the history
Nara, Japan

Registration opens in June

[www.nara-marathon.in](http://www.nara-marathon.in)

---

**INVITATION**
Join Now:
www.RunSiberian.com

7 January, 2017

**Pisa Marathon**
18th December 2016
Marathon 42.195 km
Half Marathon 21.0975 km

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

Semi Marathon Int'l de la Ville de Béjaïa
Algeria
Picture: Zoubir Djamel

1 May 2016
Salzburg Marathon
Austria

Marathon
Men
1 Temesgen-Habtemariam BEKELE ETH 2:23:11
2 Abay-Girma TADESSSI ETH 2:23:08
3 Robert GRUBER AUT 2:25:37
Women
1 Fatuma-Usen TATYR ETH 2:39:15
2 Anita BAERL AUT 2:42:35
3 Karin FREDDG AUT 2:44:27

Half marathon
Men
1 Mohamed-Abdirizak BASSAN SOM 1:09:15
Women
1 Ruth VAN DER MEIDEN NED 1:13:01

www.salzburg-marathon.at
Next date: 7 May 2017

1 May 2016
GoodLife Fitness Toronto Marathon
Canada

Marathon
Men
1 Bryan RUSCH CAN 2:05:55
2 David KETER KEN 2:07:47
3 Joe MURROW CAN 2:09:36
Women
1 Julie HAMELECKI CAN 2:56:04
2 Reina AINSWORTH CAN 3:01:09
3 Michelle SPENCER CAN 3:01:42

www.bmovanmarathon.ca
Next date: 7 May 2017

Podium placers
aims-worldrunning.org

2 May 2016
Deep RiverRock Belfast City Marathon
Great Britain

Marathon
Men
1 Joel KOSTANY KEN 2:17:39
2 Eric KIECH KEN 2:18:43
3 Dan ZANUZI KEN 2:20:46
Women
1 Berhane GERREMichael ETH 2:48:26
2 Laura GRAHAM GBR 2:48:56
3 Radka CHURANOVA CZE 2:51:38

www.belfastcitymarathon.com
Next date: 1 May 2017

2 May 2016
Milton Keynes Marathon
Great Britain

Marathon
Men
1 Ben FISH GBR 2:31:14
2 James BAKER GBR 2:36:51
3 Paul ADAMS GBR 2:38:09
Women
1 Kate WRIGHT GBR 3:03:41
2 Lindy Lee FOLCHER GBR 3:07:52
3 Melissa GIBSON GBR 3:08:48

www.mkmarathon.com
Next date: tbc

8 May 2016
Banja Luka Half Marathon
Bosnia

Half marathon
Men
1 Hillary Kiptum KIMAIYO KEN 1:04:05
2 Abd El-Karim ROPE KEN 1:04:39
3 Joel Minta MWARENGI KEN 1:08:31
Women
1 Christine Moraa OSIYO KEN 1:13:36
2 Stella Jepngirot BARKOSO KEN 1:14:29
3 Agnes CHIENG KEN 1:15:17

www.banjalukamarathon.com
Next date: tbc
Treviso Marathon 1.4
Run in the beautiful landscape of the Province of Treviso, Italy.

RUN IN THE LAND OF PROSECCO
TREviso MARATHON 1.4
5/MAR 2017

42K and 21K - Fast and flat race course!
www.trevisomarathon.com

GO WOMEN
2017.03.12
NAGoya WOMEN’S MARATHON
http://womens-marathon.nagoya

12th International Marathon
ALEXANDER THE GREAT

April 2 2017

THANK YOU ALL!
FOR MAKING POSSIBLE THE LARGEST RUNNING EVENT IN CHILE

www.maraton_santiago.com
8 May 2016
Trieste Green Europe Marathon
See race feature on page 31
www.bavisela.it
Next date: tbc

8 May 2016
Harmony Genève Marathon for Unicef
Switzerland

Podium placers
aims-worldrunning.org

Volkswagen Prague Marathon
Czech Republic

14 May 2016
OMV Petrom Bucharest Half Marathon
Romania

Half marathon
Men
1 Cosmas BIRECH KEN 1:02:50
2 Nicholas Mulungi MAKAU KEN 1:02:52
3 Daniel KEMOI KEN 1:03:06

Women
1 DiscTUNE ETH 1:13:24
2 Shida Jepkokes CHEESANG KEN 1:13:25
3 Joan Herin MADELIN ROM 1:14:27

www.bucharest21km.com
Next date: tbc

15 May 2016
TCS World 10K Bengaluru India

10km
Men
1 Patrick Mucunda MWAKA KEN 1:01:51
2 Paul KIURA KEN 1:01:54
3 Martin MATHIATHI KEN 1:02:12

Women
1 Eunice KIPIRO KEN 1:07:10
2 Betlehem MOGES ETH 1:11:09
3 Rebecca CHESTER KEN 1:11:09

tcsworld10k.procamliving.in
Next date: 21 May 2017

15 May 2016
PKO Bialystok Halfmarathon
Poland

Half marathon
Men
1 Sylwia Kiponzo TIO KEN 1:05:58
2 Uchendila FRAMAUL BLR 1:06:46
3 Edeh Chereiyot MELLY KEN 1:06:56

Women
1 Iryna SOMOVA BLR 1:13:52
2 Christine Moraa OCHO KEN 1:15:48
3 Isabelita TEREKUKA DZ 1:16:33

www.bialystokpolmaraton.pl
Next date: 14 May 2017

15 May 2016
PZU Cracovia Marathon
Poland

Marathon
Men
1 Cosmas Mateika KITEWA KEN 2:11:58
2 David Kiprono MEITO KEN 2:12:58
3 Elisha Kipchirchir ROTH KEN 2:13:45

Women
1 Gladys CHEMWENO KEN 2:30:30
2 Hana NOSENKO UKR 2:34:57
3 Agnieszka CHOBREK POL 2:39:52

www.pzucracoviamaraton.pl
Next date: tbc

15 May 2016
Lattelecom Riga Marathon
Latvia

Marathon
Men
1 Dominika Kange KIBWETH KEN 2:11:45
2 Kalah Solomen GELAGAARR ERI 2:12:22
3 Charles Wahira MAINA KEN 2:13:55

Women
1 Shitaye Gemesa DEBELU ETH 2:38:41
2 Derina JEPKOGEI KEN 2:40:02
3 Mukteshwar Asana ASERA ETH 2:44:08

lattelecomrigamarathon.lv
Next date: 14 May 2017

21 May 2016
Göteborgsvarvet Half Marathon
Sweden

Half marathon
Men
1 Richard MENGICH KEN 59:35
2 Geoffrey YEGON KEN 1:00:12
3 Leonard LANGAT KEN 1:01:40

Women
1 Viola JEPCHUMBA KEN 1:08:01
2 Warkastew DENGKU ETH 1:09:54
3 Angela TAMUI KEN 1:10:32

www.goteborgsvarvet.se
Next date: 20 May 2017

21 May 2016
The Great Wall Marathon
China

Marathon
Men
1 Jason SHEN CHN 3:30:49
2 José Carlos RIBEIRO POR 3:46:22
3 Pengfei ZHANG CHN 3:51:45

Women
1 Michelle Alleni FOST USA 4:15:45
2 Hannah Andres MUR HUTCHINSON CAN 4:25:35
3 Yue CHEN CHN 4:28:53

www.great-wall-marathon.com
Next date: tbc
21 May 2016
Three Hearts Marathon
Slovenia

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Samson MUGAI KEN 2:26:27</td>
<td>3 Javet MULE SLO 2:34:57</td>
</tr>
<tr>
<td>2 Joel M gaini N WANGITAI KEN 2:29:43</td>
<td>1 Helen KIMUTAI KEN 2:47:59</td>
</tr>
</tbody>
</table>

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Phillian Kipkorir MARITIM KEN 1:05:59</td>
<td>1 Stellab Barbosso SLO 1:17:03 <a href="http://www.marathon-radenci.si">www.marathon-radenci.si</a> Next date: 20 May 2017</td>
</tr>
</tbody>
</table>

22 May 2016
Austrian Women’s Run
Austria

5km

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Sara MOREIRA POR 15:38</td>
<td>2 Ekise WELLINGS AUS 15:52</td>
</tr>
<tr>
<td>3 Jennifer WENDE AUT 16:02</td>
<td></td>
</tr>
</tbody>
</table>

www.austrianwomensrun.com

Next date: 21 May 2017

22 May 2016
Telenor Copenhagen Marathon
Denmark

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Aschalew Biru RUNDÉ ETH 2:20:47</td>
<td>2 Lahcen MOKRADI MAR 2:21:14</td>
</tr>
<tr>
<td>3 Evans KIPROTI CH KEN 2:21:15</td>
<td>1 Gladys KIBWOT BRN 2:26:58</td>
</tr>
</tbody>
</table>

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Gladys KIBWOT BRN 2:26:58</td>
<td>2 Almestesh HERIFMA ETH 2:28:56</td>
</tr>
<tr>
<td>3 Zinaiah ESTIFIO ETH 2:29:04</td>
<td></td>
</tr>
</tbody>
</table>

www.copenhagenmarathon.dk

Next date: 21 May 2017

22 May 2016
Erzurum Half Marathon
Turkey

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bekki AseaI LEGESSE ETH 1:08:54</td>
<td>2 Moses TAD KEN 1:09:19</td>
</tr>
<tr>
<td>3 Bernard SAMO KEN 1:09:33</td>
<td>1 Milka Molu DIBO ETH 1:17:40</td>
</tr>
<tr>
<td>2 Lotte Jebet KIPTOO KEN 1:17:32</td>
<td>3 Chase Gahuto NGIYSE ETH 1:19:31</td>
</tr>
</tbody>
</table>

10km

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
</table>
| 1 Asefa Argachew TOLA ETH 31:49 | 3 Serilay EYTEM TUR 36:51 www.erzurummaratonra.org

Next date: 21 May 2017

22 May 2016
Kigali International Peace Marathon
Rwanda

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 James TALLAM KEN 2:19:01</td>
<td>2 Beno KEBET KEN 2:19:20</td>
</tr>
<tr>
<td>3 William Ruto CHEBIDI KEN 2:20:11</td>
<td>1 Jeruiyt CHEMWENO KEN 2:38:20</td>
</tr>
<tr>
<td>2 Alice Cherot SERSER KEN 2:41:32</td>
<td>3 Jacqueline Kiplimo NYETIPPEI KEN 2:43:56</td>
</tr>
</tbody>
</table>

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Benson KIPRUTO KEN 10:41</td>
<td>2 Simon KIBUT KEN 10:45</td>
</tr>
</tbody>
</table>
| 3 Agnes JERUTO KEN 11:33 | 1 Simona STAIU HUN 37:40 www.kigalimarathon.org

Next date: tbc

22 May 2016
Leiden Marathon
Netherlands

Marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Robert WILLEMS NED 2:38:04</td>
<td>2 Gertrud KLEIN NED 2:38:29</td>
</tr>
<tr>
<td>3 Maarten VAN OMMEN NED 2:41:28</td>
<td>1 Jordania DIAZ ESP 2:55:40</td>
</tr>
<tr>
<td>2 Susan Nielsen NED 3:04:17</td>
<td>3 Anged DIROM JONING NED 3:11:28</td>
</tr>
</tbody>
</table>

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
</table>
| 1 Khalid CHOUPKOWA NED 1:09:30 | 1 Gladys GANIEL IRL 1:18:27 www.marathon.nl

Next date: 21 May 2017

22 May 2016
Turin Half Marathon
Italy

[Results unobtainable] www.turinmarathon.it

Next date: tbc

22 May 2016
21st Coca-Cola Wake Your Body Women’s Run
Hungary

10km

<table>
<thead>
<tr>
<th>Women</th>
</tr>
</thead>
</table>
| 1 Simona STAIU HUN 37:40 www.runbudapest.com

Next date: 14 May 2017

28 May 2016
Moonlight Half Marathon
Italy

Half marathon

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Paul TONGA KEN 1:03:39</td>
<td>2 Simon Kirui MUTHONI KEN 1:04:07</td>
</tr>
<tr>
<td>3 Alfred Kirui RUNGBI KEN 1:04:55</td>
<td>1 Fatma MARAOUI ITA 1:15:00</td>
</tr>
</tbody>
</table>

www.moonlighthalfmarathon.it

Next date: 27 May 2017

28 May 2016
Scotiabank Ottawa Marathon and Ottawa 10K
Canada

The 42nd edition attracted 47,000 runners from 60 countries to the five events and a children’s run held over race weekend.

Saturday afternoon’s 2km and 5km races were unseasonably hot at 31°C and the highly competitive 10km event was delayed by 30 mins (to 19:00) to reduce the heat exposure. Heavy rain in the first few kilometres helped damp down the temperature and push up the tempo as Moroccan Mohammed Ziani put in a final surge to pass Ethiopia’s Yitayal Afanu Zenhun at the line. Peres Jepchirchir, the new World Half Marathon Champion, was fully 200m clear of Mamitu Daska. Given a 3:15 head-start over the men, she also won the “gender challenge” handicap, worth USD 2,000. The race incorporated the national championships won by Rio-bound Reid Coolsaet (30:19, 8th overall) and Lanni Marchant (33:26, 4th overall).

Next morning 5400 Marathon runners faced overcast skies with a refreshing light breeze and a temperature of 18C. Three pacers led Dino Seif and five others through 10km in 30:14 and halfway in 62:50. From 25km it was just Seif, fellow Ethiopian Shura Kitata and Kenyan Evans Ruto with Dominic Onorio just behind the trio. Seif upped the pace at 27km to drop the two Kenyans and again at 33km to put himself out in front. The pace dropped over the last 5km but his 2:08:14 finish was impressive in the challenging conditions.

Koren Jelala, joint Canadian All-comers record holder with 2:22:43 set at Toronto Waterfront Marathon in 2011, dominated the women’s race. She led through halfway in 1:12:30 with defending champion Abebe Medjiku and Kenyan veteran Isabella Ochichi just behind her. In the second half Jelala battled the...
Podium placers
aims-worldrunning.org

conditions to finish almost almost three minutes ahead of Tekir while Kiplagat dropped out after 30km. Canadian Tarah Korir finished fifth with a 1-minute improvement over her marathon debut last October. She was paced most of the way by her husband Wesley, Kenyan MP and Boston 2012 champion.

29 May 2016
Barossa Marathon Festival
Australia

Marathon
Men
1. David STAEBER
AUS 2:42:22
2. David BRENNER
AUS 2:43:42
3. Rohan WARD
AUS 2:47:10

Women
1. Sheena JACKSON
AUS 3:05:51
2. Jackie MARITZ
AUS 3:09:57
3. Chantel PEACOCK
AUS 3:15:38

Half marathon
Men
1. Matthew Paul FENECH
AUS 1:11:00

Women
1. Micaela SEXTON
AUS 1:25:56

29 May 2016
Scotiabank Calgary Marathon
Canada

Marathon
Men
1. Jonathan Kipchirchir CHESOO
KEN 2:21:55
2. Gelaw SIRAJ
ETH 2:25:07
3. Mohamed OUMAARR
MAR 2:27:46

Women
1. Andrea GLOVER
CAN 3:02:14
2. Tara RASLING
CAN 3:09:24
3. Ishaa SHARIFF
CAN 3:20:53

Half marathon
Men
1. Thomas TOTH
USA 1:07:27

Women
1. Emily SETLACK
CAN 1:15:45

29 May 2016
RAHAL Mémorial Casablanca
Morocco

10km
Men
1. Davit FIKADU
ETH 27:56
2. Rhom Saloom KELLIMO
KEN 27:57
3. Edwin KIPKASANG
KEN 27:58

Women
1. Sheway WolDEMARIEM
ETH 33:05
2. Hailu HASSAN
MAR 33:09
3. Khoulum BOUASSRILA
MAR 33:15

www.running.ma

29 May 2016
Comrades Marathon
Republic of South Africa

Ultramarathon 89km
Men
1. David GATERIE
RSA 5:18:12
2. Ludwick MAKAROLO
RSA 5:26:05
3. Bonang mensa MTHEMBUL
RSA 5:26:39

Women
1. Charme ROMAN
RSA 6:25:55
2. Caroline WUSTMAN
RSA 6:30:44
3. Katieg BERG
SWE 6:59:04

www.comrades.com

29 May 2016
Edinburgh Marathon Festival
Great Britain

Marathon
Men
1. Boaz KIPRONO
KEN 2:19:55
2. Abdulahi EL MAKROUT
MAR 2:20:14
3. Stephen KIRUKU
KEN 2:22:50

Women
1. Edadah JEPKOSGEI
KEN 2:39:53
2. Haliey HANSON
GBR 2:43:53
3. Katie WHITE
GBR 2:47:40

Half marathon
Men
1. Darrill HASTIE
GBR 1:10:38

Women
1. Tracy MILMORE
GBR 1:18:41

www.edinburgh-marathon.com

29 May 2016
Paris St Germain en Laye – La Course
France

20km
Men
1. Mehdi AKAOUCI
FRA 1:08:19
2. Hamid BELHIMI
FRA 1:09:38
3. Stan MORANGE
FRA 1:13:15

Women
1. Alicia POIRI
FRA 1:25:20
2. Adele Sophie CAGNET
FRA 1:26:11
3. Sophie BERNARD
FRA 1:27:41

www.parissaintgermainlauncourse.com

29 May 2016
Rio de Janeiro City Marathon
Brazil

Marathon
Men
1. Elijah Kipkemei KEMBOI
KEN 2:17:05
2. Dickson KIMET CHERUTTOT
KEN 2:18:01
3. Willy Kangogo KIMUTAI
KEN 2:18:28

Women
1. Priscilla LORCHINA
KEN 2:41:23
2. Leah EBOTICH
KEN 2:43:30
3. Mirra Satarino DE ANDRADE
BRA 2:47:02

www.maratonadorio.com.br

Next date: 18 June 2017

4 June 2016
Laguna Phuket Int’l Marathon
Thailand

Marathon
Men
1. Koji NISHIZAWA
JPN 2:37:54
2. Red PEARSON
GBR 2:47:17
3. Mario MELAO
PHI 2:49:55

Women
1. Lany CARDONA
PHI 3:23:00
2. Wilasaw KUMPITUK
THA 3:24:34
3. Xiomara TEMPLETON
USA 3:31:11

Half marathon
Men
1. Richard SALAND
PHI 1:15:19

Women
1. Vivian TANG
SIN 1:27:12

www.phuketmarathon.com

Next date: tbc

Distance Running | 2016 Edition 3  81
4 June 2016
ASICS Stockholm Marathon
Sweden

Marathon

Men
1. Stanley Kipchirchir ROICH  KEN 2:09:58
2. Daniel Kipyego LEPON  KEN 2:12:00
3. Benjamin RITOK  KEN 2:14:01

Women
1. Jane Mora FAANG  KEN 2:31:46
2. Isabella ANDERSSON  SWE 2:35:47
3. Charlotte KARLSUN  SWE 2:46:29

www.stockholmmarathon.se
Next date: 3 June 2017

5 June 2016
Gran Maratón Mexiquense
Mexico

Marathon

Men
1. Isaac Kemboi KIMAIYO  KEN 2:25:31
2. Peter LEMAITAN  KEN 2:26:58

Women
1. Sula Jepkemei KIPRuto  KEN 2:47:58
2. Genoveva JELAGAT  KEN 2:54:17
3. Irene Elenés ESPARZA  MEX 3:24:48

Half marathon

Men
1. Emmanuel Chamer MGANGA  KEN 1:06:44

Women
1. Karina García GARCIA  MEX 1:31:51

www.maratónmexiquense.mx
Next date: 12 March 2017

5 June 2016
Quito Últimas Noticias 15k
Ecuador

[Race postponed]

www.quitoultimasnoticias15k.ec
Next date: 4 June 2017

6 June 2016
Cork City Marathon
Ireland

Marathon

Men
1. Philip HARTY  IRL 2:32:36
2. Eoin SUGRUE  IRL 2:36:47
3. Brian HOGARTY  IRL 2:38:10

Women
1. Nollaig O'NEILL  IRL 3:00:40
2. Una Murphy PLANT  IRL 3:03:01
3. Dolores BYFFY  IRL 3:14:08

Half marathon

Men
1. Peter SOMBA  IRL 1:11:19
2. Aoife COOKE  IRL 1:12:32

Women
1. Aoife COOKE  IRL 1:12:32

www.corkcitymarathon.ie
Next date: 5 June 2017

11 June 2016
Helsinki Half Marathon
Finland

Half marathon

Men
1. Ibrahim MUKANGA  KEN 1:07:47
2. Josu UTRERAIN  ESP 1:09:08
3. Tuomas LIPIKAINEN  FIN 1:09:41

Women
1. Paula TODORAN  FIN 1:16:04
2. Laura MIOVANVARA  FIN 1:16:35
3. Sini MEETTIMI  FIN 1:24:20

www.helsinkihalfmarathon.fi
Next date: 10 June 2017

11 June 2016
Lanzhou Intl Marathon
China

Robert Kwambai hid himself patiently in the lead pack for the first 35km, writes Vincent Wu. He passed 20km in 1:03:32 and 30km in 1:30:18 along with five others. After 35km Kwambai started to speed up and dropped all except Workneh Tesfa, but he also fell back after 37km as Kwambai extended his lead in the final 5km. His winning time was enough to win by almost 200m but was five minutes slower than his personal best.

The 24-year-old Tsehay Desalegn upset a deep field that contained 10 sub-2:30 runners (her own best is 2:31:22), set by Zersenay Tadese in 2012. Desalegn crossed the finish line in 2:25:31, four seconds ahead of the silver medalist and the third-place finisher. Desalegn's winning time was 54 seconds shy of the 2009 edition's world record of 2:23:33, which was set by Elodie Habtom. Tshering Lhamo of Bhutan finished fourth in 2:31:00, while the first Chinese woman was Wang Yu of the People's Republic of China, who finished sixth in 2:32:56.

1. Tsehay DESALEGN  ETH 2:25:31
2. Laura MIOVANVARA  FIN 1:16:35
3. Sini MEETTIMI  FIN 1:24:20

www.lanzhoumarathon.org
Next date: 4 June 2017

12 June 2016
21k Coahuila
Mexico

Half marathon

Men
1. Geoffrey Keni BUNDU  KEN 1:05:42
2. Emmanuel Mungai CHAMER  KEN 1:05:49
3. Nino Kipkogei CHEIRICH  KEN 1:07:16

Women
1. Risper Rayo CHAVÉZ  MEX 1:14:35
2. Margarita Hernandez FLORES  MEX 1:14:56
3. Sola Jepkemes ESTUPITO  KEN 1:17:45

www.21kcoahuila.org
Next date: tbc

12 June 2016
Kaunas Marathon
Lithuania

Half marathon

Men
1. Kenichi TAKIZAKI  JPN 1:15:25
2. Ma YIBO  CHN 1:16:35
3. Tshering NAKAMURA  JPN 1:26:28

Women
1. Jill HAMILL  GBR 1:31:01
2. Veronique MESSINA  FRA 1:36:35
3. Caroline GIRARD  FRA 1:51:09

10km

Women
1. Samira KIENG  CAM 38:05
2. Meyou HEUNG  CAM 48:19

www.phnompenhmhalf-marathon.org
Next date: 18 June 2017

12 June 2016
PKO Wroclaw Night Half Marathon
Poland

Half marathon

Men
1. Dominik Malin MUNDY  KEN 1:20:03
2. Zeldeh MENGSTU  ETH 1:20:09
3. Marian CHABOWSKI  POL 1:20:09

Women
1. Maryna DAMANTSABINCHIK  BLR 1:14:13
2. Jemma LEWANDOWSKA  POL 1:14:07
3. Ewa JAGIELSKA  POL 1:17:29

pol.wroclawmaraton.pl
Next date: tbc

19 June 2016
Carrera del Día Del Padre
Medio Maratón
Mexico

Men
1. Johannes ARENS  GER 2:30:49
2. Michael CHALUPSKY  GER 2:45:20
3. Daniil PERLICH  GER 2:46:48

Women
1. Valeria STRANDO  ITA 2:39:50
2. Barbara NECHOLINA  CZE 2:54:10
3. Friederike MUELLER  GER 2:59:47

www.carreradeldia/delpadre.com.mx
Next date: tbc

19 June 2016
Telesia City Trophy Int’l Road Race 10k
Italy

10km

Men
1. Robert CREMIGNES  ITA 29:22
2. Lobo Melo MELLO  BRA 29:57
3. Domenico BICATTI  ITA 30:08

Women
1. Laia SOUTOANE  ESP 33:40
2. Rosario GONZALEZ  ITA 34:38
3. Lucy Nnabu MURUGI  KEN 35:25

www.telesiacity.it
Next date: tbc

Podium placers
aims-worldrunning.org
ALL ROADS LEAD TO ROME

TIMEX

2 APRIL 2017

www.maratonadiroma.it
HAJ HANNOVER MARATHON

Z uśmiechem do celu jakim jest kurs rekordów
Lachend naar de finish in een recordtijd
Lächelnd ins Ziel auf Bestzeiten-Kurs
Raggiungete il traguardo con un sorriso e con i tempi migliori
С улыбкой в финиш на курсе в лучшее время
Batid vuestra propia marca con una sonrisa
Smilende i mål på vinderkurs
Break your personal best time and finish with a smile

April 9th 2017

HANNOVER: running in the heart of Europe!

www.haj-marathon.de
For more information or to enter online visit our website

www.twooceansmarathon.org.za

www.vienna-marathon.com

www.ak-losinj.hr

www.bsim.org
Marathon in Germany
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- **PKO Poznani Half Marathon**
  - Lukasz Miatlikowski
  - E: info@marathon.poznan.pl
  - W: [www.poznanmarathon.org](http://www.poznanmarathon.org)
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  - Myrta Dondan Roman
  - E: parmarunners@gmail.com
  - W: [www.paraguayamaratón.com](http://www.paraguayamaratón.com)
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- **Cerro Maratón de Lima 21k & 10k**
  - Gonzalo Rodríguez Laredo de Lavaile
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- **Batu Marathón**
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  - W: [www.lima42k.com](http://www.lima42k.com)
  - E: info@zmpromociones.org
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### POLAND
- **PKO Bialystok Halfmarathon**
  - Grzegorz Kuczynski
  - E: info@zmpromociones.org
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- **EDP Rock’n’Roll Lisbon Marathon**
  - Carlos Mota
  - E: info@marathon.portugal.com
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- **Discoveries Half Marathon**
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- **Maratona do Funchal**
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### RUSSIA
- **InT Enrg White Nights Marathon**
  - Mikhail Korchetov / Anton Byk
  - E: info@enrgmarathon.ru

- **Golden Ring Ultra Trail 100**
  - Michael Delay
  - E: info@goldenultra.ru

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- **Standard Chartered Marathon Singapore**
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