



AW ***GUIDE***

MARATHONS & HALF-MARATHONS 2019

MONTH-BY-MONTH CALENDAR LISTINGS

EXPERT ADVICE FOR TACKLING 26.2 MILES

THE TOP EVENT INFORMATION

AW/ATHLETICS
WEEKLY.COM

FIND YOUR NEXT RUNNING CHALLENGE

MISSED OUT ON THE MARATHON?

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AW EVENTS GUIDE 2019

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WORLD TRIATHLON
LEEDS**

AJBell

DISTANCES



	SPRINT	STANDARD	
	750m	1500m	Roundhay Park
	18.9km	36.2km	Closed road bike course
	7.5km	10km	Race along the Headrow

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NOTTINGHAM
 15 JUNE 2019

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WORLD TRIATHLON
MIXED RELAY
NOTTINGHAM**

accenture

DISTANCES



	SPRINT	
	750m	River Trent
	18km	Victoria Embankment loop
	4.5km	Trent Bridge landmark loop

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31 OCT 2018**

*Save £10 off individual sprint and standard distance events at the AJ Bell World Triathlon Leeds 2019 and £10 off the individual sprint distance event at the Accenture World Triathlon Mixed Relay Nottingham 2019.

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How to find the strategy for marathon success

Cover image: shutterstock

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Retail distribution:
Seymour Distribution
Tel: 0207-429 4092

Subscriptions and back issues:
Warners Group
Tel: 01778-392018

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as a newspaper

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WHAT'S YOUR GOAL?

MARK SHERMAN



THIS is the time of year when athletes across the country start hatching plans and creating goals for the months to come.

This guide is focused on the challenges presented by the marathon and half-marathon but, whatever your goal, the key is simply to have one in the first place.

"It's paramount," says marathon world record-holder Paula Radcliffe

when it comes to giving yourself your own personal target to hit.

"Everybody has to have a goal. It's important to acknowledge that goal, to put it somewhere where you're reminded every day why you want to do it, why it's important to you and what you're working towards.

"It's a tough journey and there are times when you are tired and you don't really want to go out and

get a training run done. But when you know what the goal is and you know what you're working towards, it's that much easier to get out and do it."

The following pages are packed with options and inspiration. Good luck with whatever you choose to do in 2019.

Euan Crumley,
Editorial Director

You could be crowned BMAF champion at the 2019 ASDA Foundation Yorkshire Marathon

AFTER two hugely successful years at the MBNA Chester Marathon, the British Masters Athletic Federation's Marathon Championships will move to the ASDA Foundation Yorkshire Marathon for 2019.

As was the case in both 2017 and 2018, as well as competing in the championships, which are contested every autumn in order to give participants optimum recovery time from spring races, BMAF members will again have an opportunity to represent England as part of England Athletics' Age Group teams programme, where runners from across England compete for their country after a qualification process.

MARATHON MASTERS

Since 2017, the England representative opportunities have recognised and rewarded the commitment of competitive age group club runners, seeing athletes from Masters 35 upwards given the chance to earn an England age group vest, with the home line-up taking on a Celtic Nations team.

At Chester in 2018 there was

➔ Karl Welborn about to finish the 2018 MBNA Chester Marathon



plenty of interest as to who would be crowned British masters champion, with Charlene Jacobs-Conradie, a W45, the first female finisher with a time of 2:52:54, while Karl Welborn (M35) was the first male home in the BMAF Championships, finishing third in the open race in a time of 2:28:48.

Who will be the next champions to be crowned on October 20, 2019, over the Yorkshire route that takes in the beautiful city of York and the surrounding countryside?

● For dates and information on all future BMAF Championships, plus details on how to enter, visit bmaf.org.uk

THE SECRETS OF SUCCESS

We ask the elites to give their top tips on how best to tackle a marathon

➤ Jonny Mellor: consistency is key



MARK SHEARMAN

Be consistent

"Marathon training is not about smashing sessions out of the park but ticking the work off consistently," says 2:12:57 marathon runner Jonny Mellor. "I've been guilty of pushing too hard in build-ups previously and being over-cooked come race day."

Rest

"Make sure you get enough rest. Improvement comes from the body's adaptation in response to the stimulus of training, so rest is vital," says Mara Yamauchi, the second-fastest British female marathon

runner ever. "Marathon runners tend to over-do things but more is not always better.

Practice race pace

"Practice race pace on your own sometimes – during tempo runs or within long runs – so that you get used to the rhythm of your stride," says elite marathon runner Emma Stepto. "Listening to your footfall and breathing can help you can relax into the correct pace and get familiar with how it feels.

"Concentrating on maintaining pace, with just your own thoughts as company, is often what you will have

MARK SHEARMAN



British champion Lily Partridge's top five pointers

1. Don't focus on the race. It's counter-intuitive because you won't be able to forget about it but try and focus on one week at a time and making sure that you are being as consistent as you can every week. If that means taking a few easier days or cross training to be able to do those long runs properly, then do it.

2. Don't get caught up on distance.

If you miss a long run or can't go as far as often as you'd like then take confidence from what you have done and just enjoy the process of getting fit and the rest will come to you.

3. Eat. Don't diet.

Fuel your training and make sure you're eating good quality meals, especially in the 24 hours before you have a harder or longer effort during training – it helps massively!

4. Buy two pairs of good quality running shoes

(one of which you'll run the race in) and stick to them; don't be distracted by marketing!

5. Run on a range of surfaces and at different speeds.

Use the opportunity of needing to up your running to experiment with terrain and pace. It'll keep you from getting stagnated and will help build all-round strength and fitness.

➤ Lily Partridge: mix up the pace and terrain for your runs



Chris Thompson: getting enough sleep is vital

to face in the race, so it's a great way to be prepared and confident for when the real thing takes place.

Remember your goal

"Remember why you're doing it, as that makes all the training worthwhile, whatever happens on race day. It also means that you hopefully ignore everyone else's race and plans and stick to your goals," says international marathon runner Joasia Zakrzewski.



Joasia Zakrzewski

Enjoy it

"Enjoyment," says eight-time London Marathon champion David Weir. "Enjoy the training. Don't take it personally, just enjoy it."

Get good at sleeping

"I looked back at my diary from my first marathon build-up and noted/remembered I had a lot of sleep issues," says British international marathon runner and 2010 European 10,000m silver medalist Chris Thompson. "You'd think sleep would be easy after hard sessions but it can be quite the opposite."

"The body can become restless and you struggle for deep sleep. When time is precious and you can't give yourself extra time in bed that puts more pressure to get to sleep, creating a vicious circle."

"Good sleeping habits are key. It only takes a couple of poor nights sleep and training needs to be altered."

"Pressing on through tiredness is a fine line. When the big sessions come don't be surprised or stressed by the body fighting against a good night's sleep. It's in overdrive and needs to calm down. It will if you let it."

Thompson's guide to a good night's sleep

1. Try to eat an hour earlier than usual at dinner. It will hopefully bring on an earlier night.
2. Start the process to settle down early with less TV/phone use, so you can switch the mind off.
3. A short podcast in bed with the lights off can offer some mind relaxation to drop off.
4. Don't over nap. Yes they help and are essential for some, but napping for too long can throw off the important evening sleep.
5. Be organised. the stress of training and the upcoming event can send your mind racing before it's even started. By being organised you can park it all up and switch off you mind easier at night.
6. If you're not getting the sleep quality you want, I would suggest getting to bed earlier rather than staying in bed longer to get back into your rhythm. It will help you get into good habits and keep a routine.



GLoucester MARATHON / HALF MARATHON & 50K. SUNDAY 20th JANUARY 2019

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UP & RUNNING





RUN LIMASSOL

THE OPAP Limassol Marathon GSO is celebrating its 13th year on March 23-24, 2019 and the event is once more looking forward to welcoming 15,000 athletes from all over the world to #RunLimassol.

With its stunning location, beautiful Mediterranean climate, magnificent views and first-class hospitality, Limassol is a highly attractive race location.

The timing of the event makes it a perfect winter training goal for friends and running clubs looking for a high-quality race experience together. The flat, fast and straight course along Limassol's spectacular coastal road also offers an ideal opportunity for a PB,

with high numbers of participants achieving PBs across the individual races each year.

OPAP Limassol Marathon GSO welcomes runners of all ages and abilities over the course of the weekend, with a choice of race distances and a number of excellent parallel events.

Runners can take on the AIMS-accredited marathon, Limassol Half Marathon, Petrolina 10K Energy Race or the 5K City Race whilst soaking up the great atmosphere and friendly welcome for which Limassol is known.

For club runners in particular, OPAP Limassol Marathon GSO is a great event to enjoy some team bonding and there are generous cash prizes up for grabs for serious

runners looking to smash their targets.

For overseas visitors, the race organisers have put in place some exclusive race packages offering the best prices on a range of accommodation, 40% off race entry, technical t-shirt, race pack delivery to the hotel, transportation to the start line and entry to the famous pasta party!

The packages are a superb way to enjoy a weekend away running the race of your choice whilst enjoying the incredible social atmosphere of OPAP Limassol Marathon GSO. To register for one of Europe's most exciting international races and kick off race season in style, go to limassolmarathon.com and sign up.

OPAP

23-24.03.19

LIMASSOL MARATHON GSO



REAL PERSONAL BEST POTENTIAL

FLAT | FAST | COASTAL

MARATHON | HALF MARATHON | 10K | 5K

EXCELLENT RACE WEEKEND PACKAGES AVAILABLE

#RUNLIMASSOL AT LIMASSOLMARATHON.COM

BRIGHTON ROCKS!

When the sun shines in Brighton there is no better location



THE Brighton Marathon Weekend is an exciting three-day running event, comprising the BM10k and the Brighton Marathon, The Cancer Research UK Kids & Teens Mini Mile Races and the Event Village, which hosts 150,000 people on Brighton beach.

Each year the Brighton Marathon and the BM10k have attracted top-class distance runners to the event. 2017 was the first year where British-only athletes were invited to compete, and this will be repeated for the 2019 event on Sunday 14 April.

The UK's 2nd largest marathon offers elite runners the chance to race head to head against each other, bringing competitive racing back to the forefront of marathon running.

In 2018 Stuart Hawkes knocked over four minutes off his PB in an enthralling race to win against Dan Nash, while women's winner and

former international, Helen Davies, ran her quickest time since 2012.

The first-place winner in the 2019 Brighton Marathon will win £2,000 with prizes also allocated for the first eight men and women. The restructuring of time bonuses for the 2019 event will also offer a new opportunity for British athletes in Brighton.

A sum of £1500 is on offer for a British-only course record (2:18:04/2:31:08) and £750 will be paid out for performances under 2:20 for men and 2:36 for women making it more relevant and appealing.

Another popular event amongst some of Britain's best runners is the BM10k. Taking place right before the marathon the BM10k offers a fast, flat route and all the atmosphere and course highlights of the marathon.

First place winner in the BM10k men's and women's races will win a prize of £1,000. Breaking 28:45 (men's) or 32:00 (women's) will receive a time bonus of £1,000.

The BM10k saw 2018 women's winner, Charlotte Arter, end the year second in the British 10k rankings running 32:17, which also places her 16th on the British All-Time lists..

Meanwhile, the Brighton crowd witnessed a thrilling encounter in the men's race as Luke Caldwell came from behind in the final moments to pip Doug Musson and Adam Hickey to the line in 29:23.

More information is available at: brightonmarathonweekend.co.uk/club-elite-athletes/

General entries for the Brighton Marathon are now closed to the public but club runners are still able to secure a guaranteed entry. Please go to brightonmarathonweekend.co.uk/club-elite-athletes/ for more information.

The 2019 Brighton Marathon will also offer runners the opportunity to qualify to represent England at Masters age group level.

OPPORTUNITIES AT BRIGHTON MARATHON WEEKEND

12-14 APRIL 2019



CLUB RUNNERS CAN NOW APPLY FOR A GUARANTEED ENTRY

BRITISH ATHLETE ONLY PRIZE FUNDS FOR BRIGHTON MARATHON AND BM10K

OPPORTUNITY FOR ATHLETES TO QUALIFY TO REPRESENT ENGLAND AT MASTERS AGE GROUP LEVEL

Brighton Marathon
WEEKEND

For more information please go to:
brightonmarathonweekend.co.uk/club-elite-athletes/

STUNNING STIRLING



Stirling is becoming an increasing popular running destination

THE Simplyhealth Great Stirling Run is coming in spring, with spectacular half-marathon and full marathon events on offer.

Following the success of Stirling's inaugural marathon in 2017, when it immediately established itself as one the UK's biggest marathons, the second staging of the event took on an added dimension, with a remodelled course and the introduction of a 13.1-mile option.

Having listened to runners' feedback, the new route proved to be a real success, as was the relocation of the event village to the picturesque Kings Park.

With the Great International

XCountry and the brand new Great Stirling Castle Run coming to the city in January, the central Scotland venue is proving to be a hit with elite athletes and recreational runners alike – no real surprise given the beautiful setting on offer.

The Great Stirling Run marathon course starts and finishes in the centre of Stirling, the Gateway to the Highlands.

Runners make their way into the Stirlingshire countryside, past the Blair Drummond Safari Park, through Doune, Dunblane and Bridge of Allan, before completing a circuit of the University of Stirling's campus in the shadow of the historic Wallace Monument.

The course then features

the stunning scenery of Clackmannanshire – also featured in the half-marathon – as you enter Blairlogie, beneath the imposing cliffs of Dumyat, then back towards Stirling itself, passing through the city centre where thousands of spectators come to cheer on the runners, before finishing in Kings Park, in full view of the magnificent Stirling Castle.

Stirling is within easy reach of Edinburgh, Glasgow and Aberdeen and is less than an hour away from the stunning Loch Lomond and Trossachs National Park, making it a perfect place to spend a weekend next spring.

Register now at:
greatrun.org/stirling

BE YOUR GREATEST



MARATHON & HALF MARATHON | SUNDAY 28 APRIL 2019
GREATRUN.ORG/STIRLING

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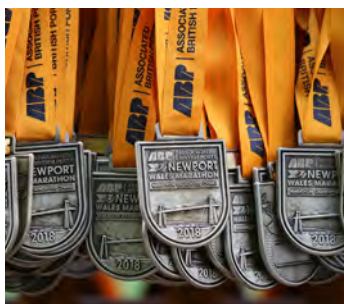


WELSH WONDER

THE ABP Newport Wales Marathon & 10K will return for 2019 on Sunday 5 May, after nearly 10,000 runners made the inaugural outing a big success earlier this year.

It boasts one of the UK's flattest marathon courses, perfect for those looking to take on the mammoth distance for the first time or those chasing a target time or good for age qualification. 72% of finishers ran a PB in 2018!

The route of Wales' only big city marathon (which is the nation's second largest road race behind the popular Cardiff Half Marathon) was devised by double Olympic marathon runner Steve Brace. Starting and finishing on Newport's vibrant riverfront; the route offers coastal wildlife, picturesque medieval villages and a high-profile



opportunity for visitors and locals alike to experience the regenerated city-centre.

A flat, fast supporting 10K race, which attracts some of the UK's top athletes, gives runners of all abilities and supporting marathon spectators the opportunity to get involved in one of Wales' biggest weekends of running, without committing to the 26.2-mile distance.

Discounted early bird entries are now available for the marathon, but these are expected to sell out soon!

Early bird entrants can sign up for just £48 (full price £52) and members of Welsh Athletics can enter for just £42.

Entries include a technical tee, finishers goodies, premium finishers medal, fully closed roads, chip timing, pacers in every starting wave, use of a smartphone tracking app and access to free training advice and events.

You can sign up at newportwalesmarathon.co.uk

The event is organised by Run 4 Wales, the events team behind events like the Cardiff Half Marathon, Cardiff Bay Run and VELOTHON Wales.

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- 72% ran a PB in 2018
- Unbeatable atmosphere and course entertainment
- Takes in the regenerated city centre and stunning surrounding countryside

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CYMRU | WALES

THE HIGH ROAD



THE Baxters Loch Ness Marathon, which takes place on 6 October 2019, is one of the most stunning marathons in the world.

With spectacular scenery, fantastic atmosphere and a truly memorable experience – it's no wonder runners come from around the world to take part.

"Breathtakingly beautiful", "friendly atmosphere", "flawless organisation", "felt like a festival not just a race" are just some of the comments from the 8000 runners in 2018 so why not come and experience it for yourself?

The Loch Ness Marathon follows a spectacular point-to-point

route alongside world-famous Loch Ness, starting in an atmospheric moorland setting, and continues through stunning Highland scenery, taking you along the shores of Loch Ness, across the River Ness, to finish in Inverness, capital city of the Highlands.

If a full marathon isn't for you, why not enter the Baxters River Ness 10K or 5K? Following a flat, scenic, point-to-point course through the historic Highland capital of Inverness, both races offer excellent 'PB' potential.

Make a Highland weekend of it and come with family or friends; there's plenty to entertain runners

and spectators over the race weekend with a Sports Expo, Baxters Food & Drink Fayre, live music and kids' activities throughout the weekend.

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 & Festival of Running.

Guaranteed marathon places and early bird entry are available NOW. Be part of it and sign up today at: lochnessmarathon.com

Follow on Facebook, Twitter and Instagram #runlochness

If you're going to put yourself through hell,
you might as well do it in heaven.

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MARATHON**

and Festival of Running

06.10.19

Marathon | 10K | 5K | Wee Nessie

lochnessmarathon.com

GUARANTEED MARATHON ENTRY AVAILABLE NOW





Nearly 7000 runners entered the 2018 event

NORTHERN TREAT

A SIX-TIME sell-out, runners from the UK and beyond flock to York to take on the Asda Foundation Yorkshire Marathon each year – in 2018 over 7000 runners tackled this white rose favourite!

Starting at the University of York, runners flood the historic city of York with a sea of colour passing landmarks such as the ancient city walls, York Minster and Clifford's Tower.

Leaving the city, they then head down country lanes, take in breath-taking Yorkshire countryside and pass villages breaming with supportive spectators. All before returning to the university for an electric finish.



Prized for its flat and fast course, the Yorkshire Marathon is suitable for runners of all ages and abilities. Its accommodating gradient offers great PB potential and annually attracts a competitive elite field.

Previous elite athletes to take on the 26.2-mile course include Paralympic gold medallist Hannah Cockcroft and Kenyan-born Edwin Korir who competed for the United States at the 2016 Rio Olympic Games. Korir remains the course record-holder with a time of 2:13:31.

This year's marathon enjoyed highlights including emotional scenes at the finish with terminally ill Sean Coxhead and his Good Gym team crossing the line, an ultramarathon qualification for a 73-year-old veteran and a marriage proposal – she said yes. What will 2019 bring us?

Entries are now available at
runforall.com



Jane Tomlinson's

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runforall.com

All profits from Run For All Ltd go directly to the Jane Tomlinson Appeal. All entrants are encouraged to fundraise for the charity of their choice.

ASDA Foundation
YORKSHIRE
MARATHON
20.10.19



Lucerne provides a remarkable setting in which to run

SWISS GOAL

THE Swiss city of Lucerne offers a truly spectacular setting for an autumn running adventure.

Situated right in the heart of Europe, in a region surrounded by imposing mountains and with the city sitting on Lake Lucerne, the Swiss City Marathon will present a memorable challenge and the perfect opportunity to explore and take in the beautiful surroundings.

There's certainly plenty to see on a picturesque marathon route which begins at the renowned Swiss Museum of Transport before travelling along Lake Lucerne, around the Horw peninsula and



Runners pass the water tower

through the football stadium of FC Lucerne.

Runners will then return to the city, next to the striking KKL

Lucerne concert and conference venue before travelling through the old town – Lucerne is well-known for its preserved medieval architecture – before heading back to the finish in the Museum of Transport.

With half-marathon and 10km options available, as well as a wide range of sights to see – such as the The Chapel Bridge with the Water Tower, the most photographed monument in Switzerland – the Swiss City Marathon would make for an impressive addition to your running calendar.

For more information and to enter, visit: swisscitymarathon.ch



Free travel with public transport from all over Switzerland!



MARATHON
42.195 KM

DUO MARATHON
2x21 KM

HALF MARATHON
21 KM

10KM

10KM FOR unicef

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27 OCTOBER 2019

LUCERNE

WWW.SWISSCITYMARATHON.CH

Top Events
LUZERN+ BASELNE

TAKE YOUR PICK

Which events will you choose to run in 2019?

JANUARY 14

Brass Monkey Half-Marathon
York Racecourse
yorkknivesmireharriers.co.uk

JANUARY 20

Gloucester Marathon
beyondthelimitations.org.uk
Marathon Bahamas
marathonbahamas.com
Funchal Marathon
madeiramarathon.com

JANUARY 25

Standard Chartered Dubai Marathon
dubaimarathon.org

FEBRUARY 3

Watford Half-Marathon
watfordharriers.org.uk

FEBRUARY 9

Exeter Half-Marathon
exetercitycommunitytrust.co.uk



FEBRUARY 17

Seville Marathon
zurichmaratonsevilla.es

FEBRUARY 24

Brighton Half-Marathon
brightonhalfmarathon.com

MARCH 3

Roding Valley Half-Marathon
rvhm.org.uk

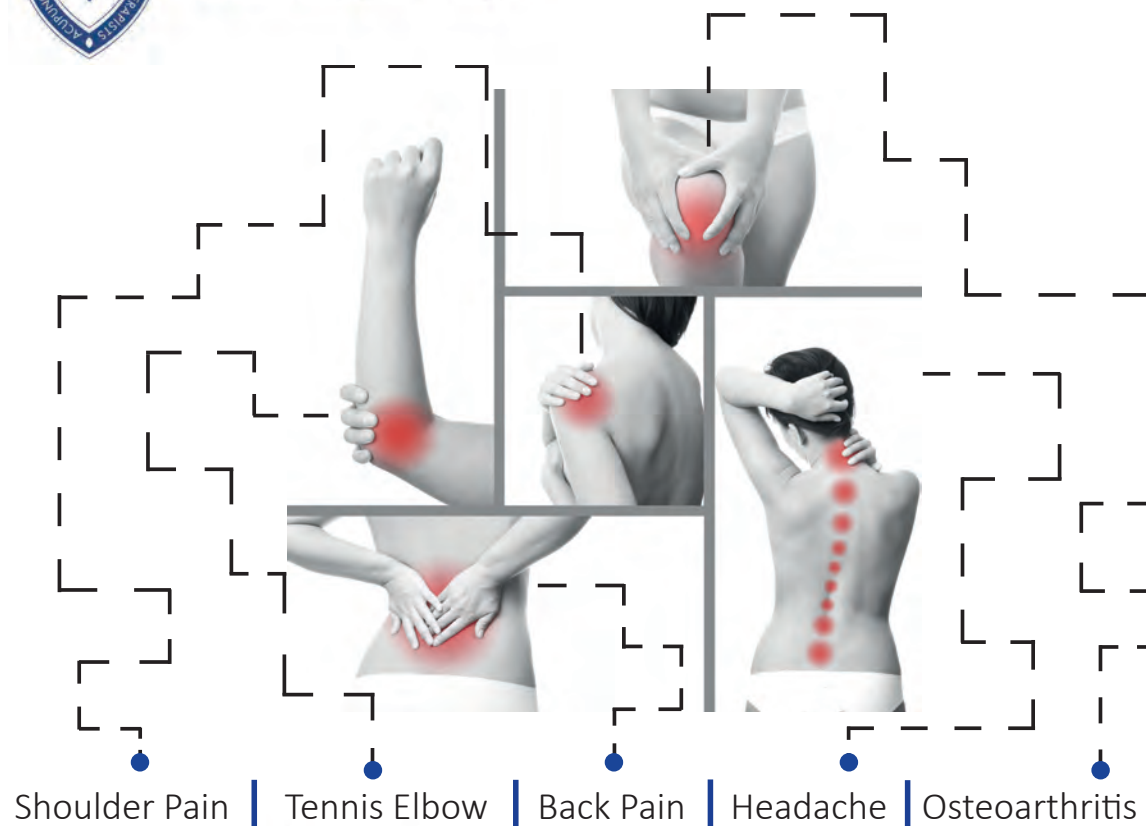
📌 The BMW Berlin Marathon was the scene of Eliud Kipchoge's world record earlier this year

MARCH 10

Vitality Big Half
thebighalf.co.uk
Inverness Half-Marathon
invernesshalfmarathon.co.uk
Barcelona Marathon
zurichmaratobarcelona.es



Acupuncture Association of
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www.aacp.org.uk



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Virgin Money London Marathon

MARCH 17

Sage Reading Half-Marathon
readinghalfmarathon.com

EDP Lisbon Half-Marathon
maratonclubedeportugal.com

MARCH 24

OPAP Limassol Marathon GSO
limassolmarathon.com

Forest of Dean Spring Trails Half-Marathon
forestofdean-halfmarathon.co.uk/spring_trails

APRIL 7

Hannover Marathon
marathon-hannover.de
Asics Greater Manchester Marathon
greatermanchestermarathon.com

Generali Milan Marathon
milanomarathon.it

Rome Marathon
maratondiroma.it

NN Rotterdam Marathon
nnmarathonrotterdam.org

Vienna City Marathon
vienna-marathon.com

Generali Berlin Half-Marathon
generali-berliner-halfmarathon.de

APRIL 14

Belgrade Marathon
bgdmarathon.org

Brighton Marathon
brightonmarathonweekend.co.uk

Schneider Electric Paris Marathon
schneiderelectricparismarathon.com



MARCH 3

Tokyo Marathon
marathon.tokyo/en

APRIL 15

Boston Marathon
baa.org

APRIL 28

Virgin Money London Marathon
virginmoneylondonmarathon.com

SEPTEMBER 29

BMW Berlin Marathon
bmw-berlin-marathon.com/en

OCTOBER 13

Bank of America Chicago Marathon
chicagomarathon.com

NOVEMBER 3

TCS New York City Marathon
tcsnycmarathon.org

APRIL 28

Simplyhealth Great Stirling Run
greatrun.org/great-stirling-run

Antwerp Marathon
antwerpmarathon.be

Blackpool Marathon
fyldecoastrunners.com

MAY 5

Deep River Rock Belfast City Marathon
belfastcitymarathon.com

ABP Newport Wales Marathon
newportwalesmarathon.co.uk

Volkswagen Prague Marathon
runczech.com

ABP Southampton Marathon
abpsouthamptonhalf.co.uk

Roding Valley Half Marathon



Sunday 3rd March 2019 Start: 9.00am

Ashton Playing Fields, Woodford Green, Essex

Now in its 39th year, the Roding Valley Half-Marathon is a popular event, especially for those wishing to use it as a warm-up for the London Marathon.

For all information and to enter online visit:

www.rvhm.org.uk

FOREST OF DEAN SPRING TRAILS HALF MARATHON

**Sunday,
March 24th, 2019
10am start**

UKA affiliated club members: £25.

Non-affiliated: £27

Closing date: March 10, 2019

FOR FULL DETAILS SEE:
forestofdean-halfmarathon.co.uk/spring_trails



**Rotary Club of the
Royal Forest of Dean**

FOREST OF DEAN AUTUMN HALF MARATHON

**Sunday,
September 29th, 2019
10am start**

UKA affiliated club members: £25.

Non-affiliated: £27

Closing date: September 15, 2019

FOR FULL DETAILS SEE:
forestofdean-halfmarathon.co.uk/autumn



HARMONY GENEVA MARATHON**(May 11-12)**

With an IAAF Bronze level race award for the marathon as well as a half-marathon and 10k events taking place over the weekend, Geneva makes a great springtime event to consider.

With cheap flights from the UK and a range of hotels available in the city, Geneva offers a pleasant climate for a marathon

and could be much cheaper than you might have first imagined.

From the airport, passengers have 80 minutes of free travel on the rail network and it only takes around 20 minutes before you are in the city and within easy walking distance of the majority of hotels.

Hotels also offer free day tickets for use on the city's transport network so getting around is easy.

The courses for the 10k, half and full

marathons start a short bus ride out of town, with each winding their way through the beautiful Swiss countryside before dropping down the lakeside for stunning views of the lake and the surrounding mountains. At the finish line and race village there's plenty to keep family and spectators occupied, while Lake Geneva, with its famous water jet fountain, provides a stunning backdrop.

harmonygenevamarathon.com

➤ The Geneva Marathon

**MAY 5-6**

Rightmove Milton Keynes Marathon weekend
mkmarathon.com

MAY 12

Harmony Geneva Marathon
harmonygenevamarathon.com

MAY 19

Simplyhealth Manchester Run
greatrun.org/great-run-manchester
Chester Half-Marathon
activeleisurevents.co.uk/half-marathon

MAY 26

Edinburgh Marathon Festival
edinburghmarathon.com

JUNE 1

ASICS Stockholm Marathon
stockholmmarathon.se

JUNE 2

Cork City Marathon
corkcitymarathon.ie

JUNE 16

Guernsey Dairy Father's Day Half-Marathon
guernseyathletics.org.gg

JUNE 22

Midnight Sun Marathon
msm.no

JUNE 23

Boddington Marathon
beyondtheimitations.org.uk
JCP Swansea Half-Marathon
swanseahalfmarathon.co.uk

JULY 29

Fort William Marathon
fortwilliammarathon.co.uk

AUGUST 24

Helsinki Marathon
helsinkimarathon.fi

SEPTEMBER 1

Cheshire Half-Marathon
cheshirehalf.com

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NORTH NEWS

SEPTEMBER 8
Simplyhealth Great North Run
greatrun.org

SEPTEMBER 15
Simplyhealth Great Bristol Half Marathon
greatrun.org

SEPTEMBER 29
Bank of Scotland Great Scottish Run
greatscottishrun.com
Forest of Dean Autumn Half-Marathon
forestofdean-halfmarathon.co.uk/autumn

OCTOBER 6
Baxter's Loch Ness Marathon
lochnessmarathon.com
mbna Chester Marathon
activeleisureevents.co.uk
Cardiff Half-Marathon
cardiffhalfmarathon.co.uk

OCTOBER 13
Simplyhealth Great Birmingham Run
greatrun.org

OCTOBER 20
ASDA Foundation Yorkshire Marathon
runforall.com/events/marathon/yorkshire-marathon
TCS Amsterdam Marathon
tcsamsterdammarathon.nl

OCTOBER 27
Swiss City Marathon (Lucerne)
swisscitymarathon.ch
Mainova Frankfurt Marathon
frankfurt-marathon.com

DECEMBER 8
Reggae Marathon/Half-Marathon/10k
reggaemarathon.com



➤ The Simplyhealth Great Bristol Half-Marathon

PACE YOURSELF



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Finding the right pace is key to a successful marathon and **PACE POCKETS** can help you achieve your goals

ONE of the most common and crucial mistakes marathon runners of all ages, abilities and experience levels make is to get their pacing wrong, writes Dan Afshar of Xempo Race Pacing.

Over 95% of runners in big marathons start too quickly and end up slowing down as the race develops. You can get away with it in a 5k but, in a marathon, the distance will always catch up with you.

We all know, of course, that we shouldn't do it, but in order to prevent it from happening, the following tips should help:

HAVE A PLAN (AND STICK TO IT)

Going into a race without a pre-determined target pace rarely results in the best possible performance.

Use an online pace calculator, with (ideally) a recent half-marathon or 10k time as a guide, to work out what pace you ought to be running from the start. Position yourself in the right start area, as it's easy to be swept along at the pace of runners around you. Don't worry

if the pace feels too easy at the start and don't be tempted to abandon your plan early on like so many do.

RUN YOUR OWN RACE

You've got no idea if the guy in the Spiderman suit is a top club runner, or the woman twice your age in front is a former Olympian. Quicker runners than you come in all shapes, sizes and ages.

Don't let your ego force you to try and outrun someone you think you should be beating. Concentrate on your race plan and let other people worry about theirs.

MEASURE YOUR PROGRESS

Keep a regular eye on your watch to ensure you are sticking to target pace. A *Pace Pocket* with your mileage splits is ideal to help you do this.

Your perfect marathon will probably see you running the first and last mile at the same speed. Even pacing means you will overtake thousands, which is great for your confidence and your finish time!





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