Dear runners of Prague International Marathon 2024,
We will all experience some extraordinary moments. In a beautiful city, at a beautiful time of year, you will enjoy a beautiful sports experience. Sport releases endorphins, the so-called happiness hormones. I think no more words are needed. I can only say that everyone deserves happiness and I wish you to enjoy it to the fullest. Robert Jackson Bennet, an American writer said that, „Running is the most pure combat sport imaginable. You fight yourself every step of the way.” Don’t fight, indulge in the joy of movement and run well.

Bohuslav Svoboda, Mayor of Prague

My dear Runners and friends, WELCOME!
Today I am delighted to celebrate the 30th years of Prague International marathon, together. Our goal this year is not just to do a great race in one of the world’s great City. But to create an even more spectacular one. To make runners happy and pampered to run in a supercharged race environment. To do our part to make Prague one of the most hospitable destination in the world. The energy around the marathon is attracting thousands of runners and spectators to the street of Prague, including the finalists of the Junior Marathon championship, which we organize from 27 years, and the thousands of families and children which will enjoy during this weekend.
May you enjoy it to the full and really savour every moment of this jubilee event.
Thank you for being with us.

Carlo Capalbo, President of the RunCzech Organizing Committee

Dear beautiful runners,
The Prague International Marathon is an important event not only for sport and its fans. It is also essential for the development of tourism, as it brings many athletes and fans from all over the world to the beautiful Czech capital. It is also important for the city and its local community, as it increases prestige and shows how lively and modern Prague can be. I would like to wish you all the best of luck, strength and strong breath and legs for those amazing and truly challenging forty-two kilometres.
You make Prague beautiful.

František Reismüller, CEO of the CzechTourism Agency

My dear Runners and friends, WELCOME!
Today I am delighted to celebrate the 30th years of Prague International marathon, together. Our goal this year is not just to do a great race in one of the world’s great City. But to create an even more spectacular one. To make runners happy and pampered to run in a supercharged race environment. To do our part to make Prague one of the most hospitable destination in the world. The energy around the marathon is attracting thousands of runners and spectators to the street of Prague, including the finalists of the Junior Marathon championship, which we organize from 27 years, and the thousands of families and children which will enjoy during this weekend.
May you enjoy it to the full and really savour every moment of this jubilee event.
Thank you for being with us.

Carlo Capalbo, President of the RunCzech Organizing Committee
ALL RUNNERS ARE BEAUTIFUL

THIS IS WHAT WE BELIEVE. THIS IS WHAT SETS US APART. THIS IS OUR GUIDING STAR.

When we came up with the slogan ALL RUNNERS ARE BEAUTIFUL, it changed us. We became more than a collection of races. More than a company. We became an advocate, a champion of running for everyone.

We became a voice that called out to millions of runners around the world, letting them know that we love them unconditionally. That we respect the hell out of them for lacing up a pair of shoes, and pushing to make themselves a little better. A little stronger.

That’s what victory is, in our minds. Not winning, necessarily. But taking part and enjoying.

Running is a joy. That’s the message here. And everyone who’s willing to participate in this perfect, beautiful sport young, old, big, slim, fast, or slow—is welcomed. Is loved. Is beautiful.

MARTIN

Running a joy. That’s the message here. And everyone who’s willing to participate in this perfect, beautiful sport young, old, big, slim, fast, or slow—is welcomed. Is loved. Is beautiful.

ALL RUNNERS ARE BEAUTIFUL is a giant banner that every runner, in every running shoe, at every running event in the world can march under.
USEFUL INFO

RACE RECORDS
ALEXANDER MUTISO / KEN / 2:05:09 - 2023
LONAH CHEMTAI SALPETER / ISR / 2:18:46 - 2019

CZECH RACE RECORDS
RÓBERT ŠTEFKO / 2:12:35 - 2004
EVA VRABCOVÁ NÝVLTOVÁ / 2:30:10 - 2016

CZECH NATIONAL RECORDS
KAREL DAVID / 2:11:57 - 1993
MOIRA STEWARTOVÁ / 2:25:36 - 2023

WORLD RECORDS
KELVIN KIPTUM / KEN / 2:00:35 - 2023
TIGST ASEEFA / ETH / 2:11:53 - 2023

World records
ALEXANDER MUTISO / KEN / 2:05:09 - 2023
LONAH CHEMTAI SALPETER / ISR / 2:18:46 - 2019

Czech records
RÓBERT ŠTEFKO / 2:12:35 - 2004
EVA VRABCOVÁ NÝVLTOVÁ / 2:30:10 - 2016

Czech national records
KAREL DAVID / 2:11:57 - 1993
MOIRA STEWARTOVÁ / 2:25:36 - 2023

8 100 RUNNERS
29TH EDITION
91 NATIONALITIES REPRESENTED
1 160 NUMBER OF VOLUNTEERS
9:00 START / FINISH: OLD TOWN SQUARE
7 H LIMIT

PROGRAM

THURSDAY 2/5/2024
12:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS, KŘÍŽÍK PAVILIONS D, E, (B)

FRIDAY 3/5/2024
10:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS, KŘÍŽÍK PAVILIONS D, E, (B)
15:00 START SIGHTSEEING RUN, RUNNING MALL

SATURDAY 4/5/2024
9:30 dm ACTIVE BREAKFAST, LETNÁ PARK
15:00 START SIGHTSEEING RUN, RUNNING MALL
10:00 – 20:00 MARATHON EXPO, PRAGUE EXHIBITION GROUNDS, KŘÍŽÍK PAVILIONS D, E, (B)
13:00 START OF dm FAMILY DAY PROGRAM, VÝSTAVIŠTĚ HOLESOVICE
15:00 START dm FAMILY MILE
16:00 START dm BAMBINI RUN

SUNDAY 5/5/2024
7:00 OPENING OF THE TECHNICAL AREA, WENCESLAS SQUARE - MŮSTEK
8:00 START OF THE PROGRAM OF THE DAY
8:30 OPENING OF THE START CORRIDORS
9:00 START PRAHICE INTERNATIONAL MARATHON, EXPECTED FINISH OF THE FIRST MAN
11:00 – 11:05 OPENED OF THE START CORRIDORS, EXPECTED FINISH OF THE FIRST WOMAN
11:25 – 12:10 AWARD CEREMONY, OLD TOWN SQUARE
16:00 LAST RUNNER AT THE FINISH LINE
17:00 CLOSING OF TECHNICAL AREA
18:30 AFTER PARTY & BATTLE OF THE TEAMS AWARD PARTY, BALLROOM, HOTEL HILTON PRAGUE, POBREŽNÍ ST.
MARATHON EXPO

MAY 2-4, 2024

Prague Exhibition Grounds
Holešovice, Křižík pavilions D, E, (B)

Opening hours
Thursday, May 2  12.00 – 20.00
Friday, May 3  10.00 – 20.00
Saturday, May 4  10.00 – 20.00

One of the largest sports fairs in the Czech Republic will be at the Prague Exhibition Grounds. Your first steps will lead right here, to pick up your starting number. And not only that. Expect exhibitors of sportswear, accessories and nutritional supplements.

How to get there?
Metro C – Nádraží Holešovice station or Vltavská station
Tram no. 6, 17 – Výstaviště Holešovice tram stop

By car:
You can find the nearest parking lot (P2 and P3) right at the Prague Exhibition Grounds. This is a paid parking lot.

Exhibitors:
adidas, RunCzech Store, CEP, Salming Running, Garmin, VIF and many others, further you can check where to run out of Czech Republic from Rome to Athens, from Vienna to Venice or choose one of the marathons in Poland between Cracow or Warsaw.
FOR RUNNERS

Start Numbers & Starting Bag: We’ve assigned you a start number for identification and included a RunCzech branded starting bag as our gift to you.

Showers: Showers are available for all runners at the technical area.

Massage & Taping: If you want to relax before or after the race, you can find massages in technical area.

Bag deposit: You can store your backpack in the storage room. Volunteers will store it on a hanger according to your start number.

Changing rooms: There will be a women’s and men’s changing room in tents. These will have benches. You can come to the race in your regular clothes and change comfortably here.

Toilets: The mobile toilets provided by Johnny Servis. You can find them in the Start & Finish Area.

Medal engraving: After the race, we can engrave your finish time on your medal at Partners square. If you have not ordered this service, you can also pay on the day.

Refreshment point: 16 refreshment points will be located on the course and at the finish area.

Medical Service: It will be available at the start, at the finish and along the course. If you need to call an ambulance, ask a volunteer or call the emergency services on number 155.

Commemorative medal: Each runner will receive a commemorative medal at the finish line.

Photos from race: You can order your photos at www.marathonphotos.live. They will be available approximately two days after the race.

Diploma: You can remind your performance by collecting your diploma. You will receive it after the race via email with the results or you can find it on the RunCzech website.

T-Shirt: Every runner can purchase an adidas official race T-shirt (Limited edition).

After Party & Battle of the Teams Award Party: As a reward for your hard work, we have prepared a post-race party for you. Every runner gets something to eat and drink to refresh.

PACEMAKERS

Gutiérrez JAIME 3:00
Burda Tomáš 3:15
Vavřečka Martin 3:15
Knespl Vojtěch 3:30
Korotvička Ondřej 3:30
Kuznětsov Stanislav 3:30
Káštíl Josef 3:45
Zanozina Katka 3:45
Káčer Ctibor 4:00
Steklá Míša 4:00
Lindner Tomáš 4:00
Horáček Mila 4:15
Kořínek Karel 4:15
Mc Donaldin Helena 4:15
Krátký Jaromír 4:30
Mareček Jan 4:30
Bednář Richard 4:30
Brožánek Pavel 5:00
Fix Jiří 5:00
Nový Nový 5:00

Our great group of pacemakers will support and guide you through the race. Look for their colourful flags and join your best running companion.

Jirka Fix,
head of RunCzech Pacemakers:
We are really looking forward to the perfect race with 8,100 runners. It is going to be an amazing experience for our pacemaking team! We already know that RunCzech has prepared a lot of new things that you will be excited about! - after one year we will start again Old Town Square! Join us and experience a great adventure at The Prague International Marathon. A steady team of pacemakers will be waiting to guide you through the race in times ranging from 3:00 per km and 5:00 per km.
was increased several times, and in total over 15,000 people (children and adults) participated in the first event. There were two other distances people could take part in – 9.2 km and 4.8 km. The capacity for these runs was increased several times, and in total over 15,000 people (children and adults) participated in the first event.

1996 - A new race is added to the marathon – the Gold 10 km for elite runners.

1997 - The Junior Marathon students’ relay kicks off for the first time, with the support of the European Commission. The Gold 10 km is renamed, The Grand Prix. The number of marathon participants doubles to 1,848 runners.

1998 - The course moves from Zbraslav to the city center and for the first time, the Prague Marathon crosses the Charles Bridge.

1999 - An Half Marathon is added to the full Marathon and the Grand Prix. The debut of the Marathon Music Festival sets the atmosphere for the race day.

2000 - A year after breaking a world record in 2:06:05, Brazilian elite marathon runner Ronaldo Da Costa heads to Prague where he is outrun by Kenyan Simon Chemoiyo.

2001 - The running legend Haile Gebreselassie wins the Grand Prix. The new women’s marathon record is set by Maura Viceconte from Italy (2:26:33).

2002 - The first in-line skate race takes place the evening before the marathon and is attended by 380 skaters.

2003 - The Prague Marathon is started by Václav Klaus, the President of the Czech Republic. The Grand Prix is now open to all runners.

2004 - Róbert Štefko’s third place win in the Prague Marathon in 2:12:33 secures him a nomination to the Olympic games in Athens.

2005 - The biggest star of the Grand Prix is Stefano Baldini, the gold medal at the Athens Olympics.

2006 - The number of participants in the Prague Marathon is exceeded by the number of Half Marathon runners for the first time.

2007 - The Marathon Sport Expo with over 30,000 visitors becomes the largest sports fair in the country.

2008 - The Men’s 10K Race, as a part of the Grand Prix, is awarded the IAAF Road Race Silver Label.

2009 - The Prague Half Marathon is the first of our races to receive the IAAF Road Race Gold Label.

2010 - We host our first race outside of Prague – the Half Marathon in Olomouc. The Prague Marathon is awarded the IAAF Road Race Gold Label.

2011 - After Olomouc, Ústí nad Labem is added as a second Half Marathon outside of Prague. The first Gold PIM Kings, who ran all 15 editions of Prague Marathons, are announced.

2012 - With a time of 58:47 at the Prague Half Marathon, Atsedu Tsege becomes the fourth fastest man ever. With the introduction of another Half Marathon, this time in České Budějovice, a new brand is created called RunCzech comprising all the races in the Czech Republic.

2013 - A brand new RunCzech headquarters called the Running Mall is opened in Prague’s Letná district. RunCzech Running League expands to include the Karlovy Vary Half Marathon.

2014 - The Prague Marathon celebrates its 20 year anniversary; the race is at full capacity by the beginning of the year. Prague completes its collection of Gold Labels as the Prague Grand Prix is also awarded the IAAF Road Race Gold Label.

2015 - The Half Marathons in Olomouc and Ústí nad Labem are awarded the IAAF Road Race Gold Label.

2016 - Eva Vrabcová finished the Prague Marathon in 2:30:10 and beat the Czech record previously held by Alena Peterková since 2000 by 58 seconds. Her performance secured Vrabcová a spot for the Rio Olympics. The RunCzech team starts to work on two races in Italy – Napoli City Half Marathon and Sorrento Positano.

2017 - Kenya’s Joyciline Jepkosgei, a member of the RunCzech Racing team, broke the world half marathon record as well as the 10km, 15km and 20km marks at the Prague Half Marathon on the way to winning the race in 1:04:52. Jepkosgei continued Prague stellar performance in September at the Prague Grand Prix where she bettered her 10km world record to 29:43. A total of 9 event records and 4 Czech records were broken at RunCzech events in 2017.

2018 - Eva Vrabcová Nývltová won the Prague Half Marathon among Czech women. With the time 1:11:01 she broke the record that had endured for 24 years. RunCzech kicked off EuroHeroes project, designed to support European Athletics and search for new local heroes like Zátopek.


2020 - When COVID forced us to cancel all races, we launched a new half marathon only for the best elite runners in the World “Ready for the Restart”. Peres Jepchirchir has triumphed with a time of 1:05:34. This is a new world record in women race only.

2021 - We managed to organize 5 regional races and 2 new virtual projects were launched, Mattoni Run&Pool and Virtual JMC; Příz ze židle, Get Up and Run.

2022 - Restart after pandemic in full strength. A new innovative concept, The Battle of the Teams, was introduced at the Prague International Marathon.

2023 - Return of EuroHeroes series which was a success for Czech runner Tereza Hrochova. New concept of family runs - family mile to attract even more people and families to run. Alexander Mutiso with the time of 2:05:09 set the new event record of Prague International Marathon.

2024 - Sebastian Kimaru SAWE set the new event record at the Prague Half Marathon with the time of 1:05:24. With 15,500 entrants it is the biggest running event in Central Europe.

We are looking forward to all new stories and experiences!
BEFORE MARATHON

TIPS BY LEGENDARY OLYMPIAN EVA VRABCOVÁ NÝVLTOVÁ

What is important and what you must not forget?

TRAINING SESSIONS

Choose active rest in the days leading up to the race, including light jogging, stretching, and drinking recovery drinks. Schedule training for the morning, relax in the afternoon, and stretch again in the evening. On race morning, wake up at least 3 hours before starting and engage in light activities like stretching or walking to be race-ready.

FOOD

Have your last heavy meal, like steak, by Friday to give time for digestion. Focus on easily digestible, high-carbohydrate foods and limit fibre the day before the race. Choose a combination of simple carbohydrates and high-quality proteins (like poultry or white fish) for meals. Select non-flatulent vegetables and fruits, with bananas being a top choice. During the race, replenish energy with drinks and snacks at every station, such as energy gels, and avoid protein and raw bars. AND make sure to use products you have previously tested.

SLEEP

Aim for 6-8 hours of sound sleep each night starting from the week before the race, especially crucial on the night from Friday to Saturday. Minimize electronic usage and consider a warm shower before bed.

POST-RACE

Immediately after finishing, drink a recovery beverage or eat a banana. Continue to hydrate and eat a balanced lunch like the previous day’s within two hours of finishing. A short walk or jog and a massage can aid in recovery. Avoid alcohol on race day.

RACE STRATEGY

Start at a comfortable pace, dividing the marathon into smaller sections, like between refreshment stations. Maintain a manageable pace through the first half and prepare mentally for the harder section after 30 km.

PACKING LIST

Prepare your race gear the night before, including your race number, shoes, and energy gels. Wear comfortable clothing and well-tested shoes and socks.

INNOVATIVE LIVE STREAMING

Livestream

- complete race coverage from start to finish and much more
- live monitoring of the race by cameras on the course
- interactive race map with all data such as pace, speed and altitude
- replay at any time after the race
- choice of the best footage at any given moment

This year, we’ve improved the streaming in our app so you can watch every moment of the race, whether you want to cheer on your friends at the start or follow the elite runners.

Open our app during the race and choose from multiple cameras on the course. Plus, for the ultimate experience, we offer a classic TV-style commentary stream so you won’t miss a moment.

In partnership with PulseTV, our app brings these exclusive experiences directly to your phone while reducing the need for printed materials. It delivers all the information, including the accompanying program and benefits from our partners, in digital form.

Join us and experience the racing atmosphere wherever you are!
PRAGUE INTERNATIONAL MARATHON
5. 5. 2024

PRAHA
PRAGUE
PRAAG
On Sunday, May 5, the Prague International Marathon will start, the biggest race of the season, and professional athletes and running enthusiasts, who also like to return to the metropolis as tourists, will return to the center of Prague. The race will not only bring great sporting performances, but also minor inconveniences with traffic restrictions. We appreciate your tolerance and thank you in advance. At the same time, we cordially invite you to the race and would love to see you along the track as a spectator where you will experience the unforgettable atmosphere of this unique event.

Outside the stated times entry/exit is limited or not allowed.

DON'T KNOW WHAT TO DO WITH STREET CLOSURES? Download the Waze app, which keeps track of all the closures on race day and guides you along the least busy route to keep your delays to minimum. More information about the app at www.waze.com/cs or on Google Play and the App Store.
So that even the little ones can enjoy the race, we also organize a dm bambini run. The run is completely free and each participant will receive a t-shirt, starting number and chocolate medal at the finish line.

The dm bambini run will be divided into three categories according to the age of the competitors:
- 2-3 years: 100 m
- 4-5 years: 150 m
- 6-7 years: 200 m
The 26th annual Junior Marathon is a relay race designed for high school students. Teams of 10 members work together to complete the marathon course (42.125 km). Each student runs his or her leg and the entire team tries to reach the finish line before the competitors. The final will be held within the Prague International Marathon on May 5th, 2024.

The largest running competition for students has brought this year more than 2,500 young people across the country to participate in the regional qualifications. Our goal is to get as many young people running and involved in aerobic activities. And we’ve been doing that for a quarter of a century, from 1997, involving over 130,000 students.

This year we have put a special emphasis on mental health prevention in partnership with the non-profit organization Dělej, co tě baví (Do What You Love).

The long term partner of the project is the Representation of the European Commission in the Czech Republic.

<table>
<thead>
<tr>
<th>THE HIGH SCHOOLS GOING TO THE FINAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VÝSOČINA – GYMNAZIUM JIHLAVA</strong></td>
</tr>
<tr>
<td><strong>ÚSTECÍ KRAJ – PODKRUSNOHORSKÉ GYMNAZIUM MOST</strong></td>
</tr>
<tr>
<td><strong>PLZEŇSКÝ KRAJ – SPORTOVNÍ GYMNAZIUM PLZEŇ</strong></td>
</tr>
<tr>
<td><strong>KRÁLOVÈHRADECKÝ KRAJ – LEPÁŘOVSKÝ GYMNAZIUM JÍČÍN</strong></td>
</tr>
<tr>
<td><strong>OLOMOUCKÝ KRAJ – GYMNAZIUM JAKUBA ŠKODY</strong></td>
</tr>
<tr>
<td><strong>OLOMOUCKÝ KRAJ – GY A SOŠ RÝMAŘOV</strong></td>
</tr>
<tr>
<td><strong>ZLINSKÝ KRAJ – GJ ZLÍN</strong></td>
</tr>
<tr>
<td><strong>MORAVSKOSLEZSKÝ KRAJ – SLEZSKÉ GYMNAZIUM OPAVA</strong></td>
</tr>
<tr>
<td><strong>MORAVSKOSLEZSKÝ KRAJ – MENDELŮV GYMNAZIUM</strong></td>
</tr>
<tr>
<td><strong>JHOMORAVSKÝ KRAJ – GYMNAZIUM MATYÁŠE LERCHA</strong></td>
</tr>
</tbody>
</table>

Are you tired? Do you feel that you don’t have enough energy to reach the finish line? We will push you through the streets of Prague with the Marathon Music Festival! Energetic performances by live bands, electro music produced by DJs, cheering zones, and many different kinds of music “rhythm to the beat” will lead you to the finish area! In cooperation with United Islands and Radiožurnál, we deliver the best running experience with diverse sounds. Because „Music makes the people come together—and run!”
Come and run with us in OSAKA MARATHON.
24 February 2025
The race entry will start in Summer 2024.

Number of volunteers working at the Prague International Marathon: 1 160 on the race day plus 240 for preparations

RunCzech races could not achieve such a high standard without the work of our fantastic Volunteers. These kind of people are essential to the running of the event – so a big THANK YOU must go to our incredible 6 048 RunCzech volunteers.

It’s them who bring a smile to every runner’s face, who help, cheer and help our runners towards the finish line, who make sure the event is safe, and runs well. It’s volunteers who provide your drinks on race day and it’s volunteers who create an unforgettable atmosphere.

**AREAS OF COMPETENCE**

- Refreshment Point
- Info Volunteer
- Race Course
- Flag Bearer
- Chaperon
- Guest Area
- Press Centre
- Bag Deposit
- Start and Finish Area

Vše, co potřebujete, na jednom místě
U vás doma už za 60 minut
S Rohlikem vás hlad nedoběhne!
The running stars are preparing to attack the record at Prague International Marathon.

The line up of professional athletes for Prague International Marathon suggests there will be an attack on the event record. The favourites to win come from all around the world.

**PRO ATHLETES**

4 teams are formed featuring 6 elite runners each. Selected 4 members of each team will get points which will be assigned using the World Athletics Scoring Table.

After that, the larger group of non-professional runners will be affiliated with each team and will have their times averaged. The scores will be combined. And a winning team will be declared.

This is not just a new event. It’s a whole new way to approach our sport. Turning the marathon into a team sport adds a ton of excitement to the race. One in which every runner matters. Every second matters. It prolongs the drama. It motivates every runner to reach for their best. And it makes the sport of running infinitely more watchable.

**BATTLE OF THE TEAMS**

4 PRO ATHLETES

+ ALL RUNNERS

Hobby runners

**EACH TEAM CONSISTS OF 5 MEMBERS**

Extra vybavené modely People

Zvýhodnění až 170 000 Kč

Kombinovaná spotřeba a emise CO₂: Tiguan: 5,3–7,9 l / 100 km, 139–180 g/km, T-Cross: 5,6–6,4 l / 100 km, 127–144 g/km, ID.3: 0 g/km. Vyobrazené vozy nemusí odpovídat cenové nabídce a mohou obsahovat prvky příplatkové výbavy. Více na volkswagen.cz

WWW.BATTLEOFTHETEAMS.COM
Jiří Prskavec, a Czech representative in canoe slalom, is a multiple European champion and a four-time world champion. He is also a two-time Olympic medalist, having won a bronze medal in Rio 2016, and then at the postponed Tokyo 2021 Olympics winning the gold medal and achieving his career’s greatest success.

Jiří Ježek, the six-time Paralympic champion and six-time world champion, is the most successful cyclist in Paralympic history. After ending his professional career in 2017, he remains actively involved in sports, regularly alternating between cycling and running, and also enjoys participating in running events. He works as a sports presenter, lectures on motivation, and represents various non-profit projects. His enthusiastic personality continues to inspire many.

NADACE PARTNERSTVÍ LIDÉ A PŘÍRODA
The largest Czech charitable foundation for environmental protection. We help manage the effects of the climate crisis, support tree planting and educating both children and adults in the Open Garden Weekend which raises people’s awareness of open spaces. LIDÉ A PŘÍRODA has been together for people and nature for 30 years.

KEY TO THE HEART
Key to the Heart is a non-profit organisation that assists people facing crises related to homelessness. It provides temporary housing, meets basic needs, and offers solutions to improve people’s circumstances. The organisation aims to help individuals overcome the cycle of poverty and social exclusion and increase their ability to be employed. Since 2020, it has collaborated with Prague Airport on an innovative project that focuses on identifying and aiding homeless individuals, including those in the public areas of the airport.

• 15 randomly drawn runners on the team will receive a hydration plan for 3 months.
• 5 randomly drawn runners on the team will receive a hydration plan for 6 months.
• 1 randomly drawn runner on the team will receive a hydration plan for 12 months.
• 5 randomly drawn runners will receive 2 tickets to the National Theatre.
• All registered team members can also participate for free in regular group running training sessions with a Mattoni FreeRun coach.

TEAM MATTONI
JIŘÍ PRSKAVEC | CAPTAIN

TEAM PRAGUE AIRPORT
JIŘÍ JEŽEK | CAPTAIN

• 1x voucher for 2 people to use VIP Service Club CONTINENTAL services
• 3x voucher for 2 people to use the Private Check-in Service
• 3x voucher for 2 people to the FastTrack Lounge
• 3x AeroParking voucher for 2000 CZK - park directly at the airport
• 3x voucher for consumption at the Runway Restaurant - eat before the trip, one-time consumption worth up to CZK 1,000
• One lucky runner will have a personal meeting with Jiří Ježek. You can choose to have him as a mentor, a running or cycling coach, or simply enjoy a conversation over dinner.
• 5 randomly drawn runners will receive 2 tickets to the National Theatre.
• All registered team members can also participate for free in regular group running training sessions with a Mattoni FreeRun coach.
TEAM TURKISH AIRLINES

JÍŘÍ HOMOLÁČ | CAPTAIN

Homoláč several times represented the Czech Republic in international competition. In 2011, he won the Modrice Cup, and that same year, he claimed victory at the St. Wenceslas Run in Blažovice. He was the winner of the Žebrák 25km in 2013, 2014, and 2016. He also took first place in the Triexpert Vokolo Príglu race in 2011, 2015, and 2016. He qualified for the 2016 European Championships in Amsterdam, finishing 64th in the half marathon and 16th in the team event. He is the reigning Prague Marathon Champion from 2022, having also won this title in 2018 and 2013. Additionally, he is a three-time Czech champion over the half marathon and eight times champion over multiple distances. His personal best in the marathon stands at 2:14:35.

TEAM VOLKSWAGEN

EVA VRABCOVÁ NÝVLTOVÁ | CAPTAIN

Eva Vrabcová Nývltová is a Czech legend in road running and cross-country skiing. A participant in five Olympic Games, she holds the Czech marathon record, which she set while winning a bronze medal at the 2018 European Championships in Berlin. After retiring from her professional career, she continues to run and train, and in the 2024 season, she is the face of the Czech RunCzech Racing team. Eva’s motto, „When you do something with love, it comes back to you with love,” embodies her life’s mission and passion for running.

PINK BUBBLE

The Pink Bubble Foundation supports children, adolescents and young adult patients under the age of 30 across the Czech republic whose lives have been complicated by cancer or haematological disease to be happier and get back on their feet as soon as possible. We help them during treatment, during their recovery time and when they return and get back to their normal lives. We call our beneficiaries „BUBBLES“ in confidence and we treat each of their stories personally. Because each person who turns to us is unique to us...

CENTRUM PARAPLE

Founded by Zdeněk Svěrák and the civic association Svaz Paraplegiků, Centrum Paraple is a public benefit society that has been supporting individuals in wheelchairs with spinal cord injuries as well as their families since 1994. They rely on the mutual support of thousands of people. In collaboration with Volkswagen Financial Services, they have been aiding those affected by road accidents for nearly 30 years. If you too believe in this worthy cause, you can join their team.

- Become a member of our team and get a discount on your next flight with Turkish Airlines. We fly to more countries than any other airline and thanks to this special discount only for the Battle of the Teams Turkish Airlines members you can discover 347 destinations and 130 countries.

- 8% discount on the price of a Volkswagen car on a new order, 0% interest and free service for 5 years or up to 150,000 km (cannot be combined with other discounts), for everyone in the team.

- 20 tickets for family admission to ZOO Prague for the first and last 10 registrants.
## START LIST MEN

<table>
<thead>
<tr>
<th>Bib</th>
<th>Name</th>
<th>Nationality</th>
<th>PB</th>
<th>Best since 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Herpasa</td>
<td>Ethiopia</td>
<td>2:03:40</td>
<td>Dubai 2018</td>
</tr>
<tr>
<td>2</td>
<td>Lemi</td>
<td>Ethiopia</td>
<td>2:04:30</td>
<td>Dubai 2018</td>
</tr>
<tr>
<td>3</td>
<td>Aarebe</td>
<td>Ethiopia</td>
<td>2:04:51</td>
<td>Valencia 2019</td>
</tr>
<tr>
<td>4</td>
<td>Abayneh</td>
<td>Ethiopia</td>
<td>2:04:53</td>
<td>Paris 2021</td>
</tr>
<tr>
<td>5</td>
<td>Kipkemoi</td>
<td>Ethiopia</td>
<td>2:06:45</td>
<td>Barcelona 2021</td>
</tr>
<tr>
<td>6</td>
<td>Kelkile</td>
<td>Ethiopia</td>
<td>2:05:56</td>
<td>Rotterdam 2018</td>
</tr>
<tr>
<td>7</td>
<td>Joshua</td>
<td>Ethiopia</td>
<td>2:08:30</td>
<td>Wien 2023</td>
</tr>
<tr>
<td>8</td>
<td>Byambaiv</td>
<td>Ethiopia</td>
<td>2:09:03</td>
<td>Oita 2020</td>
</tr>
<tr>
<td>10</td>
<td>Onesphore</td>
<td>Ethiopia</td>
<td>2:11:42</td>
<td>Zürich 2022</td>
</tr>
<tr>
<td>11</td>
<td>Abel</td>
<td>Ethiopia</td>
<td>DEBUT</td>
<td>Belfort 2022</td>
</tr>
<tr>
<td>12</td>
<td>Ferdinand</td>
<td>Ethiopia</td>
<td>2:12:19</td>
<td>Valencia 2023</td>
</tr>
<tr>
<td>13</td>
<td>Gopi</td>
<td>Ethiopia</td>
<td>2:13:10</td>
<td>New Delhi 2024</td>
</tr>
<tr>
<td>14</td>
<td>Bugutha</td>
<td>Ethiopia</td>
<td>2:14:51</td>
<td>New Delhi 2024</td>
</tr>
<tr>
<td>15</td>
<td>Wendell</td>
<td>Ethiopia</td>
<td>2:16:20</td>
<td>Amsterdam 2023</td>
</tr>
<tr>
<td>16</td>
<td>MD</td>
<td>Ethiopia</td>
<td>2:18:43</td>
<td>Berlin 2022</td>
</tr>
<tr>
<td>17</td>
<td>Patrik</td>
<td>Ethiopia</td>
<td>DEBUT</td>
<td>Ham 1:00:31</td>
</tr>
<tr>
<td>18</td>
<td>Jirka</td>
<td>Ethiopia</td>
<td>2:18:35</td>
<td>Berlin 2010</td>
</tr>
<tr>
<td>19</td>
<td>Vitex</td>
<td>Ethiopia</td>
<td>2:18:35</td>
<td>Valenca 2020</td>
</tr>
<tr>
<td>20</td>
<td>Ondra</td>
<td>Ethiopia</td>
<td>2:19:54</td>
<td>Prague 2023</td>
</tr>
<tr>
<td>21</td>
<td>Vann</td>
<td>Ethiopia</td>
<td>2:20:12</td>
<td>Varazdin 2023</td>
</tr>
<tr>
<td>22</td>
<td>Petr</td>
<td>Ethiopia</td>
<td>2:20:28</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>23</td>
<td>Matou</td>
<td>Ethiopia</td>
<td>2:22:45</td>
<td>Közice 2023</td>
</tr>
<tr>
<td>24</td>
<td>Davido</td>
<td>Ethiopia</td>
<td>2:22:05</td>
<td>Prague 2019</td>
</tr>
<tr>
<td>25</td>
<td>Honza</td>
<td>Ethiopia</td>
<td>2:22:05</td>
<td>Prague 2019</td>
</tr>
<tr>
<td>26</td>
<td>Bangeriya</td>
<td>Ethiopia</td>
<td>2:27:06</td>
<td>New Delhi 2022</td>
</tr>
<tr>
<td>41</td>
<td>Pace M1</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>42</td>
<td>Pace M2</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>43</td>
<td>Pace M3</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>44</td>
<td>Pace M4</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>51</td>
<td>Pace W1</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>52</td>
<td>Pace W2</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
<tr>
<td>53</td>
<td>Pace W3</td>
<td>Ethiopian</td>
<td>2:27:13</td>
<td>Prague 2021</td>
</tr>
</tbody>
</table>

## START LIST WOMEN

<table>
<thead>
<tr>
<th>Bib</th>
<th>Name</th>
<th>Nationality</th>
<th>PB</th>
<th>Best since 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dorcas</td>
<td>Ethiopia</td>
<td>2:20:02</td>
<td>Amsterdam 2023</td>
</tr>
<tr>
<td>2</td>
<td>Buzunesh</td>
<td>Ethiopia</td>
<td>2:19:27</td>
<td>Frankfurt 2023</td>
</tr>
<tr>
<td>3</td>
<td>Afraa</td>
<td>Ethiopia</td>
<td>2:24:59</td>
<td>Roma 2023</td>
</tr>
<tr>
<td>4</td>
<td>Meselet</td>
<td>Ethiopia</td>
<td>2:23:10</td>
<td>Barcelona 2022</td>
</tr>
<tr>
<td>5</td>
<td>Muluhart</td>
<td>Ethiopia</td>
<td>2:26:23</td>
<td>Kopenhagen 2022</td>
</tr>
<tr>
<td>6</td>
<td>Bedatu</td>
<td>Ethiopia</td>
<td>2:23:12</td>
<td>Frankfurt 2016</td>
</tr>
<tr>
<td>7</td>
<td>Abesher</td>
<td>Ethiopia</td>
<td>2:24:59</td>
<td>Ryuki 2023</td>
</tr>
<tr>
<td>8</td>
<td>Zinash</td>
<td>Ethiopia</td>
<td>2:25:59</td>
<td>Roma 2023</td>
</tr>
<tr>
<td>9</td>
<td>Tesginesh</td>
<td>Ethiopia</td>
<td>2:24:50</td>
<td>Málaga 2021</td>
</tr>
<tr>
<td>10</td>
<td>Solange</td>
<td>Ethiopia</td>
<td>2:27:30</td>
<td>Sevilla 2023</td>
</tr>
<tr>
<td>11</td>
<td>Dan</td>
<td>Ethiopia</td>
<td>2:25:59</td>
<td>Nambing 2020</td>
</tr>
<tr>
<td>12</td>
<td>Shewarge</td>
<td>Ethiopia</td>
<td>2:27:28</td>
<td>Cape Town 2023</td>
</tr>
<tr>
<td>13</td>
<td>Ayinadis</td>
<td>Ethiopia</td>
<td>2:27:58</td>
<td>Mumbai 2024</td>
</tr>
<tr>
<td>14</td>
<td>Paola</td>
<td>Ethiopia</td>
<td>2:27:38</td>
<td>Valencia 2021</td>
</tr>
<tr>
<td>15</td>
<td>Miltisa</td>
<td>Ethiopia</td>
<td>2:29:23</td>
<td>Kopenhagen 2022</td>
</tr>
<tr>
<td>16</td>
<td>Lena</td>
<td>Ethiopia</td>
<td>2:30:10</td>
<td>Wuxi 2023</td>
</tr>
<tr>
<td>17</td>
<td>Graziele</td>
<td>Ethiopia</td>
<td>2:42:49</td>
<td>Valencia 2023</td>
</tr>
<tr>
<td>18</td>
<td>Petra</td>
<td>Ethiopia</td>
<td>2:36:44</td>
<td>Prague 2013</td>
</tr>
<tr>
<td>19</td>
<td>Eva</td>
<td>Ethiopia</td>
<td>2:43:50</td>
<td>Prague 2023</td>
</tr>
<tr>
<td>20</td>
<td>Katařina</td>
<td>Czech Republic</td>
<td>2:44:43</td>
<td>Prague 2023</td>
</tr>
<tr>
<td>21</td>
<td>Barbora</td>
<td>Czech Republic</td>
<td>2:45:25</td>
<td>Prague 2023</td>
</tr>
<tr>
<td>22</td>
<td>Hana</td>
<td>Czech Republic</td>
<td>DEBUT</td>
<td>Prague 2023</td>
</tr>
<tr>
<td>23</td>
<td>Bibiro</td>
<td>Czech Republic</td>
<td>2:51:04</td>
<td>Milano 2022</td>
</tr>
</tbody>
</table>

---

**BUSINESS CLASS**

**CONNECT TO ISTANBUL**

**WITH THE AIRLINE THAT FLIES TO MORE COUNTRIES THAN ANY OTHER**
Prague, the capital city of the Czech Republic, is often referred to as “The City of a Hundred Spires.” It’s a historical marvel that blends Gothic, Renaissance, and Baroque architecture, making it a top destination for travellers from around the world. Here are the top five places you must visit when in Prague to fully experience its beauty and historical depth.

1. **Prague Castle**
Dominating the city’s skyline, Prague Castle is not only the largest ancient castle in the world but also the beating heart of Czech history. The castle complex houses the Gothic masterpiece, St. Vitus Cathedral, along with the Old Royal Palace, St. George’s Basilica, and the Golden Lane. Walking through the castle’s grounds offers a journey through centuries of architectural evolution and the chance to witness the changing of the guard ceremony.

2. **Charles Bridge**
Connecting the Old Town with the Lesser Town (Malá Strana), the Charles Bridge is an iconic symbol of Prague. Built-in the 14th century, this historic bridge is lined with statues of Catholic saints and offers picturesque views of the Vltava River and the city’s grandiose landscape. Visiting at dawn or dusk provides a magical experience, with fewer crowds and stunning light for photographs.

3. **Old Town Square & Astronomical Clock**
The Old Town Square is the pulsating heart of Prague, surrounded by colorful baroque buildings and Gothic churches like the Church of Our Lady before Týn and the Old Town Hall. The square’s showstopper is the medieval Astronomical Clock, which puts on a captivating mechanical performance every hour. The bustling square also hosts various markets throughout the year, including the famous Christmas markets.

4. **Vyšehrad**
Vyšehrad is a historic fort located on a hill over the Vltava River in Prague, Czech Republic, offering panoramic views of the city. Today, Vyšehrad is not only a cultural monument but also a serene park, home to the Basilica of St Peter and St Paul, the Vyšehrad Cemetery, where many famous Czechs are buried, and ancient fortifications that whisper tales of the past.

5. **Dancing House**
Strikingly modern amidst the historic fabric of Prague, the Dancing House is an architectural marvel that stands out for its deconstructivist design, resembling two dancers. This unique building, also known as “Fred and Ginger,” after Fred Astaire and Ginger Rogers, showcases the playful, innovative side of Prague. While primarily an office building, its top floor features a restaurant offering splendid views of the city, making it a must-visit for architecture enthusiasts and those looking to see Prague from a new perspective.
30 Years of Cooperation with RUNCZECH

Take Advantage of Our E-shop GO

Rent Our Products Online:
- Compatible with your mobile device
- Any time of the day
- Add your installation location on the map
- Payment by card
- Delivery within 24 hours

We Will Find a Solution For You.

T: +420 800 100 666   E: podpora@johnnyservis.cz   johnnyservis.cz   johnnyservis.com
RunCzech has been committed to its social responsibility already for many years, but even more in the last couple of years when we have been all touched by covid, war, inflation which generate inequalities.

Every year, we are supporting a wide range of non-profit organizations. Some of them are focused on helping children with diseases, some on adults with various physical and mental health problems, not forgetting those concerned about environmental protection and many other great causes.

RunCzech also encourages not only runners but the wider public as well to adapt running for a good cause, an option that is so well known abroad.

Our runners can support financially different charities, not only those with whom RunCzech already cooperates, but we are open to new stories that deserve to be remembered.

Each of our races is connected with one main and several other non-profit organizations.
RUNNING MALL

Running Mall is a running centre that provides complete support for every single runner and runner-to-be; a place where you can train, learn, improve, enjoy, relax, and make new friends. We also have lots of events! RunCzech connects active people locally and internationally and offers a space where they can both exercise and chat at the same time. Coaches will take care of you from the very beginning of your journey, until you reach your goals or set new ones!

RunCzech Store: There is no better location to buy running shoes than one of the biggest and professional running place in The Czech Republic. With more than a quarter century of experience in organizing running events and teaching the community to run, we offer advice on choosing the proper running shoes, clothes and accessories that make running a joy. At Running Expo you can find us at Pavilion E or you can also order our new official t-shirt directly at the Running Mall or through our website on www.runzechstore.com.

Energy at Work: It is a program where we provide special training events with our coaches for corporates and anybody who is interested to help to keep their employees happy and fit!
RUNCZECH RACING

Young promising athletes of various nationalities represent RunCzech at the most prestigious races in the world.

We want to connect professional and amateur runners, organise workshops, visit schools, and arrange meetings with pro athletes in our running centre and during pre-race runs.

Overall successes

- 8 WORLD RECORDS
- 3 OLYMPIANS
- 2 WORLD BEST
- 82 VICTORIES IN WORLD LEADING EVENTS

Goals

- Support young talented athletes
- Create conditions for athletes to compete with the Top endurance athletes
- Inspire and motivate to sport everyone across all age group

Czech athletes:
Jiří Homoláč / Patrik Vebr / Damian Vích / Martin Zajíc

EUROHEROES

EuroHeroes is a RunCzech initiative created under the auspices of European Athletics. The project has three main aims. To make European athletes even more competitive on the world stage.

To celebrate the greatness that exists among us, and to generate a fan base for local and regional runners with the hope of inspiring a new generation to follow in their footsteps.

With that in mind, we have designated four of our half marathons as EuroHeroes events, featuring only runners born and raised in Europe. Each race is awarded with a World Athletics Label and 5 star certificate from European Athletics.
Experience the thrill of race day with RunCzech's newly introduced distances! Whether your running takes you beyond the half marathon or if you're just starting out, our expanded race categories mean there's a place for everyone!

Join the excitement of a RunCzech event, where you're guaranteed of a professionally managed race, an electrifying atmosphere, exclusive medals, and plenty of refreshments.

For your body every day

Balanced mineral content
<table>
<thead>
<tr>
<th>YEAR</th>
<th>NAME</th>
<th>COUNTRY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>Turbo Tumo</td>
<td>ETH</td>
<td>2:12:44</td>
</tr>
<tr>
<td>1996</td>
<td>William Musyoki</td>
<td>KEN</td>
<td>2:12:21</td>
</tr>
<tr>
<td>1997</td>
<td>John Kagwe</td>
<td>KEN</td>
<td>2:09:07</td>
</tr>
<tr>
<td>1998</td>
<td>Elijah Lagat</td>
<td>KEN</td>
<td>2:08:52</td>
</tr>
<tr>
<td>1999</td>
<td>Eliud Kering</td>
<td>KEN</td>
<td>2:11:19</td>
</tr>
<tr>
<td>2000</td>
<td>Simon Chemoiyo</td>
<td>KEN</td>
<td>2:10:35</td>
</tr>
<tr>
<td>2001</td>
<td>Andrew Sambu</td>
<td>TAN</td>
<td>2:10:14</td>
</tr>
<tr>
<td>2002</td>
<td>Henry Tarus</td>
<td>KEN</td>
<td>2:11:41</td>
</tr>
<tr>
<td>2003</td>
<td>Willy Cheruiyot</td>
<td>KEN</td>
<td>2:11:56</td>
</tr>
<tr>
<td>2004</td>
<td>Barbanas Koeh</td>
<td>KEN</td>
<td>2:12:15</td>
</tr>
<tr>
<td>2005</td>
<td>Steven M. Cheptot</td>
<td>KEN</td>
<td>2:10:42</td>
</tr>
<tr>
<td>2006</td>
<td>Mubarak Hassan Shami</td>
<td>QAT</td>
<td>2:11:11</td>
</tr>
<tr>
<td>2007</td>
<td>Ornelas Helder</td>
<td>POR</td>
<td>2:11:49</td>
</tr>
<tr>
<td>2008</td>
<td>Kenneth M. Mungara</td>
<td>KEN</td>
<td>2:11:09</td>
</tr>
<tr>
<td>2009</td>
<td>Patrick M. Ivuti</td>
<td>KEN</td>
<td>2:07:48</td>
</tr>
<tr>
<td>2010</td>
<td>Eliud Kiptanui</td>
<td>KEN</td>
<td>2:05:39</td>
</tr>
<tr>
<td>2011</td>
<td>Benson K. Barus</td>
<td>KEN</td>
<td>2:07:07</td>
</tr>
<tr>
<td>2012</td>
<td>Deressa Chimsa</td>
<td>ETH</td>
<td>2:06:25</td>
</tr>
<tr>
<td>2013</td>
<td>Nicholas Kemboi</td>
<td>QAT</td>
<td>2:08:51</td>
</tr>
<tr>
<td>2014</td>
<td>Patrick Kipchirchir Kandie</td>
<td>KEN</td>
<td>2:08:07</td>
</tr>
<tr>
<td>2015</td>
<td>Lawrence Cherono</td>
<td>KEN</td>
<td>2:08:32</td>
</tr>
<tr>
<td>2016</td>
<td>Felix Kipchirchir</td>
<td>KEN</td>
<td>2:07:24</td>
</tr>
<tr>
<td>2017</td>
<td>Gebrekidan Abraha</td>
<td>ETH</td>
<td>2:08:47</td>
</tr>
<tr>
<td>2018</td>
<td>Galen Rupp</td>
<td>USA</td>
<td>2:06:07</td>
</tr>
<tr>
<td>2019</td>
<td>Dawit Wolde</td>
<td>ETH</td>
<td>2:06:18</td>
</tr>
<tr>
<td>2020</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2021</td>
<td>Benson Kipruto</td>
<td>KEN</td>
<td>2:10:16</td>
</tr>
<tr>
<td>2022</td>
<td>Nbert Kigen</td>
<td>KEN</td>
<td>2:07:54</td>
</tr>
<tr>
<td>2023</td>
<td>Alexander Mutiso</td>
<td>KEN</td>
<td>2:05:09</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR</th>
<th>NAME</th>
<th>COUNTRY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>Svetlana Tkach</td>
<td>UKR</td>
<td>2:39:33</td>
</tr>
<tr>
<td>1996</td>
<td>Elena Vinickaya</td>
<td>BLR</td>
<td>2:37:33</td>
</tr>
<tr>
<td>1997</td>
<td>Elena Vinickaya</td>
<td>BLR</td>
<td>2:32:58</td>
</tr>
<tr>
<td>1998</td>
<td>Elena Vinickaya</td>
<td>BLR</td>
<td>2:35:25</td>
</tr>
<tr>
<td>1999</td>
<td>Franca Fiacconi</td>
<td>ITA</td>
<td>2:28:33</td>
</tr>
<tr>
<td>2000</td>
<td>Alina Ivanova</td>
<td>RUS</td>
<td>2:27:42</td>
</tr>
<tr>
<td>2001</td>
<td>Maura Viceconte</td>
<td>ITA</td>
<td>2:26:33</td>
</tr>
<tr>
<td>2002</td>
<td>Alevtina Ivanova</td>
<td>RUS</td>
<td>2:32:24</td>
</tr>
<tr>
<td>2003</td>
<td>Anne Kibor Jelagat</td>
<td>KEN</td>
<td>2:31:10</td>
</tr>
<tr>
<td>2004</td>
<td>Leila Aman</td>
<td>ETH</td>
<td>2:31:49</td>
</tr>
<tr>
<td>2005</td>
<td>Salina Jebet Kosgei</td>
<td>KEN</td>
<td>2:28:42</td>
</tr>
<tr>
<td>2006</td>
<td>Alina Ivanova</td>
<td>RUS</td>
<td>2:29:20</td>
</tr>
<tr>
<td>2007</td>
<td>Nailya Yulamanova</td>
<td>RUS</td>
<td>2:33:10</td>
</tr>
<tr>
<td>2008</td>
<td>Nailya Yulamanova</td>
<td>RUS</td>
<td>2:31:43</td>
</tr>
<tr>
<td>2009</td>
<td>Olgia Glok</td>
<td>RUS</td>
<td>2:28:27</td>
</tr>
<tr>
<td>2010</td>
<td>Helena L. Kirope</td>
<td>KEN</td>
<td>2:25:29</td>
</tr>
<tr>
<td>2011</td>
<td>Lydia Cheromei</td>
<td>KEN</td>
<td>2:22:34</td>
</tr>
<tr>
<td>2012</td>
<td>Agnes Kiprop</td>
<td>KEN</td>
<td>2:25:41</td>
</tr>
<tr>
<td>2013</td>
<td>Caroline Rotich</td>
<td>KEN</td>
<td>2:27:00</td>
</tr>
<tr>
<td>2014</td>
<td>Dado Firehwot</td>
<td>ETH</td>
<td>2:22:34</td>
</tr>
<tr>
<td>2015</td>
<td>Yegual Melese</td>
<td>ETH</td>
<td>2:22:49</td>
</tr>
<tr>
<td>2016</td>
<td>Lucy Karini</td>
<td>KEN</td>
<td>2:24:46</td>
</tr>
<tr>
<td>2017</td>
<td>Valary Jemeli Aiyabei</td>
<td>KEN</td>
<td>2:21:57</td>
</tr>
<tr>
<td>2018</td>
<td>Bornes Jepkirui Kitur</td>
<td>KEN</td>
<td>2:24:19</td>
</tr>
<tr>
<td>2019</td>
<td>Lonah C. Salpeter</td>
<td>ISR</td>
<td>2:19:46</td>
</tr>
<tr>
<td>2020</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2021</td>
<td>Purity Rionoripo</td>
<td>KEN</td>
<td>2:20:14</td>
</tr>
<tr>
<td>2022</td>
<td>Bekelech Borecha</td>
<td>KEN</td>
<td>2:22:56</td>
</tr>
<tr>
<td>2023</td>
<td>Workenesh Edesa</td>
<td>ETH</td>
<td>2:20:42</td>
</tr>
</tbody>
</table>
ALL RUNNERS ARE BEAUTIFUL

Scan the QR code to know more

RUNCZECH

18. 5. 2024
MATTONI
KARLOVY VARY
RUNNING FESTIVAL

15. 6. 2024
MATTONI
OLOMOUC
RUNNING FESTIVAL

1. 6. 2024
MATTONI
ČESKÉ BUDĚJOVICE
RUNNING FESTIVAL

25. - 26. 6. 2024
UNICREDIT
PRAGUE RELAY
4 X 5 KM

7. 9. 2024
BIRELL
PRAGUE
10K RACE

7. 9. 2024
ADIDAS
PRAGUE WOMEN’S
RACE 5 KM

21. 9. 2024
MATTONI
ÚSTÍ NAD LABEM
RUNNING FESTIVAL

5. 10. 2024
MATTONI
LIBEREC NATURE RUN
12 KM I 22KM

5. 4. 2025
PRAGUE
HALF MARATHON

4. 5. 2025
PRAGUE
INTERNATIONAL
MARATHON