

EVENT GUIDE

PRAGUE

HALF MARATHON

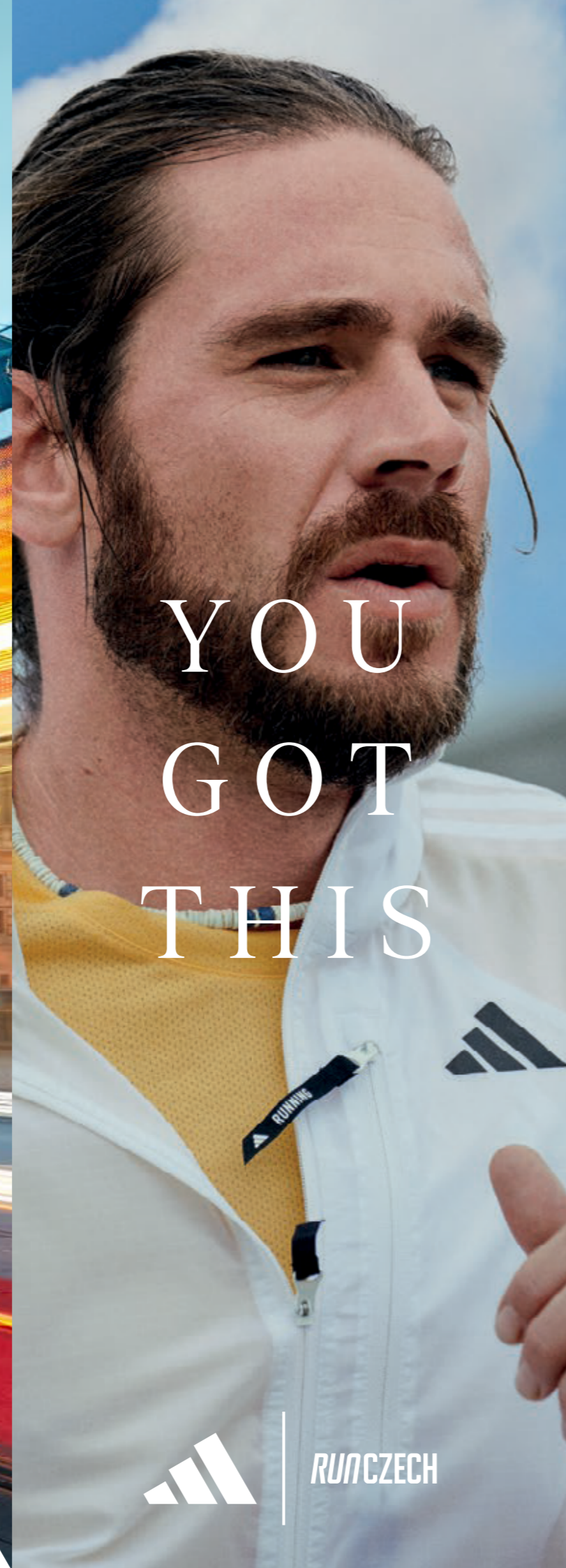
6. 4. 2024

ENG



RUNCZECH

**ALL RUNNERS
ARE BEAUTIFUL**



YOU
GOT
THIS



FOREWORD



Bohuslav Svoboda

Dear runners,
First of all, I admire you all who are taking part in this race. Every success starts with the determination to try. All of you are successful as you are already doing it – running.

Fifteen thousands of runners are expressing their freedom, the joy of movement and supporting their bodies and minds in the best way possible.

You are running in Prague and I have the honor to be the head of this beautiful city.

I believe you will have the best of memories not just to the race but also of one of the most beautiful cities in the world. Enjoy the race and reach the finish line safely.

Bohuslav Svoboda, Mayor of Prague



Carlo Capalbo

Dear friends,
runners and fans, welcome to the Prague Half Marathon 2024!
It is my great pleasure to offer you one of the running highlights of the season in a completely new concept this year, with a sold-out starting field, 15 000 runners and a new start on Bubenské nábřeží.

With this sports festival we will kick off the 30th anniversary season of RunCzech together.

We are very happy to be able to offer you not only extraordinary experiences through our races, but perhaps also the chance to set a new personal best and, last but not least, valuable friendships and the shared joy of movement.

ALL RUNNERS ARE BEAUTIFUL is our way of welcoming everyone – and we do mean everyone– to the wonderful world of running.

I wish all the runners a great race and hope to see you at other RunCzech races!

Carlo Capalbo, President of the Organizing Committee

NEW OFFICIAL T-SHIRT!



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.

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.

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...FOR THOSE RUNNING. AND THOSE WHO
DON'T RUN SHOULD COME TO CHEER!

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RUNNING EXPO

APRIL 4 – APRIL 5, 2024

Prague Exhibition Grounds, Křižík Pavilions – Pavilion E + D

Opening hours

Thursday, April 4, 2024: 12:00 – 20:00

Friday, April 5, 2024: 10:00 – 20:00

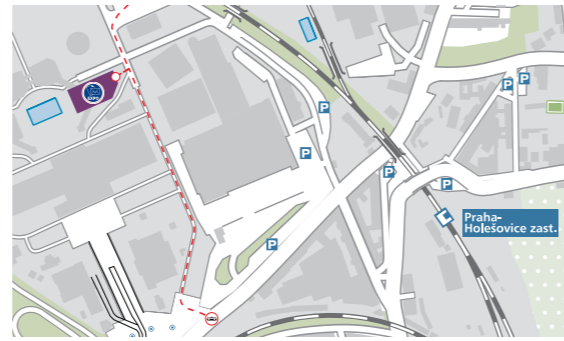
Saturday, April 6, 2024: 7:00 – 8:00 (Pick up BIB only)

Your first steps will be to come here and pick up your start number. You can also expect an accompanying programme with updates on the latest running equipment and accessories, healthy food, injury prevention and recovery, and much more. Entry is completely free.

HOW TO GET TO THE RUNNING EXPO?

By public transport:

The nearest metro station is on line C, Nádraží Holešovice. From there you can take tram number 6 or 12 to the Výstaviště tram stop. Or you can either walk, it will take you about 12 minutes. Other trams that go to Výstaviště tram stop are nr. 1, 17 and 27.



By car:

You can find the nearest parking lots right at the Exhibition Center.

HOW TO GET TO THE RACE START?

If you are picking up your number on Saturday morning, we recommend taking the subway to the start of the race to avoid possible diversions and closures.

In order for us to give you your starter pack, please prepare a photo ID and have your assigned start number ready - either in the application, in an e-mail. You can also find your number in your Runners ID profile at www.runczech.com.

WHAT TO TAKE WITH YOU?

In order to give you a starter pack, prepare a photo ID and your assigned start number - either in the application, in an e-mail. You can also find your number in your Runners ID profile at www.runczech.com.

USEFUL INFORMATION



START:
BUBENSKÉ NÁBŘEŽÍ
10:00



RACE RECORD:

ATSEDU TSEGAY
58:47
2012



JOYCILINE JEPKOSGEI
1:04:52
2017



24TH
EDITION



CZECH RACE RECORD:

JÍŘÍ HOMOLÁČ
1:03:23
2017



EVA VRABCOVÁ NÝVLTOVÁ
1:11:01
2018



CZECH RUNNERS
42.5 %



FOREIGNERS
57.5 %



MEN
63.5 %



WOMEN
36.5 %

NATIONALITY



CZE
6434 / 44.5 %



GER
988 / 8.5 %



UK
962 / 8.3 %



ESP
871 / 7.7 %



ITA
658 / 6.2 %



SVK
606 / 5.8 %



POL
480 / 5.2 %



FRA
428 / 4.7 %



DEN
415 / 4.6 %



POR
393 / 4.5 %

AGE



18-20
4.2 %



21-30
19.8 %



31-40
29 %



41-50
28.5 %

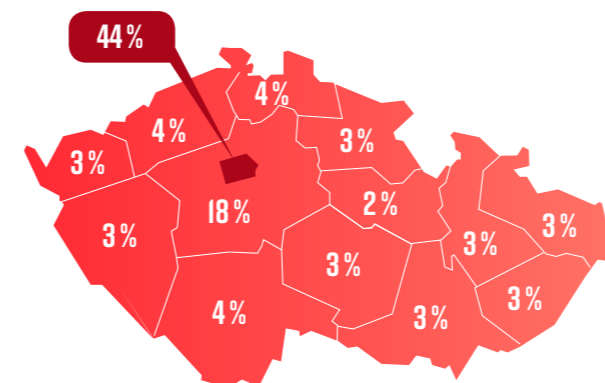


51-60
15.5 %



61+
2 %

NUMBER OF RUNNERS BY REGION



15 411
RUNNERS

PROGRAM

THURSDAY 4. 4. 2024

12.00- 20.00 **RUNNING EXPO KŘIŽÍKOVY PAVILLONS D + E, VÝSTAVIŠTĚ**

FRIDAY 5. 4. 2024

10.00- 20.00 **RUNNING EXPO KŘIŽÍKOVY PAVILLONS D + E, VÝSTAVIŠTĚ**

11.00 **PRESS CONFERENCE - HOTEL HILTON PRAGUE**

18.00 **ADIDAS SHAKE OUT RUN - RUNNING EXPO**

SATURDAY 6. 4. 2024 - RACE DAY

8.00 **TECHNICAL AREA OPEN**

8.30 **START OF ACCOMPANYING PROGRAM**

9.15 **LINE-UP OPEN**

10.00 **START PRAGUE HALF MARATHON - BUBENSKÉ NÁBŘEŽÍ**

10.59 **ESTIMATED FINISH OF THE FIRST MAN**

11.06 **ESTIMATED FINISH OF THE FIRST WOMAN**

11.15 **AWARD CEREMONY FIRST MEN**

11.20 **AWARD CEREMONY FIRST WOMEN**

11.30 **AWARD CEREMONY CZECH MEN + WOMEN**

13.00 **OFFICIAL CLOSING OF THE RACE**

14.00 **CLOSING OF TECHNICAL AREA**

30 YEARS OF RUNCZECH

The Beginning - Like so many things in the Czech Republic, the idea of staging an international marathon in Prague came over a pint of beer. It was a fine autumn Saturday in November 1994, and Carlo Capalbo was sitting in a small bar with his friend and fellow Italian Gelindo Bordin, winner of the marathon at the 1988 Seoul Olympics. There and then they drew a draft of the racecourse on a napkin, and decided to call Emil Zátopek to ask for his support.

The famous Emil Zátopek, who won three gold medals holder from the Summer Olympics in Helsinki in 1956. There were 985 runners, who took part in the first edition of the **Prague Marathon in 1995**, but it was not only that 985 who took part in the weekend of running. 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 15 000 people (children and adults) participated

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 Chemoiywo.

2001 - The running legend Haile Gebrselassie 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 530 skaters.

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

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 champion of 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 Marathon, are announced.

2012 - With a time of 58:47 at the Prague Half Marathon, Atsedu Tsegay 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 10 km 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. Also, Liberec Nature Run had its first edition.

2019 - RunCzech reached a record in participants: 95 129 runners. Volkswagen Prague Marathon celebrates its 25th anniversary. EuroHeroes Challenge kick-off is held during Mattoni Karlovy Vary and České Budějovice Half Marathon.

2020 - When COVID forced us to cancel all races, we launched a new 21k race only for the best elite runners in the World known as "Ready for the Restart". Peres Jepchirchir has triumphed at Prague Ready for the Restart with a time of 1:05:34. This 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&Plog and Virtual Junior Marathon Championship.

2022 - Restart after pandemic in full strength. Battle of the Teams was introduced at the Prague International Marathon for all runners.

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.

2024 - We are looking forward to all new stories and experiences



QUALITY LABELS

World Athletics has awarded RunCzech with labels—this is more than any other running organization in the world, and we have one label for every single event that qualifies. for one (delete). This includes its fabled Prague runs, its regional runs, and The Napoli City Half Marathon, which RunCzech also organizes.

World Athletics awards Labels for operational integrity, the quality of a race's elite participants, adherence to a comprehensive anti-doping program, prize money offered to participants, accuracy of its time-keepers, the quality of its course, and assorted other criterias.

7 CITIES 5 CZECH REPUBLIC + 2 ITALY	3 PRAGUE RACES WITH WORLD ATHLETICS ELITE LABELS	6 RACES WITH WORLD ATHLETICS LABELS 4 CZ + 2 ITA
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PACEMAKERS

	TOMÁŠ VOCETKA	1:24
	JIŘÍ FIX	1:30
	PEPA KAŠTIL	1:30
	TOMÁŠ BURDA	1:30
	VOJTA KNESPL	1:40
	ONDRA KOROTVIČKA	1:40
	KATKA ZANOZINA	1:45
	CTIBOR KAČER	1:45
	HONZA MAREČEK	1:50
	TOMÁŠ LINDNER	1:50
	MÍLA HORÁČEK	2:00
	RÍŠA BEDNÁŘ	2:00
	KAREL KODR	2:00
	HELČA MCALORUM	2:10
	MÍŠA STEKLÁ	2:10
	JARDA KRÁTKÝ	2:10
	VERONIKA KRIŽANOVÁ	2:10
	DARINA NOVIKOVÁ	2:30
	PAVLÍNA BROŽANI	2:30

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 15 000 runners. It is going to be a new experience for our pacemaking team! We already know that RunCzech has prepared a lot of new things that you will be excited about - the biggest is of course the new start and new route. Join us and experience a new adventure at a familiar race. A steady team of pacemakers will be waiting to guide you through the race in times ranging from 1:24 to 2:30.

MEDALS

The 2024 edition of the Prague Half Marathon introduces a medal design that pays homage to one of Prague's most iconic landmarks: the Astronomical Clock. This medieval timepiece, mounted on the Old Town Hall in the heart of Prague, is a marvel of engineering and artistry, drawing visitors from around the world with its intricate mechanics and symbolic decorations.



RÉVVI

COMBO, KTERÉ TĚ PODRŽÍ

PŘIPRAV SVÉ SVALY NA KVALITNÍ VÝKON!



FOR THE 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. Don't forget to use the toilet before the race



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 in cash on the day.



Refreshment point: 8 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 three days after the race



Diploma: You can remember 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



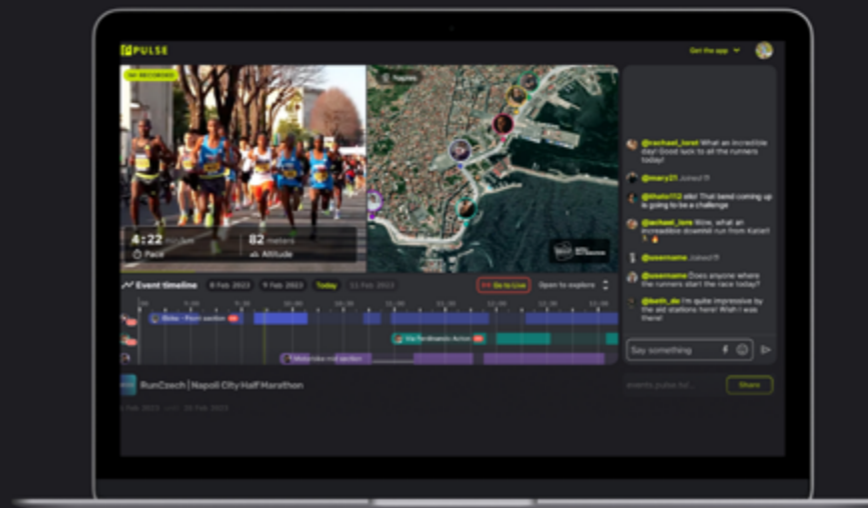
T-Shirt: Every runner can purchase an adidas official race T-shirt (Limited edition)

INNOVATIVE LIVE STREAMING

Livestream

- complete race coverage from start to finish and much more
 - live monitoring of cameras on the course
 - interactive race map with all data such as pace, speed and altitude
 - possibility of a replay at any time after the race
 - choice of the best footage at the given moment
- [watch Live Stream here](#)

PULSE



PULSE.TV is a
streaming platform
built for sport.

RUNCZECH APP

We are always working to improve with innovations and the latest technology. That's why we've been working on a new app that will improve the experience of our race participants.

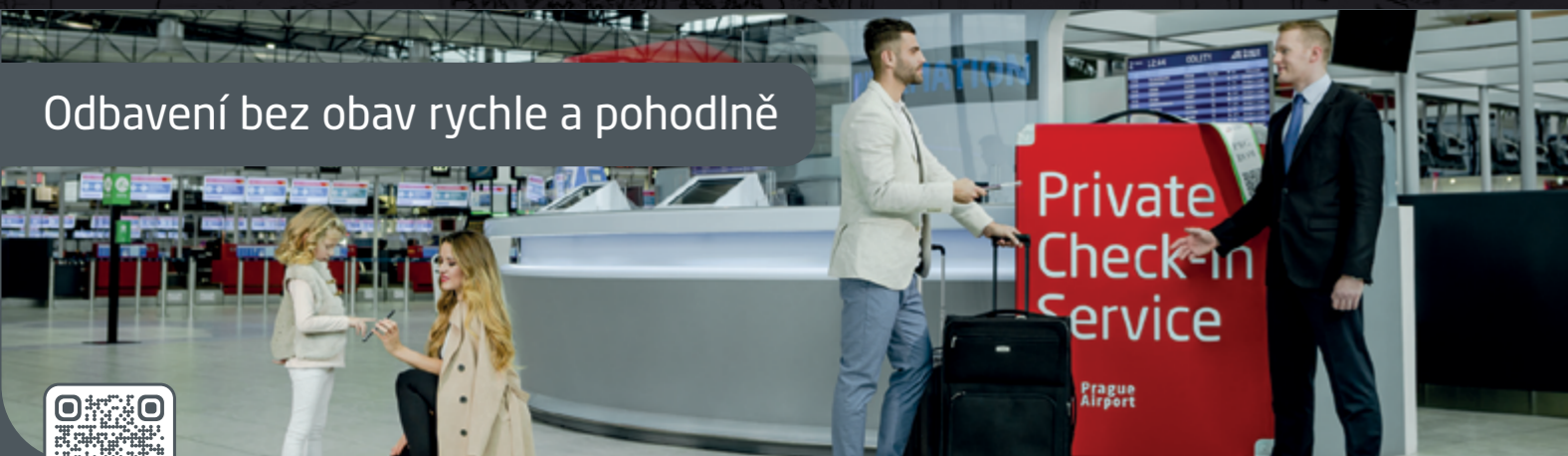
The platform will allow us to transfer the maximum amount of information we can to online reducing the number of printed items.

Runners will get all the necessary information about the race, the accompanying programme, a package of benefits from partners and much more.



11

Odbavení bez obav rychle a pohodlně



VÍCE INFORMACÍ

www.prg.aero/private-check-in-service

Letiště
Praha

12

SOCIAL RESPONSIBILITY

For more than 25 years, RunCzech has promoted a culture not only of physical fitness and mental health, but of social and environmental responsibility.

In fact, with every race we stage we pledge our financial support to a variety of causes that are important to runners, and to their communities.

What's more, we advocate for the organizations behind those causes by broadcasting their stories to our vast network of runners and running enthusiasts in more than 40 countries around the world.

As part of our efforts to make the world a kinder, more livable place, we go to tremendous lengths to ensure that the races themselves are not disruptive to the environment.

Světluška (Firefly) was launched in 2003 as the flagship project of the Czech Radio Endowment Fund and for the second time is the main charity partner of the Prague Half Marathon.

The purpose of Světluška is to enable people with visual impairment to lead to independence and live authentically based on their own choices. Why? Because there are 250 thousand visually impaired people in the Czech Republic and one third of them are practically blind or blind. 95 % of visually impaired children have additional disabilities (which don't add but multiply). There is a growing number of visually impaired elderly people due to age-related illnesses. Early aid for children with visual impairment is accessible to only 14% of families who actually need it. Up to 70% of people with visual impairment are unemployed due to insufficient education and lack of job opportunities.



VOLUNTEERS

Number of volunteers at Prague Half Marathon: 1060

RunCzech races would not of such a high standard without the work of our fantastic Volunteers. These kind people are essential to the running of the event – so a big THANK YOU must go to our incredible **6 048 RunCzech volunteers**. Behind the scenes, on the course, at refreshment stations, near the start/finish area. In fact wherever they are needed at every RunCzech race. 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. No volunteers, no race – that's a fact!

START AND FINISH AREA

INFO VOLUNTEER

REFRESHMENT POINT

FLAG BEARERS

RACE COURSE

GUEST AREA

CHAPERON

BAG DEPOSIT

PRESS CENTRE



PRO ATHLETES



The running stars are preparing to attack the record at Prague Half Marathon

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

START LIST MEN / WOMEN

START LIST	BIB	NAME	NATIONALITY	PB	BEST SINCE 2022
1	SABASTIAN	SABASTIAN KIMARU SAWE		58:29 - VALENCIA 2023	
2	GEOFRY	GEOFRY TOROITICH KIPCHUMBA		59:13 - MÁLAGA 2023	
3	PATRICK	PATRICK KABIRECH MOSIN		59:31 - LILLE 2023	
4	MAXWELL	MAXWELL KORTEK ROTICH		1:00:06 - PRAGUE 2023	
5	HAFTAMU	HAFTAMU ABADI GEBRESILASE		1:00:27 - POZNAN 2023	
6	GIDEON	GIDEON KIPROTICH ROP		1:00:28 - NAPOLI 2024	
7	AHMED	AHMED EL JADDAR	★	1:00:40 - BARCELONA 2024	
8	YAKOUB	YAKOUB LABQUIRA	★	1:00:47 - VENLO 2023	
9	STEPHEN	STEPHEN SCULLION		1:01:08 - LARNE - 2020	MARATHON - 2:11:51 - DUBLIN 2023
10	MOHCIN	MOHCIN OUTALHA	★	1:00:26 - GDYNIA 2020	1:01:34 - MARRAKESH 2024
11	ABDELKARIM	ABDELKARIM BEN ZAHRA	★	1:03:08 - TRENTO 2023	MARATHON - 2:12:30 - MARRAKESH 2024
12	JACKSON	JACKSON KAVESA MUEMA		1:05:38 - TOKYO 2023	10KM - 27:38.50 - YOKOHAMA 2022
13	HÉLIO	HÉLIO OLIVEIRA FERNANDES GOMES		1:02:07 - VALENCIA 2023	
14	ABDENNASSER	ABDENNASSER OUKHELHEN BEN HADDOU		1:02:51 - BARCELONA 2023	
15	PETTER	PETTER JOHANSEN		1:04:50 - BARCELONA 2024	
16	MARTIN	MARTIN ZAJÍC		1:04:28 - VALENCIA 2023	
17	JIRKA	JIŘÍ HOMOLÁČ		1:03:23 - PRAGUE 2017	1:04:36 - PRAGUE 2022
18	JOHN	JOHN BÖRJESSON		1:05:08 - DRESDEN 2022	
19	ERIK	ERIK HILLE		1:04:29 - DRESDEN 2020	1:05:09 - BERLIN 2023
20	PATRIK	PATRIK VEBR		1:05:42 - PRAGUE 2023	
21	KUBA	JAKUB ZEMANÍK		1:06:23 - ÚSTÍ NAD LABEM 2021	1:06:41 - ÚSTÍ NAD LABEM 2022
22	ONDRA	ONDŘEJ FEJFAR		1:07:13 - PARDUBICE 2015	1:08:54 - PRAGUE 2022
41	PACE M1	HOSEA KIPLANGAT		1:02:02 - RIGA 2023	
42	PACE M2	PETER KWALIA KIPSIRAT		1:01:57 - MÁLAGA 2022	
43	PACE M3	FREDRICK YEKO DOMONGOLE		1:02:32 - NAPOLI 2023	
START LIST	BIB	NAME	KEN	PB	BEST SINCE 2022
F1	NIGSTI	NIGSTI HAFTU TESFAY		1:06:17 - VALENCIA 2021	MARATHON - 2:25:42 - SEVILLA 2024
F2	GETE	GETE ALEMAYECHU TEKLEMICHAEL		1:06:37 - BARCELONA 2022	
F3	JESCA	JESCA CHELANGAT		1:07:03 - KOPENHAGEN 2023	
F4	ANCHINALU	ANCHINALU DESSIE GENANEH		1:07:30 - MILANO 2023	
F5	VIVIAN	VIVIAN JEPKEMEI MELLY		1:07:35 - PARIS 2023	
F6	SULTAN	SULTAN HAYDAR		1:09:12 - ANKARA 2023	
F9	TEREZA	TEREZA HROCHOVÁ		1:12:04 - ČESKÉ BUDĚJOVICE 2022	MARATHON - 2:26:38 - SEVILLA 2024
F10	NICOLE	NICOLE EGGER		1:11:48 - VALENCIA 2021	5000M - 15:55.95 - CHORZÓW 2023
F11	JENNIFER	JENNIFER GULIKERS		1:12:15 - DEN HAAG 2024	
F12	ORIA	ORIA LIACI		1:14:38 - BARCELONA 2024	
F13	THALIA	THALIA CHARALAMBOUS		1:14:40 - GDYNIA 2020	
F14	HEATHER	HEATHER ANN SEAWARD		DEBUT	MARATHON - 2:32:40 - SEVILLA 2024
F15	VERONIKA	VERONIKA PÁLENÍKOVÁ		1:16:42 - BRATISLAVA 2019	MARATHON - 2:45:51 - KOŠICE 2023
F16	BÁRA B.	BARBORA BESPERÁT		1:20:16 - PRAGUE 2023	
F17	BÁRA J.	BARBORA JÍŠOVÁ		1:18:51 - PRAGUE 2017	1:20:24 - ČESKÉ BUDĚJOVICE 2023
51	PACE W1	SILA KIPTOO		1:02:03 - WARSZAWA 2019	
52	PACE W2	DAWIT BELACHEW GEBREYES		DEBUT	

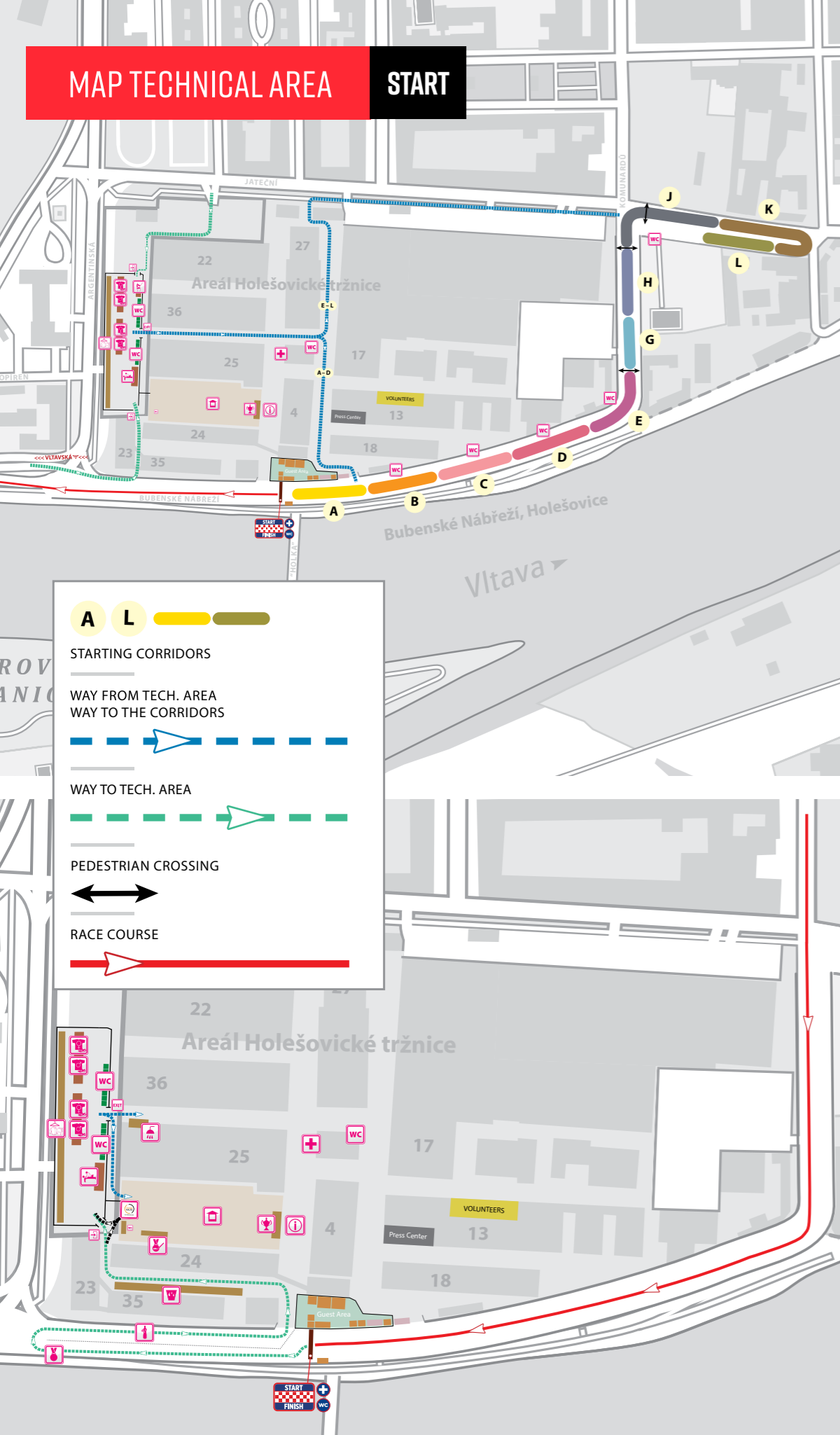


Extra vybavené modely People

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: 15 kWh / 100 km, 0 g/km. Vyobrazené vozy nemusí odpovídat cenové nabídce a mohou obsahovat prvky příplatkové výbavy. Více na volkswagen.cz



START START

FINISH FINISH

ENTRANCE - TECHNICAL AREA

EXIT FROM THE TECHNICAL AREA

TAPING

BAG DEPOSIT

MEDALS

CHANGING ROOMS

ISOTONIC DRINKS, FRUIT

MATTONI WATER

AWARD CEREMONY

MEDAL ENGRAVING

FIRST AID

LOST & FOUND

WC

SHOWER

MASSAGE

STREET CLOSURES

Bubenské nábřeží (from Argentinská street to Komurandů street): from 5th april at 6 am till 6th april at 6 pm
 Komunardů (between Bubenské nábřeží and Jateční ulice) from 5th april at 6 am till 6th april at 6 pm

Prague 1

- 9:40 - 12:30 Čechův most
- 9:40 - 12:30 náměstí Curierových
- 9:40 - 11:00 17. listopadu
- 9:40 - 10:40 náměstí Jana Palacha
- 9:40 - 11:00 Křižovnická
- 9:40 - 11:00 Smetanovo nábřeží
- 9:40 - 11:00 most Legií
- 9:40 - 12:00 Masarykovo nábřeží
- 9:40 - 12:10 Národní
- 9:40 - 12:20 28. října
- 9:40 - 12:20 Na Příkopě
- 9:40 - 12:20 Celetná
- 9:40 - 12:20 Staroměstské náměstí
- 9:40 - 12:30 Pařížská
- 9:40 - 12:40 Dvořákovo nábřeží
- (one free lane from the center from Dušní ulice)
- 9:40 - 12:40 Nábřeží Ludvíka Svobody
- (direction to the center only)
- 9:40 - 13:00 Těšnovský tunel
- (only towards the center)

Prague 2

- 9:40 - 12:00 Jiráskův most / Rašínovo nábřeží
- (from Jiráskův most to the železniční most na Výtoni)

Prague 5

- 9:40 - 11:20 Janáčkovo nábřeží
- 9:40 - 11:20 Dienenhoferovy sady
- 9:40 - 11:20 Zborovská
- 9:40 - 11:20 Svornosti
- 9:40 - 11:40 Strakonická
- (from Svornosti street to Nádražní street)
- 9:40 - 12:00 Strakonická
- (from the Zlíchovský tunel exit to Nádražní ulice)

Prague 7

- 9:40 - 13:30 Jateční
- (from Jankovcova ulice to Komunardů ulice)
- 9:40 - 10:50 Bubenské nábřeží
- (from nábřeží Kapitána Jaroše to Argentinská ulice - only in the direction from the center)
- 9:40 - 10:50 nábřeží Kapitána Jaroše
- (only in the direction from the center)
- 9:40 - 10:50 nábřeží Edvarda Beneše
- 9:40 - 13:30 Jankovcova

Prague 8

- 9:40 - 13:00 Rohanské nábřeží
- (direction to the center only)
- 9:40 - 13:00 Voctářova
- (direction to the center only)
- 9:40 - 13:20 Štorchova
- (direction from Libeňský most only)
- 9:40 - 13:20 Libeňský most
- (direction from Holešovice to Libeň)

Traffic info and race map:



runczech.com/transport

800 165 102

1. 4. - 5. 4. 2024 | 9:00 - 18:00
 6. 4. 2024 | 8:00 - 14:00

800 100 991

6. 4. 2024 | 8:00 - 14:00

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.



PRAGUE

HALF MARATHON

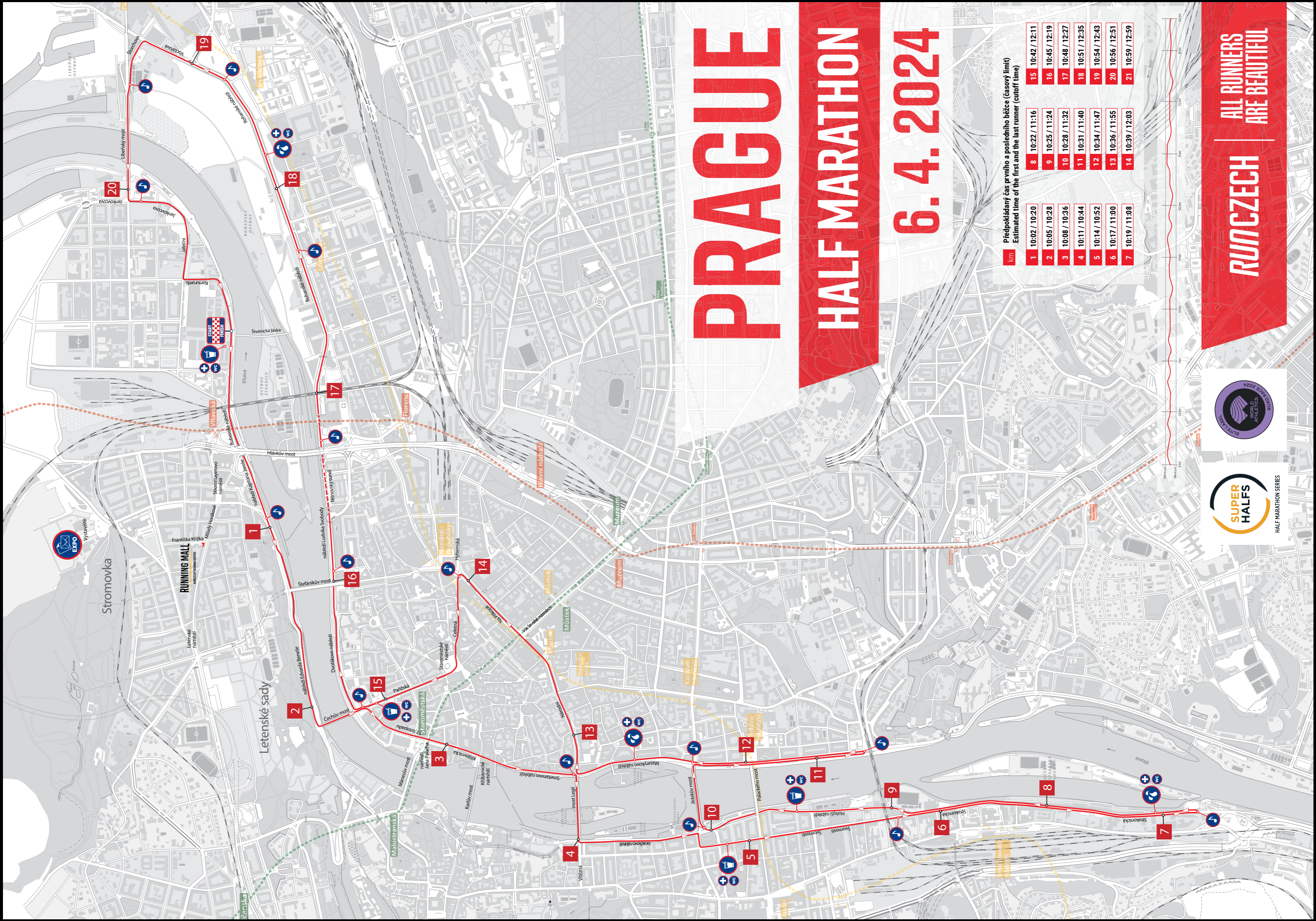
6. 4. 2024

km	Předpokládaný čas prvního a posledního běžce (časový limit) Estimated time of the first and the last runner (cutoff time)
1	10:02 / 10:20
2	10:05 / 10:28
3	10:08 / 10:36
4	10:11 / 10:44
5	10:14 / 10:52
6	10:17 / 11:00
7	10:19 / 11:08
8	10:22 / 11:16
9	10:25 / 11:24
10	10:28 / 11:32
11	10:31 / 11:40
12	10:34 / 11:47
13	10:36 / 11:55
14	10:39 / 12:03
15	10:42 / 12:11
16	10:45 / 12:19
17	10:48 / 12:27
18	10:51 / 12:35
19	10:54 / 12:43
20	10:56 / 12:51
21	10:59 / 12:59



RUNCZECH

ALL RUNNERS
ARE BEAUTIFUL



RUNNING MALL

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 network at the same time. Running Mall is a place for everybody - coaches will take care of you from the very beginning, until you reach your goals or set new ones!

Runczech Store There is no better location to buy running shoes than at the biggest running professionals place in 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 Pavillon D or you can also order our stuff from Running Mall through our website on www.runczechstore.com.

Energy at Work: At RunCzech, we like to motivate everyone to be active and have a moment to run with us. Based on this we provide a program called "Energy at Work" where we create special training events with our coaches for any company to help them make employees happy and fit!



RUNCZECH ALL RUNNERS ARE BEAUTIFUL

HOPI
LOGISTICS



hopilogistics.eu

**OD STARTOVNÍ
ČÁRY AŽ DO CÍLE
... LOGISTIKA, KTERÁ BĚŽÍ S VÁMI**

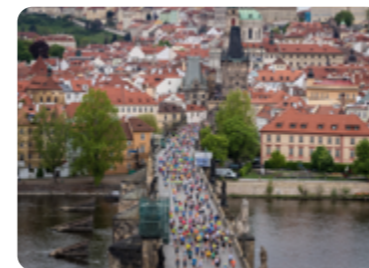
Don't worry be HOPI®

5 PLACES NOT TO MISS IN PRAGUE

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.

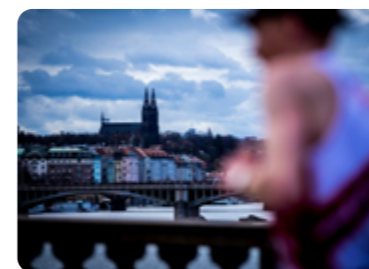


2. Charles Bridge

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.



THANK YOU PRAGUE



MĚSTSKÁ ČÁST PRAHA 2



MĚSTSKÁ ČÁST PRAHA 5



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

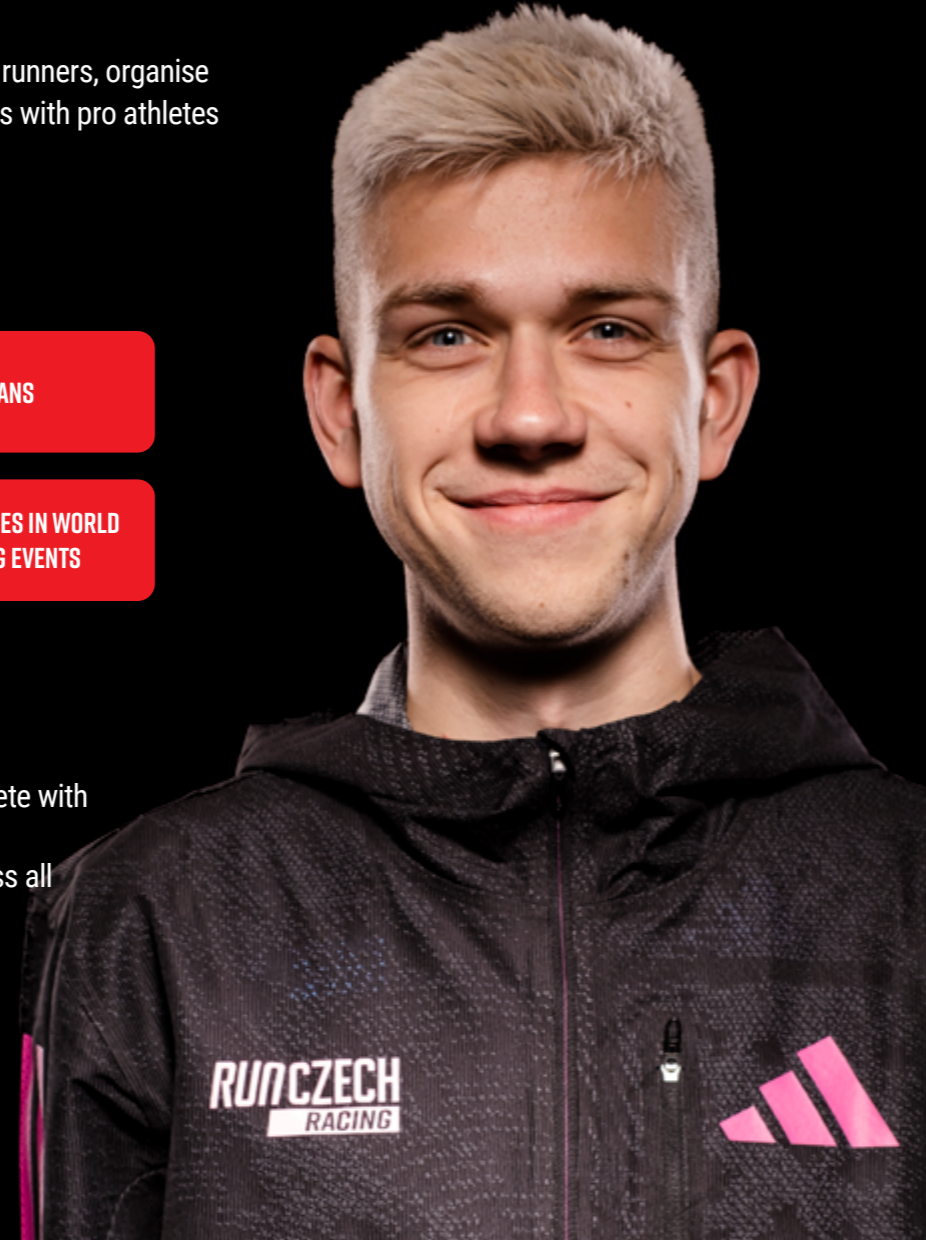
Goals

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

Czech athletes:

Jiří Homoláč / Patrik Vebr /
Damian Vích / Martin Zajíc

Martin Zajíc



RUNKARA
ANKARA, HEART OF TÜRKİYE
2nd INTERNATIONAL
HALF MARATHON
ANKARA, TÜRKİYE
13.10.2024
10 KM-21 KM
FAMILY RUN



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SUPERMEDAL



GET YOUR
SUPERPASSPORT



COMPLETE
6 RACES
IN ANY ORDER



GET A STAMP
FOR EVERY RACE
COMPLETED



YOU HAVE
60 MONTHS
TO DO IT

JUNIOR MARATHON CHAMPIONSHIP

Since its first year in 1997, the JMC has been the largest (largest in the country or the world??) relay-like running event aimed at students and their teachers. The event has a clear aim. The Junior Marathon Championships is here to motivate teenagers and young adults to lead a healthy lifestyle and to ignite their interest in running and sport in general. The outstanding highlight of the JMC is the final, which is part of the Prague International Marathon. Students can experience the electrifying atmosphere of a great international event, and run alongside best pro-athletes from all around the world. Thousands of students participate in the project every year. The qualifying rounds to semifinals start in November.

8. 4. 2024 **JIHLAVA**

9. 4. 2024 **ÚSTÍ NAD LABEM**

10. 4. 2024 **PLZEŇ**

11. 4. 2024 **HRADEC KRÁLOVÉ**

16. 4. 2024 **OLOMOUC**

17. 4. 2024 **ZLÍN**

18. 4. 2024 **OSTRAVA**

19. 4. 2024 **BRNO**

23. 4. 2024 **PRAHA**

24. 4. 2024 **ČESKÉ BUDĚJOVICE**

25. 4. 2024 **KARLOVY VARY**

26. 4. 2024 **PARDUBICE**

29. 4. 2024 **LIBEREC**

5. 5. 2024 **PRAHA**



BATTLE OF THE TEAMS



RUN FOR ALL. ALL FOR RUN.

Marathoners have always been part of a giant family, very often training together. But they have never been able to compete in partnership as a group until now.



ADDING A DRAMATIC INNOVATION TO AN ANCIENT 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.

The Battle of the Teams concept – an integral part of the Prague International Marathon – brings democratization to the sport.

Every runner has the power to contribute to the ultimate Team result.



EUROHEROES



EuroHeroes is a RunCzech initiative that was created for three reasons. 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 European runners. Each race is awarded with a WA Label and 5 star certificate from European Athletics.

SPRÁVNÝ PARTNER JE VŽDY PO VAŠEM BOKU

S NÁMI V TOM NEJSTE SAMI



MATTONI RUNNING FESTIVAL

Experience the thrill of race day with RunCzech's newly introduced distances! Whether you're 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! Hurry, though—entries are limited!

Join the excitement of a RunCzech event, where you're guaranteed a professionally managed race, an electrifying atmosphere, exclusive medals, and plenty of refreshments. It's not just about the run; it's about the fun, camaraderie, and the unforgettable experience. Secure your place at the starting line today!



MATTONI FREERUN



Mattoni Free Run is a ten-year-old programme from Rin Czech that has created more than a ninety-five-kilometre of routes throughout the Czech Republic. The project was started mainly for beginner runners who were just getting to know running. However, it has also been a blessing for runners of all levels, all over the Czech Republic, offering free access to certified and safe routes under the guidance of professional coaches.

Over time, this has created a running community which connects runners across the country. We also take the professionalism of coaching very seriously. That is why MFR issues official coaching licenses and provides training for coaches every year.



DM FAMILY RUN



After a very successful series of dm family runs, we thought it was time for a change so we have started the dm family mile. Running more than 3km was limiting for some runners, either physically or mentally. The idea of 1 mile runs is attracting interest, not only because of its non-standard and more acceptable distance, but most importantly, it allows the entire running field to stay closer, sharing the running experience together.

New Categories:

Children without parents (8 - 14 years)

Family and adults (0 - 99 years)

Grandparents and grandchildren (0 - 99 years)

Walk (0 - 99 years)

8 268 FAMILIES AND
KIDS RUNNING



DM BAMBINI RUN

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. The race will have a limited number of registrations, so don't hesitate, because there is a lot of interest in the race!



MATTONIZUJTE SE

Vyvážený obsah
minerálů

Pro vaše tělo
každý den



MATTONI JE ŽIVOT

NAPOLI RUNNING

Napoli Running wants to create a festive atmosphere for runners from Naples, Italy and around the world, by putting on races where the runner is at the centre of the project, with excellent organisation and certification at national and international level. Over the years, Napoli Running has created a positive impact in economic and social terms, promote a healthy lifestyle, and strengthen the image of the Neapolitan area and its businesses, by giving Naples an international flavour and bringing many foreign runners to the events. Bosco in Rosa is a 5 km non-competitive race/walk, that

will have only women participants. The race will take place in October and aims to bring more women into the world of running. The Naples City half Marathon course follows one of the most beautiful seafronts in the world, with a unique, unparalleled panorama and in a historic city centre that is a UNESCO World Heritage Site. The race, awarded the prestigious World Athletics label and the 5-star quality award from European Athletics, has both the Italian men's and women's records.

ITALIAN RECORDS

YEMANEBERHAN CRIPPA 59:26

NAPOLI CITY HALF MARATHON 2022

SOFIA YAREMCHUK 01:08:27

NAPOLI CITY HALF MARATHON 2024



DM BREAKFAST RUN

Join us for the dm Breakfast Run on **Saturday May 4th**, at Letná Park. This 4 km non-competitive, friendly run is a perfect way to enjoy the pre-marathon atmosphere and connect with fellow runners. With a leisurely pace of 5:30 to 6:00 per km, it's an event for everyone in the running community, expecting around thousand participants.

After the run, enjoy a tasty breakfast including Lavazza coffee, refreshments from dm, and Mattoni soft drinks. It's the perfect kickoff to a memorable marathon weekend!



PRAGUE

INTERNATIONAL MARATHON

5. 5. 2024

ALL RUNNERS ARE BEAUTIFUL



Scan the QR code and take a look at the complete race list



RUNCZECH

FUNNY NUMBERS



THANK YOU FOR BEING WITH US FOR 30 YEARS



MARATHON MUSIC FESTIVAL

Embark on an unparalleled journey through the streets of Prague with a race that's more than just an half marathon; it's a celebration of music and motivation. In collaboration with Radiožurnál, this event transforms every 2 kilometers into a vibrant festival, featuring 15 music points and cheering zones, including a special Radiožurnál music point. Runners will be propelled by live bands and a DJ at the start/finish area.



HALL OF FAME

MEN

1999 Ali Ezayedi (LIB)	1:04:48
2000 Isaac Kiprono (KEN)	1:03:28
2001 Anthony Korir (KEN)	1:02:09
2002 Willy Cheruiyot (KEN)	1:02:15
2003 Fred Kiprop (KEN)	1:02:47
2004 Joseph Ngeny Kiprotich (KEN)	1:01:46
2005 Silas Kurui (KEN)	1:01:07
2006 Stephen Kibiwott (KEN)	1:01:15
2007 Patrick Ivuti (KEN)	1:01:00
2008 Eliah Muturi Karanja (KEN)	1:02:08
2009 Nicholas K. Koech (KEN)	1:00:07
2010 Joel Kemboi Kimurer (KEN)	1:00:09
2011 Philemon Limo (KEN)	59:30
2012 Atsedu Tsegay (ETH)	58:47
2013 Zersenay Tadese (ERI)	1:00:10
2014 Peter Cheruiyot (KEN)	59:22
2015 Daniel Wanjiru (KEN)	59:51
2016 Daniel Wanjiru (KEN)	59:20
2017 Tamirat Tola (ETH)	59:37
2018 Benard Kimeli (KEN)	59:47
2019 Benard Kimeli (KEN)	59:07
2020 N/A	
2021 N/A	
2022 Philemon Kiplimo Kimaiyo (KEN)	59:33
2023 Roncer Kipkorir Konga (KEN)	59:43

WOMEN

1999 Jana Klimešová (CZE)	1:15:39
2000 Jana Klimešová (CZE)	1:14:17
2001 Florence Barsosio (KEN)	1:12:51
2002 Gloria Marconi (ITA)	1:12:06
2003 Helena Javornik (SLO)	1:11:03
2004 Catherine Kirui (KEN)	1:10:38
2005 Susan Kirui (KEN)	1:12:49
2006 Caroline Kwambai (KEN)	1:10:08
2007 Liliya Shobukhova (RUS)	1:11:14
2008 Asha Roba Gigi (ETH)	1:12:00
2009 Rose Kosgei (KEN)	1:09:03
2010 Rose Kosgei (KEN)	1:09:57
2011 Lydia Cheromei (KEN)	1:07:33
2012 Joyce Chepkirui (KEN)	1:07:03
2013 Gladys Cherono (KEN)	1:06:48
2014 Chepkirui Joyce (KEN)	1:06:19
2015 Worknesh Degefa (ETH)	1:07:14
2016 Violah Jepchumba (KEN)	1:05:51
2017 Joyciline Jepkosgei (KEN) WR	1:04:52
2018 Joan Melly (KEN)	1:05:04
2019 Caroline Kipkirui (KAZ)	1:05:44
2020 N/A	
2021 N/A	
2022 Nesphine Jepleting (KEN)	1:06:57
2023 Irine Jepchumba Kimais (KEN)	1:06:00

ALL RUNNERS ARE BEAUTIFUL



Scan the QR code
and take a look at the
complete race list



RUNCZECH

6. 4. 2024

**PRAGUE
HALF MARATHON**

5. 5. 2024

**PRAGUE
INTERNATIONAL
MARATHON**

18. 5. 2024

**MATTONI
KARLOVY VARY
RUNNING FESTIVAL**

1. 6. 2024

**MATTONI
ČESKÉ BUDĚJOVICE
RUNNING FESTIVAL**

15. 6. 2024

**MATTONI
OLOMOUC
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 | 22KM**

