



PRESS RELEASE
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Volkswagen Prague Marathon highlights

The twenty-fifth year of the famous RunCzech race kicks off on Sunday 5th May. Over that time the Volkswagen Prague Marathon has become an integral part of the international running scene. Expect an exceptionally beautiful course, elite athletes from all over the world, thousands of enthusiastic runners and a once-in-a-lifetime experience. And that's irrespective of whether you're attending as a runner, volunteer, fan or spectator of the live broadcast!

Key information:

- This year marks the race's 25th jubilee.
- The Volkswagen Prague Marathon will be broadcast [live](#) on ČT Sport and internationally through Lagardere distribution.
- More than 100 000 runners took part in RunCzech races held in the Czech Republic plus two in Italy last year. The Volkswagen Prague Marathon is the third race in the 2019 RunCzech running season.
- The race has been awarded the Gold Label from the International Association of Athletics Federations (IAAF) for the tenth time in a row.
- The race will be started off by Prague City Mayor [Zdeněk Hřib](#).
- The race kicks off at 9.00 from Old Town Square. The last runner will arrive at the same spot seven hours later, i.e. at 16.00, and will be welcomed by the entire RunCzech team.
- The race rose to fame thanks to its beautiful course cutting through the [heart of historical Prague](#), which leads runners around the Vltava River and across seven bridges, including its most famous one – Charles Bridge. The course also takes runners around the National Theatre, Dancing House, Municipal House and other landmarks.
- A total of [10 600 men and women runners](#) are expected to take part. Those not up for running the entire marathon distance, have the chance to sign up to 2Run, which splits the distance in half between two runners.
- Volkswagen Prague Marathon runners can use the [RunCzech mobile app](#). It includes a race guide, start number, partner offers, plus has an option for friends and family to track runners live on the course. The app is available for both Android and iOS.
- Eliud Kiptanui's race record of 2:05:39 from 2010 made the Volkswagen Prague Marathon [the fastest May marathon of all time](#). The women's race record of 2:21:57 has been held by Valary Aiyabei since 2017.
- As has been the case in previous years, top [African long-distance runners](#) are among the hot favourites to win. [Amos Kipruto and his compatriot Solomon Kirwa Yego will be arriving in Prague in good form](#). Great things are expected from Bahrain's number one Ela Majhoub Dazza who has already managed to get his personal best time under the current Volkswagen Prague Marathon record. Though he will face fierce competition from fellow Kenyan runners Paul Maina and Bernard Kiprop Kipyego plus the Ethiopians Dejene Debele and Aychew Bantie.
- Meanwhile the talented, Kenyan RunCzech Racing Team members Nicodemus Kipkirui and Edwin Kiplagat will be running their first ever marathon.
- The women's race also promises to be exceptionally well balanced with a total of four runners boasting fantastic times under 2 hours and 25 minutes. Originally from Kenya, the Israeli champion and good all-rounder Lonah Chemtai Salpeter is the hot favourite to win with an impressive best time of 2:24:17, though this is only two seconds faster than Kenyan runner Borneš Jepkirui Kitur's record.



- Other runners to watch out for include the excellent American runner Kellyn Taylor Johnson and Bahrain's Shitaye Eshete. Ethiopian runner Genet Yalew may have a few surprises up her sleeve too while the American Diane Nukuri who originally hails from Burundi could also deliver an impressive performance.
- Czech fans can look forward to the traditional [Czech national marathon championships](#), which will be held as part of the Volkswagen Prague Marathon. Among those taking part include the 2017 winner and five-times national champion Petr Peček, plus the current champion Jiří Homoláč as well as Vít Pavlišta.
- The main Czech favourites to win include three-times Czech marathon champion Petra Pastorová, the Olympian Ivana Sekyrová, Eva Filipiová who finished among the first Czech runners at this year's Sportisimo Prague Half Marathon and the talented Tereza Ďurdiaková.
- Aside from records, runners will also be battling it out to [meet the qualification criteria to participate at the world championships in September](#).
- Aside from professional athletes, a number of well-known personalities are also due to take part in the race. These participants include Olympic gold medallist in the decathlon [Roman Šebrle](#), virtuoso violinist Michal Rezek, Czech marathon runner and ultra marathon runner [René Kujan](#), the film producer [Václav Mottl](#), blind runner [Jan Bauer](#) and ten-times Czech national badminton champion [Petr Koukal](#).
- Runners can check out the course along with tips from experienced trainers on the [NeuRun app](#).
- The Volkswagen Prague Marathon not only offers fans the chance to witness an interesting sporting spectacle, but also a diverse accompanying programme. The [Marathon Expo sports fair](#) will be held throughout Thursday, Friday and Saturday. As part of the [accompanying programme](#) there will be the chance to meet elite athletes and runners plus attend our traditional Barilla Pasta Party.
- Once again the non-competitive [dm family run](#) will take place on Saturday in Stromovka park. The 5 400 participants of the [dm family run](#) can look forward to taking on either a three or five-kilometre course which starts and ends at the Výstaviště Exhibition Grounds, plus there'll be the [Walk with Dogs](#), also featuring canicross categories and five hundred participants. [Eva Vrabcová Nývltová along with her dog Bela](#) will be among those participating.
- 20 bands will be performing as part of the [Marathon Music Festival](#) on race day.
- RunCzech launches a special [ALL RUNNERS ARE BEAUTIFUL running collection](#) that runners can purchase in the Marathon Expo and later through RunCzech e-shop.
- This year adidas will be presenting its [limited event collection of t-shirts featuring prints from Plešouni \(Baldies\)](#) in collaboration with the illustrator Eliška Podzimková.
- [Viber app users can also join the RunCzech community](#) and receive race news directly to their mobile phones. If they download the app, they can also send light-hearted running stickers to each other.
- [350 high school students](#) will be among those joining the finale of the Junior Marathon. This is the culmination of 13 semi-final rounds which took place all over the Czech Republic and involved a record 2920 students this year, and will bring together 35 ten-member teams.
- The [top level of medical care](#) this year will include four mobile "AED cycle guards" carrying an automatic external defibrillator which links up to professionals from the Prague Medical Rescue Service. A sufficient number of Medical Points indicated as such will also be located around the course.
- The greatest number of [foreign runners](#) taking part in the marathon will be coming from France, Italy, China, Germany, Great Britain, Poland, Spain, Slovenia and Russia.
- The official race hashtag is [#PragueMarathon](#).



Interesting statistics:

- Race capacity at the Volkswagen Prague Marathon stands at **10 600 runners**, a further 5 900 people are expected at the dm family run and the Walk with Dogs. **16 500 active runners are expected to take part in the Volkswagen Marathon Weekend** in total.
- **92 nationalities** in total will appear at the start line.
- **75.9 % of runners** taking part are men, **24,1 %** are women.
- The **average age** of women taking part in the marathon is 40.4 years, the average age of men is 42.7 years.
- Thirty-six men and six women taking part will be celebrating their birthdays on race day.
- On average women manage to complete the Volkswagen Prague Marathon in **4:19:29**, men in **3:50:52**.
- The **most common first names** of those taking part among men are Jan (x336), Petr (x281), Martin (x271), Petr (x270) and Tomáš (x200). The most common names among the women are Jana (x65), Petra (x47), Martina (x46), Kateřina (x37) and Michaela (x36).
- The **most common surnames** of those taking part among the men are Novák (x25), Svoboda (x22), Wang (x21), Zhang and Li (both x16). For women these are Li (x17), Zhang (x15), Wang (x14), Chen (x12) and Liu (x11).
- The **most widely represented professions of those taking part in the RunCzech League** are managers (x816), admin workers (x587), electrical or mechanical engineers (x404), teachers, lecturers and coaches (x276) and programmers (x266).
- The **least well-represented professions of those taking part in the RunCzech League** are councillors and mayors (x1), politicians (x4), couriers (x5), diplomats (x7) and rescue workers (8x).
- The **oldest male runner** is 85 years of age (Jiří P., CZE), the oldest female runner is 75 years of age (Patricia G., GBR).
- More than **1 000 volunteers** will be helping out on race day.

Used during the race:

- 421 traffic signs
- 16 500 medals
- 5 621 metres of Johnny Servis fencing
- 241 Johnny Servis portable toilets

Drunk:

- 45 720 litres of Mattoni water
- 21 200 litres of hypotonic Gatorade drink

Eaten:

- 5 565 kilogrammes of Kaufland bananas
- 2 691 kilogrammes of Kaufland oranges
- 45 kilogrammes of salt
- 77 kilogrammes of sugar

Records:

- World record – men: 2:01:39 (2018) Eliud Kipchoge (KEN), Berlin
- World record – women: 2:15:25 (2003) Paula Radcliffe (GBR), London



- Fastest Czech man: 2:11:57 (1993), Karel David
- Fastest Czech woman: 2:26:31 (2018), Eva Vrabcová Nývltová

- Race record – men: 2:05:39 (2010), Eliud Kiptanui (KEN)
- Race record – women: 2:21:57 (2017), Valary Aiyabei (KEN)

- Czech race record – men: 2:12:35 (2004), Róbert Štefko
- Czech race record – women: 2:30:10 (2016), Eva Vrabcová Nývltová

If you would like to receive further information or press quality photographs, please get in touch with:

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Note: The attached photography may only be used in connection with this press release by citing RunCzech as the source.

Notes for editors: <http://www.runczech.com/cs/pro-media/poznamky-pro-editory/index.shtml>