

# MATTONI

MATTONI<sup>1873</sup>  
CARLSBAD



## Half Marathon Ústí nad Labem

**15 September 2013**

### PRESS GUIDE

*Information for journalists*



**RUNCZECH**

The race is a part of the RunCzech Running League

EN

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

# PRESS GUIDE



# PRESS GUIDE



Dear Sporting Friends,

When we made the decision to support the Half Marathon in our city two years ago, we had some doubts. Yet both years exceeded our expectations. The number of interested parties surpassed race capacity, and we were blessed with participation from both elite athletes as well as amateur runners. Not only did they love the course along the Elbe beneath Střekov Castle, but also the section passing through Spolchemie chemical plant.

It was a pleasure to see the Ústí Half Marathon gain Silver Label status recognition from the International Association of Athletics Federations and we consider this to be a huge success. Thanks to this, Ústí nad Labem now ranks alongside other world cities that organise top-notch athletic races.

We've been delighted by the interest in our race which was put together in conjunction with the organisers, and we can't wait to see the city come alive with sport once again. May all participants find themselves in the best possible shape and make the most of this wonderful experience.

I'd also like to extend my thanks to the organisers for their fantastic professionalism in putting together the race.

Vít Mandík

*City Mayor of Ústí nad Labem*



Dear supporters of healthy lifestyle, especially those of running.

It is my pleasure to endorse the regional capital of Usti nad Labem for the third time as the venue of a running race designed for all age categories from the youngest to adult participants. Positive attitude towards sports must be nurtured from the early childhood and the Mattoni Ústí nad Labem Half Marathon event is not standing by.

Let us all celebrate sports, healthy lifestyle and running – the most natural movement of a human being.

Discover the beauty of our city all along the route of the race. Admire the Elbe River waterfront underneath the Strekov castle as well as the industrial architecture dating back to the early 20th century on the premises of the local chemical factory.

I wish you all the best for your efforts and delight in your sports performance.

Oldřich Bubeníček

*Governor of the Ústí Region*



Dear Runners and Sporting Friends,

With two successful events under its belt, the Mattoni Ústí nad Labem Half Marathon has established an incredible reputation for making runners proud to stand at its start line. This should come as no surprise, however, since with its First Republic industrial architecture and boundless beauty found in the nearby Central Bohemian Uplands, Ústí nad Labem well and truly does stand apart from the rest. One of the main symbols of the race is the inclusion of a run around the city's chemical plant. Participants can not only look forward to soaking up the live atmosphere found at all of our events, but also check out fantastic performances from elite athletes, bands entertaining runners along the course, and get to pick up a medal at the finish line.

This year's event is unique in that it will be held for the first time flying the flag of the Silver Quality Label awarded by the International Association of Athletics Federations. Ústí nad Labem can pride itself on ranking among other prestigious events around the world while runners can be confident about receiving a professional level of service and the highest possible organisational standards.

The Mattoni Ústí nad Labem Half Marathon is the last race to feature in the RunCzech Running League on Czech soil, and we're confident that it will bring this year's race season to a beautiful close. On September 15th Ústí nad Labem will transform into a city for all runners – and we hope you savour the moment along with us!

Wishing you plenty of wonderful running kilometres ahead.

Carlo Capalbo

*President of the Organising Committee*

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## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### INFORMATION FOR THE MEDIA



# PRESS GUIDE

Dear Sporting Friends,

The Press Guide, which you are holding in your hands contains the most important information relating to the Mattoni Ústí nad Labem Half Marathon.

In addition to basic information about the race, it also provides descriptions of the individual elite athletes, an overview of the race partners as well as interviews with interesting personalities. We are confident that this brochure will provide you with the essential information you need to carry out your work.

We will be happy to provide you with further information in the Press Centre or by writing to [pr@runczech.com](mailto:pr@runczech.com).

## PRESS TEAM

Veronika Honsová	PR & media manager	777 486 801	honsova@pim.cz
Diana Rybachenko	International promotion manager	777 746 801	rybachenko@pim.cz
Zdeňka Pecková	Press Centrum	777 537 981	peckova@pim.cz
Kristýna Hüblová	Press Centrum	776 886 080	hublova@pim.cz
Ieva Razbadauskite	International Hospitality	777 786 691	ieva@pim.cz
Tomáš Nohejl	Media support	773 407 114	nohejl@pim.cz
Mirek Jiřík	Media support	725 032 333	jirik@pim.cz
Jim Moberly	Foreign media support	737 186 997	moberly@pim.cz
Martin Martinec	Social media	775 443 642	martinec@pim.cz

## PRESS CENTRUM

- The latest information
- Photos
- Results
- Internet access
- Accreditation

<b>Friday 13. 9.</b>	from 11 a.m. to 8.30 p.m.	Best Western Hotel Vladimir, 9th floor, room E
<b>Saturday 14. 9.</b>	from 9 a.m. to 8.30 p.m.	Best Western Hotel Vladimir, 9th floor, room E
<b>Sunday 15. 9.</b>	from 8 a.m. to 5 p.m.	Infocentre, Mírové Square, Ústí nad Labem

## MEDIA CAR

Take advantage of the opportunity to ride in a special car which will drive ahead of the elite runners throughout the race!

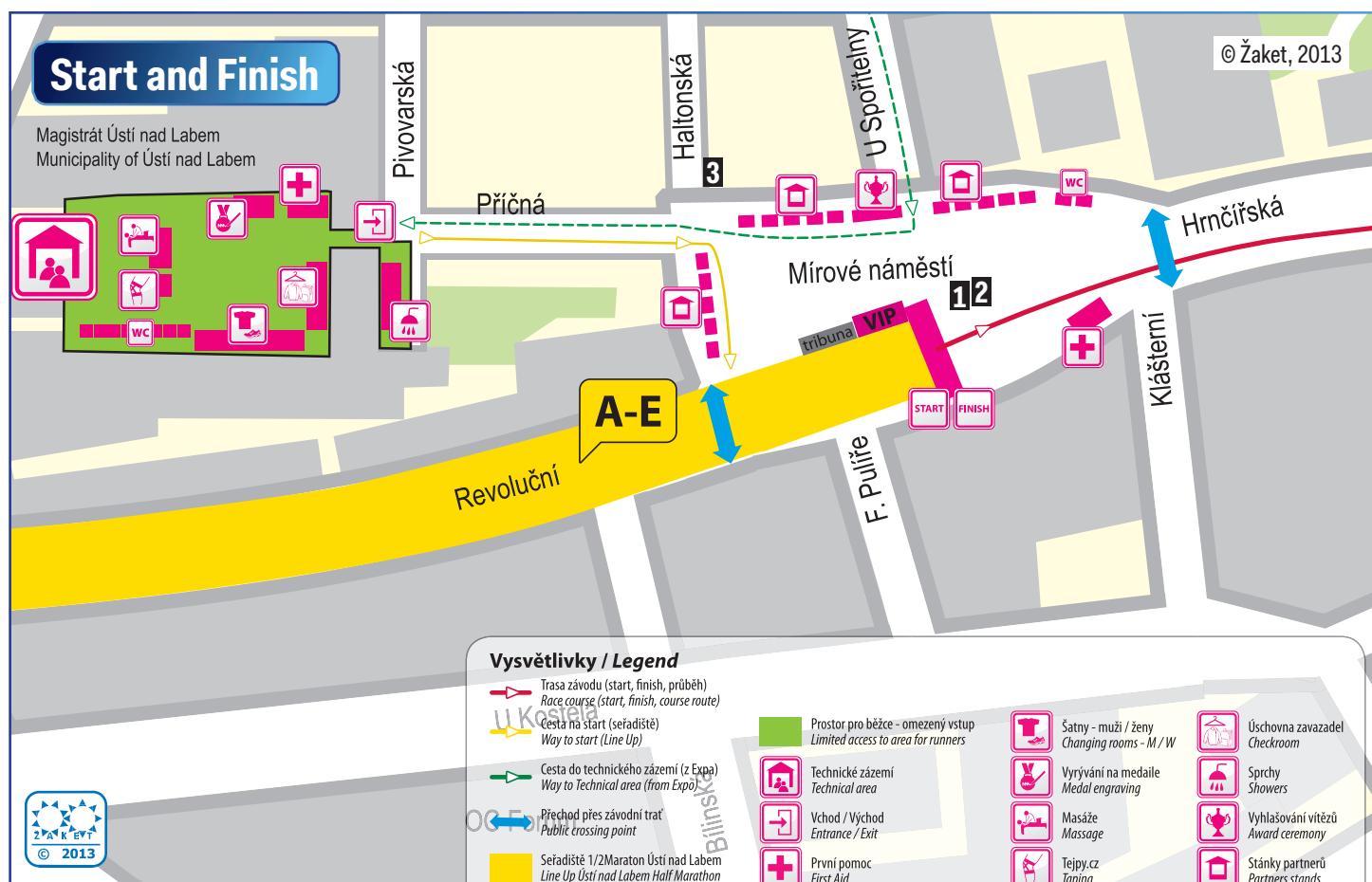
- Unique experiences
- Unrivalled photo opportunities
- Live coverage from the course

Book yourself a place in the car at the Press Centre or by calling: +420 777 537 981 (Zdenka Pecková) – Limited access.

## MEDIA PROGRAMME

<b>Friday 13. 9.</b>	<b>11 a.m.</b>	<b>Pre-race Press Conference</b>	Best Western Hotel Vladimir, room C
<b>Saturday 14. 9.</b>	<b>5 p.m.</b>	<b>Pre-race Running</b>	Half Marathon Expo, Dům kultury
<b>Sunday 15. 9.</b>	<b>2.35 p.m.</b>	<b>After-race Press Conference</b>	Infocentre, Mírové Square, Ústí nad Labem

## MAP FOR MEDIA



- 1 SPACE FOR JOURNALISTS - START**
- 2 SPACE FOR JOURNALISTS - FINISH**
- 3 PRESS CENTRE ENTRANCE**

## RACE MAPS

### MATTONI 1/2MARATON ÚSTÍ NAD LABEM

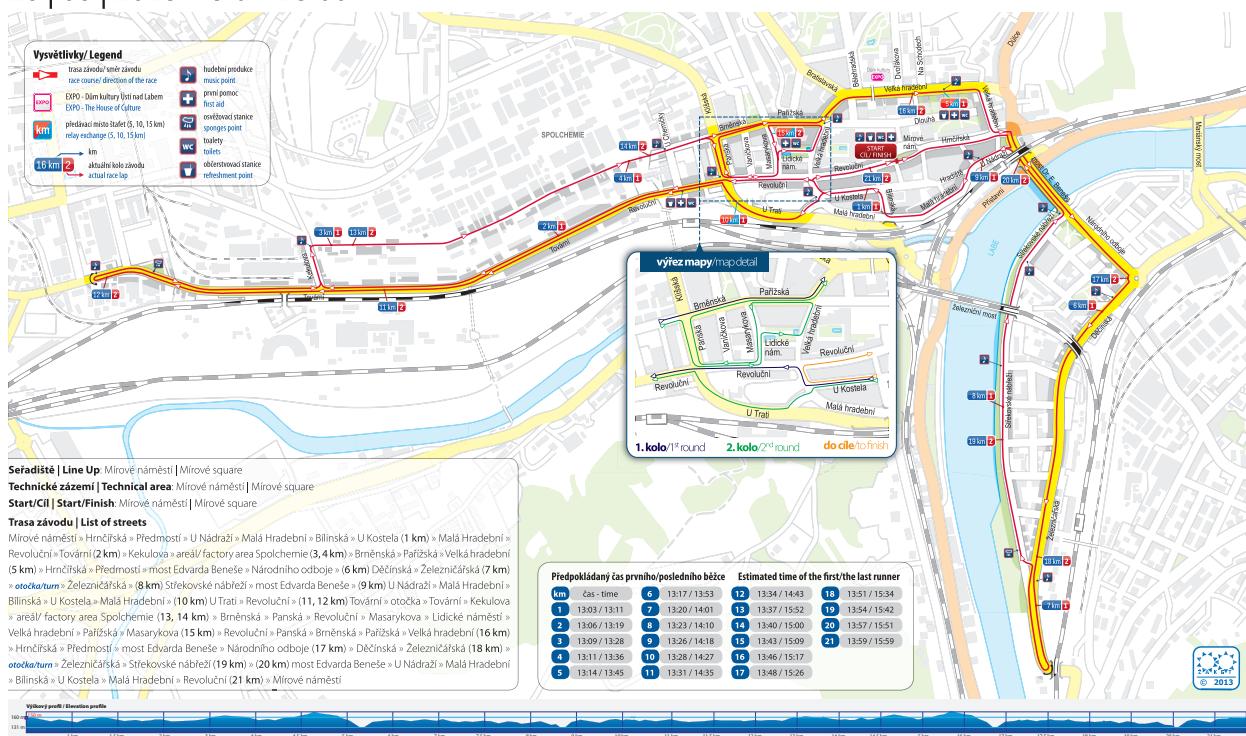
Mattoni Ústí nad Labem Half Marathon

15 | 09 | 2013 Start 13:00



**RUN.CZECH**

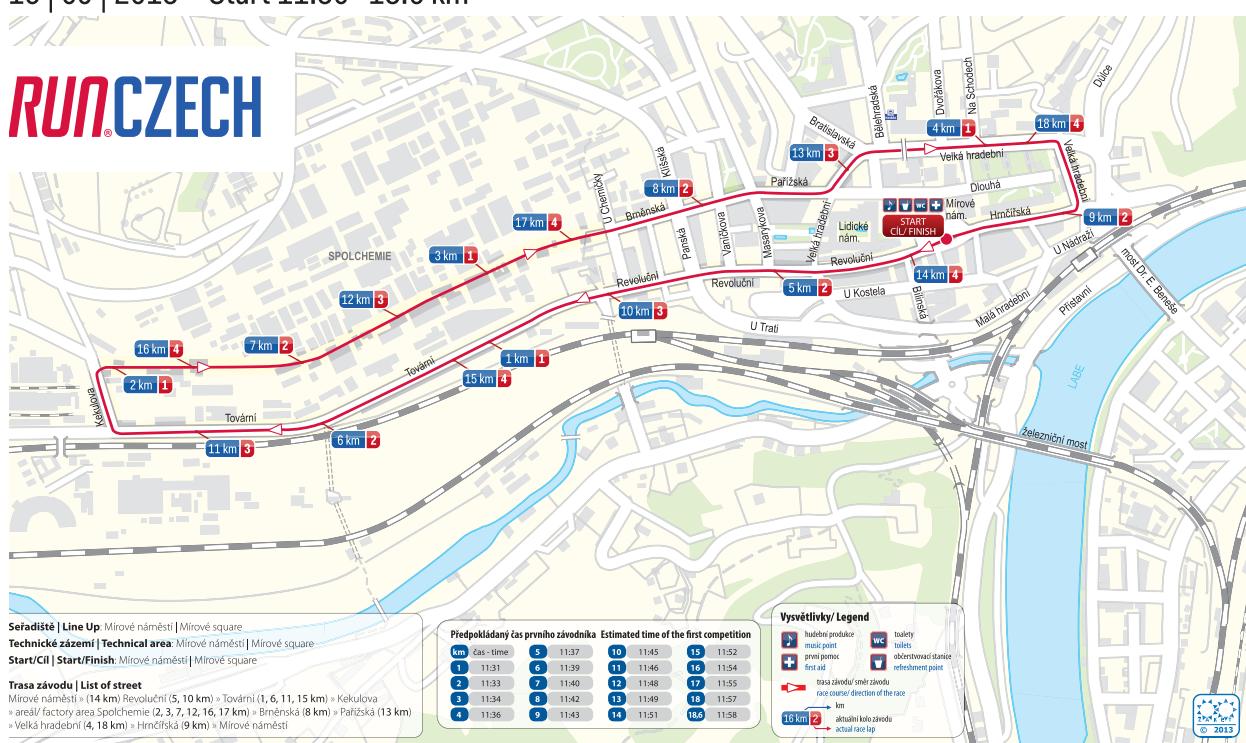
**MATTONI**  
CARLSBAD  
**140**  
LET



### SPOLCHEMIE HANDBIKE 1/2MARATON ÚSTÍ NAD LABEM

Spolchemie Ústí nad Labem Handbike Half Marathon

15 | 09 | 2013 Start 11:30 18.6 km



## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### RACE



## PROGRAMME

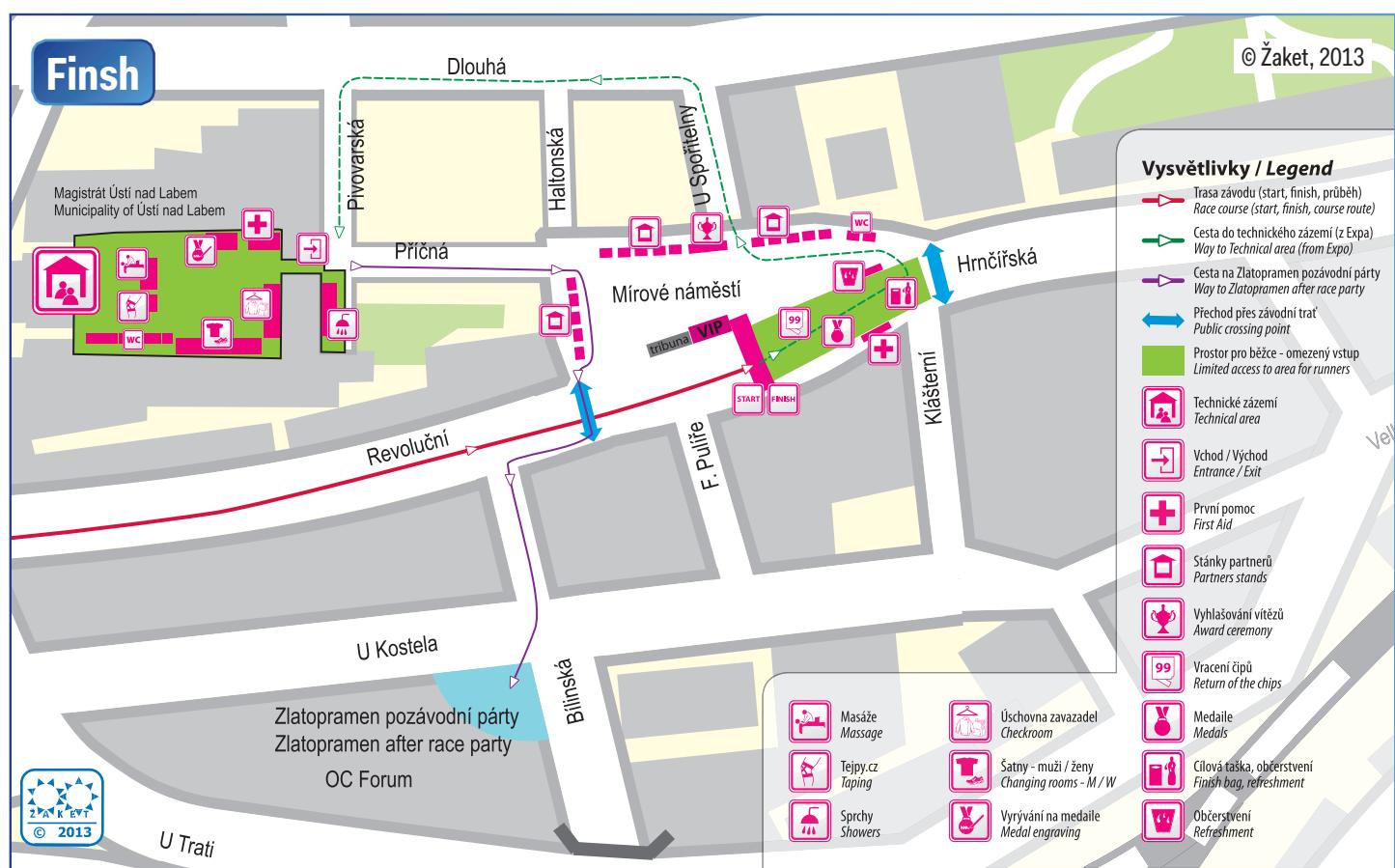
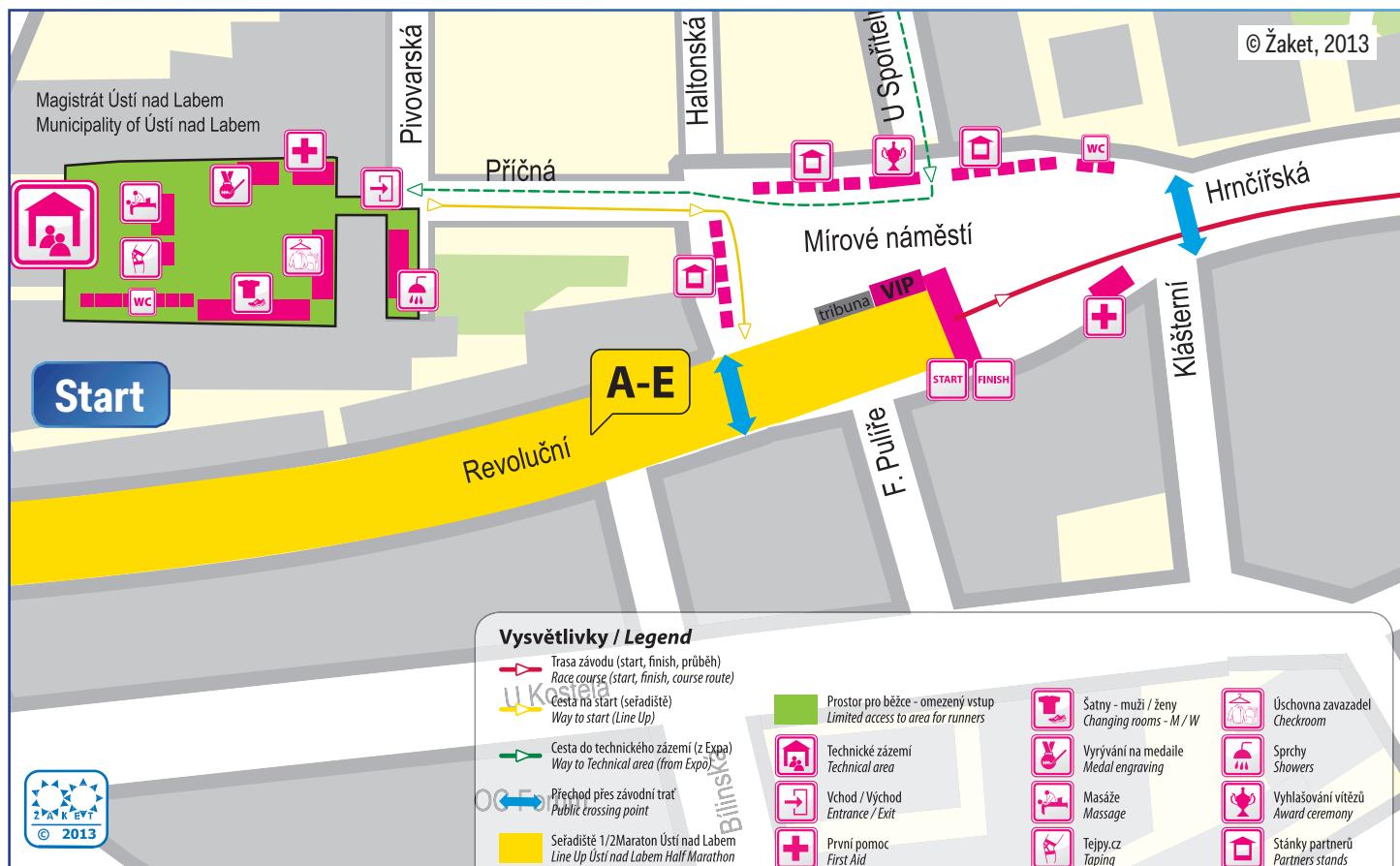
**Sunday, Saturday 15, 2013**

10:15 a.m.	<b>Spolchemie Family Run – start</b>	Mírové Square
11:30 a.m.	<b>Spolchemie Ústí nad Labem Handbike Half Marathon – start</b>	Mírové Square
1:00 p.m.	<b>Mattoni Ústí nad Labem Half Marathon – start</b>	Mírové Square
1:15 p.m.	Award Ceremony of Spolchemie Ústí nad Labem Handbike Half Marathon	Mírové Square
2:15 p.m.	Award Ceremony of Mattoni Ústí nad Labem Half Marathon	Mírové Square
2:35 p.m.	<b>After Race Press Conference</b>	Infocentre
3:00 p.m.	Zlatopramen Running Party	OC Forum
4:30 p.m.	Award Ceremony of Mattoni Ústí nad Labem Half Marathon – relays and 2RUN	OC Forum



# PRESS GUIDE

## START AND FINISH MAPS



## A VARIETY OF WAYS TO COMPLETE THE MARATHON

**The Ústí nad Labem Half Marathon isn't just a race for long-distance runners. With a variety of options available including 3, 5, 6, 10, 11 or 21 km, there really is something for everyone.**

### 21.0975 km

You may complete the whole course allowing you to admire the beauty of the capital of North Bohemia in its full glory. Running across the start line to the sounds of Smetana's musical masterpiece, the Vltava with the support of fans along the course is an unforgettable experience for every runner.

### 2RUN 10 km + 11 km

You can also split the half marathon in two. Sign up for the 2RUN race which forms part of the competitive run. The first runner gets to savour the magical feeling of starting the race while the second is rewarded with the glorious experience of crossing the finish line.

### Relay 3x 5 km and 1x 6 km

Get together a four-member team and sign up in the relay race with a group of

colleagues or friends. The first three run five kilometres of the course with the last runner taking on the remaining 6.0975 km.

### The Spolchemie Family Run for 3 km

The Spolchemie Family Run is put together for families and children. The 3 km course is not especially demanding, plus the event is part of the non-competitive runs, so you can also walk it if you prefer. Enjoy the atmosphere of the half marathon weekend together with your family!

### Find yourself a co-runner!

Fancy running either the 2RUN or relay but still missing a member for your team? Or perhaps someone has pulled out at the last minute due to sickness? Take advantage of our running lists to find a partner.

### See you at the start!

Whichever option you've gone for, all those taking part will mean that you will become a part of North Bohemia Region running history. If you're not running at all, make sure to at least pop along to support competing runners on the course. We look forward to seeing you there!



## SPOLCHEMIE FAMILY RUN: GET THE WHOLE FAMILY INVOLVED

Bring the whole family along to the Spolchemie Family Run and experience the unforgettable atmosphere of an international running event together. Everybody in Ústí nad Labem is excited about the event, the capacity of 1,200 start numbers was filled up long time in advance.

Mattoni Ústí nad Labem Half Marathon organisers have made sure there's something for the kids too. The Family Runs are take place at all the regional RunCzech Running League races commencing two hours before the main race. The Family Run is not only aimed at families and children but also offers a great starting point for runners who haven't quite plucked up the courage to run the half marathon course. The undemanding three kilometres long course is suitable for parents, children in prams or on foot as well as grandparents.

Spolchemie Family Run is a non-competitive race meaning you can run or walk it - whatever takes your fancy. The greatest reward from the experience, however, is getting to soak up the amazing race atmosphere. Each registered participant, whether adult or child, receives a start number and t-shirt, allowing them to try out the role of a true competing runner. Medals will be handed out to all those who cross the finish.

The Spolchemie Family Run taking place as part of the Mattoni Ústí nad Labem Half Marathon is scheduled to kick off on 15th September 2013 in Mírové Squa-



re at 10:15 a.m. The Capacity of 1,200 participants is already full. If you didn't make it to get a registration, do not stay at home and come to support other runners on the track!

### Spolchemie Rodinný běh 3 km

Spolchemie Family Run 3 km

15 | 09 | 2013 Start 10:15

**RUN**CZECH  **SPOLCHEMIE** 



## BASIC FACTS

<b>Race name:</b>	<b>Mattoni Ústí nad Labem Half Marathon</b>	<b>Part of the race:</b>	Spolchemie Family Run – 3 km
<b>Title partner:</b>	Mattoni	<b>Start:</b>	10:15 a.m.
<b>Years running:</b>	3 <sup>rd</sup> edition	<b>Capacity:</b>	1,200
<b>Date:</b>	15th September 2013		
<b>Time:</b>	1 p.m.		
<b>Start / Finish:</b>	Mírové Square		
<b>Length of course:</b>	21.0975 km		
<b>Time limit:</b>	3 hours		
<b>World record – men:</b>	0:58:23	<b>Race record – men:</b>	1:00:57
<b>Record holder:</b>	Zersenay Tadese, Eritrea	<b>Record holder:</b>	Philemon Kimeli Limo, Kenya
<b>Year recorded:</b>	2011	<b>Year recorded:</b>	2011
<b>World record – women:</b>	1:05:50	<b>Race record – women:</b>	1:09:12
<b>Record holder:</b>	Mary Jepkosgei Keitany, Kenya	<b>Record holder:</b>	Agnes Kiprop, Kenya
<b>Year recorded:</b>	2011	<b>Year recorded:</b>	2011

## HIGHLIGHTS OF MATTONI 1/2MARATON ÚSTÍ NAD LABEM

### The most important information:

- 3<sup>rd</sup> edition
- Ústí nad Labem is the smallest city in the world awarded with a Silver label from International Association of Athletic Federation IAAF
- The half marathon race will be started by the City Mayor of Ústí nad Labem, Vít Mandík
- The Spolchemie Family Run will be started by the Governor of Ústí nad Labem Region, Oldřich Bubeníček
- For the first time The Spolchemie Handbike Half Marathon will become a part of the RunCzech Running League
- Among the runners who will compete for the first positions are top athletes from Kenya, Ethiopia, Uganda, Russia and Ukraine and also the best Czech endurance runners.
- At The Mattoni Ústí nad Labem Half Marathon start line will appear also personalities from other sport and professional branches like Dalibor Gondík, a well-known moderator and actor, boxer Lukáš Konečný and Edvard Kožušník.
- Martin Doktor, two time Olympic gold medallist, and half marathon participant of Lukáš Konečný will take part in Spolchemie Family Run.

- 516 people will run the half marathon for the first time
- 72 % of participants are men and 28 % women
- 94 % of runners are from the Czech Republic, 6 % from abroad
- TOP 5 foreign countries are SVK, POL, GER, FIN, GBR
- 36 nationalities in total
- 10 runners will celebrate their birthday on the race day

- 3,149 m of fences
- 60 toilets
- Drinks:
  - 7,542 litres of Mattoni water
  - 1,500 litres of isotonic drink Nutrend
- Food:
  - 1,138 kg of bananas
  - 800 kg of oranges
  - 800 baguettes
  - 18 kg of salt
  - 22 kg of sugar

- An average runner needs 17,216 steps to run 21.0975 km

### Interesting numbers from the start field:

- The oldest man in the race is Miloš Loužecký, who will celebrate his 73<sup>rd</sup> birthday on the race day
- The oldest woman in the race is 66 years old Eva Čupalová
- 560 volunteers will help the organizing team
- Used during the race:
  - 18,000 pins
  - 46,000 cups
  - 21,000 sponges
  - 3,000 thermo foils
  - 4,200 medals



### Interesting numbers:

- 3,000 runners will compete in The Mattoni Ústí nad Labem Half Marathon
- 1,200 participants will stand on the start of The Spolchemie Family Run

## TRANSPORT MEASURES IN PLACE DURING THE RACE

**Transport restrictions will apply on Sunday, September 15, 2013**

### COMPLETE ROAD CLOSURES INCLUDING NO STOPPING (OR PARKING)

**Brněnská** 6:00 - 18:00; **Děčínská** 11:30 - 18:00; **Hrnčířská** 6:00 - 18:00; **Kekulova** (the section between Tovární and Sklářská) 11:00 - 18:00; **Kostelní náměstí** 6:00 - 18:00; **Lidické náměstí** 6:00 - 18:00; **Malá Hradební** 6:00 - 18:00; **Masarykova** (the section between Revoluční and Špitálské Square) 6:00 - 18:00; **Mírové náměstí** 6:00 - 18:00; **most E. Beneše** 11:30 - 18:00; **Národního odboje** 11:00 - 18:00; **Panská** 6:00 - 16:30; **Pařížská** 6:00 - 18:00; **Pivovarská** (Atrium direction) 6:00 - 18:00; **Předmostí** (the section between Hrnčířská and E. Beneše Bridge) 6:00 - 18:00; **Revoluční** (the section between Masarykova and Tovární) 11:00 - 18:00; **Revoluční** (the section between Mírové square and Masarykova) 6:00 - 18:00; **Střekovské nábřeží** 11:30 - 18:00; **Tovární** 11:00 - 18:00; **U Kostela** 6:00 - 18:00; **U Nádraží** 6:00 - 18:00; **U Trati** 6:00 - 18:00; **Velká hradební** 6:00 - 18:00; **Železničářská** 11:30 - 18:00.

Parking next to Labská Bašta restaurant in Železničářská Street will also be closed until 6 p.m.

We would like to point out that the parking prohibition relates to the entire race course.

Please find an alternative place to park your vehicle so as to avoid the unnecessary inconvenience of having your vehicle towed away.

### Options for entering and exiting the areas where restrictions apply:

- Klíče area** – the entire area will be accessible from Okružní Street
- Centre area** – Panská, Brněnská, Masarykova, Revoluční – transport restrictions will be in place between 10:30 a.m. and 5 p.m. without a possibility to enter or exit. After 5 p.m. you may exit to Tovární, Klíšská or U Trati Streets.
- Centrum, Mírové Square and surrounding area** – the area will be closed from 6 a.m. to 6 p.m. without a possibility to enter or exit. Exit through Velká

Hradební Street will be possible only upon receiving instructions to do so by the Police of the Czech Republic

- Žižkova Street and surrounding area** – the area is accessible throughout the whole race
- Střekovské Embankment area** – transport restrictions will be in place between 11:30 a.m. and 6 p.m.
- Děčínská and Železničářská Street area** – transport restrictions will be in place between 11:30 a.m. and 6 p.m., detour will be permitted throughout the duration of the race through Karla IV. Street to Mariánský Bridge.

### Interruptions to public transport

Information regarding changes to public transport can be found on [www.dpmul.cz](http://www.dpmul.cz) and [www.runczech.com](http://www.runczech.com). Information relating to the interruptions will also be posted on information boards in front the building of Transport Company of the City of Ústí nad Labem, on public transport stops – Hraničák, Theatre, Revoluční, Mírové Square, Malá Hradební and Main Railway Station. An information centre and a free transport information telephone line, **800 100 613**, will be in operation on Sunday, September 15.

All traffic restrictions are valid for Mattoni Ústí nad Labem Half Marathon, which takes place on Sunday, September 15, 2013. The event consists of: Mattoni Ústí nad Labem Half Marathon, Relays, 2RUN, Spolchemie Handbike Half Marathon and Spolchemie Family Run.

Police will be present at all important cross roads situated on the race course from 6 a.m. to 6 p.m. The traffic will be coordinated by the Police of the Czech Republic

All the times mentioned are approximate and may be changed due the current situation.

A free transport information telephone line **800 165 102** is in operation from Thursday the 12th to Sunday the 15th. Current information can be found also on [www.runczech.com](http://www.runczech.com).



# PRESS GUIDE



## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### ELITE



## OFFICIAL PRIZE MONEY AND BONUSES

Mattoni Ústí nad Labem Half Marathon  
Sunday, 15th September 2013 – Start at 1 p.m.

### Open-Division Prize Money\*

	Men	Women
1st	€ 2,500	€ 2,500
2nd	€ 1,500	€ 1,500
3rd	€ 800	€ 800
4th	€ 600	€ 600
5th	€ 500	€ 500
6th	€ 400	€ 400
7th	€ 200	€ 200
8th	€ 100	€ 100
total	€ 6,600	€ 6,600

### Czech Athletes Division Bonus\*

	Men	Women
1st	10,000 CZK	10,000 CZK
2nd	5,000 CZK	5,000 CZK
3rd	2,500 CZK	2,500 CZK
total	17,500 CZK	17,500 CZK

### Event Record Bonus\*

**Men's Event Record** € 1,000  
(1:00:58- P. K. Limo, KEN, 2011)

**Women's Event Record** € 1,000  
(1:09:12 - A. Kiprop, KEN, 2011)

The Event Record Bonus will be awarded only to the winner of the respective race.

### Veteran-Division Bonus\*

**2 free entries in RunCzech 2014**

**Men:** M40/M45/M50/M55/M60/M65  
**Women:** W35/W40/W45/W50/W55/W60

Veteran-Division Bonus will be awarded to the first in the respective category (listed above). Winner is eligible to start for free in two individual events of the RunCzech series in 2014 (with open registration) of his/her choice upon written request.

\* Open-Division Prize Money, Time Incentive Bonus, Event Record Bonus, Veteran-Division Bonus, and Czech Athletes Division Bonus are cumulative.

\* Open-Division Prize Money WHT will be deducted according to the athlete's domicile address.

World records valid by 12<sup>th</sup> September 2013:  
0:58:23 Men WR Z. Tadese, ERI  
1:05:50 Women WR M. Keitany, KEN

### Time Incentive Bonus\*

Note: Only the highest bonus reached is awarded.

Men	Women	Euro
sub 1:00:00	sub 1:09:00	5,000
sub 1:01:00	sub 1:11:00	1,500

Time Incentive Bonus will be awarded just to the winner of the respective race.

### Elite Athletes Coordinator:

Jana Moberly - janamo@pim.cz  
Phone: +420 777 486 809  
www.runczech.com

### Organizing Committee:

Tempo Team Prague, s.r.o.  
Františka Křížka 11  
170 00 Prague 7  
Czech Republic

## START LIST OF ELITE ATHLETES - MALE

BIB	NAT	NAME	SURNAME	BIB NAME	BIRTH	PB 10 KM	PB 1/2 M	PB M	LABEL TIME
1	KEN	Philemon	LIMO	LIMO	2. 8. 1985	27:34	0:59:30	2:09:25	0:59:30
2	KEN	Daniel Kipchumba	CHEBII	CHEBII	28. 5. 1985	27:35	0:59:49		0:59:49
3	KEN	Julius Arile	LOMERINYANG	LOMERINYANG	15. 7. 1983	27:42	1:00:31	2:12:13	1:00:31
4	KEN	Bethwel	KIPRONO	KIPRONO	10. 7. 1988	28:29	1:01:10		1:01:10
5	ETH	Abebe	NEGEWO	NEGEWO	20. 5. 1984		1:01:33	2:09:52	1:01:33
6	ETH	Lema	FEYSA	FEYSA	23. 1. 1985	28:25		2:09:47	2:09:47
7	ETH	Tamirat	TOLA	TOLA	11. 8. 1991	28:23	1:02:04		1:02:04
8	UGA	Daniel Kipkorir	CHEPYEGON	CHEPYEGON	1. 6. 1986		1:02:17	2:08:24	1:02:17
9	KEN	Silas Kirwa	NGETICH	NGETICH	5. 2. 1988	28:10	1:02:20		1:02:20
10	KEN	Nicholas Kipchirchir	BOR	BOR	27. 4. 1988	28:28	1:01:10		1:01:10
11	JAP	Taiga	ITO	ITO	22. 10. 1986	29:17		2:11:15	2:11:15
12	JAP	Keiji	AKUTSU	AKUTSU	20. 3. 1987	28:25		2:14:46	28:25
13	CZE	Jan	KREISINGER	KREISINGER	16. 9. 1984	28:59	1:03:38	2:16:26	1:03:38
14	CZE	Jiří	HOMOLÁČ	HOMOLÁČ	25. 2. 1990	30:18	1:05:41	2:21:06	
15	CZE	Milan	KOCOUREK	KOCOUREK	6. 12. 1987	29:06			29:06
16	CZE	Ondřej	FEJFAR	FEJFAR	9. 7. 1989	30:35	1:07:57		
17	SVK	Tibor	SAHAJDA	SAHAJDA	18. 12. 1990		1:09:20		
18	CZE	Radek	HUBL	HUBL	17. 5. 1988		1:10:50		
19	CZE	Martin	ELDMAN	M. ELDMAN	26. 9. 1990	30:56			
20	CZE	Tomáš	ELDMAN	T. ELDMAN	26. 9. 1990	31:42			

## START LIST OF ELITE ATHLETES - FEMALE

BIB	NAT	NAME	SURNAME	BIB NAME	BIRTH	PB 10 KM	PB 1/2 M	PB M	LABEL TIME
F1	ETH	Betelhem	MOGES	MOGES	3. 5. 1991		1:10:38		1:10:38
F2	KEN	Caroline Jepchirchir	CHEPKWONY	CHEPKWONY	27. 4. 1985		1:08:36	2:30:34	1:08:36
F3	KEN	Josephine	CHEPKOECH	CHEPKOECH	21. 4. 1989	32:00	1:08:53		1:08:53
F4	ETH	Makda	HARUN	HARUN	1. 1. 1988	32:39	1:10:45	2:26:46	1:10:45
F5	UKR	Yulia	RUBAN	RUBAN	6. 10. 1983	33:23	1:12:39	2:27:10	
F6	RUS	Natalya	POPKOVA	POPKOVA	21. 9. 1988	31:55			31:55
F7	CZE	Ivana	SEKYROVÁ	SEKYROVÁ	13. 10. 1971	35:12	1:14:06	2:34:21	2:34:21
F8	UKR	Darja	STOLARSKU	STOLARSKU	29. 4. 1989		1:14:50		
F9	CZE	Petra	KAMÍNKOVÁ	KAMÍNKOVÁ	19. 1. 1973	33:38	1:12:17	2:39:20	34:41
F10	ETH	Kumeshi	SICHALA	SICHALA	19. 6. 1995				
F11	CZE	Radka	CHURAŇOVÁ	CHURAŇOVÁ	3. 6. 1977		1:18:21	2:45:29	
F12	ETH	Askale	ALEMEHEYU	ALEMEHEYU	11. 1. 1996	37:02	1:18:58		
F13	ETH	Drbe	NEME	NEME	24. 11. 1990	34:45	1:22:07		
F14	CZE	Šárka	MACHÁČKOVÁ	MACHÁČKOVÁ	15. 9. 1983		1:23:04	2:53:19	
F15	CZE	Linda	VÍTOVÁ	VÍTOVÁ	13. 10. 1993				

PB 1/2 M: personal best Half Marathon

PB M: personal best Marathon

Label Time: the best time during last 36 months

**Elite Athletes coordinator:**

Jana Moberly, E-mail: janamo@pim.cz, GSM: +420 777 486 809



Turkish Airlines – the Official Carrier of RunCzech's elite runners

## BIOGRAPHIES OF ELITE ATHLETES – MALE

### 1. Philemon Kimeli LIMO

Kenya

**Date of birth:** 2. 8. 1985

**Sponsor:** adidas



#### Best performances:

10 km: 0:27:34

**Half Marathon:** 0:59:30

Marathon: 2:09:25

#### Participation RunCzech:

Hervis Prague Half Marathon

2011 (1st place, 0:59:30), 2012 (3rd place, 1:00:03), 2013 (10th place, 1:01:57)

Volkswagen Prague Marathon

2012 (3rd place, 2:09:25)

O<sub>2</sub> Prague Grand Prix

2011 (1st place, 0:27:37)

Volkswagen Ústí n. Labem Half Marathon

2011 (1st place, 1:00:57)

Similar to Daniel Chebii, this man has found his preferred spot here in the Czech Republic. The year before last he broke the hour limit in the half marathon race, - the first to do so on Czech soil. He followed this by running a personal best on paved surfaces at the Mattoni Grand Prix 10 km race, also managing to scoop up first place at the Half Marathon held in Ústí nad Labem. Last year we saw him undergo his marathon debut here though the result wasn't quite as good as he would have liked – coming third in both the half marathon and the marathon. Despite this, he managed to triumph at the half marathon in Rome finishing with exactly the same time 59:30 as here in Prague. This incredibly pleasant and fun guy also devotes time to cross-country running, finishing seventh at the 2011 world championships. Before this, he also ran as a pacemaker at the European cup. He has been running seriously now for five years, mostly training in the famous Rift Valley.

### 2. Daniel Kipchumba CHEBII

Kenya

**Date of birth:** 24. 5. 1985

**Sponsor:** adidas



#### Best performances:

10 km: 0:27:35

**Half Marathon:** 0:59:49

#### Participation RunCzech:

Mattoni České Budějovice Half Marathon

2012 (1st place, 0:59:49)

Mattoni Olomouc Half Marathon

2012 (7th place, 1:06:24)

Hervis Prague Half Marathon

2013 (8th place, 1:01:52)

O<sub>2</sub> Prague Grand Prix

2013 (1st place, 0:27:35)

On Saturday September 7, he triumphed at the O<sub>2</sub> Prague Grand Prix where he won in his new personal best in a beautiful battle with Ethiopian Kinde Aranaw. He took part in this year's Hervis Prague Half Marathon where he finished in eighth place with a time of 1:01:52. He is also known very well from České Budějovice where he completed the half marathon course in a time of 0:59:49, not only breaking his own personal best but also smashing the race record. Daniel can also pride himself on a number of success stories from abroad. Accolades include winning in Hamburg, Ölde and Korschenbroich on two separate occasions. He triumphed three times in a row at the 10 mile race held in Bern, Switzerland which attracts almost thirty thousand participants.

### 3. Julius Arile LOMERINYANG

Kenya

**Date of birth:** 15. 7. 1983

**Sponsor:** adidas



#### Best performances:

10 km: 0:27:42

**Half Marathon:** 1:00:31

Maraton: 2:12:13

#### Participation RunCzech:

Volkswagen Prague Marathon

2013 (7th place, 2:13:31), 2012 (6th place, 2:12:13)

O<sub>2</sub> Prague Grand Prix

2013 (3rd place, 0:27:42)

Another top Kenyan athlete to get hooked on the running races held in Prague. He took part in the Volkswagen Prague Marathon both this year and the year before – gaining his personal best (2:12:13) from the race in 2012. He ran his best ever half marathon in the Netherland town of Haag (1:00:31).

# PRESS GUIDE

## 4. Bethwel KIPRONO

Kenya

**Date of birth:** 10. 7. 1988

**Sponsor:** adidas



### Best performances:

10 km: 0:28:29

**Half Marathon:** 1:01:10

### Participation RunCzech:

Mattoni Olomouc Half Marathon

2013 (7th place, 1:07:23)

O<sub>2</sub> Grand Prix Praha

2013 (7th place, 0:28:48)

Slightly more observant fans of RunCzech series races will remember Bethwel from the Olomouc race back in June. Although he ranks in the top half of cross-country runners, he currently prefers participating in road races. Starting from next year, he'd like to race sporting the colours of the RunCzech Racing Team.

## 5. Abebe NEGEWO

Ethiopia

**Date of birth:** 20. 5. 1984

**Sponsor:** Mizuno



### Best performances:

**Half Marathon:** 1:01:33

Marathon: 2:09:52

The twenty-nine year old Ethiopian long-distance runner has so far not managed to run the half marathon course in under an hour. His all time best over the distance in Paris (1:01:33) this March. That said, it only took seven seconds less for Henry Kiplagat to earn himself first place on the podium last year in Ústí nad Labem. Hence it's not unrealistic to place this particular Ethiopian into the wider circle of favourites to win.

## 6. Lema FEYISA

Ethiopia

**Date of birth:** 23. 1. 1985

**Sponsor:** adidas



### Best performances:

10 km: 0:28:25

**Half Marathon:** 1:02:37

Marathon: 2:09:47

### Participation RunCzech:

O<sub>2</sub> Prague Grand Prix

2013 (12th place, 0:30:05)

The majority of this experienced Ethiopian runner's personal records were broken last year. His top results included a marathon time of 2:09:47 in Rennes, France. He finished 115th place on the world marathon tables at the end of August.

## 7. Tamirat TOLA

Ethiopia

**Date of birth:** 11. 8. 1991

**Sponsor:** adidas



### Best performances:

**Half Marathon:** 1:02:04

### Participation RunCzech:

Mattoni České Budějovice Half Marathon

2013 (1st place, 1:02:04)

This promising Ethiopian youngster and winner at both the prestigious Great Ethiopian Run held in May as well as the Hawassa half marathon with a time of 1:02:44 is now heading to Europe. He improved his personal best with time of 1:02:03 at the Mattoni České Budějovice Half Marathon. Despite his towering height of 180 cm, he weighs in at an incredible 58 kg only.

# PRESS GUIDE

## 8. Daniel Kipkorir CHEPYEGON

Uganda

**Date of birth:** 1. 6. 1986

**Sponsor:** Nike



### Best performances:

**Half Marathon:** 1:02:17

**Marathon:** 2:08:24

You could say Daniel Kipkorir Chepyegon is an expert on German soil – having produced all of his best times in the land occupied by our western neighbours. However we can be pretty sure his sights will be set on succeeding this side of the German border too.

## 9. Silas Kirwa NGETICH

Kenya

**Date of birth:** 5. 2. 1988

**Sponsor:** adidas



### Best performances:

10 km 0:28:10

**Half Marathon:** 1:02:20

### Participation RunCzech:

Volkswagen Prague Marathon

2013 (as a pacemaker)

Mattoni České Budějovice Half Marathon

2013 (3rd place, 1:02:18)

This year's Mattoni České Budějovice Half Marathon was the first half marathon in Ngetich's career and he finished well in third place. At this year's Volkswagen Prague Marathon he was assisted by training partner Albert Matebor in the role of pacemaker. He is a father to two children.

## 10. Nicholas Kipchirchir BOR

Kenya

**Date of birth:** 27. 4. 1988

**Sponsor:** adidas



### Best performances:

10 km: 0:28:28

**Half Marathon:** 1:01:10

### Participation RunCzech:

O<sub>2</sub> Prague Grand Prix

2013 (6th place, 0:28:37)

The start at the O<sub>2</sub> Prague Grand Prix was his international debut. Mattoni Ústí nad Labem Half Marathon is his second race out of Africa and he is prepared to show his best. The runner also ranks among candidates to qualify for the RunCzech Racing team. Nicholas is a sparring partner to Jonathon Mayo, who finished with a full marathon time of 2:04:56 last year in Dubai.

## 11. Taiga ITO

Japan

**Date of birth:** 23. 10. 1986

**Klub:** Mizuno



### Best performances:

10 km: 0:29:17

**Half Marathon:** 1:03:35

Marathon: 2:11:15

### Participation RunCzech:

O<sub>2</sub> Grand Prix Praha

2013 (14th place, 0:30:22)

As a youngster, Taiga Ito played baseball then fell in love with running and worked his way up to becoming a top long-distance runner. He has flown to the Czech Republic to take part in two races – The O<sub>2</sub> Prague Grand Prix and The Mattoni Ústí nad Labem Half Marathon. His goal in both is to finish sixth place at the very least.

# PRESS GUIDE

## 12. Keiji AKUTSU

Japan

**Date of birth:** 20. 3. 1987

**Sponsor:** Desant, Mizuno



### Best performances:

10 km:	0:28:25
Marathon:	2:14:46

### Participation RunCzech:

O<sub>2</sub> Prague Grand Prix 2013 (10th place, 0:29:38)

He likes driving around in his car, enjoys walking around listening to music in his headphones – but above all he's known for running fast. Keiji Akutsu is capable of running the ten kilometre distance in 28:25 minutes. When it comes to the O<sub>2</sub> Prague Grand Prix which was his first race abroad ever, he aimed to finish in eighth place. At the end it was two place worse so he wants to improve his European performance at Mattoni Ústí nad Labem Half Marathon. And what about his ultimate goal? To represent Japan at the Olympic marathon.

## 13. Jan KREISINGER

Czech Republic

**Date of birth:** 16. 9. 1984

**Club:** AK Kroměříž

**Sponsor:** adidas



### Best performances:

10 km:	0:28:59
<b>Half Marathon:</b>	<b>1:03:38</b>
Marathon:	2:16:26

### Participation RunCzech:

Hervis Prague Half Marathon 2012 (15th, 1:05:42), 2009 (15th, 1:07:08), 2006 (6th, 1:06:48), 2005 (13th, 1:07:44)

Volkswagen Prague Marathon 2012 (13th place, 2:16:26)

O<sub>2</sub> Prague Grand Prix 2013 (13th place, 0:30:15), 2012 (13th, 0:31:00), 2011 (13th, 0:30:59), 2010 (11th, 0:30:18), 2009 (11th, 0:30:15), 2006 (10th, 0:30:09), 2005 (15th, 0:32:05), 2004 (9th, 0:30:25)

Mattoni Olomouc Half Marathon 2012 (11th place, 1:08:12)

Mattoni České Budějovice Half Marathon 2013 (7th place, 1:08:58), 2012 (relay)

The České Budějovice – born runner's favourite race memory happened last year at his first marathon race in Prague earning him a spot at the London Olympics. This AK Kroměříž club competing racer is also capable of running the ten kilometre course at an impressive speed. His personal track record is 29:34:89 minutes, while at a road race held in Basel, Switzerland he managed to complete the course in 28:59. As a junior, he picked up Silver at the World Cross Country Championships held in Innsbruck, finishing tenth in the 10 km track race at the European Championships in Tampere.

## 14. Jiří HOMOLÁČ

Czech Republic

**Date of birth:** 25. 2. 1990

**Club:** AK Kroměříž

**Sponsor:** adidas



### Best performances:

10 km:	0:30:08
<b>Half Marathon:</b>	<b>1:05:41</b>
Marathon:	2:21:06

### Participation RunCzech:

Hervis Prague Half Marathon 2013 (18th place, 1:05:41)

Volkswagen Prague Marathon 2013 (11th place, 2:21:37), 2012 (21st place, 2:21:06)

O<sub>2</sub> Prague Grand Prix 2013 (16th place, 0:30:39), 2012 (11th place, 0:30:37), 2011 (14th place, 0:31:12)

Volkswagen Ústí n. Labem Half Marathon 2012 (7th place, 1:07:12)

Mattoni Olomouc Half Marathon 2013 (9th place, 1:08:36)

The youngest of the three candidates aspiring to win the title of fastest Czech at The Mattoni Ústí nad Labem Half Marathon has managed to complete the distance in 1:05:41. Other two favorites to win among Czechs are his colleagues from Kroměříž team Milan Kocourek and Jan Kreisinger. Brace yourselves to see a big "Kroměříž" battle at the finish. Homoláč is the current national champion from the Prague marathon. He is part of the strong group led by Brno trainer, Jiří Sequent alongside Milan Kocourek and the Olympian Lenka Masná. He managed to finish his first ever marathon in Prague last year in 2:21:06 despite experiencing injury-related issues. This year he finished it in 2:21:37. He emerged as the best Czech at this year's Hervis Prague Half Marathon, the Volkswagen Prague Marathon and the Mattoni Olomouc Half Marathon.

# PRESS GUIDE

## 15. Milan KOČOUREK

Czech Republic

**Date of birth:** 6. 12. 1987

**Club:** AK Kroměříž

**Sponsor:** adidas



### Best performances:

10 km: 0:29:06

### Participation RunCzech:

O₂ Prague Grand Prix

2013 (15th place, 0:30:31), 2012 (14th place, 0:31:19), 2011 (8th place, 0:29:45), 2010 (12th place, 0:30:56)

The former Brno Athletics Club pupil is a top cross-country runner, however his track performances are also noteworthy. Accolades include having taken the Junior Championship title on several occasions. His best performance on the ten kilometre course was recorded in the Spanish city of Bilbao which he completed in 29:06. The Mattoni Ústí nad Labem Half Marathon will be his half marathon debut.

## 16. Ondřej FEJFAR

Czech Republic

**Date of birth:** 9. 7. 1989



### Best performances:

10 km: 0:30:35

**Half Marathon:** 1:07:57

### Participation RunCzech:

The Mattoni Karlovy Vary Half Maraton

2013 (6th place, 1:08:01)

This all-round long-distance runner from Vrchlabí loves going on Safari runs in Dvůr Králové and is a fourth year student at the Czech Technical University in Prague. He recently signed with AK Kroměříž. Last year he picked up the Czech Silver medal in the ten km track course. He has won two Mizuno Running Cup road races in Pečky (exactly 10 km) and Pardubice (9 km), emerging in second place at the Rohálov 10 km and 22nd at the Berlin Half Marathon. He has a rather encouraging motto "Whenever I feel I can't do any more, I push it up a notch." This year he added a victory among Czech men at the premiere edition of the Mattoni Karlovy Vary Half Maraton.

WR 2010			WL 2011		WL 2012 / Best time in the Czech Republic 2012		WL 2013*	
Z. Tadese			Z. Tadese		A. Tsegay		G. K. Kamworor	
Lisboa			Lisboa		Prague		Ras Al Khaimah	
km	time	min. / km	time	min. / km	time	min. / km	time	min. / km
5					0:14:00	0:02:48	0:14:03	0:02:49
8,5	0:24:06	0:02:50	0:23:23	0:02:45				
10					0:28:03	0:02:49	0:28:12	0:02:50
15	0:41:33	0:02:41	0:41:32	0:02:48	0:41:46	0:02:45	0:42:13	0:02:48
20	0:55:21	0:02:46			0:55:52	0:02:49	0:56:02	0:02:46
21,0975	<b>0:58:23</b>	0:02:46	<b>0:58:30</b>	0:02:47	<b>0:58:47</b>	0:02:39	<b>0:58:54</b>	0:02:37
		0:02:46,0		0:02:46,4		0:02:47,2		0:02:47,5

\* until 12. 9. 2013

## BIOGRAPHIES OF ELITE ATHLETES – FEMALE

### F1. Betelhem MOGES

Ethiopia

**Date of birth:** 3. 5. 1991

**Sponsor:** adidas

#### Best performances:

5 000 m: 0:15:25,26

**Half Marathon:** 1:10:38



#### Participation RunCzech:

Mattoni Ústí nad Labem Half Marathon

2012 (1st place, 1:11:51)

Mattoni Olomouc Half Marathon

2013 (1st place, 01:10:37)

One of a number of elite Ethiopian runners. At the age seventeen she came seventh at World Cross-Country Championships in Edinburgh. Moges started running half marathon last year when she showed up at Volkswagen Ústí nad Labem Half Marathon and won with time of 1:11:51. This year she added to her list of successes a victory at Mattoni Olomouc Half Marathon.

### F2. Caroline Jepchirchir CHEPKWONY

Kenya

**Date of birth:** 27. 4. 1985

**Sponsor:** adidas

#### Best performances:

**Half Marathon:** 1:08:36

**Marathon:** 2:30:34



The twenty-eight year old Kenyan only recently started out on the athletics oval. Back in the spring she managed to run a 3000 metre hurdle race held in Nairobi with a time of 10:56. She certainly isn't lacking when it comes to speed – in fact, of all the women taking part in this year's Ústí Half Marathon, she boasts the most prized personal record.

### F3. Josephine CHEPKOECH

Kenya

**Date of birth:** 21. 4. 1989

**Sponsor:** Nike

#### Best performances:

10 km: 0:32:00

**Half Marathon:** 1:08:53



#### Participation RunCzech:

O₂ Prague Grand Prix

2013 (1st place, 0:32:00)

Josephine has run a number of ten kilometre races in Kenya. The O₂ Prague Grand Prix was her premiere race out of Kenya and already she celebrated both victory and improvement with her personal best of 32:00. Josephine is married to the fantastic marathon runner, Joseph Lagat with whom she has a two-year old daughter.

### F4. Makda Harun

Ethiopia

**Date of birth:** 1. 1. 1988

#### Best performances:

10 km: 0:32:39

**Half Marathon:** 1:10:45

Marathon: 2:26:46



Makda is a tough competitor. This year she achieved second place in Hong Kong and 6th in Rotterdam.

# PRESS GUIDE

## F5. Yulia RUBAN

Ukraine

**Date of birth:** 6. 10. 1983



### Best performances:

10 000 m: 0:33:23

**Half Marathon:** 1:12:39

Marathon: 2:27:10

### Participation RunCzech:

Mattoni Olomouc Half Marathon

2012 (6th place, 1:20:56)

Volkswagen Prague Marathon

2013 (26th place, 2:34:50), 2010 (37th place, 2:31:13)

Mattoni České Budějovice Half Marathon

2013 (8. místo, 01:17:26)

A Ukrainian long-distance runner hailing from the Kiev region. She finished 67th place at the 2002 world championships in cross-country running held in Ireland. She won the 2006 South Tyrol marathon and has already run marathons in both Prague (2:31:13) and Frankfurt (2:27:44). She ran her personal record finishing tenth place at the legendary Boston marathon. In 2011, she finished third at the Volkswagen Prague Marathon. Last year she completed the London marathon and finished sixth at the Mattoni Olomouc Half Marathon. Somewhat of a regular in RunCzech races, she finished the 2013 Volkswagen Prague Marathon in seventh place with a time of 2:34:49.

## F6. Natalya POPKOVA

Russia

**Date of birth:** 21. 9. 1988

**Sponsor:** Nike



### Best performances:

10 km: 0:31:55

### Participation RunCzech:

O₂ Prague Grand Prix

2013 (6th place, 0:32:52)

The bronze medallist from the 2009 Universiade held in the Chinese city of Shenzhen also won the European Championships for athletes in the under 23 yrs category. In 2009, she managed to complete the ten kilometre course in the Lithuanian city of Kaunas in 33:37. Last year in Moscow she ran one and a half minutes faster and certainly won't be satisfied with anything other than a great performance here in Prague.

## F7. Ivana SEKYROVÁ

Czech Republic

**Date of birth:** 13. 10. 1971

**Sponsor:** adidas



### Best performances:

10 km: 0:35:12

**Half Marathon:** 1:14:06 Pardubice 2013

Marathon: 2:34:23 Rotterdam 2012

### Participation RunCzech:

Hervis Prague Half Marathon

2013 (12th place, 1:15:58), 2012 (11th place, 1:16:50), 2011 (10th place, 1:17:12), 2010 (9th place, 1:19:57)

Mattoni Karlovy Vary Half Marathon

2013 (5th place, 1:17:32)

Mattoni České Budějovice Half Marathon

2012 (4th place, 1:17:57)

O₂ Prague Grand Prix

2012 (8th place, 0:17:07), 2010 (8th place, 0:17:21)

Mattoni Ústí nad Labem Half Marathon

2012 (6th place, 1:17:18)

A participant at last year's Olympics Marathon (67th with a time of 2:37:14), Ivana has decided to focus on running half marathon courses this year. She has already picked up the championship title while also running her personal record in Pardubice this April. It's incredible to think how the 41-year old mother to 12-year old Tereza and full-time gym and citizenship teacher at a grammar school in Sokolov manages to fit it all in. Her past students include the football player Petra Jiráček who plays for the national team. She started out as Rubášová (her maiden name) playing basketball, running sprints, distance and 400 m hurdles, gradually progressing to the marathon distance. She is guided jointly by trainers, Kalousek and Škorpi. Accolades include scooping up a total of five half marathon titles, winning twice in Běchovice, and the Kunratice seven times in a row. She also takes part in uphill runs and has participated in the world championships in this discipline. She put in a fantastic performance two weeks ago – managing to become the European veteran champion in a 10 km road race in Upice in the morning plus helping out a 3 x 2 km relay team win Gold in a cross-country race, then topping it all off by earning herself best Czech female title at the premiere of the Mattoni Karlovy Vary Half Marathon.

# PRESS GUIDE

## F9. Petra KAMÍNKOVÁ

Czech Republic

**Date of birth:** 19. 1. 1973

**Club:** AK Olomouc

**Sponsor:** adidas



### Best performances:

10 km: 0:33:38

**Half Marathon:** 1:12:17

Marathon: 2:39:20

### Participation RunCzech:

Hervis Prague Half Marathon

2013 (14th place, 1:17:30), 2012 (14th place, 1:19:27), 2011 (9th place, 1:17:00), 2010 (7th place, 1:15:52), 2009 (10th), 2004 (6th), 2007 (8th), 1999 (2nd), 2000 (2nd)

Mattoni Karlovy Vary Half Marathon

2013 (6th place, 1:17:46)

Mattoni Olomouc Half Marathon

2013 (9th place, 1:19:00), 2012 (7th place, 1:21:27), 2011 (7th place, 1:19:47), 2010 (4th place, 1:22:12)

O<sub>2</sub> Prague Grand Prix

2013 (18th place, 0:34:50), 2012 (7th place, 0:16:58), 2011 (8th place, 0:17:01), 2010 (7th place, 1:17:14), 2009 (6th), 2008 (6th), 2007 (5th), 2006 (6th), 2004 (4th), 2003 (4th), 2002 (2nd), 1999 (4th)

The Mattoni Ústí nad Labem Half Marathon

2012 (8th place, 1:21:17), 2011 (5th place, 1:22:19)

One of the most successful Czech female runners of all time. The thirty-eight year old Czech has picked up championship titles in courses ranging from the 1 500 metres to the half marathon on the road as well as on the track. She has been pulling out of the limelight somewhat recently claiming to run just for fun. Yet she still manages to do so incredibly fast. She was the fastest Czech at last year's Mattoni 5 Km Grand Prix, finishing third at the Hervis Prague Half Marathon behind Sekyrová and Pastorová. At the Karlovy Vary race she ended second to Sekyrová in what was a dramatically close finish. She is the patron of the Mattoni Olomouc Half Marathon, having competed in the race all four times. Her best performance of all there came this year with a time of 1:19:00 making her the most successful Czech woman to compete.

## F11. Radka CHURAŇOVÁ

Czech Republic

**Date of birth:** 3. 6. 1972



### Best performances:

**Half Marathon:** 1:18:21

Marathon: 2:45:29

### Participation RunCzech:

Hervis Prague Half Marathon

2013 (18th place, 01:21:13)

Volkswagen Prague Marathon

2013 (13th place, 2:53:01), 2012 (11th place, 02:55:21), 2011 (12th place, 2:53:12), 2010 (21th place, 2:59:24), 2006 (9th, 3:01:03), 2003 (7th, 2:53:55), 1999 (30th, 3:25:29)

Mattoni Olomouc Half Marathon

2010 (5th place, 1:23:18)

O<sub>2</sub> Prague Grand Prix

2002 (0:17:34)

Mother of two children. She already has three marathon titles under her belt (2004 – 2:45:29, 2010 – 2:59:24 and 2011 – 2:53:12). A qualified children's nurse, she earns extra money working as a personal trainer in Prague, sporting the colours of the Lokomotiva Trutnov club in the second athletics league. She considers her greatest international success to have been completing the 2003 Anchorage uphill run in Alaska in 12th place. She also enjoys mountain biking and has completed the kola pro život (bikes for life) marathon series. She went home without a medal at this year's Czech marathon championships.

WR 2011			WL2012		Best time in the Czech Repulblic 2012		WL 2013*			
M. Keitany		F. Kiplagat		J. Chepkirui		L. Kabuu				
Ras Al Khaimah		Ostia		Prague		Ras Al Khaimah				
km	time	min. / km	time	min. / km	time	min. / km	time	min. / km		
5	0:15:18	0:03:04			0:15:39	0:03:08	0:15:34	0:03:07		
10	0:30:45	0:03:05			0:31:34	0:03:11	0:31:16	0:03:08		
15	0:46:40	0:03:11			0:47:20	0:03:09	0:47:13	0:03:11		
20	1:02:36	0:03:11			1:03:39	0:03:16	1:02:48	0:03:07		
21,0975	1:05:50	0:02:57	1:06:38		1:07:03	0:03:06	1:06:09	0:03:03		
		0:03:07,2		0:03:09,5		0:03:10,7		0:03:08,1		

\* until 12. 9. 2013

# PRESS GUIDE



## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

## RUNCZECH RUNNING LEAGUE



## THE RUNCZECH RUNNING LEAGUE

**RunCzech Running League represents races organised by Prague International Marathon and Tempo Team Prague. The running events take place in the Czech capital and some of the most enchanting cities of the Czech Republic. The Running League, offering different distances and disciplines year round, allows sport lovers to combine their passion for running with exciting travelling adventures.**

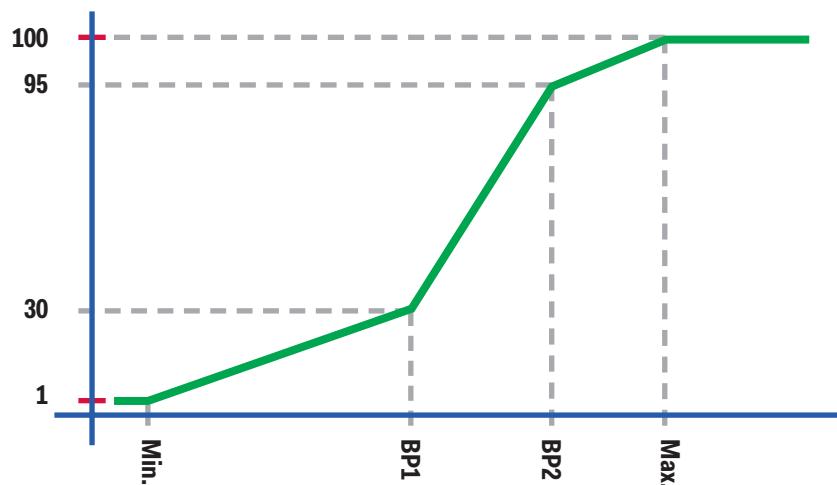
The RunCzech Running League is unique because of its ranking system, which allows its participants to compare their results with other runners according to their age, sex and profession.

In 2012, 64,043 runners from all over the world took part in all the RunCzech Running League. Out of those 34,346 people participated in competitive races which made them eligible for the RunCzech ranking system.

Order	Name	Profession	Points
1.	Pelouch Leoš	agricultural worker	1089
2.	Dražan Jaroslav	programmer	1087
3.	Mikyska Luboš	radio and TV employee	1078
4.	Kuželka Tomáš	-	1073
5.	Frauenberg Hynek	electrical /mechanical engineer	1069
6.	Glier Michal	mechanic	1068
7.	Štěpán Marek	army	1062
8.	Jasenský Oldřich	hospitality worker	1060

**Table of selected times**

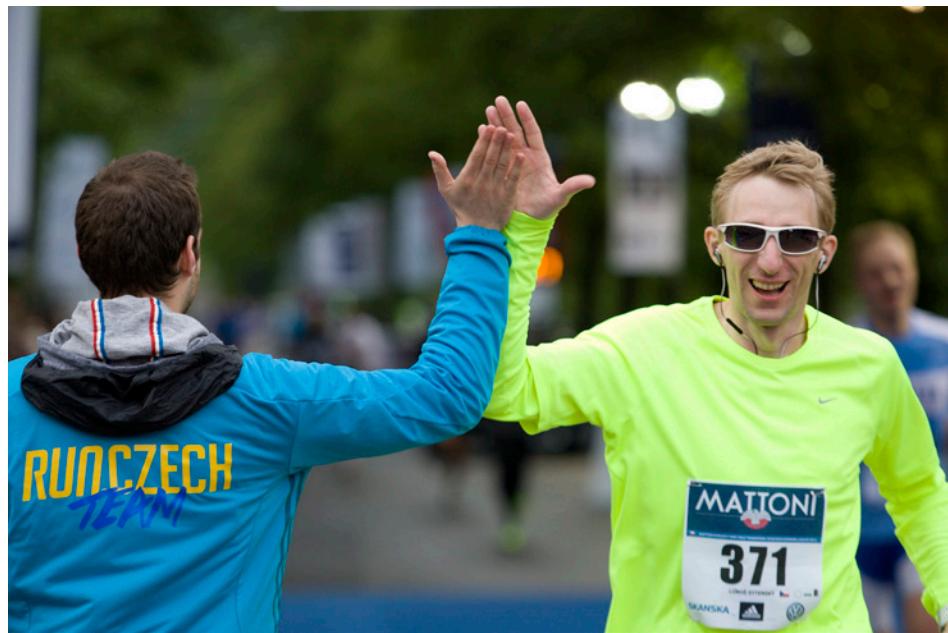
Points \ time	Marathon	Half Marathon	10 km	5 km
100 \ max	2:25:00 and faster	1:05:00 and faster	0:30:00 and faster	0:18:00 and faster
95 \ BP2	3:15:00	1:30:00	0:43:00	0:25:00
30 \ BP1	4:40:00	2:00:00	1:00:00	0:33:00
1 \ min	6:30:00 and slower	3:00:00 and slower	1:15:00 and slower	0:45:00 and slower



Points distribution between the break times is linear. Ties will be decided by number of events finished in the season and higher absolute gain of points in one race.

## List of professions which collected points

- administrative workers
- architects
- army
- assistants
- auditors
- bankers
- barmen/women, waiters/waitresses (hospitality workers)
- tax advisors
- pensioners
- editors
- ecologists
- economists
- electrical engineers, mechanical engineers
- financial analysts
- photographers and filmmakers
- fire-fighters
- executive directors
- hairstylists, cosmeticians
- librarians
- consultants
- couriers
- chemists
- doctors
- company owners
- managers
- mechanics
- notaries
- journalists
- sales representatives
- pilots, stewards
- insurance agents and brokers
- police
- politicians
- agricultural and forestry workers
- solicitors, lawyers, and judges
- sales assistants
- programmers
- councillors, mayors
- receptionists
- directors
- skilled workers, repairers, electricians
- drivers
- brewers
- social workers and state employees
- writers
- sportsmen/women
- network administrators
- statisticians
- construction workers
- students
- telephone operators, post office workers
- interpreters and translators
- trainers
- accountants
- teachers and lecturers
- artists (actors, musicians, dancers...)
- scientists
- ambassadors
- veterinary surgeons
- prison service
- government civil servants
- rescue workers
- PR and media agency workers, graphic designers
- Radio and TV employees
- travel industry workers
- health-care (nurses, physiotherapists...)
- women home-makers



## SIGN UP NOW FOR RUNCZECH RACES IN 2014!

RunCzech has launched registrations for the RunCzech Running League races in 2014. Sign up now for this brand new registration system making the entire sign-up process much easier. Once registered, you can look forward to checking out the list of races we've put together for the first half of the year including the 20th jubilee of the Volkswagen Prague Marathon. And providing you manage to sign up by 30th September, you'll also qualify for a discount on your start fee!

The latest feature, called Runners ID, is created using your e-mail address. Using the Runners ID will make signing up far easier and most importantly it will make the whole process faster. It is only necessary to enter your information once, and in the future you will only enter your Runners ID to access all of your information. Your running profile will display all the races you have signed up for, transactions completed, your participation in RunCzech Running League races so far, your finishing times, and your individual rankings. Runners will be able to view all of their performances in one single place. The Runners ID will also come in handy when signing up a team or relay as all you have to do is enter your Runners IDs and your registration is complete.

So far the new system is only open to those individuals signing up for races taking place in the forthcoming 2014 season. Relays and teams may try it out starting in mid of September.

A special price offer has been put together for runners which is up for grabs until September. Pick up your start fee for regional races for as little as 400 CZK, with fees starting from 700 CZK for the Volkswagen Prague Marathon and from 600 CZK for the Hervis Prague Half Marathon. The prices indicated are available for those registering for the Czech Marathon Club. Membership is completely free of charge, offering runners a whole host of great benefits. Become a member of our "Running Family" and pick up discounts from RunCzech partners as well as discounts on your start fees!

Starting from now on, signing up for races will be a walk in the park allowing you to use the time you save on registering to head out for a run! We're also pleased to tell you that this new system is only the first of many steps. You can look forward to benefiting from a wide range of new functions and the first running social network in the Czech Republic.



## SILVER ÚSTÍ NAD LABEM

Ústí nad Labem has become the smallest city awarded by the silver label from the International Association of Athletics Federations (IAAF). The label guarantees top quality races with professional service for runners.

The Mattoni Ústí nad Labem Half Marathon is a part of RunCzech Running League which is one of two organizations in the world that owns five quality labels in total. The other races awarded silver label, besides the Mattoni Ústí nad Labem Half Marathon, is the METRO 10k Race, a part of the O<sub>2</sub> Prague Grand Prix, and the Mattoni Olomouc Half Marathon. The two biggest races of RunCzech Running League the Volkswagen Prague Marathon and the Hervis Prague Half Marathon - are proud holders of gold - label. All those labels prove the highest quality of RunCzech races and the professional level of organization.

"The main requirement for getting the label is certified course closed to vehicles and traffic. Furthermore, the race time has to be measured by chip with preci-

sion on seconds and obviously, the first aid and emergency as well as refreshment points has to be available alongside the course. Additionally, media exposure and awareness is nonetheless important factor as well."

Another important aspect for the assessment of the race quality are participating elite athletes. Jana Moberly, the coordinator of elite athletes explains the importance of having elites in the starting field for obtaining the labels:

"The athletes and their managers have assurance of high quality race under IAAF regulations due to this labeling. Furthermore, all athletic federations worldwide accept herein presented performance for further qualifications and nominations for all the worlds' contests. The highest IAAF labels (silver and gold) also ensure the same prize money and bonuses for both male and female categories. This also means particular criteria regarding the starting field such as having a minimum of 5 countries being represented in the starting field by elite athletes, which further increases the prestige of our events."

## HISTORY OF RUNCZECH

### 1994

The proposal to organize a large-scale run in the centre of Prague following in the footsteps of New York and London starts to take shape in 'Cibulka', a Prague restaurant. Inspired by beer, a symbol of the Czech Republic abroad yet savoured by two Italian friends Carlo Capalbo and the Olympic winner, Gelindo Bordin.

### 1995

The first marathon in history takes place on June 4<sup>th</sup> with 950 runners participating along with a further 19,000 taking part in supporting events. The patrons for the first ever race are Olympic winners Emil Zátopek and Gelindo Bordin. Ethiopian runner, Tummo Turbo triumphs at the race premiere with a time of 2:12:44 shocking everyone by not drinking until he reached the finish line.

### 1996

The Golden Ten is added to the marathon for elite runners. Kenyan runner, Laban Chege makes it past the finish line of the Grand Prix first despite incredible rainfall with a time of 28:10.

### 1997

The number of participants doubles that of the first year of the event with a staggering 1 948 runners. This year marks the first student relay, the so-called Junior Marathon. The 10 km Grand Prix is moved later on in the calendar to September. For the following two years, Kenyan runner, Paul Tergat scoops up wins, later to become a world record holder in marathon runs and a huge rival to Haile Gebrselassie.

### 1998

The marathon course passes over Charles Bridge, one of the main landmarks of the Czech capital for the first time. Kenyan runner, Elijah Lagat rakes in 29 thousand dollars for winning the race, breaking a course record and surpassing the limit of 2:09.

### 1999

The half-marathon course is added to the races, for the first two years passing through Stromovka Park, a paradise for the city's runners, located outside of the centre. An open-air music festival is added to the marathon weekend programme of events. Portuguese runner, Antonio Pinto known to be one of the best European runners, takes part and triumphs at the 10 Km Mattoni Grand Prix. A special 3 km run open to women only is added to the programme for the first time.

### 2000

Brazilian runner, Ronaldo Da Costa, who just one year previously held on to the world record in marathon running with a time of 2:06:05 from Berlin 1998, heads to Prague. The women's start line is honoured with the presence of Italian runner, Franca Fiacconi, winner from the previous year. However in the end neither of these runners picks up a win at this year's race.

### 2001

The half-marathon course shifts to the centre of Prague, starting from Charles Bridge. The Italian runner, Maura Viceconte sets a course record of 2:26:33 in the marathon. Ethiopian runner, Haile Gebrselassie, probably the greatest star in the history of PIM events, triumphs at the Grand Prix with a time of 28:07.

### 2002

The first year of an in-line race taking place the evening before the marathon.

### 2003

Václav Klaus is elected President of the Czech Republic and is the first head of state to start the marathon. The Grand Prix opens to the general public.

### 2004

Czechoslovak runner, Róbert Štefko finishes third in the marathon (2:12:33) and qualifies to participate at the Olympic games in Athens.

### 2005

Olympic winner, Stefano Baldini takes part in the Mattoni Grand Prix.

### 2006

The number of participants at the half-marathon (4,207) exceeds that of the marathon runners for the first time and continues to remain that way. A team competition is offered for the first time as part of the half-marathon race. Kenyan runner, Wilson Kiprotich Kebenei completes the 10 km Grand Prix in a time of 28:05, the fastest time so far in this race.

### 2007

The marathon Sport Expo takes place for the first time on the huge premises of the Prague exhibition grounds. A total of 30,000 visitors attend and the event quickly becomes the largest shopping venue not just for Czech runners. The September Grand Prix takes place for the first time against a backdrop of darkness and artificial lighting. Running through a packed Old Town Square is amplified by an electrifying atmosphere.

### 2008

PIM acquires the IAAF Road Race Silver Label for the "mens 10 km race".

### 2009

The course record in the half-marathon is broken by the Kenyan runner, Nicholas Kiputto (1:00:07). PIM acquires a Silver Label and the IAAF grants the highest Gold Label to the Hervis Prague Half Marathon for 2010.

### 2010

World-renowned football player, Pavel Nedvěd steals all the attention by participating at the Hervis Prague Half Marathon. The May marathon records the greatest level of participation yet drawing in a total of 7,934 runners. Despite the challenging course run partly on cobblestones, Kenyan winner, Eliud Kiptanui astounds spectators by running an incredible time of 2:05:39, placing Prague seventh of the fastest world marathons. The Moravian city of Olomouc hosts its first ever half-marathon race, passing through the wonderful historical centre, attracting a total of 1788 runners. PIM acquires the Gold Label for the Volkswagen Prague Marathon 2011.

### 2011

In September the half-marathon takes place in the North Bohemian city of Ústí nad Labem. The event is a sell-out well before the race starts, and so it is decided to extend the number of races to five. It becomes one of the cornerstones for the future Czech league. Crowning of the first Golden PIM Kings. Czech runner, Věra Vavrejnová, the only woman to have taken part in all 15 counted races as well as the first two which weren't measured using chip technology, is made race Queen. A police World Championships also forms part of the marathon.

### 2012

In 2012 RunCzech Running League races attracted unprecedented interest from participants leading to a sell-out on all six races occurring several days and even weeks ahead of the events. With 11,000 available start numbers sold out 53 days beforehand, the Hervis Prague Half Marathon was recorded as the largest race in the series. Thanks to the amazing time of 58:47 achieved by Atsedu Tsegaye, the race also emerged as the fastest half marathon of the year in the whole world. The race also saw former Czech footballer, Pavel Nedvěd take part for the second time. An additional race was also added to the running series - The Mattoni České Budějovice Half Marathon, which in its first year of running, surfaced as the 20th fastest half-marathon in the world.

## LIST OF WINNERS RUNCZECH 1995 – 2013 – MEN

### Prague Marathon

1995 Tummo Turbo (ETH)	2:12:44	2004 Barnabas Koech (KEN)	2:12:15
1996 William Musyoki (KEN)	2:12:21	2005 Steven Chepot (KEN)	2:10:42
1997 John Kagwe (KEN)	2:09:07	2006 Mubarak Hassan Shami (QAT)	2:11:11
1998 Elijah Lagat (KEN)	2:08:52	2007 Ornelas Helder (POR)	2:11:49
1999 Eliud Keiring (KEN)	2:11:19	2008 Kenneth M. Mungara (KEN)	2:11:06
2000 Simon Chemoiywo (KEN)	2:10:35	2009 Patrick Ivuti (KEN)	2:07:48
2001 Andrew Sambu (TAN)	2:10:14	2010 Eliud Kiptanui (KEN)	2:05:39
2002 Henry Tarus (KEN)	2:11:41	2011 Benson Kipchumba Barus (KEN)	2:07:07
2003 Willy Cheruiyot (KEN)	2:11:56	2012 Deressa Chimsa (ETH)	2:06:25
		2013 Nicholas Kemboi (QAT)	2:08:51

### Prague Half Marathon

1999 Ali Ezayedi (LIB)	1:04:48	2006 Stephen Kibiwott (KEN)	1:01:15
2000 Isaac Kiprono (KEN)	1:03:28	2007 Patrick Ivuti (KEN)	1:01:00
2001 Anthony Korir (KEN)	1:02:09	2008 Eliah Muturi Karanja (KEN)	1:02:08
2002 Willy Cheruiyot (KEN)	1:02:15	2009 Nicholas Kiprutto Koech (KEN)	1:00:07
2003 Fred Kiprop (KEN)	1:02:47	2010 Joerl Kemboi Kimurer (KEN)	1:00:09
2004 Joseph Ngony (KEN)	1:01:46	2011 Philemon Limo (KEN)	59:30
2005 Silas Kirui (KEN)	1:01:07	2012 Atsedu Tsegay (ETH)	58:47
		2013 Zersenaj Tadesse (ERI)	1:00:10

### Prague Grand Prix

10k	
1996 Laban Chege (KEN)	28:10
1997 Paul Tergat (KEN)	28:59
1998 Paul Tergat (KEN)	28:30
1999 Antonio Pinto (POR)	28:16
2000 Miroslav Vanko (SVK)	29:34
2001 Haile Gebrselassie (ETH)	28:07
2002 Paul Tergat (KEN)	28:14
2003 Simon Kiulu (KEN)	28:31
2004 Wilson Kiprotich (KEN)	27:37
2005 Stanley Kipkosgei Salil (KEN)	28:47
2006 Wilson Kiprotich Kebenei (KEN)	28:05
2007 Wilfred Kipkoe Taragon (KEN)	28:26
2008 Vitalij Rybak (UKR)	29:27
2009 Marwa Dickson Mkami (TAN)	28:24
2010 Mourad Marofit (MAR)	28:27
2011 Philemon Limo (KEN)	27:34
2012 Henry Kiplagat (KEN)	27:51
2013 Daniel Chebii (KEN)	27:35



### České Budějovice Half Marathon

2012 Daniel Chebii (KEN)	59:49
2013 Tamirat Tola (ETH)	1:02:10

### Olomouc Half Marathon

2010 Joseph Maregu (KEN)	1:03:20
2011 Dawit A. Shami (ETH)	1:00:44
2012 Nicholas Kipkemboi (KEN)	1:01:48
2013 Tamirat Tola (ETH)	1:02:04

### Ústí nad Labem Half Marathon

2011 Philemon Limo (KEN)	1:00:57
2012 Henry Kiplagat (KEN)	1:01:26

### Karlovy Vary Half Marathon

2013 Daniel Wanjiru (KEN)	1:03:02
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## LIST OF WINNERS RUNCZECH 1995 – 2013 – WOMEN

### Marathon Prague

1995 Svetlana Tkach (UKR)	2:39:33	2004 Leila Aman (ETH)	2:31:49
1996 Elena Vinickaya (BLR)	2:37:33	2005 Salina Jibet Kosgei (KEN)	2:28:42
1997 Elena Vinickaya (BLR)	2:32:58	2006 Alina Ivanova (RUS)	2:29:20
1998 Elena Vinickaya (BLR)	2:34:25	2007 Nailiya Yulamanova (RUS)	2:33:10
1999 Franca Fiacconi (ITA)	2:28:33	2008 Nailiya Yulamanova (RUS)	2:31:43
2000 Alina Ivanova (RUS)	2:27:42	2009 Olga Glok (RUS)	2:28:27
2001 Maura Viceconte (ITA)	2:26:33	2010 Helena Kirop (KEN)	2:25:29
2002 Alventina Ivanova (RUS)	2:32:24	2011 Lydia Cheromei (KEN)	2:22:34
2003 Anne Jelagat Kibor (KEN)	2:31:10	2012 Agnes Kiprop (KEN)	2:25:41
		2013 Caroline Rotich (KEN)	2:27:00

### Half Marathon Prague

1999 Jana Klimešová (CZE)	1:15:39	2006 Caroline Kwambai (KEN)	1:10:08
2000 Jana Klimešová (CZE)	1:14:17	2007 Liliya Shobukhova (RUS)	1:11:14
2001 Florence Barsosio (KEN)	1:12:51	2008 Asha Roba Gigi (ETH)	1:12:00
2002 Gloria Marconi (ITA)	1:12:06	2009 Rosa Kosgei (KEN)	1:09:03
2003 Helena Javorník (SLO)	1:11:13	2010 Rosa Kosgei (KEN)	1:09:57
2004 Catherine Kirui (KEN)	1:10:38	2011 Lydia Cheromei (KEN)	1:07:33
2005 Susan Kirui (KEN)	1:12:49	2012 Joyce Chepkirui (KEN)	1:07:03
		2013 Gladys Cherono (KEN)	1:06:48

### Grand Prix Prague

5 km
1999 Gunhilda Halle (NOR)
2000 Anikó Kalóvics (HUN)
2001 Beata Rakonczi (HUN)
2002 Anikó Kalóvics (HUN)
2003 Anikó Kalóvics (HUN)
2004 Caroline Cheptonui (KEN)
2005 Anikó Kalóvics (HUN)
2006 Anikó Kalóvics (HUN)
2007 Irene K. Kwambai (KEN)
2008 Anikó Kalóvics (HUN)
2009 Gladys Kerubo Otero (KEN)
2010 Zakia Mrisho (TAN)
2011 Priscah Ngetich-Cherono (KEN)
2012 Tadelech Bekele (ETH)

10 km
Josephine Chepkoech (KEN) 32:00



### Half Marathon České Budějovice

2012 Tadelech Bekele (ETH)	1:10:54
2013 Hurtesa Kedija (ETH)	1:12:10

### Half Marathon Olomouc

2010 Asnakech Mengutsi (ETH)	1:13:13
2011 Netsanet Achamo (ETH)	1:10:41
2012 Yeberqual Melese (ETH)	1:11:33
2013 Hurtesa Kedija (ETH)	1:12:11

### Half Marathon Ústí nad Labem

2011 Agnes Kiprop (KEN)	1:09:12
2012 Betelhem Moges (ETH)	1:11:51

### Karlovy Vary Half Marathon

2013 Mame Feyisa (ETH)	1:12:47
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# PRESS GUIDE



## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### RUNNING MALL



## RUNNING MALL: NEW TO PRAGUE, NEW TO EUROPE, NEW TO THE WORLD!

**RunCzech proudly presents its new running centre, strategically positioned between Prague's most popular running parks.**

A Running Mall completely dedicated to runners has just opened its doors to eager visitors on the corner of Milady Horákové and Františka Křížka Streets in Prague's Letná district. To ignore it would mean missing out on a whole host of benefits available for all running fans and inside you'll find everything you could possibly wish for.

One special feature is the new PIM Running Club, opening from early in the morning to late in the evening. Take the opportunity to leave your belongings securely inside our lockers and use of our shower facilities after your training, with a towel and shower gel provided courtesy of PIM Running Club. And before heading back to your everyday duties and commitments, why not take advantage of our Water Bar facility to freshen up with a wide range of drinks and snacks, plus WiFi access. We'll soon be introducing a Sport Lounge featuring an intimate running gym space with treadmills, gym equipment and not to mention table football and table tennis. Simply an ideal place for active recreation!

Request the services of our staff and get yourself a membership card. We're sure you'll find a reason to take advantage of our services every single day. Whether this involves taking part in regular training sessions in Stromovka or Letná under the guidance of a professional trainer offering advice on how to fine-tune your running technique, or just working out what you have to do to ensure your next race turns out better than the last one. On top of that, we'll

also help you discover what works best for you - running alone or joining other like-minded individuals.

The PIM Running Club is about far more than "just" training. We also organise regular gatherings, social events and discussions with messages to share on the subject of running. Meanwhile the Emil and Dana Zátopek hall, adorned with one-off photographs of the couple is a space open to professional trainers, top athletes, physicians, professionals and ordinary runners alike.

The only thing left to discuss is the correct running gear. But don't worry as we thought about that too when designing the Running Mall. At the specialised adidas Running, you will be able to pick up the latest collection and widest range of new adidas products released on the market and only available here. You may also take advantage of our latest diagnostics technology and specially trained sales staff, who as runners themselves, will be able to help you make the right choice.

To sum it up once again in brief: The Running Mall on Františka Křížka 11. Open for runners six days every week.

### PIM RUNNING CLUB OPENING TIMES\*:

Monday – Friday from 6:30 to 21:30

Saturday from 9:00 to 19:00

\*Hours through October 31<sup>st</sup>, 2013



## RUNNING MALL INSPIRES PERSONALITIES FROM RUNNING WORLD

**The Running House was opened by the organisers of the RunCzech races who have been committed to organising long-distance races for almost 20 years now. "We used to only meet up with runners seven times a year at our races. But we now have the chance to see them on a daily basis and to draw mutual inspiration from one another," reveals Chair of the Organising Committee, Carlo Capalbo.**

It didn't take much time for the Running Mall to draw attention from a number of important personalities in the field of athletics. The Director of the New York Marathon, Mary Wittenberg expressed her admiration for Carlo Capalbo's idea during the grand opening held in May of this year. While on his journey back from the World Athletics Championships in Moscow, Director of the Boston Marathon, Thomas Grilk also made sure to stop by in Prague to check out the unique Running Mall in person. Meanwhile Chair of the Czech Athletics Union, Libor Varhaník didn't hold back his words of encouragement for the initiative either: "The Running Mall wonderfully complements the mosaic of activities the RunCzech organisers are already involved in," adding that his hopes the organisation will continue to succeed in promoting the sport in the Czech Republic and throughout the world.

One person particularly inspired by the Running Mall is member of Kenyan Parliament and successful long-distance runner, Wesley Korir. He found out about the Running Mall a few months ago and immediately thought of doing something similar in Kenya. Using the prize money he won at races, he built a Running Centre in Kenya which he'd now like to convert into the world's second Running Mall.

"The creation of a running community is something I see as a truly crucial element to athletics. The majority of athletes who take part in races don't know each other nor do they have any opportunity to meet any of the local runners or other fans of the sport. The Running Mall is a place which helps build the running community, contributing to developing young athletes and offering a nice way for the whole family to spend time together. I'd like to see this kind of place appear in Kenya too," Wesley Korir revealed at yesterday's press conference. The first interesting training session in the Running Mall was a run taking place with Wesley Korir in Stromovka. In the week between the O2 Prague Grand Prix and the Mattoni Ústí nad Labem Half Marathon, Running Mall visitors had an unique opportunity to run with elite athletes who take part in both races and stay in Prague for the whole week. As you can see, there really is something for everyone to look forward to at the Running Mall.



# PRESS GUIDE



## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### POINTS OF INTEREST



# THE BEST 25 HALF MARATHON TIMES ON RECORD

Rank	Time	Name	Nationality	Place	Date
1	58:23:00	Zersenay TADESE	ERI	Lisboa	21. 3. 2010
	58:30:00	Zersenay TADESE	ERI	Lisboa	20. 3. 2011
2	58:33:00	Samuel Kamau WANJIRU	KEN	Den Haag	17. 3. 2007
3	58:46:00	Mathew Kipkoech KISORIO	KEN	Philadelphia, PA	18. 9. 2011
4	<b>58:47:00</b>	<b>Atsedu TSEGAY</b>	<b>ETH</b>	<b>Prague</b>	<b>31. 3. 2012</b>
5	58:48:00	Sammy Kirop KITWARA	KEN	Philadelphia, PA	18. 9. 2011
6	58:52:00	Patrick Makau MUSYOKI	KEN	Ras Al Khaimah	20. 2. 2009
7	58:53:00	Samuel Kamau WANJIRU	KEN	Ras Al Khaimah	9. 2. 2007
8	58:54:00	Stephen Kosgei KIBET	KEN	Den Haag	11. 3. 2012
	58:54:00	Geoffrey Kipsang KAMWOROR	KEN	Ras Al Khaimah	15. 2. 2013
9	58:55:00	Haile GEBRSELASSIE	ETH	Phoenix, AZ	15. 1. 2006
10	58:56:00	Patrick Makau MUSYOKI	KEN	Berlin	1. 4. 2007
	58:56:00	Stanley Kiptelet Biwott	KEN	Ras Al Khaimah	15. 2. 2013
11	58:58:00	Sammy Kirop KITWARA	KEN	Rotterdam	13. 9. 2009
	58:58:00	Geoffrey Kiprono MUTAI	KEN	Ras Al Khaimah	15. 2. 2013
12	58:59:00	Zersenay TADESE	ERI	Udine	14. 10. 2007
	58:59:00	Wilson Kipsang KIPROTICH	KEN	Ras Al Khaimah	20. 2. 2009
13	59:02:00	Patrick Makau MUSYOKI	KEN	Udine	14. 10. 2007
	59:02:00	Jonathan Kiplimo MAIYO	KEN	Den Haag	11. 3. 2012
14	59:05:00	Evans Kiprop CHERUIYOT	KEN	Udine	14. 10. 2007
	59:05:00	Ezekiel Kiptoo CHEBII	KEN	Lille	1. 9. 2012
15	59:07:00	Paul Malakwen KOSGEI	KEN	Berlin	2. 4. 2006
16	59:08:00	Jonathan Kiplimo MAIYO	KEN	Rotterdam	13. 9. 2009
17	59:09:00	James Kipsang KWAMBAI	KEN	Rotterdam	13. 9. 2009
18	59:10:00	Bernard Kiprop KIPYEGO	KEN	Rotterdam	13. 9. 2009
	59:10:00	Bernard Kiprop KOECH	KEN	Lille	1. 9. 2012
19	59:11:00	Kenneth Kiprop KIPKEMOI	KEN	Den Haag	11. 3. 2012
20	59:12:00	Evans Kiprop CHERUIYOT	KEN	Rotterdam	9. 9. 2007
21	59:13:00	Patrick Makau MUSYOKI	KEN	Ras Al Khaimah	9. 2. 2007
22	59:14:00	Dennis Kipruto KIMETTO	KEN	Berlin	1. 4. 2012
23	59:15:00	Haile GEBRSELASSIE	ETH	Lisboa	16. 3. 2008
	59:15:00	Deriba MERGA	ETH	New Delhi	9. 11. 2008
	59:15:00	Wilson Kwambai CHEBET	KEN	Rotterdam	13. 9. 2009
	59:15:00	Wilson KIPROP	KEN	Berlin	1. 4. 2012
	59:15:00	Wilson KIPROP	KEN	Ostia	3. 4. 2013
24	59:16:00	Samuel Kamau WANJIRU	KEN	Rotterdam	11. 9. 2005
	59:16:00	Zersenay TADESE	ERI	Rotterdam	10. 9. 2006
	59:16:00	Deriba MERGA	ETH	Udine	14. 10. 2007
	59:16:00	Wilson Kipsang KIPROTICH	KEN	New Delhi	9. 11. 2008
25	59:17:00	Paul TERGAT	KEN	Milano	4. 4. 1998

## THE BEST HALF MARATHON TIMES FROM 2012

Rank	Name	Time	Date	Nationality	Place
1	Atsedu TSEGAY	58:47:00	31. 3. 2012	ETH	Prague
2	Stephen Kosgei KIBET	58:54:00	11. 3. 2012	KEN	Den Haag
3	Jonathan Kiplimo MAIYO	59:02:00	11. 3. 2012	KEN	Den Haag
4	Ezekiel Kiptoo CHEBII	59:05:00	1. 9. 2012	KEN	Lille
5	Bernard Kiprop KOECH	59:10:00	1. 9. 2012	KEN	Lille
6	Kenneth Kiprop KIPKEMOI	59:11:00	11. 3. 2012	KEN	Den Haag
7	Dennis Kipruto KIMETTO	59:14:00	1. 4. 2012	KEN	Berlin
8	Wilson KIPROP	59:15:00	1. 4. 2012	KEN	Berlin
9	Feyisa LILESA	59:22:00	15. 1. 2012	ETH	Houston, TX
9	Ezekiel Kiptoo CHEBII	59:22:00	1. 4. 2012	KEN	Berlin
20	Daniel Kipchumba CHEBII	59:49:00	9. 1. 2012	KEN	České Budějovice
27	Henry KIPLAGAT	1:00:01	31. 3. 2012	KEN	Prague
28	John KIPROTICH	1:00:02	31. 3. 2012	KEN	Prague
42	Henry KIPLAGAT	1:00:35	9. 1. 2012	KEN	České Budějovice
61	Josphat Bett KIPKOECH	1:01:01	31. 3. 2012	KEN	Prague
64	Sentayehu MERGA	1:01:02	31. 3. 2012	ETH	Prague

## THE BEST HALF MARATHON TIMES FROM 2013

Rank	Time	Name	Nationality	Place	Date
1	58:54:00	Geoffrey Kipsang KAMWOROR	KEN	Ras Al Khaimah	15. 2. 2013
2	58:56:00	Stanley Kipleting BIWOTT	KEN	Ras Al Khaimah	15. 2. 2013
3	58:58:00	Geoffrey Kiprono MUTAI	KEN	Ras Al Khaimah	15. 2. 2013
4	59:15:00	Wilson KIPROP	KEN	Ostia	3. 3. 2013
5	59:19:00	Robert Kwemoi CHEMOSIN	KEN	Ostia	3. 3. 2013
6	59:20:00	Simon CHEPROT	KEN	Ostia	3. 3. 2013
7	59:25:00	Feyisa LILESA	ETH	Ras Al Khaimah	15. 2. 2013
8	59:36:00	Jacob Kibet Chulio KENDAGOR	KEN	Berlin	7. 4. 2013
9	59:54:00	Bernard Kiprop KOECH	KEN	Lisboa	24. 3. 2013
10	59:57:00	Geoffrey Kipromo MUTAI	KEN	Rio de Janeiro	18. 8. 2013
11	59:59:00	Stephen Kosgei KIBET	KEN	Ras Al Khaimah	15. 2. 2013
12	1:00:04	Eliud KIPCHOGE	KEN	Barcelona	17. 2. 2013
13	1:00:05	Edwin KIPYEGO	KEN	Den Haag	10. 3. 2013
14	1:00:09	Ghirmay GHEBRESLASSIE	ERI	Paderborn	30. 3. 2013
15	1:00:10	Zersenay TADESE	ERI	Praha	6. 4. 2013
15	1:00:10	Amanuel MESEL	ERI	Praha	6. 4. 2013

until 12. 9. 2013

## DALIBOR GONDÍK IS HEADING TO THEATRE RIGHT AFTER THE RACE

**Sitting down to chat with actor and presenter, Dalibor Gondík is an experience in its own right. And as soon as this cheerful forty-three year old starts talking about running, you immediately realise how much he's been caught up by the phenomenon.**

*On the third Sunday in September we can look forward to seeing Dalibor Gondík try out an interesting double whammy: After completing the Mattoni Ústí nad Labem Half Marathon, he'll be heading off to a theatre in Liberec where he's booked to perform in the evening.*

**Let's start off with something simple. You only discovered running fairly recently. What was it about the sport that got you hooked?**

*The main thing about it for me is that I feel like I can be myself when I run. There's nobody around to interrupt you or try to convince you that you're up to something you shouldn't be doing... it's about calm, thoughts, joy, enthusiasm, pain and the feelings of reluctance and futility. I could describe my whole life like that but it's especially the case during the last twenty minutes or so of running up the nightmare hill to Petřín or downhill from Lávka. (laughs)*

**Can you still recall the first time you headed out on a run and how you felt afterwards?**

*I'll never forget that moment. I've always loved walking and have clocked up an impressive amount of kilometres from Šumava all the way to the Tatra Mountains. Quite literally. And I do it on a daily basis too. Then one Sunday a certain "someone" spotted me walking around the building and suggested I start running. I listened and from then on there's been no turning back. I know it sounds naïve, that I sound like I'm talking out of the back of my head, in a drunken-like stupor, but it's true! It really was love at first sight...*

**You ran your first ever half marathon this year. Once most people accomplish this, they immediately set about modifying their goal to running a marathon. Was it the same for you?**

*I've discovered that the marathon doesn't appeal to me. It's possible to finish half of the distance feeling relatively relaxed. But when it comes to the marathon, I think the person has to prepare systematically, to think about nutrition while they're running and to deal with the crisis you have to face at the twenty-third kilometre. My running style comes from within. I know nothing about Nutrend apart from the fact that I was given a wonderful bag full of pure running delights, and I don't know anything about training programmes or compression socks either. I just bought myself a pair of shoes, some t-shirts and went for it.*

**When it comes to runners, it's not uncommon for them to "infect" others in their company with their passion. Doesn't your sister also run these days?**

*I'm just in the process of twisting her arm to start right now!! I'm not sure I'll succeed but you're right about people around me being affected, they have to go through it all with me. I'm trying to change a lot of things right now. I feel that they jump to conclusions about the state of my mental health but I don't mind anymore. I've got used to it over time. And now that I come to think of it, I really must talk Aduš into the idea!*

**Have any of your colleagues in the industry got caught up in the running frenzy?**

*I expect a whole load of people run and do so much faster than me as well... Iva*



*Pazderková for instance. Anyone suggesting she's just a stupid blonde couldn't get further from the truth - she's amazing!*

**How often do you actually train? Are you able to manage your free time with your professional duties as a well-known face in the media?**

*I try to run on a daily basis. I run at least five kilometres, though more often than not it ends up being seven. And whenever I want to properly torture myself, I go for between eleven and fifteen. I always tell myself I'll run four at the very least because after the first two, I want to stop immediately. But then some kind of "engine" kicks in and I'm off. I finish and then get annoyed with myself that I didn't do more! Back at the end of June I set off on a run and it was agony, I said to myself I wouldn't even make one kilometre. But that plan suddenly fell through and I managed to run twenty two. I felt like I was born again... But it's all about the feeling you get and your inner energy. I don't run to win trophies or for the successes. I've simply fallen in love with it, that's all. My pace really isn't up to much - I run a kilometre in roughly five minutes, sometimes four and a half. But I don't worry about it.*

**And what about now in Ústí nad Labem? Are you planning on improving your time there or are you more excited about the prospect of running through the chemical plant?**

*There are two parts to the story in that question. On the one hand, I really want to run an amazing time and push myself to the limits. But on the other hand, I just want to enjoy myself and to feel totally at ease. We'll see. I'm looking forward to the overall mood, to the people, my rucksack, the Nutrend goodies and the combination of nerves and tranquility all at once. At the end of the day I have to think about the fact that from seven in the evening I'm playing in the "Some like it hot-Sugar" musical in Liberec - I'll be singing plus have quite a few tough choreographic moves to pull off. As they say in the business, when you get a rubbish performance date, "What can you do? It just worked out that way" ... so I'm inviting all those taking part in the Mattoni Ústí nad Labem Half Marathon to the F. X. Šalda theatre in Liberec where there's going to be a great after-party. (laughs)*

## MARTIN DOKTOR TO TAKE PART IN THE SPOLCHEMIE FAMILY RUN

Races taking place as part of the RunCzech Running League are not just sporting events for top long-distance runners, but also for the whole family. The family runs add a popular dimension to the race day programme. The undemanding 3 km long course appeals to children, parents, grand-parents and recreational runners alike. Among those taking part in the Spolchemie Family Run this year, spectators may just be able to spot double Olympic champion from Atlanta 1996, Martin Doktor.

*The canoeist has since swapped his paddle for a pen and mobile phone however hasn't parted with his love of sport. The thirty-nine year old hailing from the Czech town of Polička has taken on the role of Sports Director at the Czech Olympic Committee. Plus he gets around to exercising from time to time. Along with his family, he'll be taking part in the Spolchemie Family Run as part of the Mattoni Ústí nad Labem Half Marathon.*

**How much time did you spend running when you were still a canoeist?  
Can we apply the theory that a fast canoeist must be a fast runner?**

*I don't really think that rule is necessarily always applicable. Nevertheless running is used as a basic training tool in all sports and it's fair to say that canoeists often do run pretty well. I was never exactly super fast though I did run quite a bit. Mainly during the preparation phase, in the autumn and winter.*

**You rank among the regulars in the family run at the Mattoni Ústí nad Labem Half Marathon. Have you never fancied trying the half marathon course?**

*I have to say that doesn't appeal to me one bit. The half marathon distance would be pretty challenging especially in my current shape. I think I'll have my hands full enough just keeping Felix going on the "short" family run.*

**Do you also run in your free time or just in Ústí with the kids?**

*I have to admit I don't run much. Running hurts me quite a bit and I prefer riding on my bike. Though I do plan on starting exercising a bit more. I think I will start running. Ultimately it is probably the most simple way of exercising out there. All you need are a pair of shoes and t-shirt and you're ready.*

**how have you been keeping in shape since you turned in your paddle in exchange for office life?**

*It's as I said, once in a while I manage to get out on my bike after finishing work in Prague. It's roughly sixty kilometres back to Račice where I live, so it's a pretty decent stretch.*

**Admit it, don't you sometimes feel the urge to take off your blazer and return to the water?**

*Of course it appeals. But I don't seem to be able to find the time right now. I did go out once but only managed around two kilometres and I haven't got around to heading out since.*



## THE COURSE IN ÚSTÍ IS GOING TO BE REALLY FAST ACCORDING TO HANDBIKER, JAN TOMÁNEK

At just fifteen years of age, he was forced into a wheelchair by the actions of a reckless driver. Yet Jan Tománek refused to give up his beloved bike and turned to handbiking. 11 years on and we frequently find his name right at the top of race scoreboards. The twenty six year old Czech handbiking representative also played a key role in putting together preparations for the race being held as part of the Mattoni Ústí nad Labem Half Marathon.

**Could you briefly tell me about how your handbike works? How long did it take you to learn?**

*It's not a classic cart. An adjustable fork is attached to the hard part of the frame which determines the direction of the tilt. Technically speaking, it works on the same principle as conventional wheels, but due to the length of the handbike and mainly the position of the legs, the fork tilt angle is restricted which also restricts the handling. Riders move forward using their hands, treading with the torso. When it comes to changing gears and braking, it works the same way as a normal bike.*

**When we look back at your successes over the course of your career, we can see that your wins have predominantly taken place over the past three years. Is there any such thing as the ultimate goal among handbikers?**

*Of course, it depends on each rider and his ambitions. In terms of prestige, I'd say the most valuable medals to have are from the World Championships and the Paralympics. Personally though I feel that medals from the World Championships are worth that bit more than the Paralympics. Due to the really strict quotas some of the top riders abstain from taking part.*

**In the same way that cycling is suitable for virtually anyone, can the same be said of handbikes when it comes to those with a physical disability? How many people race here in the Czech Republic?**

*I think so, yes. Just like cycling, the handbike doesn't place such a strain on your joints and so is a fantastic option for everyone however old you are. In the Czech Republic we have roughly thirty racers competing in handcycling races. I'd say that at least another hundred people have taken up the sport as a hobby in their spare time.*

**What do you think about the Ústí course? Is it suitable for handbikers?**

*I think the course is great plus it's going to be really fast. But it will depend on the individual riders and their preferences. Personally I'm more drawn to races which feature more pronounced gradients on the course, but then as I said, it's all about personal preferences. The course has been designed well and will be suitable.*

**Generally speaking runners aren't keen on tiles, especially cobblestones. What is the biggest problem of all on a course in your view?**

*Tiles are pretty grim for us too, it has to be said. And bumps and sleeping policemen are not things we exactly welcome with open arms either. In my view, hills are the best indicator of the racer's fitness level and ability.*

**How often do you train?**

*I train six times a week on average three to five hours a day. The intensity obviously depends on what I'm currently doing and my race calendar. During the preparation period, I combine single and double-phase training sessions however I always make sure I clock up between twenty and thirty hours of training per week throughout the year.*



## CHEMICAL PLANT VERSUS CHARLES BRIDGE

**Runners passing through a chemical plant? It was clearly no easy feat for organisers of the Ústí Half Marathon to turn this bold idea into reality but according to the boss of Spolchemie Martin Procházka, it was worth it.**

**The Half Marathon rose to fame largely by allowing runners onto the premise of a chemical plant. Would you take the same decision again today?**

*Most definitely yes. Especially after the favourable experiences we've had so far in organising the whole event.*

### **Who actually came up with the idea?**

*The initial idea came to light during talks regarding the first edition of the race. Carlo Capalbo was peering over a map of the city which is renowned for its hilly landscapes. He then stuck his finger right on the spot where the chemical plant is located and asked: "What's here?" The response included a description of what is manufactured there, but apparently it didn't phase him. This was in stark contrast to our reaction when we heard about the idea. We carefully considered the idea and not everyone was enthusiastic about it in the beginning.*

### **What kind of security measures must be in place to allow such an event to happen?**

*To tell you would make for an especially long interview. One definite advantage for us however is that the half marathon is held on Sunday afternoon when the handling of raw materials and product distribution is at its lowest. Even so, we*

*have to ensure that logistics are properly coordinated with manufacturing when runners are on the premises, and an emergency fire brigade unit and security service will be in place.*

### **The Spolchemie plant is an integral part of the city, has opening the door to runners strengthened your relationship with the community?**

*Yes, it's true that over the hundred and fifty years of its existence, the chemical plant has played a key role within the regional city. We offer financial support to a number of projects relating to sport, education, culture as well as just to bring people together. For about twenty years we've been organising open days allowing people to come and find out for themselves that we've got nothing to hide. The chemical industry is inextricably tied to Ústí and we're doing all we can to ensure it remains that way. Proof of this could be seen last year in the title of a newspaper article about the half marathon which read: "Prague has Charles Bridge, Ústí its chemical plant."*

### **What was it like for you running through the plant?**

*We'd already run the race as a relay with my wife and daughter the year before last and we decided to repeat the experience last year with just the two of us and some friends. I'll be open with you when I say I don't really think about where I'm going when running on such races.*

### **Have you not thought about running an actual half marathon yourself?**

*I'm gradually building up to more challenging distances. We signed up for the 2RUN this year together with my wife; I might try the actual half marathon next year.*



## FLYING AND RUNNING – LIKE A MARRIAGE MADE IN HEAVEN

Great symbolism hides behind the partnership forged between the RunCzech race series and Prague Airport. Generally speaking the arrival runway tends to be the first port of call for the hundreds of foreign runners coming to race here. What truly brings these two partners together is a love of exercise. We spoke about this passion and much more with Prague Airport Director, Jiří Pos.

**Prague Airport is one of the supporting partners of the largest running race series in the Czech Republic. What lead you to make the decision to get involved?**

*I could list a whole host of reasons explaining why I didn't hesitate for one minute about teaming up as a partner with this unique event. We run the International Václav Havel Airport, which for the majority of foreigners taking part in the race, is their first port of call on arriving in the Czech Republic. And it has to be said that the organisers of these prestigious events have made huge advancements in terms of unveiling the hidden beauty of Prague. We've also been really encouraged to see the races spread beyond the capital into the regions. This year we were able to notify runners about our service offer at Prague Airport, about the network of scheduled routes as well as other news – and we were even able to do this for those taking part in the Olomouc and Ústí Half Marathon.*

**Since we're on the topic of your airport – what's the greatest new feature which travelers can look forward to in the near future?**

*One of the new successful features recently implemented is free Wi-Fi access as well as a free SMS service notifying visitors about the status of flights. To give you an idea of how useful this is proving to be, I can tell you that 30 thousand people used it during July alone. We're also gradually replacing signage around the airport to ensure that directions are as clear as possible. This is a never-ending story and basically reflects the needs and wishes of our passengers.*

**We know that many of your employees are either keen runners or look after themselves in a similar manner. Do you offer them your support in some way?**

*We can find a number of highly demanding professions within the airline industry. A great many of our employees have to undergo challenging physical and psychological tests. Exercise therefore plays an important role for our employees. Our company runs a programme providing financial support for employees to engage in sporting activities as part of the Prague Airport Team Spirit programme. You can find a number of cyclists, runners, volleyball and tennis*



*players among our staff members while a few of these are also into rather less traditional sports such as gliding.*

**Does exercise play a role in shaking off the stress which undoubtedly forms in air traffic life?**

*I'd fully agree with that. Working in our environment, you really have to strike a balance between physical and psychological needs.*

**What about you when it comes to sport? Do you ever head out for a run with your subordinates?**

*I'm mainly into tennis – it was something my parents encouraged me to do from an early age. I also play golf plus have been on a hockey team with friends for years now.*

## INTERVIEW WITH RNDR. PAVEL SUCHÁNEK, A NUTRITION SPECIALIST

### Are non-alcoholic beers also suitable for sportspeople in general?

Non-alcoholic beers are an alternative to conventional beers not only for sports people but also, for example, drivers. As demonstrated by recent surveys, beer is very popular among sportspeople but half a litre of 10° beer can make a fairly large group of people start to feel heavy legs soon, due to its alcohol content. The ingredients of non-alcoholic beers are different, and their energy value is lower. While they contain less saccharide, they also contain much more sugar, and thus they are a good source of quick energy (like a conventionally sweetened drink) as well as of energy released more slowly. According to certain studies, alcohol may worsen and prevent greater fat burning during sporting activities and may also boost the feeling of great hunger, which is not pleasant during sport and may worsen the performance. In this context, non-alcoholic beers can be seen as a good alternative to sports energy drinks.

### What are the benefits of consuming non-alcoholic beer to sportspeople?

Apart from the absence of alcohol, it is primarily the taste. It is no untried innovation; a lot of people drink beer, and its naturally bitter taste is very popular. Unlike alcoholic beer, its non-alcoholic counterpart is a quick source of energy and we should also bear in mind that it is an important source of fluids. These are absolutely indispensable in cooling the muscles. By and large, they protect the body from overheating during exhausting sporting activities. In addition, owing to the absence of alcohol, the energy content is more than a half lower, thus preventing the feeling of fatigue. A disadvantage may be that beer generally boosts the appetite for food.

### When exactly after a sporting activity should non-alcoholic beer be preferably drank?

If you are planning several sporting activities within a short period of time, such as taking a break during an all-day trip or if you are about to play another volleyball match in a while, then you can have non-alcoholic beer during the break as 'energy drink'. The sportsperson can use his or her weight as the guidance after the activity. If the person wishes to lose weight by doing the activity, he or she ought to have just one beer. Non-alcoholic beer is a very good choice to replenish your energy quickly; just choose your preferred flavour.

### Is the consumption of this type of beer also good before the physical strain?

I myself believe that it can be drunk as the source of energy before a sporting activity, when approximately 20 grams of saccharides (predominantly sugars) are recommended, i.e. half a litre of non-alcoholic beer. It has been established that, after consuming such an amount of saccharides, the performance improves immediately once the activity begins and it has been established that the sportsperson subsequently expends more energy than he or she would have expended with no sugars replenished before the physical strain.



The only problem for some sportspeople may be the content of 'bubbles' in the non-alcoholic beer, but this is subjective for each individual.

### What is the maximum number of non-alcoholic beers that each individual should drink after the physical strain?

It depends on the physique of each of us. Those who are more corpulent can have one beer whereas an active sportsperson with an average weight can even drink two. The benefits primarily include the above-mentioned replenishment of energy and the prevention of dehydration.

### Do non-alcoholic beer and sport go together?

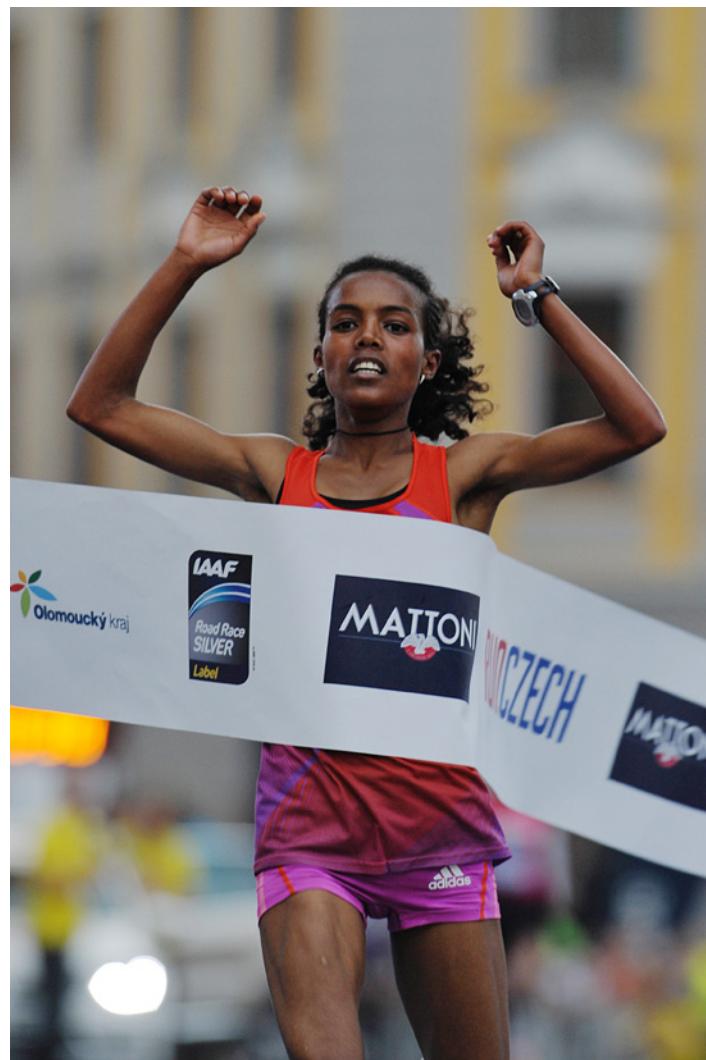
Non-alcoholic beer and sport surely do. I see no problem here because these are drinks, i.e. fluids with large content of water, which the body needs to replenish continuously.

## RUNCZECH ANNOUNCES ELITE START LIST FOR ÚSTÍ NAD LABEN HALF MARATHON

The organizers of the Mattoni Ústí nad Laben Half Marathon announce a strong elite field for the September 14 race.

The men will be led by two sub one hour favorites from Kenya who ran their personal records here in the Czech Republic. Philemon Limo is the defending champion who ran the first half marathon ever recorded below one hour in the Czech Republic when he finished the Hervis Prague Half Marathon in 59:30 in 2011. He will be challenged by Daniel Chebii the first man to run a sub one hour in the Czech Republic outside of Prague when he won the Mattoni Ceske Budejovice Half Marathon last year in 59:49. Chebii is in peak form following his victory last Saturday in the O<sub>2</sub> Prague Grand Prix when he ran 27:35 just missing Limo's event record by only one second.

They both will also face stiff competition from Julius Lomerinyang of Kenya who will be looking to improve his PB of 1:00:31, as well as Lema Feysa and Tamirat Tola of Ethiopia. Nichoas Bor is another Kenyan who could challenge for the win as he showed he is in good condition with his sixth place finish in the O<sub>2</sub> Prague Grand Prix last week. Other contenders for the podium include Bethwel Kiprono, and Silas Ngetich of Kenya as well as Keiji Akutsu, and Taiga Ito of Japan, and Daniel Chepyegon from Uganda.



The top Czech men are led by Jan Kreisinger and Jiri Homolac who are both preparing for a marathon in Frankfurt next month as well as Milan Kocourek who will be making his half marathon debut.

The women's field also looks to be a very competitive group with Josephine Chepkoech, who won the O<sub>2</sub> Prague Grand Prix in 32:00, looking to be a favorite for the top of the podium. Josephine will face several strong challengers including Caroline Chepkwony who has the fastest personal best in the field with a 1:08:36 run in Berlin last year. The other strong contenders include Betelhem Moges of Ethiopia, a 1:10:38 performer, and Natalya Popkova of Russia making her debut at the distance.

The Czech women will be led by the veterans Petra Kaminkova and Ivana Sekyrova vying for national honors.

The Mattoni Ústí nad Laben Half Marathon is a part of the RunCzech Running League and an IAAF Silver Label Road Race.

## MATTONI ÚSTÍ NAD LABEM HALF MARATHON

15 September 2013, Ústí nad Labem

### PARTNERS





## Ústí nad Labem

**The city of Ústí nad Labem is situated in the north of the Czech Republic, in the lovely countryside of the Bohemian Uplands dominated by the canyon-like River Elbe valley called Porta Bohemica – The gateway of Bohemia. The countryside here is characterised by cones of volcanoes long extinct. Numerous viewing points and observation towers offer marvellous views of the countryside.**

Ústí nad Labem and its environs boasts attractive natural scenery, numerous cultural and historical sights as well as very good conditions for culture, sports and other relaxation activities.

The first references to the city date back to the year 1056. It became a royal town before 1249, under the rule of King Wenceslas I. The town experienced its greatest boom in the late 19th century with the rapid development of industry and transport, which made it one of the most important industrial and business centres in Bohemia.

The city itself is known mainly for its landmarks, and Marian Bridge, which was ranked in the top ten most beautiful structures of the 1990's, and the Castle Střekov, which rises to an impressive rock on the banks of the river Elbe and can draw visitors into the atmosphere of the Middle Ages. Equally well known is the tourist chateau of Větruše, its location provides a breathtaking view of the city and its surroundings and is a wonderful departure point for hiking, to the one of the most famous waterfall in Ústí nad Labem – Vaňovský waterfall.

One of the other important buildings in the city center is undoubtedly the Church of the Assumption of Our Lady, popularly named as "Church with a leaning tower", which is unusual appearance because of a pronounced tilt caused by the events of World War II when Ústí nad Labem was plagued by bombing and air attacks. Since then, Ústí can claim the most leaning tower of any country north of the Alps.

The Mattoni Ústí nad Labem Half Marathon is also popular because of atypical localization, as part of the race takes place inside the industrial area Spolechemie, normally inaccessible to the public. The race, measuring less than 22 km, includes a route through the chemical plant that is 3 km long. The rest of the race continues through the center of Ústí nad Labem and the path along the Elbe around landmarks such as Castle Střekov and more.

The very interesting center of Ústí nad Labem and its charming surroundings once again welcome enthusiastic athletes on the occasion of the third edition of the Mattoni Ústí nad Labem Half Marathon. We are pleased you visit our city during this unique event, the city welcomes you with open arms.



zdroj: Magistrát města Ústí nad Labem



### Interesting locations – Gateways to Bohemia

**The Ústí Region is divided into four tourist destinations, separated from one another according to the geographical and administrative division of the country. Each destination boasts its own characteristic geomorphology. In Czech Switzerland we find incredible sandstone formations plus an entire mountain city right in the heart of the Czech Switzerland National Park. Meanwhile a visit to the Central Bohemian Uplands welcomes visitors with a rampart of undulating hills and its volcanic queen, the Milešovka. The third area introduces us to the Ore Mountains known for the extracting of mineral resources buried deep down in its mines. The location's name and importance can be traced back to this time, however nowadays the area is better known for its numerous cycle paths and slopes. And last but not least we have the Lower Mountain Range where summer tranquility permeates through its Royal towns washing over its banks just like the River Ohře, over which we not only find romantic castles but also lighthouses bearing traces of the original agricultural style, and the chimneys of its hop kilns.**

#### Czech Switzerland

Make sure to pay a visit to the Pravčice Gate, a promising candidate to appear on the UNESCO World Heritage List and which can be reached from Hřensko. We recommend heading there after taking in one of Hřensko's most popular attractions – a boat trip along the gorges of Kamenice River.

Providing you enjoy savouring amazing views from high up, we definitely recommend combining this with a walk up to the lookout towers of Jedlová and Dymník, featuring an

adrenalin-fuelled climb in a ski lift to the sport centres at the top.

#### The Central Bohemian Uplands

Meandering along the River Elbe beside the famous wine village of Velké Žernoseky and the surrounding hills. This is Porta Bohemica. The name translates into English as the Gateway to Bohemia which also refers to the name of a project running in the Ustí Region. More information in English can be found at [www.branadocech.cz/en/](http://www.branadocech.cz/en/). Porta Bohemica also refers to the name of a pleasure boat offering visitors a great way to soak up the delightful scenery of the Elbe canyon. If you're feeling a bit more daring, you can also sail around it, head off the beaten track and pay a visit to either Litoměřice or Střekov Castle in Ústí nad Labem. And if you fancy it, why not go even further by following the Elbe cycle path all the way to Velké Březno which features the wonderful castle of Count Chotka. Finish off the day by treating yourself to a pint of the delectable local brew, Březňák, available on a tour of the brewery as well as at a number of the local restaurants.

#### The Ore Mountains

Anyone into skiing will know that the Ore Mountain Range prides itself on Mount Klínovec which ranks among the top Czech 'icebergs', and where the north-facing slopes remain snow-capped right up until April. The mountains are also a great place for cross-country skiers featuring a white trail right at the top. During the summer months the path is almost identical, only replacing avid skiers for cyclists. Heading down to the foothills and the spa town of Teplice where Ludwig van Beethoven travelled to receive treatment, we find luscious green park spaces. The area also



boasts a number of artificial lakes leading all the way from Teplice, via Most to Chomutov drawing in crowds of swimmers as well as those looking to try out a wide range of other water sports.

#### The Lower Mountain Range

Have you ever climbed inside a chimney, got lost in among sacks of hops or waited around for the next hour to strike at the Temple of Hops and Beer alluring you to pay a visit to its unrivalled hops museum with its irresistibly sweet melody? If you've yet to experience something quite like this, then make sure you pay a visit to Žatec. At the New Castle in Jimlín you'll never be left wondering what to do next and don't worry, there's no lady in white to scare you off! The castle warden here organises loads of events for both children and adults while a tour of the castle is also well worth the trip.

You can find a wide range of other tourist attractions and trips for days out plus a variety of events on:



## CzechTourism

Welcome to the Czech Republic – the land of stories!

There are not many places in the world where there is so much beauty concentrated in such a small area. This landlocked country in the heart of Europe boasts many beautiful historic towns, majestic castles, elegant chateaux and charming buildings built in the folk architectural style. All of this is set amidst stunning natural scenery with blooming fields and meadows, thousands of ponds, deep forests and mountain ranges which form the country's natural border. Come and be inspired by some of the fascinating stories of a country which is very proud of its rich history and heritage. [stories.czechtourism.com](http://stories.czechtourism.com)

A recent survey revealed that active holidays are a major part of tourism. That is why it is really important that the services offered to cyclists in the Czech Republic are developing and improving all the time.

The mountain ranges, which in most places form the natural border of the Czech Republic with its neighbouring countries, offer a huge variety of cycling paths and

cycling trails. The Czech mountains are a popular destination for both advanced cyclists and sport-orientated families who want to spend quality time in the middle of beautiful natural landscapes. In many places there are cable cars or special bus services for cyclists to help them climb hills and save some energy for the downhill journey. For those looking for extra adrenalin and who enjoy mountain bikes, there are the "single trails". There are two of them in the Czech Republic – one in the "Pod Smrkem Complex" near the Libverda spa town on the northern slopes of the Jizerske Mountains and one called the "Rychlebske stezky Complex" at the edge of the Rychlebske Mountains. Both of them offer circular routes which can be combined depending on the level of difficulty the cyclists are looking for. "Bike parks" for demanding downhill rides are also becoming increasingly popular. There are 12 of them in the Czech Republic including the parks at Spicka in the Sumava Mountains and in the Beskydy Mountains.

You will be able to enjoy beautiful scenery if you take to the cycling tracks which follow some of the Czech rivers. To start with, try the route following the Elbe which covers 400 kilometres altogether and takes you through lowlands, mountain valleys and historic towns. The most popular cycling tracks in South Bohemia run around the dozens of ponds in the region of the town of Trebon. South Moravia has numerous cycling tracks which wind their way past the local vineyards and offer refreshing stops at many of the excellent wine cellars. You can also discover the 12 UNESCO sites in the Czech Republic by bike.

Cycling in the Czech Republic is made easy by being able to transport your bike on a bus or train. As in some other countries, the Czech Republic offers a range of services for cyclists under the "Cyclists Welcome" programme. To make sure you have positive memories of your cycling trip please keep your own safety and the safety of your family in mind at all times.





## Enjoy running through Ústí with Mattoni

**Determination to exceed your own self.**  
**Courage to try new things.**  
**Ambition to push your own limits.**  
**Desire to enjoy the atmosphere.**  
**Celebration of active lifestyle.**  
**Joy of movement.**

Just as in the two previous editions of The Mattoni Usti nad Labem Half Maraton, each of your motivations may vary. What remains constant is the top level of service to all runners, which enables each person to give their best performance. Therefore, mineral water from Mattoni will be provided for proper hydration at this last race of the season as well. Water constitutes 70% of our body. This

means that it is essential to maintain appropriate hydration not only during sport activity but also for our everyday healthy lifestyle. Losing just 3% of your body liquids during your training will already cause a negative impact and decrease your performance. It is necessary to rehydrate not only during and after your exercise, but also before. Equally important is to provide your body with the right amount of essential minerals, for which you can rely on Mattoni water 100%.

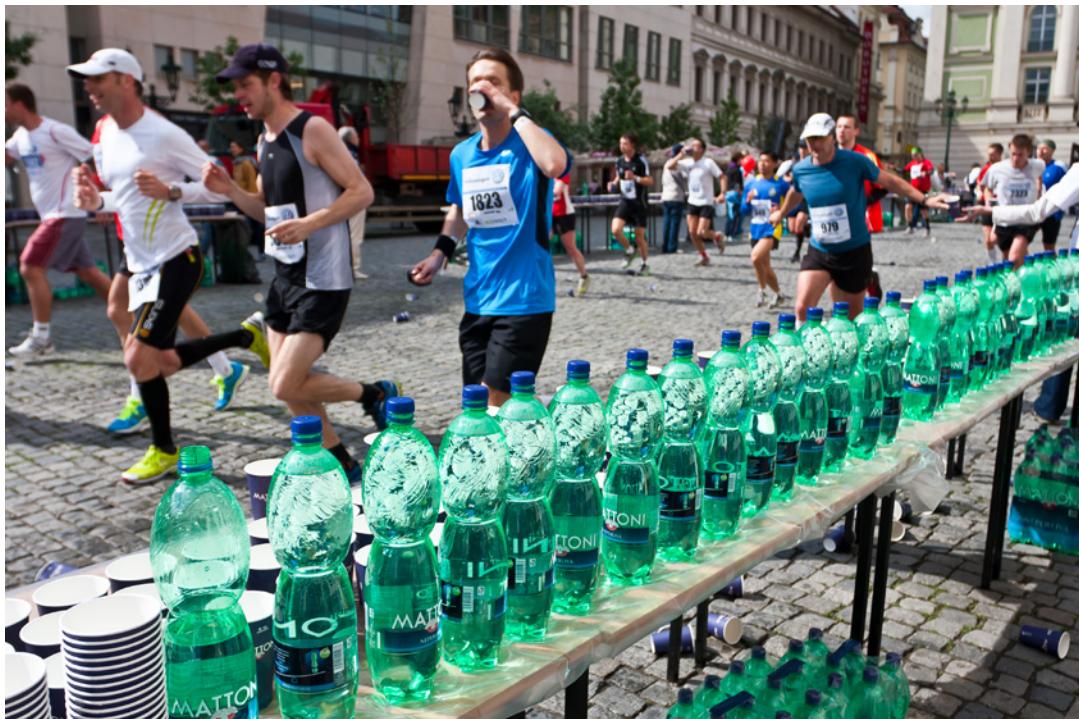
Mattoni mineral water is suitable for sport or any other physical activity and will be available to all runners at every refreshment point, and at the finish, in ample amounts. Every

participant can rely on the aid of Mattoni mineral water to help them reach their maximum potential and finish with a performance they can be proud of.

Mattoni Active water is specially designed for sport athletes and includes vitamin B which contributes to decreasing fatigue.

We are excited to enjoy the last race of the season and this unique perspective of beautiful Usti nad Labem together!

Mattoni. The official water to fuel your passion.





# boost

## adidas continues the BOOST™ revolution

Revolutionary cushioning material is now available in additional adidas products

**Prague, 2nd September, 2013 – Since its introduction to the world at a global launch event in New York City early in 2013, the Energy Boost running shoe has revolutionised the running world. Featuring the ground-breaking cushioning technology BOOST™, which provides the highest energy return in the running industry, it has set a new benchmark for adidas running footwear, was honoured with the Runner's World 2013 Best Debut award and, in its first appearance at a global marathon, BOOST™ took home the crown in Tokyo. And this was just the beginning.**

Now, BOOST™ is being rolled out to more adidas running products and colours. In addition to the Energy Boost franchise, which will come in two colourways for both men and women, BOOST™ cushioning is now also available in adistar and adizero running footwear. In fact, BOOST™ foam will replace the common EVA material in all adidas running performance shoes by 2015.

The key to the BOOST™ innovation lies in thousands of small energy capsules which make up the footwear's distinctive midsole. With their unique cell structure, these capsules store and unleash energy more efficiently in every stride. As a result, BOOST™ at last combines the previously contradicting performance benefits of soft cushioning and responsiveness to give runners a running experience unlike any other. The revolutionary cushioning material also maintains its performance in almost any conditions, at unparalleled levels and over hundreds of kilometres.

The shoe's upper features adidas Techfit technology with highly durable and elastic polyure-

thane, providing optimal comfort and support to the entire foot while in motion. A stretch, breathable mesh material offers the fit of a sock, while engineered powerbands across the upper provide targeted support and stabilise the foot where needed when moving.

The new colourful Energy Boost collection will be available worldwide at adidas Sport Performance stores, selected retailers and through e-commerce. Visit [www.adidas.com/Boost](http://www.adidas.com/Boost) for more information.

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### Notes to Editors:

- The BOOST™ foam material combines previously contradicting performance benefits of soft and responsive cushioning.
- The energy return is provided by energy capsules in the midsole which store and release energy so efficiently that runners feel the difference from the first moment they put the shoes on.
- The new Energy Boost collection comes in eight new exciting colourways, two for women and two for men, respectively.
- Based on an innovative process developed by adidas' partner BASF, the world's leading chemical company, solid granular material (TPU) is literally blown up and turned into small energy capsules which make up the shoe's distinctive midsole.
- When tested at extreme temperatures from +40 to -20 degrees Celsius, BOOST™ foam performs more consistently and does not lose its cushioning properties like standard EVA. BOOST™ also maintains its key characteristics better over its lifetime than the comparable EVA midsole.

- Additional adidas technology featured in the Energy Boost includes: a special mid-foot support frame which cradles the foot in place, an extended TORSION® system from heel to toe which helps to minimise roll for more stability; an adiwear outsole which reduces wear in key sole areas and extends the life of the shoe; and an external heel counter which maximises the heel fit and comfort during the run.
- Energy Boost is miCoach compatible.

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### adidas Running

For more information on adidas Running, please visit [www.adidas.com/running](http://www.adidas.com/running), our social media news room [news.adidas.com](http://news.adidas.com) or follow us on [www.facebook.com/adidasrunning](http://www.facebook.com/adidasrunning).

### About adidas

adidas is a global designer, developer and marketer of athletic footwear, apparel and accessories with the mission to be the leading sports brand in the world. Brand adidas is part of the adidas Group, a corporation that includes brands such as Reebok, TaylorMade and Rockport.

### About the adidas Group

The adidas Group is one of the global leaders within the sporting goods industry, offering a broad range of products around the core brands adidas, Reebok, TaylorMade, Rockport and Reebok-CCM Hockey. Headquartered in Herzogenaurach, Germany, the Group has more than 46,300 employees and generated sales of € 14.9 billion in 2012.



## Hervis - Get Movin', Get livin'!

**Running is the sports phenomenon of today, one that we can even boldly call a distinctive lifestyle. Running gives us the opportunity to clear our head, escape from unpleasant thoughts and focus solely on the rhythm of our breath. When we complete our run, good mood suddenly rushes in as endorphins are released into our body -- happiness in its pure form. The purpose of running also lies in overcoming our own limits and in the good feeling that we are doing something for our health.**

City marathons are currently enjoying a tremendous growth of popularity throughout the whole world. The most famous marathons today are the marathon in Boston, which was founded more than one hundred years ago, as well as the marathons in New York, Chicago, Berlin and London. The Volkswagen Prague Marathon has been the most well-known marathon in the Czech Republic since 1995.

In the words of the founder of the modern Olympic Games Pierre de Coubertin -- the most important thing is not to win but to take part -- Hervis challenges you: **Be there with us and come run in the spirit of our Get Movin', Get livin' motto!**

### About marathons

**As Emil Zátopek said: If you want to win something, run a 100 meter race. If you want to experience something, run a marathon.**

According to legend, the foundation stone of marathon runs was laid down by the runner Pheidippides, who more than two and a half thousand years ago ran from Marathon to Athens to deliver the news of the famous victory over the Persians. But the tradition of marathon runs was only es-

tablished by Pierre de Coubertin, the founder of the modern Olympic Games, who in 1896 included the run on the program of the first Olympic Games.

### About Hervis

**For over a quarter of a century Hervis has been offering its clients in six European countries high-quality sports equipment for the most popular sports. Whether it's sports equipment, footwear or functional clothing for sports or leisure time, at Hervis everyone will easily find whatever it is they need.**

**Get Movin', Get livin'!** That's the motto Hervis uses to challenge people to an active way of life. The company also reflects the motto into the support of many sporting events and races. The most important sports events held under the wings of Hervis are the mass running events, such as the Vienna and Prague international marathons, which Hervis sponsors and co-organizes.

The history began 25 years ago when the first HERVIS was created out of the formerly textile company HERman VISser. These were originally stores carrying textile and fashion goods, and this concept has been preserved in the company's name until today - Hervis Sport and Fashion. Hervis has over 150 stores in Austria, Hungary, Slovenia, Romania, Croatia and the Czech Republic and ranks among the six largest sporting goods retailers in Europe.

Whether you are enthusiastic runners, lovers of long hikes, passionate cyclists or you occasionally break a sweat during fitness activities or in the weight room, at Hervis you can choose from renowned brands all under one roof and at affordable prices.

The summer hits include equipment for running (footwear, clothing, bags and backpacks), tourism, cycling, outdoor activities, fitness, soccer, volleyball, in-line skates, skateboards, squash, tennis, swimming, diving and leisure wear. The winter season is dominated by equipment for skiing, snowboarding, ice hockey and skating.

Adidas, Nike, Reebok, Puma, Atomic, Fischer and Salomon - these are just some of the renowned brands you will find in Hervis Sport and Fashion stores. And because Hervis strives to meet the wishes and needs of its customers, you will also find local and private brands such as Hannah, Loap, Kilimanjaro, Benger, Icelander and Snoxx among its product lines.

All Hervis stores are organized by specific sports so that the customers can easily find what they need. Naturally the stores also undergo seasonal transformations in order to present relevant products to the customers.

The thoroughly trained staff provides customers with top notch advice and service, meaning that you can go enjoy sports activities straight from any Hervis store.

### Loyalty pays off

We always have something extra for our loyal customers. Members of the Hervis SportsClub can use their club cards to purchase selected sports equipment at even lower prices, and they also enjoy a number of other benefits, such as a money-back guarantee, trouble-free exchange of merchandise and premium services, delivery of larger goods and exclusive VIP events. The club members are also the first to learn of attractive sales events, such as the Hervis Mega Countdown.



**Best Western**  
**HOTEL VLADIMIR**  
 Ústí nad Labem



## TRADITION, QUALITY AND PROFESSIONALISM competitive advantage

The four-star Best Western Hotel Vladimir is located in the center of the regional city of Usti nad Labem. As is clear from the name, the hotel is part of the international franchise hotel company, Best Western, which is a recognized guarantee of quality of service. In 22 years of operation, the hotel has undergone a series of costly renovations, thanks to which it can provide a full-fledged modern, multifunctional facilities for a diverse clientele.



The hotel was built in the years 1983-1986 as a hostel in friendly cooperation with the Russian city of Vladimir. The main architect of the project was Ing. Arch. Bergr Rudolf, who conceived this building in a very timeless and uncharacteristic way for the period. Because of his contribution, there now stands



a hotel in the modern functionalist style, and truly one of the most remarkable buildings in the region. From the beginning, the building underwent many costly renovations and today is now a modern, hi-tech building with beautiful and current interior designs. Upon entering the hotel, the guest is greeted by a spacious, modern lobby, comfortably seated reception desk with a simple & modern design, "glass fountain"- which contributes to the lighting, and pleasant guest seating in the lobby. The hotel lobby is an open passage to equally beautifully designed lobby bar, which is very popular among guests. The Atrium Restaurant with international cuisine is another very interesting space. After entering, guests are attracted not only to the tastefully themed furniture, but also comfortable light that comes from a pyramidal glass roof. The restaurant is a lovely place to sit, not only during the day, but also in the evening when the stars overhead create a romantic experience. For beer lovers and those seeking a more domestic kitchen, the Pilsner Pub "Na Pražáčce" is open every day, and is stylishly equipped with wooden furniture and a massive bar. The interior was

selected especially to encourage guests to relax with a beer or some of the Old Bohemian specialties. For congress tourism, the hotel is very well equipped, both in terms of number of rooms, as well as technical equipment. The total room capacity is up to 530 people. The halls are equipped with all modern conference equipment, which is now standard. Halls on the ground floor are multifunctional, you can connect and thereby satisfy even the most demanding of events. Very interestingly conceived, the Conference 9th Floor "Vista Floor", is located on the top floor of the building. Seminar participants will visit multifunctional interior design, with sliding walls, air conditioning and WIFI connection. What's more, the view from the windows gives a chance to tour the city center almost "from the air". Fully equipped, but cozy rooms contribute to the ease and comfort of our guests. For more demanding clients are available studios with kitchens or apartments. The hotel also offers relaxing in the sauna or hot tub and additional hotel services like room-service, hotel taxi, laundry, secretarial services etc.





## Turkish Airlines has been named „Best Airline, Europe“...Again

Turkish Airlines scored a resounding success at the 2012 Skytrax World Airline Awards, with air travelers voting the airline as the **“Best Airline in Europe”**, the second year running. Turkish Airlines has been also named by Skytrax as the winner in the categories, **“Best Airline in Southern Europe”** and **“Best Premium Economy Class Airline Seat”** for its Comfort Class seats.

„Turkish Airlines continues to consolidate its position as one of the world's leading airlines and the awards they have received today for

“Best Airline in Europe” and the “Best Airline in Southern Europe” demonstrate their continued popularity amongst passengers. Turkish Airlines Premium Economy cabin product has proved increasingly popular and the award Turkish Airlines collected for the Best Premium Economy Class Airline Seat is a clear reflection of the success of this high quality product“ said Edward Plaisted of Skytrax.

One of the fastest growing airline companies, Turkish Airlines has previously received sev-

eral „Passengers Choice Awards“ from Skytrax. The airline has won Skytrax Awards for the „Best Airline in Southern Europe“ for the past 2 years, and in 2009 the airline received the „Skytrax World Aviation Award“ known as the Oscar of the Aviation industry.

In 2010, the airline and its catering partner Turkish DO&CO were recognized for the excellence of their economy class catering, taking the **“Best Food, Economy Class”** title.

**Nejlepší letecká společnost v Evropě**

Hlasovalo 18,8 milionu cestujících. Jeden výherce.

Každý rok společnost Skytrax, světová agentura pro audit světového civilního letectví a pro hodnocení měřítek kvality produktů a služeb, vyhlašuje na základě výsledků zákaznických průzkumů nejlepší leteckou společnost. Zákazníci, kteří často cestují letadlem, jednoduše na palubě vyplní dotazník. V roce 2010 označilo 18,8 milionů pasažérů společnost Turkish Airlines za svou nejoblíbenější leteckou společnost v Evropě.

Je to naší leteckou síť, která Vás dopraví do 187 měst po celém světě? Je to naše centrála v Istanbulu, která je považována za nejatraktivnější město spojující Evropu se světem? Nebo je to naše světově uznávaná kuchyně?

Je to snad naším srdečním přívítáním na palubě, nebo je to naším sponzorstvím nejlepších sportovních týmů a atletů na světě? Nejspíše to bude právě spojení všeho výše uvedeného. Přiště polette i Vy s nejlepší leteckou společností v Evropě!

*Globally Yours* | **TURKISH AIRLINES**



## Seznam.cz, Czech Internet Leader

Seznam.cz is a Czech company combining a media house and a technological company. At its homepage ([www.seznam.cz](http://www.seznam.cz)) it offers the topical news service for all sorts of readers, including the classical news service from business, domestic and foreign politics, as well as lifestyle info from the celebrity world, together with sport news. The home page also includes weather updates, TV programme etc. There are also entertainment services available at Seznam.cz's home page – short videos and on-line music streaming – together with the email login as well as full text search window. **Seznam.cz perceives its home page as a gate to the world of Internet for many Czechs** and thus composes the bits of information available at it as the list of the most interesting things happening on the Czech Internet at the given point of time. The vision of Seznam.cz is to work on making the Internet the strongest Czech media and Seznam.cz the first place of choice.

### What Services Does Seznam.cz Provide?

Seznam.cz offers about 28 different web ser-

vices and products. Each of them aimed to provide the user an easy access to information he or she needs. Seznam.cz aims to offer useful, reliable services with value added. All of Seznam.cz's services are for free for the users.

As Seznam.cz funds itself only from revenues coming from advertising, all services and products also include effective advertising tools for the clients. They can benefit from display ads (both banners and video ads), pay per click system in full text search and in content services (such as news portals), or advertising at field specific servers (to advertise their house or car to sell).

Seznam.cz services that could be interesting for PIM runners are for example:

#### Seznam.cz (Homepage)

Seznam Homepage is the most frequently visited and most often used Czech internet page with almost 5 million real users each month who at average spend more than 8 hours at

it. Every day more than 2.4 million people visit this page. Seznam Homepage allows users to completely adjust the contents of the page to their needs or select from different appearances.

#### Mapy.cz

The most often used map portal in the Czech Republic that offers several kinds of map backgrounds (road map, tourist map, photographic map, historical maps, etc.), detailed plans of large European cities and all Czech cities and municipalities. It can be used for searching addresses and planning routes not only in the Czech Republic, but throughout Europe. It also covers the Czech network of tourist and cycling trails and contains the most complete database of points of interests (companies) on the Czech Internet. Every day almost 200 000 people visit Mapy.cz and they perform more than 900 000 searches and plan about 250 000 routes at Mapy.cz.



# JOHNNY SERVIS®

The cooperation of JOHNNY SERVIS with the organizers of RunCzech Running League has been going on for 16 years already

**JOHNNY SERVIS, a company from Tetín in the Beroun region has been participating in supplying the technical background for the Prague International Marathon since 1997 and, as the company's General Director Matthew Duras says, it has literally become a matter of the heart over the years. The company will be supplying over 800 ecological mobile toilets, 60 mobile sinks, shower trailers, mobile offices, almost 400 square meters of tent area including several tens of table-and-bench sets, and almost 20 kilometers of mobile fences and barriers.**

*"The fame of the Prague International Marathon grows year by year. New competitions are added and the number of contestants grows. We feel honored to be participating in the organization of these prestigious international running events, however, we also feel the responsibility and obligation to meet the needs of the organizers fully, and prove ourselves worthy their confidence," says Matthew Duras.*

Therefore, JOHNNY SERVIS endeavors to offer new products every year and improve its services, be it purchasing new service and transport vehicles capable of coping with heavy terrain, or the launch of their pink toilets JENNY, designed exclusively for women. Last year, they appeared along the route for the first time, this year there will be yet more ones. Female contestants shall certainly appreciate their spacious and modern interior featuring a large sink, a liquid soap dispenser, a toilet seat disinfectant dispenser, paper towels, a mirror, or a lock for privacy protection.

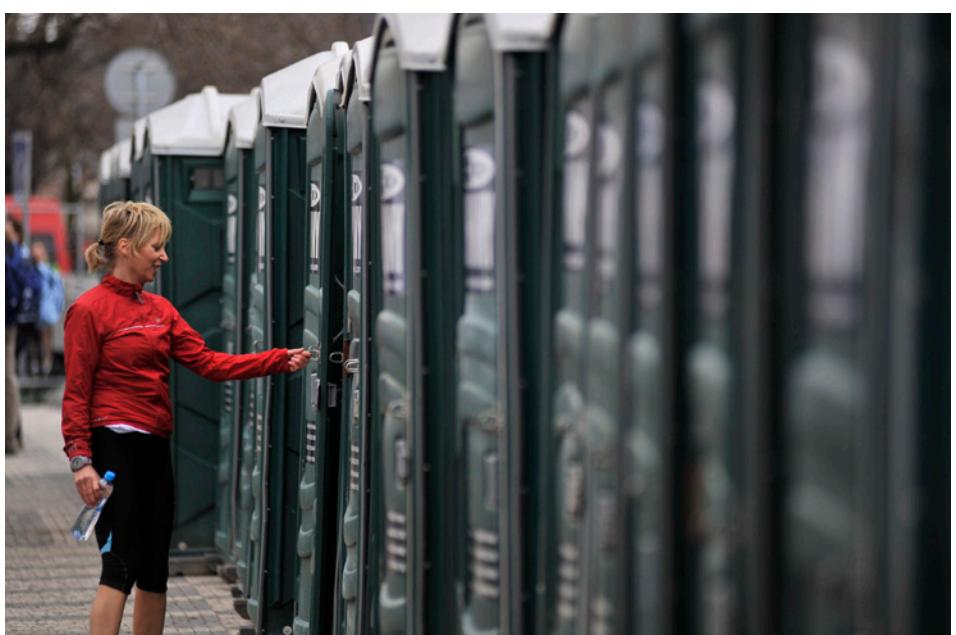
*"This year's news at Hervis Prague Half Marathon was our two-floor glassed mobile office with a staircase, which will accommodate the timers," reminds Matthew Duras.*

Apart from its support of charity projects and sporting events, JOHNNY SERVIS cooperates with The League Against Cancer, whose preventive programs it supports by donating a part of its profit from renting JENNY mobile toilets for women. *"We also financially support the Avon March, whose profit is used to fund the fight against breast cancer," adds Matthew Duras.*

JOHNNY SERVIS rents and sells mobile toilets, showers and sinks, mobile fences, sanitary trailers, mobile offices and office and storage containers. It also offers complex party service, as well as mobile flood levees Tiger Dam, which serve as a faster and less strenuous alternative to sand bags. These

water-filled tubes may be built into various heights and thus provide a quick and effective flood protection.

The fact that JOHNNY SERVIS is the No. 1 in the Central Eastern European sanitary technology market reflects also in continuous complementing the product range with new products. Our luxurious sanitary trailer FIVE STAR featuring ceramic toilets and sinks, contactless controls, air conditioning and audiovisual system gains ever-growing customer popularity. For its work in the field of mobile product renting, the company has been assessed as the second most successful company in the category of small European rentals under EUR 15 million of turnover, having thus made a good use of its experience in mobile product renting lasting for more than 40 years in Canada and 17 years in Europe.





## New Perwoll Sport & Active Freshness in motion from Perwoll

**Whether you're active outdoors, enjoying the fresh air or working out hard at the gym, have you ever wished you could find the perfect washing detergent? Something that not only cleans your outdoor & sportswear, but provides a feeling of freshness and a sense of well-being too? Now help is at hand for nature lovers, sports enthusiasts and anyone who enjoys an active lifestyle. The latest liquid laundry detergent innovation from Perwoll provides freshness in motion, thanks to its new formula with "Refresh Effect", which makes sure you feel attractive and admired even during the toughest of sports & outdoor activities.**

New Perwoll Sport & Active offers the perfect solution for sports and outdoor clothes, particularly for people who are always on the move. The new patented Malodour Technology gets

activated with every move you make, as soon as sweat hits the textiles – effectively refreshing and neutralizing unpleasant smells to provide your clothes with a fresh and long-lasting fragrance – just as if they were freshly washed. Whatever the challenge, new Perwoll Sport & Active will keep you “smelling” fresh in motion – so you can enjoy each moment with pure freshness and keep up that fresh feeling when you’re at your most active.

But that's not all: with its special formula, Perwoll Sport & Active takes care of the fibres and protects membrane functions like breathability, moisture management, weather resistance or quick drying. So you can be confident that your clothes are being well cared for.

New Perwoll Sport & Active will be launched across the region in April 2013 in a range of sizes to suit every need (1L, 2L, 3L and 4L). The

latest innovation for people on the move from the top-selling Perwoll detergent range from Henkel will be accompanied by a high-energy TV advertising campaign and supported with a highly entertaining digital campaign.

Perwoll Sport & Active offers the perfect solution – providing freshness in motion with every step you take, however far you might be going!

### Further information:

Pavla Pokorná  
Public Relations  
Za Mototechnou 837/28  
155 00 Praha 5  
mobil: 777 228 276  
e-mail: pavla.pokorna@gmail.com



# PRESS GUIDE



## PARTNERS OF MATTONI ÚSTÍ NAD LABEM HALF MARATHON 2013

We thank to our partners for building a world-class sporting event that fosters a cooperative spirit. Together we give our communities a festival in the streets that celebrates health,

personal achievements, feats of form and determination. In addition to supporting the broad spectrum of RunCzech events, each of our Main / Title Partners shares a distinctive

connection to one main event. This focus creates a profound and enduring relationship with our participants and spectators alike.

Title partner



Title partner of Family Run

Title partner of Handbike Half Marathon Ústí nad Labem



Official partners



Official media partners



# PRESS GUIDE

Thanks to all the partners that cooperated with us, helped and kindly supported the healthy lifestyle among the general public during our presence in the field of Czech sports. Sincere thanks also belongs to those that could not participate but watched us and were on our side.

## Media partners



## Partners



## Patrons





RUN.CZECH®

## Come and run the Czech Republic 2014!

**Hervis Prague** Half Maraton

**Volkswagen Prague** Maraton

**Mattoni Karlovy Vary** Half Maraton

**Mattoni České Budějovice** Half Maraton

**Mattoni Olomouc** Half Maraton

**O₂ Prague** Grand Prix

**Mattoni Ústí nad Labem** Half Maraton

5 April

11 May

24 May

7 June

21 June

6 September

14 September



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