

To promote the Spirit and Values of a Marathon as well as Wellness in the Country.

To meet the International standards and is also designed to promote Wellness.



The **Marathon** is a long distance running event with an official distance of 42.195km (26.219 miles, or 26 miles 385 yards), usually run as a road race.

The 42.195 km was adopted by the International Association of Athletics Federation (IAAF) in 1921.

The IAAF world record for men is 2:02:57.

A Marathon is one of the challenging physical activities one can choose to participate in, providing extreme mental and physical challenges throughout the 42.195km.

The Marathon is a considerable distance and should only be taken up by runners who are committed to several months of dedicated training. Individuals who are new to the sport of running may wish to start with a shorter distance and then move up a marathon once complete the 42.195km.

Fastest marathoners on record eligible course: Men

- Kenya 2:02:57 Berlin, 2014

- Ethiopia 2:03:03 Berlin, 2016

- Kenya 2:03:05 London, 2016

The **Half Marathon** still requires a serious level of training, however, and brings with its own set of challenges. Many runners use the Half Marathon as a stepping stone towards the marathon but it's a very testing run in its own right. Some of the world's best long distance runners focus their careers on the half marathon and are able to set some incredible average speeds in this category. The half marathon is a perfect run for those looking to step up from the 10km and test the long distance discipline.

The **10km** is a category for runners of all abilities. The distance is perfect for beginners, though once again it also requires a decent training commitment for those new to the sport. The more serious runners view this category as almost a "sprint."