

O₂

Prague Grand Prix

7 SEPTEMBER 2013

O₂

PRESS GUIDE

Information for journalists



RUNCZECH

The race is a part of the RunCzech Running League

EN

www.runczech.com

PRESS GUIDE





Dear Sporting Fans and Friends,

A very warm welcome to Prague, a place which boasts a longstanding tradition for hosting visitors. I'm sure you'll all agree that running is not only a beautiful sporting discipline but a rather liberating one too. Beautiful is unarguably a fitting adjective to describe Prague as a city too. It is thus logical for the two elements to have found each other during the course of the years. Perhaps at the beginning it could have been considered as a rational kind of alliance; however I'm firmly convinced that over the years, it has transformed into a real and lasting love.

Prague hosts a range of sporting events, yet running ranks among the greatest of these. The city quite literally welcomes the sport with open arms. Just as this hospitality applies to active runners visiting the city, we're also delighted to see thousands of other guests travel here to witness such sporting achievements and offer their support as spectators.

Each large-scale run presents a number of organisational demands not just for those in charge but also for the city itself. So please let us all abide by the rules of fair play and behave like true sportsmen and women not just on the course but also on the streets, ensuring we make the very most of this sporting occasion. I truly hope you thoroughly enjoy yourselves both the city and the event.

Wishing all you runners out there the best of success and everyone else a wonderful stay in our capital city.

Tomáš Hudeček
Mayor of Prague



Dear Runners and Sporting Friends,

The night-time race around Prague has finally come of age. You may find it hard to believe, however this year we will see thousands of runners flock to the capital for the eighteenth time ever – travelling from all over the world to take part in the O₂ Prague Grand Prix. Compared to the other RunCzech races, the O₂ Prague Grand Prix stands out in terms of speed due the course spanning a shorter distance. Having introduced a new course this year, we're expecting to witness faster finishing times for runners, which will ultimately allow us to achieve the highest ranking award in the athletics world – the IAAF Gold Quality Label.

The adidas Women's Run ranks as the largest women's race in the Czech Republic leading a total of 1,200 women and girls on the 5 kilometre-long course. A further 5,300 competing runners will be taking part in the METRO 10k run setting off just in time to see the sun go down. For the first time this year, this prestigious race, open to both men and women, will also feature a number of world class women runners, meaning we can look forward to seeing fantastic performances in both male and female categories.

We're also delighted to welcome a new partner to the RunCzech running family this year in the form of Telefónica Czech Republic as the race title partner. We greatly value the opportunity to cooperate with such a highly prestigious company and are looking forward to our first season flying the O₂ flag.

Wishing you all many great running miles ahead.

Carlo Capalbo
President of the Organising Committee

OBSAH

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O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

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 O₂ Prague Grand Prix.

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.

PRESS TEAM

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PRESS CENTRE

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

Thursday 5. 9. from noon to 8.30 p.m.
Friday 6. 9. from 9 a.m. to 8.30 p.m.
Saturday 7. 9. from 10 a.m. to 10 p.m.

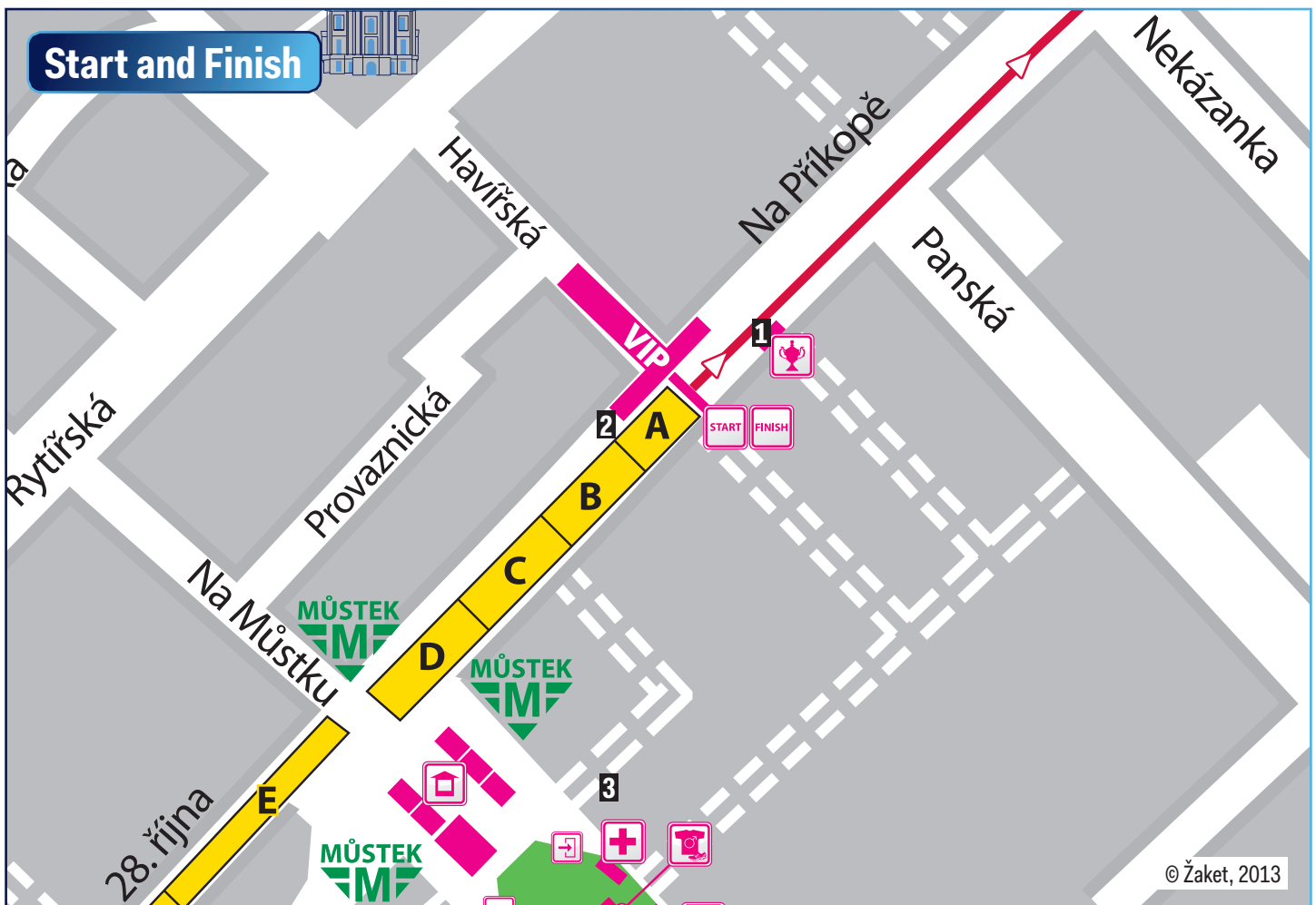
hotel Hilton Prague, Lounge Barcelona
hotel Hilton Prague, Lounge Barcelona
Palace Koruna, Wenceslas square 1, Prague 1



MEDIA PROGRAMME

Thursday 5.9.	1 p.m.	Pre-race Press Conference	Hotel Hilton Prague
	6 p.m.	Training with brothers Karanja A blind man with his brother as pacemaker at a rather unconventional training session	Running Mall, on the corner of M. Horákové a Fr. Křížka, Prague 7
Friday 6.9.	1 p.m.	Press call with elite athletes Chance for individual interviews with selected athletes	Running Mall, on the corner of M. Horákové a Fr. Křížka, Prague 7
Saturday 7.9.	8.30 p.m.	After-race Press Conference+ Results, interviews with the winners	Palace Koruna, Wenceslas square 1, Prague 1

MAP FOR MEDIA



- 1 SPACE FOR MEDIA - START
- 2 SPACE FOR MEDIA - FINISH
- 3 PRESS CENTRE ENTRANCE

RACE MAP

O₂ GRAND PRIX PRAHA
 O₂ Prague Grand Prix
 07 | 09 | 2013 Start 19:30



METRO
Běh na 10 km

METRO
 10K Race



Předpokládaný čas prvního / posledního běžce
Estimated time of the first / the last runner

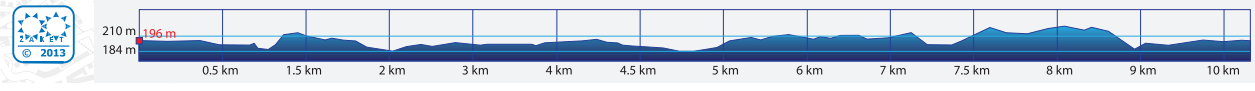
km	čas - time	čas - time
1	19:32 / 19:44	19:47 / 20:26
2	19:35 / 19:52	19:49 / 20:35
3	19:38 / 20:01	19:52 / 20:43
4	19:41 / 20:09	19:55 / 20:52
5	19:44 / 20:18	19:57 / 21:00

Vysvětlivky / Legend

	hudební produkce / music point		trasa závodu / směr závodu / race course / direction of the race
	občerstvovací stanice / refreshment point		technické zázemí / technical area
	toalety / toilets		seřadění / line-up
	první pomoc / first aid		METRO (A - B - C)
	km vzdálenost / km distance		významné památky / important monuments

Seřadění | Line Up: Na Příkopě
Technické zázemí | Technical area: Václavské náměstí
Start/Cíl | Start/Finish: Na Příkopě
Trasa závodu | List of street:
 Na Příkopě - nám. Republiky - Revoluční (1 km) - Štefánikův most - Nábřeží E. Beneše - Nábřeží Kpt. Jarose (2 km) - Za Václavkem - (3 km) Argentinská - ostočkarum - U Průhonu - Osadní - (4 km) Dělnická - Argentinská - (5 km) Nábřeží Kpt. Jarose - (6 km) Nábřeží E. Beneše - (7 km) Kosiřkovo nábřeží - U Zelené lávky - U Plovárny - (8 km) Nábřeží E. Beneše - Štefánikův most (9 km) - Revoluční - nám. Republiky - Na Příkopě (10 km)

Výškový profil / Elevation profile

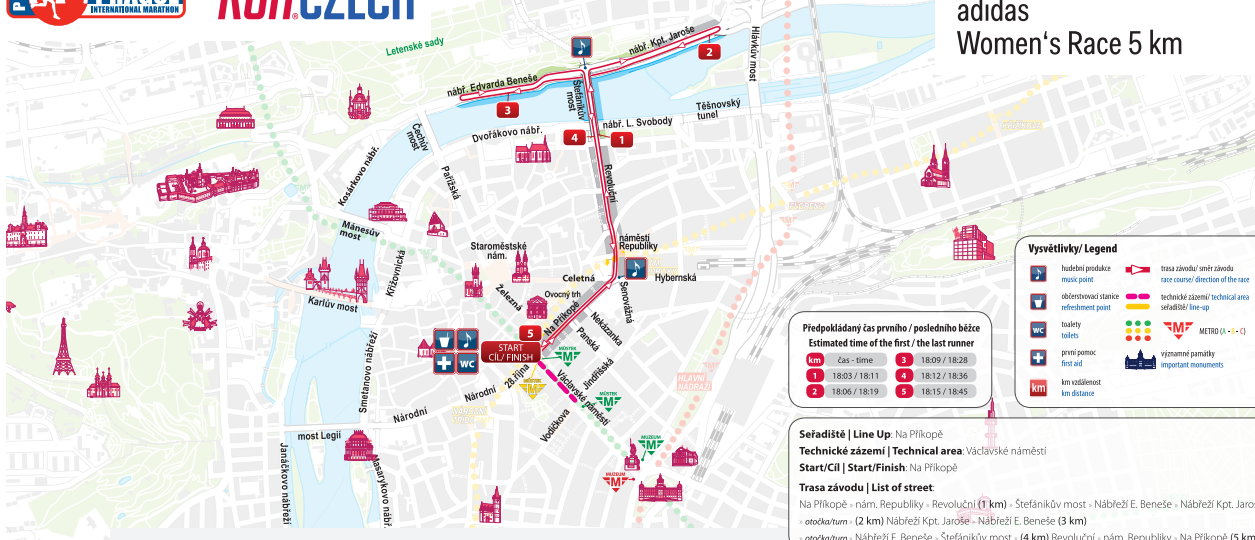


O₂ GRAND PRIX PRAHA
 O₂ Prague Grand Prix
 07 | 09 | 2013 Start 18:00



adidas
Běh pro ženy 5 km

adidas
 Women's Race 5 km



Předpokládaný čas prvního / posledního běžce
Estimated time of the first / the last runner

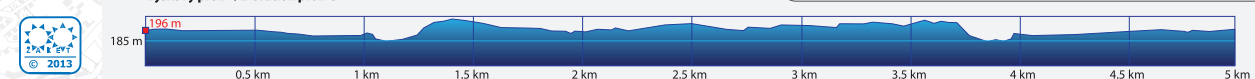
km	čas - time	čas - time
1	18:03 / 18:11	18:09 / 18:28
2	18:06 / 18:19	18:12 / 18:36
3		18:15 / 18:45

Vysvětlivky / Legend

	hudební produkce / music point		trasa závodu / směr závodu / race course / direction of the race
	občerstvovací stanice / refreshment point		technické zázemí / technical area
	toalety / toilets		seřadění / line-up
	první pomoc / first aid		METRO (A - B - C)
	km vzdálenost / km distance		významné památky / important monuments

Seřadění | Line Up: Na Příkopě
Technické zázemí | Technical area: Václavské náměstí
Start/Cíl | Start/Finish: Na Příkopě
Trasa závodu | List of street:
 Na Příkopě - nám. Republiky - Revoluční (1 km) - Štefánikův most - Nábřeží E. Beneše - Nábřeží Kpt. Jarose - ostočkarum - (2 km) Nábřeží Kpt. Jarose - Nábřeží E. Beneše (3 km) - ostočkarum - Nábřeží E. Beneše - Štefánikův most - (4 km) Revoluční - nám. Republiky - Na Příkopě (5 km)

Výškový profil / Elevation profile



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

RACE



PROGRAMME

Monday, September 2 – Saturday, September 7

Grand Prix Expo

Running Mall, on the corner of M. Horákové a Fr. Křížka, Prague 7

Monday noon – 7 p.m.

Tuesday – Friday 8 a.m. – 7 p.m.

Saturday 8 a.m. – 3 p.m.

Saturday, September 7

4 p.m. Beginning of Programme on Wenceslas square

6 p.m. adidas Women's Race 5 km – start

6.30 p.m. Award Ceremony – adidas Women's Race 5 km

7.30 p.m. METRO 10k Race – start

8.05 p.m. Award Ceremony – METRO 10k Race – men

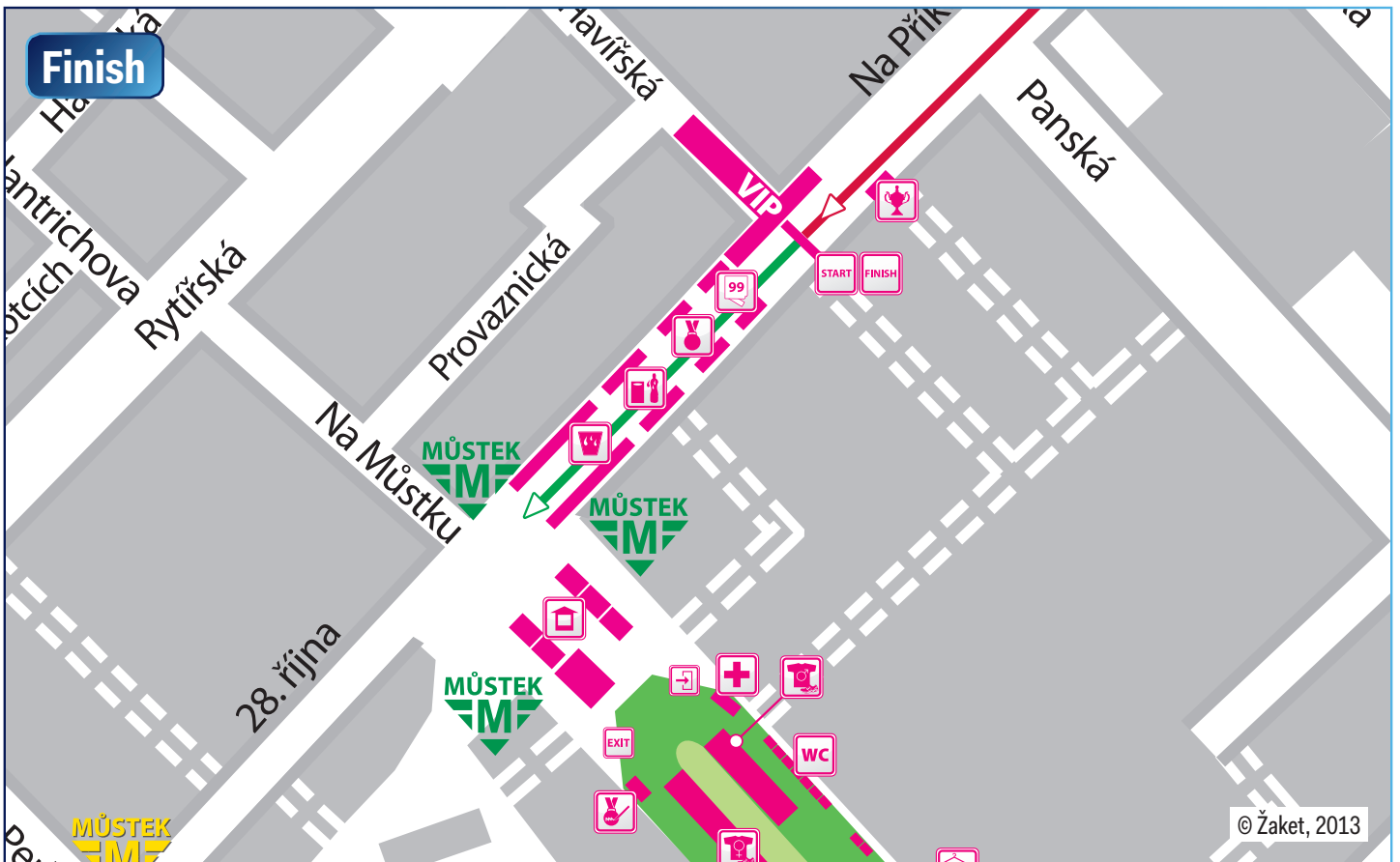
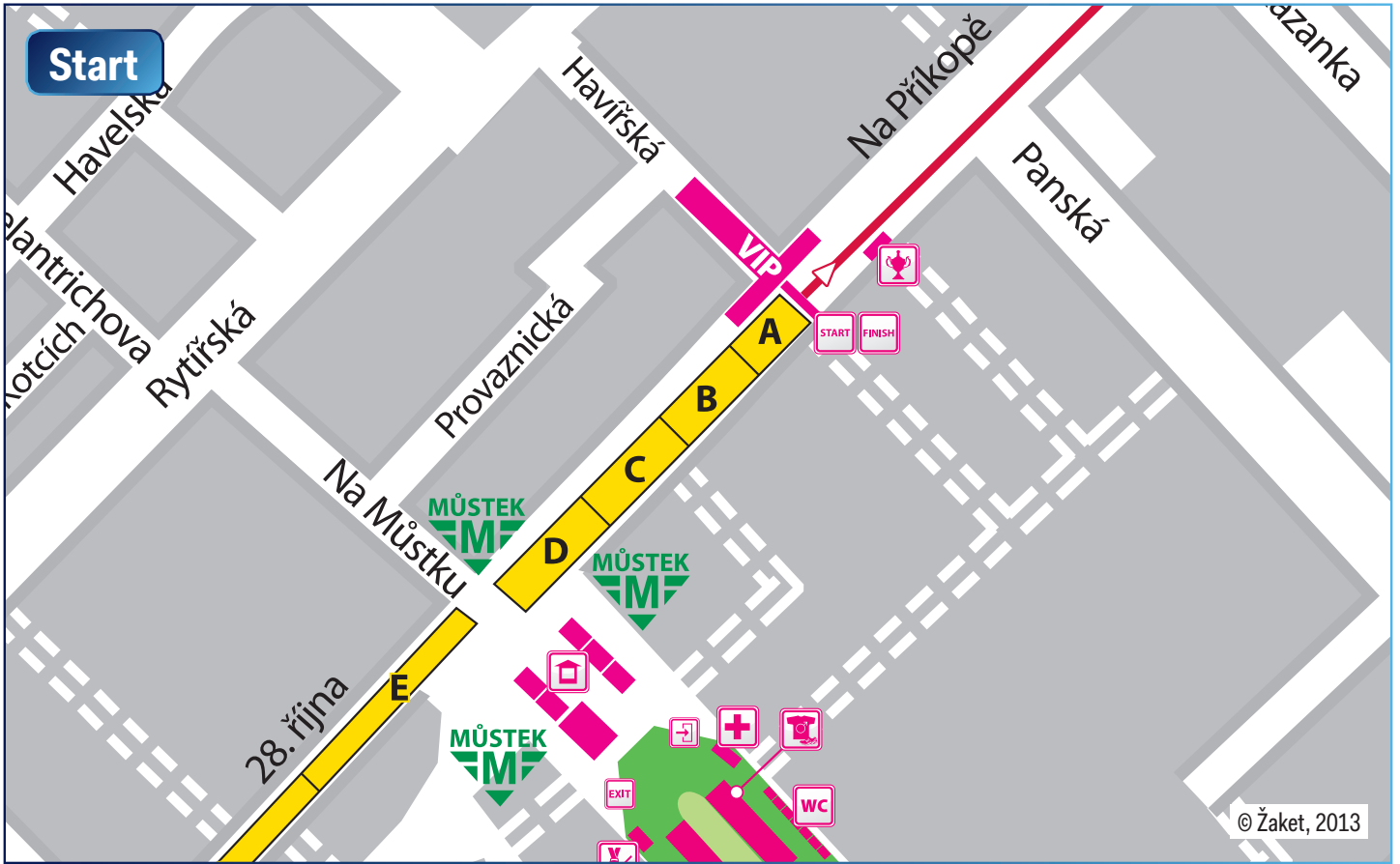
8.10 p.m. Award Ceremony – METRO 10k Race – women

8.15 p.m. Award Ceremony -- METRO 10k Race – Czech men and women

8.30 p.m. After-race Press Conference



MAP OF START AND FINISH



THE REVAMPED O₂ PRAGUE GRAND PRIX

The O₂ Prague Grand Prix evening race is here once again, this time with a new course which organisers are tipping will deliver faster times.

On Saturday 7th September, the centre of Prague will once again come to life with distance running. At the stroke of 6 p.m., women and girls will head out onto Na Příkopě Street to complete the five kilometre course of the adidas Women's Race 5 km allowing them to soak up the atmosphere of early evening Prague from a runner's perspective. The race is open exclusively to women meaning that on this occasion men and children will be placed in the role of spectators.

The gunshot for the METRO 10k Race will sound at seven thirty in the evening sending 5,300 long-distance runners of both sexes onto the streets. Manager of Elite Athletes, Jana Moberly promises a truly electric start list: "The new single-lap 10 km course opens up a great challenge for fast times. And the elite start line has been put together bearing this in mind. When it comes to the men, we're expecting to see the course completed in well under 28 minutes, especially by the top African runners. In terms of the ladies, the debut from top women runners in the 10 km race is sure to involve a huge duel between the African crème de la crème and stars from the European athletics scene. We're hoping to see the 32 barrier minute smashed".

Organisers of the Silver Quality Label race awarded by the International Association of Athletics Federations (IAAF) would like to see the event climb to the highest possible ranking – that of the Gold Label. The presence of elite athletes on the course forms one of the key criteria evaluated by the IAAF, however as

Václav Skřivánek from the organising team points out here, there's much more to the Gold Label than this: "One important requirement which has to be met in order to qualify for the award is to ensure a certified course has been set up, which is closed off for vehicles. The time is measured in seconds using chip timekeeping technology. It goes without saying that runners have to be properly looked after – meaning healthcare services and refreshment stations must be made available both along the whole race course as well as at the finish line. Meanwhile the task of making sure people are sufficiently informed about the race through the media plays an equally important role."

As is clear from the name of the race, one further change to this September's 18th race year is that of a new title partner in Telefónica Czech Republic and their O2 network. The Communications Director at Telefónica Czech Republic, Dana Dvořáková made the following statement: "*We're really pleased to support both amateur and professional athletes through our technology. We hope we'll be able to encourage more people to actively partake in sport. And by using our phone applications they should be able to put the latest technology to good use as an aid to improve their overall fitness.*"

On 26th August, the race organiser RunCzech opened the doors to the world's only running centre – the Running Mall which this year plays host to the race Expo. Runners are invited to collect their start numbers here all week, meaning that those keen to dodge the queues already have the chance to pick up their start packs from Monday 2nd September. The Running Mall is located on the corner of Františka Křížka and Milady Horákové Streets.



BASIC FACTS

Name: O₂ Prague Grand Prix
Title partner: O₂
Years running: 18th edition
Date: 7 September, 2013

adidas Women's Race 5 km

Time: 6 p.m.
Start/Finish: Na Příkopě Street, Prague 1
Length of course: 5 km
Time limit: 45 min
Race capacity: 1,200

World record – women: 0:14:11
Record holder: Tirunesh Dibaba, Ethiopia
Year recorded: 2008

Race record – women: 0:15:30
Record holder: Anikó Kalóvics, Hungary
Year recorded: 2002

METRO 10k Race

Time: 7.30 p.m.
Start/Finish: Na Příkopě Street, Prague 1
Length of course: 10 km
Time limit: 1,5 hours
Race capacity: 5,300

World record – men: 0:26:44
Record holder: Leonard Patrick Komon, Kenya
Year recorded: 2010

Race record – men: 0:27:34
Record holder: Philemon Kimeli Limo, Kenya
Year recorded: 2011

World record – women: 0:30:21
Record holder: Paula Radcliffe, Great Britain
Year recorded: 2010

HIGHLIGHTS OF O₂ PRAGUE GRAND PRIX

The most important information:

- 18th edition
- The race is awarded by IAAF Road Race Silver Label
- Among the runners who will compete for the first positions are also the top athletes who participated in the World Championships in Athletics held in Moscow this year
- Start list for METRO 10k Race presents elite athletes from 5 countries with personal best under 28:10, or 32:10 in women category
- adidas Women's Race 5 km is exclusively for women, no entry for men

Interesting numbers:

- 5,300 runners will compete in METRO 10k Race
- 1,200 women will stand on the start for adidas Women's Race
- 107 teams, thereof 20 teams will take part in adidas Women's Race 5 km and 87 teams in METRO 10k Race
- 1,374 (24%) participants will run in the event for the first time
- 69% of participants in METRO 10k Race are men and 31% women
- 87% of runners are from the Czech Republic, 13% from abroad
- TOP 5 foreign countries are SVK, GER, GBR, POL, FRA
- 53 nationalities in total

- 18 runners will celebrate their birthday on the race day

Interesting highlights from the start field:

- 73 years old Miloš Loužecký is the oldest man in the race
- 69 years old Ivana Kohlíčková is the oldest woman in the race
- 620 volunteers will help the organizing team
- Used during the race:
 - 26,000 pins
 - 16,500 cups
 - 6,500 sponges
 - 6,500 thermo foils
 - 6,500 medals
 - 1,853 m of fences

- 85 toilets
- 6 lighting cars Eltodo
- 21 electric connections from Eltodo company
- Drinks:
 - 7,143 litres of Mattoni water
 - 1,050 litres of isotonic drink Nutrend
- Food:
 - 1,145 kg of bananas
 - 810 kg of oranges
 - 600 baguettes
 - 8 kg of salt
 - 5 kg of sugar

- An average runner needs 8,160 steps to run 10 km and 4,080 steps to run 5 km



Lighting cars Eltodo last year

WOMEN AND GIRLS TAKE TO THE STREETS OF EARLY EVENING PRAGUE

The early evening car-free race around Prague, intended for women only, boasts the same fantastic atmosphere as can be found at all RunCzech races – come along to the adidas Women's Race 5 km and find out for yourself!

The adidas Women's Race 5 km takes place each autumn as part of the traditional O₂ Prague Grand Prix, letting thousands of runners loose onto the streets of Prague for eighteen years now. It kicks off at 6 pm and offers women the chance to soak up the roaring applause of fans along the entire 5 km course. The race is exclusively designed for women, meaning that on this occasion men and children can participate in the role of spectators only.

The course of the adidas Women's Race 5 km starts off on Na Příkopě Street leading the crowds of runners around the Powder Gate and Municipal House onto Republic Square and Revolution Avenue all the way to the riverbanks of the Vltava. From there, the competing runners cross the river via Štefánek Bridge where they get to take in a unique view of the Prague Castle and the rooftops

of the impressive buildings and churches in Malá Strana. Running past the embankments of Cpt. Jaroš and Edvard Beneš, participants will then get to see a view from the right-hand side of the Vltava. The journey back leads the ladies along the same route to the much-awaited finish line on Na Příkopě Street, where aside from getting to soak up the feeling of victory, they can look forward to receiving a medal to remember the evening by.

The race is open exclusively to the general public without any foreign elite athletes taking part, meaning each participant has a chance of winning! The race will be followed by the METRO 10k Race, an event intended for both men and women starting off from the same spot at 7:30 pm and featuring world-class runners of both genders.

The adidas Women's Race 5 km is open to more experienced female runners looking to test out their course speed as well as those who have only recently discovered the joys of the sport and those simply looking for a girl's night out. Whatever your reasons for taking part in the adidas Women's Race 5 km, you are all winners in our eyes, right up to the very last person to cross the finish line.



THE METRO 10K RACE WELCOMES AN ELITE LINE-UP OF WOMEN RUNNERS FOR THE FIRST TIME

On Saturday September 7th thousands of runners will head out onto the streets to run the METRO 10k Race course shoulder to shoulder with some of the world's top class athletes passing through the capital's main attractions lighting up the night-time sky.

The start gun will sound at half past seven in the evening, drawing crowds of long-distance runners to the Prague city centre once again. This year race organisers have put together a brand new course for runners which is expected to help bring about faster finishing times. For the first time this year, the race will also welcome a number of first-class female runners.

Manager of elite athletes, Jana Moberly promises an impressive list of top participating runners: "The new one-lap 10 km course opens up a great challenge for fast times. And the elite start line has been put together bearing this in mind. When it comes to the men, we're expecting to see the course completed in well under 28 minutes, especially by the top African runners. In terms of the ladies, the debut from top women runners in the 10 km race is sure to involve a huge duel between the African crème de la crème and stars from the European athletics scene. We're hoping to see the 32 barrier minute smashed"

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Running presents a fantastic experience in its own right for all those involved. If however you can also use it to offer someone else a helping hand, it becomes even more powerful. In conjunction with the Light for the World project, this year's METRO 10k Race is proud to offer its support to blind people in Africa. On race day runners and spectators alike will be able to purchase candles to light at the end of the event, and as such symbolically send light to those in Africa afflicted by blindness.

TRANSPORT MEASURES ON RACE DAY

It's here once again! The O₂ Prague Grand Prix will soon be upon us. A total of 6 500 runners will be heading out onto the city's streets this Saturday evening – first for the adidas Women's Race 5 km followed by the main race, the Metro 10k Race. These events will involve certain transport restrictions.

"Every sporting event means temporary partial restrictions in your area. Therefore RunCzech is seeking for a reasonable compromise. Residents of Prague 1 will be informed in a timely manner about any limitations that may affect road connections. The City Hall will make sure that restrictions will last only for the necessary period. I believe we will all enjoy this running celebration", said Oldřich Lomecký, Mayor of Prague 1.

Transport restrictions will apply on Saturday 7th September 2013

STREETS TO BE CLOSED OFF

Na Příkopě 8:00 – 22:00, **Republiky Square** 17:30 – 21:00, **Revoluční** 17:30 – 21:00, **Nábřeží Edvarda Beneše** 17:30 – 21:00, **U Železné lávky** 18:00 – 21:00, **Kosárkovo nábřeží** 18:00 – 21:00, **U Plovárny** 18:00 – 21:00.

Letenský tunel, Štefánikův Bridge and **Čechův Bridge** will be closed in both directions during the race.

PARTIAL ROAD CLOSURES

"No Stopping" applies to the streets mentioned above on September 7th from 14:00 to 21:00. In Na Příkopě Street from 8:00 to 22:00

Parking is forbidden all along the race course.

PARTIAL ROAD CLOSURES

Nábřeží Kpt. Jaroše 17:30 – 21:00, **Za Viaduktem** 18:00 – 21:00, **Argentinská** 18:00 – 21:00, **U Průhonu** 18:00 – 21:00, **Osadní** 18:00 – 21:00, **Dělnická** 18:00 – 21:00

OPTIONS FOR ARRIVING AND LEAVING THE RESTRICTED AREA

Unrestricted entrance/exit, to/from these streets during the race

Hlávkův Bridge and arterial road, **Hybernská, Mánesův Bridge, Pařížská, the entire right bank of Vltava river** (Křižovnická, Dvořákovo nábřeží, 17. listopadu, Na Františku, nábř. L. Svobody, Těšnovský tunel), **turning to Čechův and Štefánikův Bridge is not possible.**

Restrictions on the movement of vehicles in the city centre during the race

- locality – Na Příkopě** (race course) – neither entrance nor exit possible
- locality – Republiky Square** – crossing from Celetná to Hybernská Street is not possible, from 18:45 to 19:20 crossing possible only upon receiving instructions to do so by the Police of the Czech Republic.

3. locality – Revoluční Street

a. *in the direction of Republiky Square* – only the entrance to the underground parking of OC Palladium is possible throughout the race

b. *in the direction of Štefánikův Bridge* – only the exit from the underground parking of OC Palladium is possible throughout the race > Revoluční > Lan-nova > nábřeží Ludvíka Svobody / Na Františku

4. locality Dlouhá – exit through Hradební > Řásnovka > Klášterská > Dvořákovo nábřeží possible throughout the race

5. locality Čechův and Štefánikův Bridge – closed during the whole race – it is possible to go around by using Hlávkův or Mánesův Bridge

Interruptions to public transport

In light of changes affecting over-ground transport, we recommend using the underground metro line services wherever possible. Information regarding changes to public transport can be found on www.dpp.cz, www.runczech.com and on the information line of Transport Company of the Capital City of Prague – Tel. No. 296 191 817.



PRESS GUIDE



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

ELITE ATHLETES



OFFICIAL PRIZE MONEY AND BONUSES

O₂ Prague Grand Prix
 Saturday 7th September 2013 – Start 7:30 p.m.
 METRO 10k Race

Open-Division Prize Money*

	Men	Women
1st	€ 1,600	€ 1,600
2nd	€ 1,000	€ 1,000
3rd	€ 800	€ 800
4th	€ 600	€ 600
5th	€ 400	€ 400
6th	€ 300	€ 300
7th	€ 200	€ 200
8th	€ 100	€ 100
total	€ 5,000	€ 5,000

Event Record Bonus*

Men's Event Record
 (27:34 – P. K. Limo, KEN, 2011)

€ 2,000

Women's Event Record
 Elite women start field will run 10k race for the first time in 2013.

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

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
4th	1,000 CZK	1,000 CZK
5th	500 CZK	500 CZK
total	19,000 CZK	19,000 CZK

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

* Note for the non-CZE citizens WHT will be deducted according to the athlete's domicile address.

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Organizing Committee:
 Prague International Marathon, spol. s r.o.
 Františka Křížka 11
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START LIST OF ELITE RUNNERS – MALE

BIB	NAT	NAME	SURNAME	BIB NAME	BIRTH	PB 10 KM	PB 1/2 M	PB M	LABEL TIME
1	KEN	Daniel Kipchumba	CHEBII	CHEBII	24. 5. 1985	27:36	0:59:49		27:36
2	ETH	Mosinet	GEREMEW	GEREMEW	12. 2. 1992	27:36			27:36
3	KEN	Kiprop	LIMO	LIMO	1. 1. 1993	27:40	0:59:56		27:40
4	KEN	Julius Arile	LOMERINYANG	LOMERINYANG	15. 7. 1983	28:09	1:00:31	2:12:13	
5	ETH	Kinde	ATANAW	ATANAW	15. 4. 1993	28:12			28:12
6	KEN	John	KIPSANG	KIPSANG	1. 1. 1991	28:13	1:00:16	2:13:54	28:13
7	JAP	Keiji	AKUTSU	AKUTSU	20. 3. 1987	28:25		2:14:46	28:25
8	KEN	Bethwel	KIPRONO	KIPRONO	10. 7. 1988	28:28	1:04:00		28:28
9	KEN	Nicholas Kipchirchir	BOR	BOR	27. 4. 1988	28:29	1:01:10		28:29
10	ETH	Lema	FEYISA	FEYISA	23. 1. 1985		1:02:37	2:09:47	
11	JAP	Taiga	ITO	ITO	22. 10. 1986			2:11:15	
12	CZE	Milan	KOCOUREK	KOCOUREK	6. 12. 1987	29:06			29:06
13	KEN	Peter	KAMAIS	KAMAIS	7. 11. 1976	27:09	0:59:53	2:07:37	
14	UGA	Wilson Kipkemei	BUSIENEI	BUSIENEI	18. 8. 1981	27:21			
15	CZE	Jan	KREISINGER	KREISINGER	16. 9. 1984	29:59	1:03:38	2:16:26	29:34
16	GBR	Tom	PAYN	PAYN	18. 10. 1979	28:58			29:58
17	CZE	Jiří	HOMOLÁČ	HOMOLÁČ	25. 2. 1990	30:08	1:05:41	2:21:06	30:08
18	UKR	Dmytro	LASCHYN	LASCHYN	1. 1. 1988	31:02	1:03:50		
19	CZE	Roman	RUDOLECKÝ	RUDOLECKÝ	9. 12. 1988	30:55			30:55
20	CZE	Róbert	ŠTEFKO	ŠTEFKO	28. 5. 1968	27:42	1:00:29	2:09:53	31:06
21	CZE	Dan	HÁJEK	HÁJEK	31. 3. 1988	31:20			31:20
22	SVK	Boris	CSIBA	CSIBA	17. 8. 1980	31:38	1:10:43	2:31:08	31:38
23	KEN	Francis Thuo	KARANJA	F. KARANJA	6. 4. 1975	31:28	1:10:02	2:58:46	31:28
24	KEN	James	KARANJA	J. KARANJA	1. 12. 1979	31:28	1:10:02	2:58:46	31:28

START LIST OF ELITE RUNNERS – FEMALE

BIB	NAT	NAME	SURNAME	BIB NAME	BIRTH	PB 10 KM	PB 1/2 M	PB M	LABEL TIME
F1	KEN	Emily	CHEBET	CHEBET	18. 2. 1986	30:58	1:12:00		30:58
F2	ETH	Afera	GODFAY	GODFAY	25. 9. 1991	31:08			31:08
F3	GBR	Gemma	STEEL	STEEL	12. 11. 1985	31:35	1:10:46		31:26
F4	KEN	Esther	CHEMTAI	CHEMTAI	4. 6. 1988	31:27			31:34
F5	RUS	Natalya	POPKOVA	POPKOVA	21. 9. 1988	31:55			31:55
F6	CRO	Lisa	STUBLIC	STUBLIC	18. 5. 1984	33:20	1:09:18	2:25:44	33:20
F7	GBR	Susan	PARTRIDGE	PARTRIDGE	4. 1. 1980	33:19	1:10:31	2:30:46	33:19
F8	POL	Karolina	JARZYNSKA	JARZYNSKA	6. 9. 1981	32:09	1:10:36	2:27:16	32:09
F9	KEN	Lucy Njeri	MACHARIA	MACHARIA	1. 1. 1991	32:12	1:10:04	2:40:34	32:12
F10	TAN	Zakia Mohamed	MRISHO	MRISHO	19. 2. 1984	32:20	1:11:23		32:20
F11	KEN	Josephine	CHEPKOECH	CHEPKOECH	21. 4. 1989	32:23	1:08:53		32:23
F12	GBR	Katrina	WOOTON	WOOTON	2. 9. 1985	32:23			32:23
F13	UGA	Juliet	CHEKWEL	CHEKWEL	25. 5. 1990	32:39			32:39
F14	ETH	Netsanet	GUDETA	GUDETA	12. 2. 1991	33:09	1:13:47		33:09
F15	UKR	Yuliya	RUBAN	RUBAN	6. 10. 1983	33:23	1:12:39	2:27:10	33:23
F16	POL	Dominika	NOWAKOWSKA	NOWAKOWSKA	25. 1. 1985	33:17	1:13:05	2:34:15	33:17
F17	CZE	Anežka	DRAHOTOVÁ	DRAHOTOVÁ	22. 7. 1995	35:31	1:18:25		35:31
F18	CZE	Lucie	SEKANOVÁ	SEKANOVÁ	7. 12. 1989	34:23			34:23
F19	CZE	Petra	KAMÍNKOVÁ	KAMÍNKOVÁ	19. 1. 1973	33:38	1:12:17	2:39:20	34:41
F20	GER	Lisabeth	WAGNER	WAGNER	17. 1. 1988	34:31			34:31
F21	SVK	Katerina	BEREŠOVÁ	BEREŠOVÁ	10. 9. 1987	34:36	1:14:47	2:39:11	34:36
F22	ETH	Askale	ALEMAYEHU	ALEMAYEHU	11. 1. 1996		1:18:55		
F23	ETH	Drbe	NEME	NEME	24. 11. 1990		1:22:07		
F24	ETH	Kumeshi	SICHALA	SICHALA	19. 6. 1995				debut

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:

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

BIOGRAPHIES OF ELITE ATHLETES – MALE

1. Daniel Kipchumba CHEBII

Kenya
Date of birth: 24. 5. 1985
Sponsor: adidas



Best performances:
10 km: 0:27:36
Half Marathon: 0:59:49

RunCzech participation:

The Mattoni České Budějovice Half Marathon 2012 (1st place, 0:59:49)
The Mattoni Olomouc Half Marathon 2012 (7th place, 1:06:24)
The Hervis Prague Half Marathon: 2013 (8th place, 1:01:52)

One of the main favourites to win the O2 Prague Grand Prix is already familiar with the Czech capital. 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, Olde and Korschenbroich on two separate occasions. He ran his best time ever in the Dutch city of Zaandam with a time of 27:36. He triumphed three times in a row at the 10 mile race held in Bern, Switzerland which attracts almost thirty thousand participants.

2. Mosinet GEREMEW

Ethiopia
Date of birth: 12. 2. 1992
Sponsor: Nike



Best performances:
10 km: 0:27:36

The young Ethiopian, sporting start number two, has scooped up a number of wins at prestigious races around the world. He ranks among the top ten holders of the fastest race times on the ten kilometre course from last year. Within the next few years, he would like to make it to the top of the half marathon starting positions.

3. Kiprop LIMO

Kenya
Date of birth: 1. 1. 1993
Sponsor: adidas



Best performances:
10 km: 0:27:40
Half Marathon: 0:59:56

RunCzech participation:

The Volkswagen Prague Marathon: 2012 (18th place, 2:19:02), 2010 (11th place, 2:12:21)
The Mattoni Prague Grand Prix: 2012 (2nd place, 0:28:18)

Kiprop Limo also took part in last year's evening race. Finishing with a time of 28:18, he earned himself second place behind Henry Kiplagat after thrashing the Ethiopian, Tekele Adugna just before the finish line. He clearly has his sights set on winning this time around too. His brother, Polemon Kimeli Limo is the record holder of the METRO 10 km Run which he achieved in 2011 thanks to his time of 27:34. Will he manage to beat his brother this year?

4. Julius Arile LOMERINYANG

Kenya
Date of birth: 15. 7. 1983
Sponsor: adidas



Best performances:
10 km: 0:28:07
Half Marathon: 1:00:31
Marathon: 2:12:13

RunCzech participation:

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

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 ten kilometres in the German town of Oelde (28:07).

5. Kinde ATANAW

Ethiopia

Date of birth: 15. 4. 1993

Sponsor: adidas



Best performances:

10 km: 0:28:12

The young Ethiopian is currently focusing on ten kilometre runs above all. His best performance yet came in May in Marseille, France (28:12). It will be his first time running in Prague.

6. John KIPSANG

Kenya

Date of birth: 1. 1. 1991

Sponsor: Mizuno



Best performances:

10 km: 0:28:13

Half Marathon: 1:00:16

Marathon: 2:13:54

RunCzech participation:

The Hervis Prague Half Marathon 2013 (3rd place, 1:00:16)

The Kenyan youngster put in a glowing performance at this year's Hervis Prague Half Marathon finishing in a respectable third place. He stuck right beside world record holder, Zersenay Tadese throughout the whole race. His best performance in the ten km distance so far this year was 28:28, achieved in Würzburg at the end of April. Let's see how he fares in Prague.

7. Keiji AKUTSU

Japan

Date of birth: 20. 3. 1987

Sponsor: Desant, Mizuno



Best performances:

10 km: 0:28:25

Marathon: 2:14:46 Nobeoka 2013

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 O2 Prague Grand Prix which will be his first race abroad ever, he aims to finish in eighth place. He'll also be taking part in the Mattoni Ústí nad Labem Half Marathon in one week's time. And what about his ultimate goal? To represent Japan at the Olympic marathon.

8. Bethwel KIPRONO

Kenya

Date of birth: 10. 7. 1988

Sponsor: adidas



Best performances:

10 km: 0:28:28

Half Marathon: 1:04:00

RunCzech participation:

The Mattoni Olomouc Half Marathon 2013 (7th place, 1:07:23)

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.

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9. Nicholas Kipchirchir BOR

Kenya
Date of birth: 27. 4. 1988
Sponsor: adidas



Best performances:
10 km: 0:28:29
Half Marathon: 1:01:10

Promising Kenyan long-distance runner, Nicholas Bor is awaiting his international debut in Prague where he'll most certainly be getting ready to prove his hidden talent. 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.

10. Lema FEYISA

Ethiopia
Date of birth: 23. 1. 1985
Sponsor: adidas



Best performances:
Half Marathon: 1:02:37
Marathon: 2:09:47

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.

11. Taiga ITO

Japan
Date of birth: 23. 10. 1986
Sponsor: Mizuno



Best performances:
10 km: 0:29:17
Half Marathon: 1:03:35
Marathon: 2:11:15 Tokyo 2013

As a youngster, Taiga Ito played baseball. He subsequently fell in love with running, however, working his way up to becoming a top long-distance runner. He has flown to the Czech Republic to take part in two races – The O₂ Prague Grand Prix and The Mattoni Ústí nad Labem Half Marathon. His goal in both is to finish six place at the very least.

12. Milan KOCOUREK

Czech Republic
Date of birth: 6. 12. 1987
Club: AK Kroměříž



Best performances:
10 km: 0:29:06

RunCzech participation:

The Mattoni Prague Grand Prix: 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.

PRESS GUIDE

15. Jan KREISINGER

Czech Republic

Date of birth: 16. 9. 1984

Club: AK Kroměříž



Best performances:

10 km: 0:28:59

Half Marathon: 1:03:38

Marathon: 2:16:26

RunCzech participation:

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

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

The Mattoni Prague Grand Prix 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)

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

The 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.

20. Jiří HOMOLÁČ

Czech Republic

Date of birth: 25. 2. 1990

Club: AK Kroměříž



Best performances:

10 km: 0:30:08

Half Marathon: 1:05:41

Marathon: 2:21:06

RunCzech participation:

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

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

The Mattoni Prague Grand Prix 2012 (11th place, 0:30:37), 2011 (14th place, 0:31:12)

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

The 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 O₂ Prague Grand Prix has managed to complete the distance in 30:08. He achieved the time at this year's national track championships where he was joined on the podium by Kocourek and Kreisinger. Brace yourselves to see a big "Kroměříž" duel 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. Despite being the youngest of those to take part, he will be trying out all the long-distance courses, having already completed two marathons. 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.

BIOGRAPHIES OF ELITE ATHLETES – FEMALE

F1. Emily CHEBET

Kenya

Date of birth: 18. 2. 1986

Sponsor: adidas



Best performances:

10 km: 0:30:58 Tilburg

Half Marathon: 1:12:00

RunCzech participation:

Hervis Prague Half Marathon: 2011 (6th place, 1:12:00)

Emily Chebet experienced a big comeback in 2010. After several years of being plagued by injury, she really came into her own in autumn of last year when she scooped up victories at all of the cross-country races in Kenya. She returned to the national team in March meaning she won't be sporting the number one start number just for show. Her decision to take part in the Prague race was a last minute one. After the Moscow World Athletics Championships, where she picked up a respectable 4th place in the 10 000 course race, she went on to earn herself the same position at the 5000 m Diamond League final held in Zurich in 14:46.89 marking a personal improvement. It was at this point that she took the final decision to try out the Prague race. She emerged as a Double Gold Medallist at the World Cross Country Championships in 2010 as well as 2013. She chose Prague as the destination to complete her first half marathon in 2011. The O₂ Prague Grand Prix will be her last race of the season, after which she plans to devote time to her 4-year old daughter and rest a bit before it starts all over again.

F2. Afera GODFAY

Ethiopia

Date of birth: 25. 9. 1991

Sponsor: adidas



Best performances:

10 km: 0:31:08

Half Marathon: 1:22:56

All eyes were on the young Ethiopian at the 10 km race held in the municipality of Sollentuna, Sweden where she completed the course in 31:08 breaking her personal best time. She's also capable of great results in the five kilometre distance, having finished the course in 15:20:38 early this July.

F3. Gemma STEEL

Great Britain

Date of birth: 12. 11. 1985

Sponsor: Asics



Best performances:

10 km: 0:31:35

Half Marathon: 1:10:46

Gemma Steel ranks among the fastest women in Europe. At the 2012 World Half Marathon Championships, she earned herself an impressive 7th place as the first non-African runner to cross the finish line. She's mostly been showing her face on US soil this year. Back in June she finished third place at the Oakley New York Mini 10-K race, scooped up two second places; one at the American Beach to Beacon held at the beginning of August and another at the Falmouth Road Race one week later. She will most certainly be giving the African stars a run for their money.

F4. Esther CHEMTAI

Kenya

Date of birth: 4. 6. 1988

Sponsor: Nike



Best performances:

10 km: 0:31:27 Wurzburg 2011

The twenty-five year old Kenyan runner typically manages the ten kilometre course in under 32 minutes. Her best time this year so far (32:14) was recorded in Bangalore. She ranks among the main favourites at the Prague race.

F5. Natalya POPKOVA

Russia

Date of birth: 21. 9. 1988

Sponsor: Nike



Best performances:

10 km: 0:31:55 **Moscow 2012**

The Bronze medallist from the 2009 Universiade held in the Chinese city of Shenzhen also won the European Championships for athletes in the under 23yrs 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.

F6. Lisa STUBLIC

Croatia

Date of birth: 18. 5. 1984

Sponsor: adidas



Best performances:

10 km: 0:33:20

Half Marathon: 1:09:18

Marathon: 2:25:44

Lisa was born in the US where she lived until the age of twenty two studying music and playing sports. She travelled to Croatia where her father comes from as part of an exchange programme and has basically stayed there ever since. In 2010 she swapped her job as an English teacher to take up a career as an elite runner. She has emerged as the second fastest European marathon runner this season. She sees taking part in the O2 Prague Grand Prix as good preparation for the famous New York Marathon which she is running in November.

F7. Susan PARTRIDGE

Great Britain

Date of birth: 4. 1. 1980

Sponsor: Puma



Best performances:

10 km: 0:33:19

Half Marathon: 1:10:31

Marathon: 2:30:46

RunCzech participation:

Mattoni Olomouc Half Marathon 2013 (5th place, 1:14:53)

The highly experienced Scottish native from Oban started out as a cross-country runner. She ran her first marathon course in London nine years ago and then finished fourth among women participants that same year (2004) in Rotterdam. In terms of the ten kilometre course, her best performance this year was 34:20 at a race held in Manchester. She is coming to Prague after putting in a fantastic performance at the Moscow World Championships, where thanks to a masterful ability to stagger her energy levels throughout the race, she managed to gradually work her way up from 40th place to her all-time best result, finishing tenth on the marathon course.

F9. Lucy Njeri MACHARIA

Kenya

Date of birth: 1. 1. 1981

Sponsor: Mizuno



Best performances:

10 km: 0:32:12

Half Marathon: 1:10:04

Marathon: 2:40:34

The Kenyan runner's best result this year on the ten kilometre course was achieved back in the spring in Hilversum, the Netherlands where she finished the course in 32:24. Her personal best is twelve seconds faster than this and was recorded the previous year.

PRESS GUIDE

F10. Zakia Mohamed MRISHO

Tanzania

Date of birth: 19. 2. 1984



Best performances:

10 km: 0:32:20

Half Marathon: 1:11:23

RunCzech participation:

Mattoni Prague Grand Prix – 5 km 2010 (1st place, 0:15:41)

The twenty-nine year old national representative for Tanzania has already run the Prague evening race back in 2010, finishing its five kilometre course in 15:41 minutes. Her fastest time completing double that distance is 32:20:47 which she achieved during the same year at a race held in the Russian city of Zhukovsky.

F11. Josephine CHEPKOECH

Kenya

Date of birth: 21. 4. 1989

Sponsor: Nike



Best performances:

10 km: 0:32:23

Half Marathon: 1:08:53 Barcelona 2013

Josephine has run a number of ten kilometre races in Kenya. Her best time recorded there was 32:23, however due to the local high altitudes back home, it's quite possible she will push her performance up a notch or two on the banks of the Vltava River. Josephine is married to the fantastic marathon runner, Joseph Lagat with whom she has a two-year old daughter.

F12. Katrina WOOTTON

Great Britain

Date of birth: 2. 9. 1985



Best performances:

3 000 m: 0:08:50

5 000 m: 0:15:30

RunCzech participation:

Mattoni Prague Grand Prix 2012 (5 km – 5th place, 16:24)

The best result of Katrina Wootton's running career to date was being awarded the Gold medal at the Junior European Championships in 2001. Aside from track courses, she also takes part in cross country races. Back in 2009 she contributed to taking the Great Britain team to second place position at the European Championships in Dublin. As a junior, she ran the World Cross Country Championships in Brussels (83rd place).

F13. Juliet CHEKWEL

Uganda

Date of birth: 25. 5. 1990

Sponsor: Mizuno



Best performances:

10 km: 0:32:38 Ottawa 2013

Juliet Chekwel represented Uganda at this year's World Cross Country Championships returning from Poland with a respectable ninth place position. She ranked as the fastest runner ever to complete the ten kilometre course in Ottawa, Canada thanks to her time of 32:38. A member of the Run-Fast team, she also works in the army and would like to open a clothing shop in Uganda someday. She took part in the Moscow World Championships where she improved the national record in the 10 000 m race with her time of 32:57:02 finishing 16th place.

F17. Anežka DRAHOTOVÁ

Czech Republic
Date of birth: 22. 7. 1995
Club: USK Praha



Best performances:

10 km: 0:35:31
 Half Marathon: 1:18:25

RunCzech participation:

Hervis Prague Half Marathon 2013 (15th place, 1:18:25), 2012 (15th place, 1:19:33)
 Mattoni Prague Grand Prix 2012 (10th place, 0:17:49), 2011 (13th place, 0:17:32)

Alongside her twin sister Eliška, Anežka Drahotová ranks among local Czech athletes boasting the greatest hopes. Having recently celebrated her eighteenth birthday, this native of Rumburk stands out as an excellent all-rounder. At this year's Junior World Championships, she picked up a Gold medal from the 10 km walking race, plus managed to make it to the finals of the steeplechase. This success has given her huge confidence which she was able to apply at the Moscow World Championships. She put in a fearless performance on a course twice the distance, finishing seventh place in the 20 km walking race. She will be trying to keep up with her Czech rivals here in Prague which could well mean her current personal best of 35:31 is under threat. Anežka devotes her time to walking, running and cycling. In 2010 she managed to win the 1 500 m run at the National Championships in the junior category. She went on to scoop up victories in the 1 500 and 3 000 m track races one year later making her a Junior National Champion. In 2012 she triumphed at the indoor 800 m race, cross country and road race (teenagers, juniors) as part of the local championships, coming second in the adult indoor championships in the 1 500 m race. She managed to improve her half marathon personal best at this year's Hervis Prague Half Marathon (1:18:25).

F18. Lucie SEKANOVÁ

Czech Republic
Date of birth: 5. 8. 1989
Club: USK Praha



Best performances:

3 000 m: 0:09:19
 5 000 m: 0:16:25
10 km: 0:34:23

Czech athletics fans are mainly used to seeing Lucie Sekanová on the track, yet the twenty-four year old runner entrusted to trainer Róbert Štefko isn't disinclined to participating in cross-country and road races either. Her accolades include finishing with the second fastest time in the history of the Czech Republic at a 10 km road race and collecting a total of 32 National Champion titles already. Some of her greatest successes include finishing 8th place at the 2008 Junior World Track Championships, 9th place (of 65 participants) at the European Cross Country Championships in the under 22yrs women's category (2010) and 10th place at the European Championships in the under 22yrs track race (2011). She boasts the second fastest time in Czech history on the 10 km road race course plus managed to pick up the national cross country titles in all age categories (i.e. pupils- teenagers- under 22s women - adults).

F19. 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: 2:39:11

RunCzech participation:

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)
 Mattoni Prague Grand Prix 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)
 Volkswagen Ústí n. 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.

PRESS GUIDE



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

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.

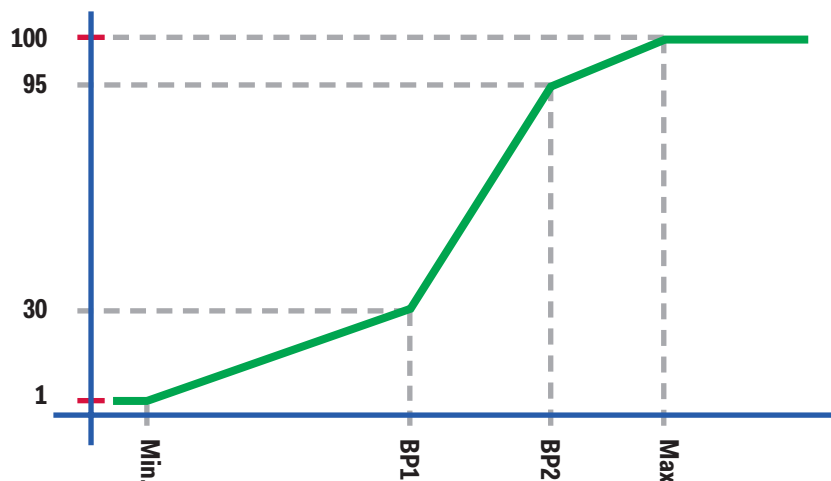
RunCzech Running League is unique because of its ranking system, which allows its participants to compare their results with other runners according to their age, sex and profession.

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.

9. - 10.	Macháčková Šárka	architect	1058
9. - 10.	Zajíček Jaromír	construction worker	1058

The RunCzech Running League 2013 comprises the following races:

- The Hervis Prague Half Marathon (6th April)
- The Volkswagen Prague Marathon (12th May)
- The Mattoni Karlovy Vary Half Marathon (25th May) - new in 2013
- The Mattoni České Budějovice Half Marathon (8th June)
- The Mattoni Olomouc Half Marathon (22nd June)
- The O₂ Prague Grand Prix (7th September)
- The Mattoni Ústí nad Labem Half Marathon (15th September)
- And hosting of the Košice Peace Marathon (6th October) where it will also be possible to collect points for the RunCzech Running League.

All runners, who completed at least one race from the RunCzech series and who specified their profession when registering, have been included in the RunCzech Running League. The ranking is defined by the sum total of points from the three best races. The number of points allocated per race is calculated by combining the length of the course with the time achieved. In terms of points, the best race to run is the marathon.

Each race in the RunCzech Running League is given a coefficient. The longer the course is, the higher the coefficient. For the marathon - 5, half marathon - 3, 10 km - 1.5, 5 km - 1. We subsequently multiply this coefficient by the number of points you earn from your finishing time. The maximum number of points is 100, the lowest 1.

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 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 whole range of new functions and the first running social network in the Czech Republic.



CZECH REPUBLIC IS A TOP RUNNING COUNTRY

There are only two organizations in the world holding 5 labels of International Association of Athletics Federations (IAAF) and one of them is RunCzech.

The METRO 10k Race which is part of the O₂ Prague Grand Prix, is proud holder of the silver label along with Mattoni Olomouc Half Marathon and Mattoni Ústí nad Labem Half Marathon. Furthermore, the top certification- the gold label was granted to the two largest races of RunCzech Running League Hervis Prague Half Marathon and Volkswagen Prague Marathon. Such labeling proves that the quality of the RunCzech races is on the highest level.

This year's target for O₂ Prague Grand Prix is, besides organizing a great race, also to achieve the gold label for the next year's race. The criteria for obtaining this highest quality label in the athletic world are described below by Václav Skřivánek from the organization committee:

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

precision 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 an 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 a 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 4th 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 reaches the finish line.

1996

The Golden Ten is added to the marathon for elite runners. Kenyan runner, Laban Chege makes it first past the finish line of the Grand Prix 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 of 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 Kiprutto (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 Vavrejšnová, 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 Cheptot (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 Chimisa (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 Athony 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 Ngeny (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 Tadese (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 Kiilu (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



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 Jebet 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 Nailya Yulamanova (RUS)	2:33:10
1999 Franca Fiacconi (ITA)	2:28:33	2008 Nailya 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 Kiprof (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 Javornik (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 Cheronno (KEN)	1:06:48

Grand Prix Prague

5 km

1999 Gunhilda Halle (NOR)	15:43
2000 Anikó Kalóvics (HUN)	15:38
2001 Beata Rakonzai (HUN)	15:58
2002 Anikó Kalóvics (HUN)	15:30
2003 Anikó Kalóvics (HUN)	15:40
2004 Caroline Cheptonui (KEN)	15:25
2005 Anikó Kalóvics (HUN)	15:40
2006 Anikó Kalóvics (HUN)	15:40
2007 Irene K. Kwambai (KEN)	15:46
2008 Anikó Kalóvics (HUN)	15:27
2009 Gladys Kerubo Otero (KEN)	15:46
2010 Zakia Mrisho (TAN)	15:41
2011 Priscah Ngetich-Cheronno (KEN)	15:32
2012 Tadelech Bekele (ETH)	15:48



Half Marathon České Budějovice

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

Half Marathon Olomouc

2010 Asnakech Mengitsu (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 Kiprof (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



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

RUNNING MALL



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

RunCzech proudly presents its new three-story running centre, strategically positioned between Prague's two largest 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 31st, 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 Varhanik 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. On Thursday 5. 9. you can look forward to checking out two elite Kenyan athletes, the Karanja brothers who always run together since one of them is blind. During the following week the Running Mall will host a number of elite athletes taking part in the O₂ Prague Grand Prix as well as the Mattoni Ústí nad Labem Half Marathon. As you can see, there really is something for everyone to look forward to at the Running Mall.



PRESS GUIDE



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

POINTS OF INTEREST



A THOUSAND LIGHTS FOR AFRICA

This year's METRO 10k Race could also be referred to as a Run to Combat Blindness. In conjunction with the Light for the World organisation, the race will double up as a charity event to help pay for treatment required by those afflicted by blindness in Africa. On race day, runners and spectators alike will be able to purchase candles at the symbolic cost of 20 CZK, each to be lit at the end of the event, symbolically sending light to all those in Africa afflicted by blindness.

Serving as patrons for the run are the Karanja brothers from Kenya. At eight years of age, Francis was left blinded after suffering a bout of Malaria. He started going to a special school for the visually impaired, however he had to leave after just three years because his parents couldn't afford to pay the school fees. They didn't even have enough money to cover their daily heating costs and pay for food. Francis' younger brother James earned his keep as a farmer, however like so many other people in Kenya, found his path to a better life in aspiring to become a top runner.



What is the hardest thing for a pacemaker leading someone who is blind? What does James have to watch out for to ensure Francis crosses the finish line safely?

James: My task isn't just about accompanying Francis but also paying attention to ensuring he works hard during training sessions, sticks to his training plan and starts the race well prepared.

What does a typical training session look like? Are you able to count how many times you've fallen over together?

Francis: We normally train twice a day. We try to combine a variety of runs, to mix easier and harder training elements. We've only fallen over a couple of times. Poorly maintained routes with pocks, potholes and stones are especially dangerous.

James, is it harder to lead your brother at night compared to during daylight hours?

James: No, it shouldn't be any harder for me or Francis running in the evening.

When it comes to speed: Francis, do you run to the maximum of your physical abilities or you do find that your blindness holds you back in some way?

Francis: Sometimes I have the feeling that I'm limited by my blindness, but I always give it my best shot. Especially at the races.

Francis, if you were able to, would you ever try to outrun your brother? Or is it the case that the pacemaker always has to be faster than his or her leader?

Francis: It wouldn't be safe to try to run ahead of him. It's important that we stick together, communicate with one another and that he draws my attention to any obstacles in the way.

Being able to see is an important factor for every athlete. Was it initially hard for you to start running due to being blind? What was the toughest thing of all about it?

Francis: The greatest obstacle for me isn't the path on which you run but you yourself as a runner. Each runner needs to be motivated and set himself a personal goal. The only difference when you're blind is that you need a partner who feels the same way.

You are returning to Prague after your last visit here three years ago. What comes to mind when you think of the Czech Republic? Can you still remember the Hervis Prague Half Marathon race?

Francis: We were delighted to receive an invitation to visit Prague. I remember the race atmosphere and the crowds of spectators. I also liked the course.

What time will you be satisfied with at the O₂ Prague Grand Prix?

James: We'll be pleased with a finishing time of around 35 minutes to complete 10 km.

You were invited by the Light for the World Alliance to come and run the O₂ Prague Grand Prix. How long have you been working with this international not-for-profit organisation?

James: We've been working with them for six years already. We try to offer a role model for other people affected by physical disabilities in developing countries. As patrons of the Light for the World organisation, we see ourselves as running on behalf of all those afflicted by blindness. We want to prove to them that they can do it too; all they need is a little bit of help.

FRANCIS THUO KARANJA AND JAMES KURIA KARANJA

2011: SILVER IN THE 5 000 M (16:00:00) THE WORLD CHAMPIONSHIPS IN NEW ZEALAND

2008: SILVER IN THE 5 000 M (15:32:28) THE BEIJING PARALYMPICS

2007: WORLD RECORD IN THE HALF MARATHON FOR THE BLIND (1:10:02), GRAZ MARATHON

2006: GOLD IN THE 5 000 M (15:33:86) AND 10.000 M (0:33:16:50), THE IAAF WORLD CHAMPIONSHIPS IN ASSEN

2004: BRONZE IN THE 5 000 M (16:05:38) THE ATHENS PARALYMPICS

HE'S ALREADY RUN THROUGH THE DARK STREETS OF PRAGUE

The new mayor of the city of Prague Tomáš Hudeček is inclined towards the runs in the metropolis. He personally wanted to take part and join METRO 10k Race if he was not called off for a business trip. The importance of this race for the capital is obvious according to him, as you can find out in the below interview.

You took up the post of mayor relatively recently. Do you believe that Prague is genuinely a City in motion, as announced by one of the projects taking place here?

Times are changing, as are people and their outlooks. An ever increasing number of people are trying to lead a healthy lifestyle, not only because it brings enjoyment but also because people are realising how important health is. If the question is meant to embrace the entire city, then the answer is yes, certainly. Prague is in motion not only thanks to the people who live here, but also thanks to the tourists who to our great satisfaction visit the city in large numbers all year round. The city is also changing thanks to our work, and I believe it's changing for the better. What used to be unimaginable is now considered absolutely standard. However, this requires not only willingness and commitment, but also money. The economic recession is complicating also the development of the metropolis, nevertheless we always attempt to choose the best possible solution.

What else can be done to help get Prague in motion?

It's always been the case that an example works best ... so good examples will lead the way. This can also be seen in the case of the O₂ Prague Grand Prix – a record number of 6,500 people takes part in the event this year! One part of the O₂ Prague Grand Prix is adidas Women's Race 5 km, the biggest women's running race in the Czech Republic. I'm happy to see more than one thousand of girls and women enjoying the atmosphere of early-evening Prague.

At least three large running festivals take place in the city each year. What do these races in the centre of the capital represent for you personally?

For me as the mayor, these events represent a way to promote the capital and a stimulus for the development of tourism. This is a highly welcome and very effective means of promotion. Not only to the runners themselves but also their families, TV viewers and newspaper readers can't fail to notice the beauty of Prague when watching the race.

For me personally, although I enjoy running as a sporting discipline, I myself prefer classic ballroom dancing.

Is it true that you're an excellent dancer?

Nobody should ever use the word excellent with reference to themselves ... I'll put it another way, I enjoy dancing and still dance when I can, although to be a top level dancer needs time, and I don't have so much of that left for out of work activities.

A lot of people say that Prague is different on the day of large sporting events. And not meaning that the roads are closed. Do you agree?

Prague has many faces, and the atmosphere during a race is truly unique. The competitive element of sport has a tendency to spread beyond the track, and a certain feeling of belonging is simply a part of mass events. I have no doubt that



this year too the atmosphere of Prague will enchant not only the runners but also the spectators who come to the centre for the race.

What do you consider the most important goal: the time on the clock, or the feeling itself?

We all have our competitive side to varying degrees, and so the final time is undoubtedly important. If you're a top level runner, you battle for the leading places and so you're focused primarily on having the best time. But there's no substitute for the feeling you get from the race. You might not have a good running time, but you're a winner anyway. The circumstances aren't always in our favour and often our battle is within ourselves, which is one of the toughest battles I know. The most important decision of all is to start running in the first place, which is a decision that all the competitors have taken, and it's the right one – I'm confident that today's race will confirm this.

The race traditionally takes place at dusk. Have you ever run through Prague at night yourself?

I've run through the dark streets of Prague a couple of times – but it was a shorter route ... still, even running for a tram can sometimes be stunning.

UNDER THE FLAG OF O₂

This year's race in the night city of Prague will be held in cooperation with Telefónica Czech Republic. How says the chairman of the board Luis Malvido, running and his company have a lot in common.

"Your company has just provided its name to a prestigious running event in the center of Prague. What do you think is the most attractive side of this sport?"

I am very excited that we are able to be involved in this year's evening race. The best part about running is seeing different people coming together towards a common goal. There will be 6,500 people running in the O₂ Prague Grand Prix, each with their own personal history, their own motivations, and their own strategies. However, each runner wants to achieve the same thing, to cross the finish line. It is really an inspiring sport.

Is it possible to compare endurance (long-distance) performance to the philosophy of your company?

Yes, of course, running is a perfect analogy for our business strategy. Both are about a long term vision, setting goals, being consistent, and persevering. Whether running or operating a business, nothing one does is only for one day, you must commit and work hard always.

You have worked in many countries all over the world. Can you compare people's attitude to sport in general? Which nation likes to move the most?

I worked in Argentina, Brazil, Venezuela, and Spain. In the Czech Republic there is a huge engagement in long distance running, much bigger than in other countries. We are truly lucky to have such a progressive and active community. We are making a positive name for ourselves around the world as runners, just as we know in Latin America the people love to dance.

For how long have you been working in Prague? Have you managed to run through this beautiful city yet?

I have been working in Prague for 3 years now and there are few experiences greater than a run in Prague. I especially love to run over the Charles Bridge in the morning when there are no people or vendors and the air is crisp and cool, it's a perfect way to start the day.



In the past, O₂ mainly supported football or ice hockey. Can the shift towards runners be considered as a step towards sport for everybody?

Yes, this is the exact reason that we are now getting involved in running, because it is a sport for all. We also think running is important because we are able to reach out to actual participants of the sport. You can compare people at a football stadium sitting in their chairs and watching 22 players running, to thousands of people finishing their long-distance race. We love the idea of being involved with so many people who are achieving their personal goals.

It's well known that a lot of O₂ employees run. They have even had common trainings for at least a year. What do you think about that?

It's fantastic, and honestly, it makes me proud. Many O₂ employees run, next Saturday we will see more than 35 people from our company at the start of The O₂ Prague Grand Prix. Not only is it a good thing for each employee's personal well-being, but it is a perfect opportunity for team building and to just bring people together.

What about you? Do you consider yourself a runner? A lot of top managers have already done it and now they wouldn't change it for anything else.

I love running and I run as much as my busy schedule will let me. However, when I am not working, I concentrate as much time on my daughter as possible.

VOLUNTEERS – THE BUILDING BLOCKS OF EACH RACE

From helping out with preparations during the race, to clearing up afterwards, and everything in between. Not only do they carry out a huge amount of work, but they also have energy left to spur on competing racers, not to mention dish out the all-important wide smiles to spectators. It has to be said that these individuals merit our admiration just as much as the winners because without their support, it would be virtually impossible to organise such top quality races.

Volunteering at RunCzech events is nothing short of amazing. Taking part not only allows you to check out what a prestigious international race looks like from behind the scenes, but also to come into contact with elite athletes and well-known personalities and to see how the race is progressing from the inside. Individuals are split into groups, each of which is assigned a leader and given specific tasks to complete. A number of them are put in charge of refreshment stations while others are responsible for supervising a specific course segment, handing out medals at the finish line or waiting to throw a towel over the backs of elite runners and hand them a bottle of water. Before the race starts, they hang up hundreds of metres worth of banners according to previously drawn

up floor plans, put up endless rows of portable railings and pack thousands of start bags. After the race, they help clear everything away and ensure areas are restored to how they looked beforehand. All this and more has to be completed for each race.

It's a pleasure for us to see these wonderfully coordinated groups of volunteers coming back together time and time again, and we know we can rely on such seasoned pros to do a great job. The newcomers among them pick up what has to be done very quickly and soon become part of the team. Apart from carrying out worthwhile work, volunteering can also be great fun and lead to the forming of new friendships in the process.

A whopping 3,361 volunteers helped out at RunCzech races in 2012, while during the 2013 spring season, we welcomed a grand total of 3,426 members to the RunCzech volunteering team. It's impossible not to feel their willing hands, good hearts and wide smiles each step of the way. As runners approach the finish line, we frequently hear their words of praise intended for the volunteers – referring to their willingness and kindness not to mention their and enthusiasm in helping to make the race an unforgettable experience. We have to say such appreciation is well and truly fitting, as without them we really wouldn't be able to do it! They truly deserve our admiration, respect and we feel immensely indebted to them. **THANK YOU!**



PRESS GUIDE



O₂ PRAGUE GRAND PRIX

7 September 2013, Prague

PARTNERS





Welcome to Prague

The O₂ Prague Grand Prix race course leads in large part along the river Vltava, the banks of which were flooded by June's floods. Thankfully today there is no sign of the floods, which affected the entire Czech Republic, including Prague. Thanks to the flood measures taken, the water level of the Vltava did not cause any catastrophic damage from bursting its banks, although the water did cause several billion crowns' worth of damage to a number of communication routes and other infrastructures. The cycle paths along the river were also closed, and a range of events planned in the metro area had to be limited or cancelled.

For example, June's floods affected the 100th annual Prague Mayor Eight regatta, which was postponed due to unsafe water levels and shall take place instead on the dates of September 20th – 22nd. The floods also jeopardised the 2013 Canoe Slalom World Championship, when the swollen Vltava river destroyed the slalom course and the entire furnishings of the complex in the Troja district of Prague only three months before the event

was due to take place. There was a real danger that the event would have to be cancelled.

Floods and other natural disasters are and have always been a clash between humanity and nature. There is no sense in pretending that humanity can win this battle, nature is clearly stronger. If we've mostly triumphed this time around in Prague, then we can thank past administrations of the City of Prague, which built up the anti-flood system and invested considerable resources in these projects following the floods of 2002. We must also mention the thousands of people who managed to make effective use of these resources, at the cost of an immense personal sacrifice and risk. This year, all of these efforts paid off.

Thanks to the enormous efforts of water sports enthusiasts and financial support from the Capital City of Prague, the channel and boat yard in Troja have been repaired, and the championship will take place within the planned dates of September 11st – 15th, when world leading canoeists will once again demonstrate their skills in Troja. Approxi-

mately 360 competitors from 55 countries will battle here for the most coveted titles.

Many more prestigious sporting events shall take place in Prague this year, amongst which we can mention the following:

9 September 2013 – 45th Luboš Tomíček memorial – motorcycle speedway races at Na Markétě Stadium

14 September 2013 – Traditional international cycle race Prague – Karlovy Vary – Prague

21 September 2013 – Cycle race Bohemia Tour 2013

22 September 2013 – 35th Prague Grand Prize horserace, Velká Chuchle racecourse

29 September 2013 – 117th annual Czech Road Running Open Championship Běchovice – Prague

5 – 10 December 2013 – Women's Floorball World Championships



Czech Tourism

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

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 Spicak 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.





boost

adidas supports women in running the O₂ Prague Grand Prix 2013

adidas sports brand supports the runners. It became partner of O₂ Prague Grand Prix 2013 and also presents a new cross country collection for autumn/winter 2013

Praha, 1st September, 2013, The first Saturday in September in Prague end up being one of the highlights of domestic cross-country season. O₂ Prague Grand Prix traditionally offers in addition to men's and women's team runs also two major races. Women will measure their speed in a 5 km long race, which is proudly supported by adidas, second race, prepared for both genders has twice the length.

Adidas Women's Race 5 km starts on 7th September at 6 p.m. in the Na Příkopě Street. The competitors will run through Štefánik bridge, Edvard Beneš riverside and Kpt. Jaroš riverside to be subsequently returned to the same path back. The competitions will have a chance to overcome the 2002 record of Hungary's Aniko Kalovics who finished with the time 15:30. The METRO 10k Race starts at 19.30 and the double track takes the competitors to Holešovice. The attractiveness of the longer run is also enhanced by the fact that they will run in the evening under the Prague's streetlights. This track's record belongs to Kenyan Philemon Limo Kimeli, who two years ago flew the race through in 27:34.

Running is no longer a sport for athletic enthusiasts. Over the last decade it literally became a phenomenon and its popularity continues to rise.

Adidas also contributes to the fact that we see more and more runners in the streets every day, because its products make running more comfortable runners achieve better performance. Finally, especially the products for the fairer sex emphasize on femininity and the nature of movement.

In response to the growing popularity of running in the Czech Republic, adidas opens in collaboration with Triexpert the first adidas store dedicated to running only. adidas Running provides a full range of cross-country equipment. Such a wide range of products of this brand is completely unique in the Czech Republic. The store also sells all the newest models of running shoes, including those with BOOST technology. This, in addition to a number of Energy Boost, spread also to models adistar Boost, adizero adios 2 Boost or newly created Sonic Boost.

Customers in the store get special service in the form of consultation, individual testing and diagnosis, on which bases they can choose the most suitable shoes. There is also a new adidas Running cross country clothing collection. This is in addition to the much needed comfort focused on functionality, and new reflective elements for safety as well.

More information adidas Running collection

For more information about the adidas Running products we recommend you to visit www.adidas.com/running, our for social networks newsroom news.adidas.com, or follow us on www.facebook.com/adidasrunning.

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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, Bengel, Icelander and Snnox 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.



Hilton Prague Awarded as the 'Best Business Hotel in the Czech Republic'

PRAGUE – Hilton Prague has been recently named as the Best Business Hotel in the Czech Republic by Business Destinations Magazine 2013, for the fourth consecutive year.

“Having received the Business Destinations Travel Award accolade for the fourth year in a row is a clear proof, that we are going the right way with our efforts to ensure the best possible experience for our guests,” said Michael Specking, general manager, Hilton Prague and Hilton Prague Old Town. “It is also a great motivation for our team to keep up the good work and to continue to be dedicated in delivering outstanding service. I want to thank everyone, who has helped to achieve this prestigious award.”

The Business Destinations Travel Awards are designed to showcase those companies whose products and services represent the pinnacle of the business travel industry. Unique in travel accolade platforms, the Business Destinations Travel Awards are chosen not by a select, elite panel of judges but rather by a vast and diverse cross section of primary users and purchasers of corporate travel.



Hilton Prague and Hilton Prague Old Town have been also recently awarded with a Certificate of Excellence 2013 by the travel website TripAdvisor. Certificate of Excellence award is given only to establishments that consistently achieve outstanding traveller reviews on TripAdvisor. Winners of the Certificate of Excellence represent the upper level of businesses listed on the website, only the top performing 10 per cent of businesses listed on TripAdvisor receive this prestigious award.



Hilton Hotels in Prague have been proud partner of the Prague International Marathon for already 19 years.

Media can access additional information about Hilton Prague a Hilton Prague Old Town at <http://news.hilton.com/prague>.

About Hilton Hotels in Prague

Hilton Worldwide operates two properties in Prague, Hilton Prague & Hilton Prague Old Town.

Hilton Prague

With 791 rooms, suites and apartments, the Hilton Prague is the largest modern upscale

hotel in the Czech Republic catering to the needs of both the business executive and holiday travellers. Facilities include three restaurants and two bars including Cloud 9 sky bar & lounge with stunning city views, as well as a health club & spa with an indoor pool and squash court. The hotel also offers an Executive Lounge (depending on room type), and state-of-the-art meeting facilities with a Congress Hall for up to 1,500 guests, a Grand Ballroom for 650 guests and 37 versatile meeting and banquet rooms.

Hilton Prague Old Town

Opening under the Hilton banner on November, 2007, the 303-room property has undergone an exciting renovation utilising some of Europe's most recognised talent to create a truly authentic and yet modern Prague experience. In addition to the stylish Zinc restaurant, bar and lounge, the hotel offers 1,000 m² of dedicated meeting space and the flexibility to accommodate groups ranging from 10 to 800 people, with fourteen meeting rooms as well as the Dvorak Ballroom. Guests can also enjoy access to an Executive Lounge (depending on room type) and Cybex Health Club & spa.

Access the latest Hilton news at <http://news.hilton.com> or begin your journey at www.hilton.com. Social media users can engage with Hilton at www.twitter.com/hiltonhotels, www.facebook.com/hilton and www.youtube.com/hilton. Hilton Hotels & Resorts is one of Hilton Worldwide's ten market leading brands.



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.



A STAR ALLIANCE MEMBER 

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, vyhláší 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 našim srdečným přivítáním na palubě, nebo je to našim sponzorstvím nejlepších sportovních týmů a atletů na světě?
Nejspíše to bude právě spojení všeho výše uvedeného.
Příště polette i Vy s nejlepší leteckou společností v Evropě!

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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) 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 Prague International Marathon has been going on for 16 years already

"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 of their confidence," says Matthew Duras.

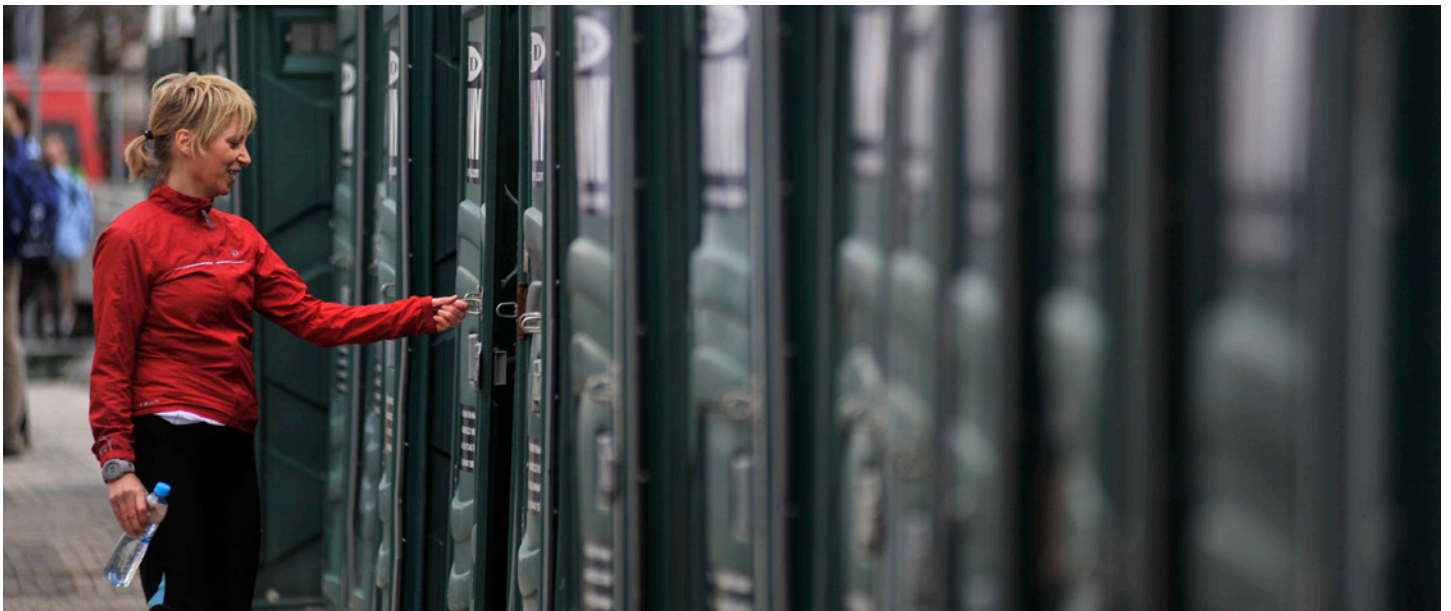
Therefore, JOHNNY SERVIS endeavors to offer new products every year and improve its services, be it purchasing new service and transport vehicles capable of coping with heavy terrain, or the launch of their pink toilets JENNY, designed exclusively for women. Last year, they appeared along the route for the first time, this year there will be more. 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.





Popularity of sports is growing among Czech population: number of people who do not engage in sports is falling

Prague – 30 August 2013 – More than 50 percent of the population of the CR engage in sports at least once in two weeks. In general Czechs do sports namely to be fit, to be in good mood and to feel good due to physical activity. High performance is not a goal for them – they prefer to do sports irregularly. Popularity of running is growing among the Czechs who engage in sports at least once in two weeks – about one tenth of them go in for running with this frequency. Two out of five people who went for a running race participated in a marathon or a half marathon, which is significantly more than the previous year. These are findings from a representative on line research conducted by GfK on a sample of 800 respondents at the turn of May and June.

„More than 50 percent of Czechs can be considered active athletes which means that they engage in sports at least once in a fortnight. Frequency of doing sports among different age groups and the genders has not changed significantly from the last year. Also it is very pleasing that there is a significant drop in a number of people who do not engage in sports at all, specifically among men and among age groups of 30 - 49 and 50 – 65 years of age“, clarifies Jiri Nosek, MBA, GfK Deputy Commercial Director CZ&SK.

People do sports to feel good due to physical activity

Most frequently people engage in walking or

hiking, cycling, swimming and exercising in fitness centers. Cycling, tennis and volleyball have become more popular. To be fit, to be in good mood, to be healthy, and to have fun are four key reasons for people to go in for sports. Compared to previous year there is a significant increase in a number of people who engage in sports especially for great experiences, for feeling good and for achieving desired weight.

Accessibility is the greatest advantage of running

Research findings indicate that running is the eighth most frequently done sport event among Czechs who engage in sports at least once in two weeks. It is mostly people below 30 and inhabitants of big towns who engage in running; running is equally popular among men and women.

„People prefer running to other sports especially due to its accessibility – they do not need to travel far to be able to run, they do not need to have special skills or expensive equipment, as they can run anywhere and any time without needing assistance from another person“, adds Jiri Nosek.

Why people take to run?

The main reason for people to embark on running is their wish to remain fit and also the fact that running is fun. It is much more important for women than for men to focus on their figure and looks; most women indicated that they took to run to lose weight or to stay slim.

People show more interest in marathons and half marathons

Nine percent of people participated in major amateur running races last year. 42 percent of those who registered in the races participated in a marathon or a half marathon which is significantly more than last year (28 percent). Similarly to the last year they used a running event for making contacts with other participants.

About the research

These are findings of GfK online research carried out in June 2013 on a sample of 800 respondents in the Czech Republic using CAWI method.

About GfK

GfK is one of the world's largest research companies, with around 13,000 experts working to discover new insights into the way people live, think and shop, in over 100 markets, every day. GfK is constantly innovating and using the latest technologies and the smartest methodologies to give its clients the clearest understanding of the most important people in the world: their customers. In 2012, GfK's sales amounted to €1.51 billion. To find out more, visit www.gfk.com or follow GfK on Twitter: www.twitter.com/gfk_group



LIGHT FOR THE WORLD

LIGHT FOR THE WORLD to brighten up METRO 10k Race

Runners of the O₂ Prague Grand Prix 2013 race will have the chance to take part in the Run against blindness campaign and to help some of the world's 285 million blind and visually impaired in cooperation with the Czech branch of the international Light for the World charity.

This Indian summer, on September 9, 2013, runners in Prague can again do something for their own shape as well as for the good of others. 100 participants of the Metro 10k Race will start in the race under the registration of the Light for the World charity in order to support the organization's projects helping blind people in Ethiopia, Rwanda and Burkina Faso. But this time, the audience of the run will have

the chance to take part in the action as well. The whole afternoon before the run, they will be able to purchase natural wax candles at the info stand in the Wenceslas Square and donate 20 CZK. After the medal ceremony, all candles will be lightened in order to send symbolic light to the blind in Africa, represented by Francis Thuo Karanja, Kenyan Paralympic athlete blind since his childhood.

Light for the World has cooperated with Prague International marathon since 2009. The organization offers runners the possibility of combining an extraordinary running experience with personal commitment to help others. There are 285 million visually impaired people in the world, 90% of them live in a de-

veloping country. Knowing that 80% of these cases can be cured or prevented by administering efficient prevention care, Light for the World strives for improving eye care accessibility in underprivileged African regions.

In Ethiopia alone, there are 600 000 people suffering from cataract, a condition easily cured by an operation of 15 minutes and worth 800 CZK. All who take part in this year's Metro 10k Race with the registration of Light for the World, along with those who donate by buying a natural candle, can save a blind person's vision once for all. What can be more in line with the Ancient Greek principle of Kalos Kagathos or the old Latin saying "a sound mind in a healthy body" ?



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:

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PRESS GUIDE



PARTNERS OF O₂ PRAGUE GRAND PRIX

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, feasts 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



Main partners



Official partners



Main Media partners



Co-organizer



Patrons



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 belong to those that could not participate but watched us and were on our site.

Media partners



Partners



Institutional partners



Charity partners





RUNCZECH

Come and run the Czech Republic 2014!

Hervis Prague Half Maraton	5 April
Volkswagen Prague Maraton	11 May
Mattoni Karlovy Vary Half Maraton	24 May
Mattoni České Budějovice Half Maraton	7 June
Mattoni Olomouc Half Maraton	21 June
O₂ Prague Grand Prix	6 September
Mattoni Ústí nad Labem Half Maraton	14 September



www.runczech.com

Main partners



Development by:



Patrons

