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01 Media Information

Welcome

Welcome to the 2011 Virgin London Marathon Media Guide. We hope you find everything you need to cover this year's event in these pages, but please do not hesitate to ask one of the media team if you need anything else.

The following sections provide information, as up to date as possible, about the London Marathon course, the history of the race, the World Marathon Majors Series, this year's races and leading entrants, marathon statistics, the mass race and this year's celebrities. There are also sections on the London Marathon's sponsors and the London Marathon organisation.

The Press Team

The 2011 press team is again led by Nicola Okey. It will be based in the Bridge Suite of the Tower Hotel from Monday 11th April to Monday 18th April inclusive.

Race week media contacts – landline numbers will be available from Monday 11th April

Nicola Okey	Director of Media Relations	nicolao@london-marathon.co.uk
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Scott Mowbray	Media Relations Team / Virgin Money	scottm@london-marathon.co.uk
Lucy McCrickard	LGM Consulting / Virgin Money	lucym@london-marathon.co.uk
From Wednesday 13th April:		
Katy Anderson	Media Relations Team	katya@london-marathon.co.uk
Ed Tutty	Media Relations Team	edt@london-marathon.co.uk
From Thursday 14th April:		
Sarah Marl	Media Relations Team / EFDS	sarahm@london-marathon.co.uk
Mike Fraser	Media Relations Team	mikef@london-marathon.co.uk
Marisa Reich	Media Relations Team	marisar@london-marathon.co.uk
Thomas Steffens	World Marathon Majors	thomass@london-marathon.co.uk
Richard Finn	World Marathon Majors	rfinn@nyrr.org

The Press Centre

The Virgin London Marathon operates a press office in the Tower Hotel during the week leading up to the event, on race day and on the day after the race. Access is strictly with accreditation only.

Address:

The Bridge Suite and Tower Suite
Tower Hotel
St. Katharine's Way
London E1W 1LD
Nearest underground station is Tower Hill

Opening hours:

Tuesday 12th April – Friday 15th April: 10.00am – 5.30pm (Bridge Suite)
Saturday 16th April: 9.30am – 12.00 noon (Bridge Suite)
Race day: Sunday 17th April: from 8.00am (Tower Suite)
Monday 18th April: 10.00am – 3.00pm (Bridge Suite)

The press office then returns to London Marathon headquarters and re-opens on Tuesday 19th April at 12.00.

London Marathon headquarters media contacts:

Nicola Okey: 020 7902 0182 and 07799 661345; nicolao@london-marathon.co.uk
Hannah Finch: 020 7902 0199; hannahf@london-marathon.co.uk



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General facilities

Members of the media should come to the press centre during the opening hours (as listed on page 3) to pick up their accreditation. The latest race information will also be available from the centre. Press conferences will be held here (see the schedule below), and there will be lunch time buffets and wireless access.

Race day facilities

On race day the main press centre will be open from 8am providing a comfortable indoor location so journalists can cover all aspects of the marathon. Refreshments will be served throughout the day.

BBC coverage of the men's and women's races will be shown simultaneously via a split feed, plus journalists will be able to track celebrities, record individual 5km splits for elite and celebrity runners, access live commentary, and watch large back projection and plasma screens with live race statistics. There will also be access to live results on the internet (see below), while print outs of race statistics will be brought to you on request. There will be phone and fax lines plus wireless internet access.

Please note: entry to the main race day press centre in Tower Suite on Sunday 17th April will be strictly by accreditation only. This must be collected during race week from the press office. No accreditation will be provided on race day under any circumstances.

The post-race medallists' press conferences on 17th April will be held at:
1.40pm - elite wheelchair winners; 2.10pm - women; 2.40pm - men.

Race day press sub-centre – The Mall

A small sub-centre with telephone and fax facilities will be set up in The Mall for the sole use of journalists from the national media and agencies covering celebrities. Only the main BBC feed will be shown. There will be no access to elite athletes. A special sub-centre pass or photographers' bib will be required for access, and these must be collected during race week from the main press centre at the Tower Hotel.

Press Conferences

All press conferences during race week will take place in Tower Suite Three, The Tower Hotel, St. Katharine's Way E1W 1LD. **Photocalls** will take place at **11.30am** every day except Friday when they will be at **9.00am** for elite wheelchair athletes, **10.30am** for Guinness World Record runners, **11.30am** for celebrities, and **1.00pm** for British athletes.

Press conference schedule:

Wednesday 13th April

12.00: Elite Women

Thursday 14th April

12.00: Elite Men

2.00pm: Japanese Women

Friday 15th April

9.30am: Elite Wheelchair Athletes

11.00am: Guinness World Records

12.00: Celebrities

1.30pm: The British Challenge

Sunday 17th April

Virgin London Marathon Medallists

1.40pm: Elite Wheelchair winners

2.10pm: Elite Women medallists

2.40pm: Elite Men medallists

Monday 18th April, 12.00

Virgin London Marathon Winners

Men's 2010 Virgin London Marathon Winner

Women's 2010 Virgin London Marathon Winner

London Marathon website

Full details of the press conferences will be published on the Virgin London Marathon website: **www.virginlondonmarathon.com**

Throughout race week, the latest race news section of the website will carry news and stories from the press conferences, audio interviews with leading contenders, photographs from London Marathon events, and TV coverage of race week.

Online results

On race day, media can track live splits and results on the Virgin London Marathon's results website: **www.press.virginlondonmarathon.com**.

This allows you to track runners in the men's and women's elite races, the UK championships race, veteran runners, wheelchair racers, celebrity runners, runners targeting Guinness world records, and the mass race.

Website: **www.press.virginlondonmarathon.com**

Login: london

Password: press





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02

The London Marathon Course

Start Details

Blue Start at Blackheath, Shooters Hill Road

Elite Wheelchair race - Men and Women
Elite Women
Elite Men
UKA & England Athletics Championships - Men and Women
Ill & Injured
UKA Clubs
Ballot runners
Overseas runners

Red Start at Greenwich Park, Charlton Way

Golden Bond runners
Guaranteed runners
Fast Good for Age runners

Green Start at St. John's Park on the edge of Blackheath

Good for Age runners
Celebrity and Media runners

Course Details

Briefly

The London Marathon course is relatively flat and fast. It starts in Blackheath, heads east through Charlton and Woolwich for three miles, turns west and passes through Greenwich after six to seven miles. It crosses the River Thames at Tower Bridge and then loops around the east end of London, past Canary Wharf in Docklands, before heading west again along The Highway and the Embankment to Parliament Square, Birdcage Walk and the final corner in front of Buckingham Palace.

An Historical Jog Around London's 26.2 Miles

- Mile 3** The runners pass the Woolwich Royal Artillery Barracks which has the longest Georgian facade in Britain. This is also one of three 2012 Olympic Games venues in Greenwich.
- Mile 6** On the runners' left is Inigo Jones' Queen's House built in 1616 for Anne of Denmark, James I's wife. On their right is Christopher Wren's spectacular architectural creation, the Royal Naval Hospital. Runners pass the prime meridian in front of the National Maritime Museum, which was the start line for the Tour de France in July 2007.
- Mile 6.5** Usually, the runners loop around The Cutty Sark, the famous tea clipper built in 1869 that held the record for the fastest loaded voyage from Australia to London. This year, due to ongoing restoration work on the ship, after King William Walk the route will follow College Approach, Greenwich Church Street and Creek Road. The 250m lost here is made up at the Rotherhithe Tunnel roundabout (90m) and at Cabot Square at Canary Wharf (160m).
- Mile 8.5** The runners reach Surrey Docks and, for the first time, the London Docklands area. This was the only dock complex built south of the River Thames. The first dock opened in the early 1700s, several more were built between 1807 and 1926. Only two of the docks survived a programme of in-filling in the 1970s before the Docklands Development Corporation was set up in 1981. The Surrey Quays Shopping Centre was opened in 1988 next to Canada Water, and a new station on the Jubilee Line was opened.
- Mile 9.5-10** The route passes by Greenland Dock and new residential areas as well as the Surrey Docks City Farm and the four star Holiday Inn. This is next to Nelson House, built in 1740 as the home of a wealthy ship-builder.





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- Mile 10.5** The route passes within 250 metres of the Mayflower Pub. It was here that the Pilgrim Fathers assembled to set sail for America. However, they ran out of money and the ship was moved to Plymouth to avoid mooring dues.
- Mile 12** As the runners approach Tower Bridge they pass by Butlers Wharf, a warehouse conversion of businesses, apartments, Sir Terence Conran's 'Gastrodrome' and the Design Museum. Tower Bridge was built in 1894. All the original machinery for raising and lowering the drawbridge is still in place. It has never once failed to raise the 1,000 ton bascules.
- Miles 13-14** Once over Tower Bridge, the course turns eastwards along The Highway towards Docklands, passing St George-in-the-East (built as a result of the 1711 Coal Tax and designed by Nicholas Hawksmoor). The Highway was formerly The Ratcliffe Highway inhabited by sailors. The literary figure Thomas de Quincey wrote in 1827 that the Ratcliffe Highway was a "public thoroughfare in the most chaotic quarter of eastern, or nautical, London".
- Mile 14** The route passes near the western entrance of the mile-long Limehouse Link Road Tunnel (opened May 1993), built by the London Docklands Development Corporation under the Limehouse Basin, the home of the Cruising Association and a new marina, and linking through to the Isle of Dogs. Just after mile 14 the route passes St Anne's Church, designed by Hawksmoor and built between 1712 and 1730. The church has been extensively refurbished over recent years with money from the LDDC. The herring gull sculpture on Narrow Street is by artist Jane Ackroyd. To the right is the Grapes pub, a listed building built in 1720 which was originally a tavern serving the workers of the Limehouse Basin. There are unsavoury stories about the antics of watermen in the pubs along this stretch. As a child, Charles Dickens was made to stand on tables and sing to the customers.
- Mile 15** Runners pass under Westferry Circus and onto Westferry Road which takes them down to the tip of the Isle of Dogs peninsular, originally known as Stepney Marsh. Dykes and windmills were constructed by Dutch engineers in the 17th Century to drain the marsh. The earliest reference to the area as the Isle of Dogs is on a map of 1588. It was so named because King Henry VIII kept his hunting dogs there. Here you can also see Pierre Vivant's Traffic Light Tree, one of the many sculptures in the area. It is in the middle of the roundabout where Marsh Wall and Westferry Road meet. The restless changing of lights, pointing in all directions and giving mixed signals, might say something about how people feel towards the area and its manic, ever changing nature.
- Mile 16** East Ferry Road is on an area of the peninsular called Mudchute, formed in the 1840s from the spoil of the excavation of the Millwall Dock. Silt from its channels and waterways was dumped on nearby land, creating "The Mudchute". It's now home to the biggest inner city farm in Europe.
- Mile 18** Competitors passing by the City Pride pub can see runners three miles behind them on the other side of the building.
- Mile 19** The runners pass the base of the 800ft tower, One Canada Square, at the centre of Canary Wharf, one of the largest single business developments in the world. The tower is flanked by the HSBC and Citigroup towers as well as the Barclays headquarters building. Canary Wharf is built in the West India Dock which opened in 1802. It includes 13.1 million sq ft of office space and more than 75,000 people work on the estate, including approximately 7,500 people in the tower itself. Over 200 shops, bars and restaurants are now open in three retail malls.
- Mile 20** When the East India Dock Road was built, Poplar High Street became a little used back street – "a quaint straggling length of gabled houses, many built of wood, little gardens and trees in front of many of them, almost every second house an inn, beer house or place of refreshment". In the High Street was St. Matthias Church, the old East India Company chapel and also "a quaint building, Poplar Hospital, a home of refuge or hostel for the East India Company's aged seaman". Much later, at the narrow end of the street, was the Queens Theatre, a very popular music hall and one of the last theatre buildings to survive in east London.
- Mile 21** Commercial Road was constructed in 1802/04 to link the East & West India Docks with the City. St Mary & St Michael is a RC church of 1856 built to serve the Irish navvies and dock workers. The health centre is in the premises of the former East End Maternity Hospital (1889-1968).





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- Mile 22** St Katharine's Dock, with wonderful views of Thomas Telford's 1828 warehouses.
- Mile 23-24** Into the City of London, past Billingsgate Market, no longer the fish market of London but still retaining three feet of perma frost created after centuries of cold stores on the site. Since 2008 this has been where the Mini London Marathon starts.
- Mile 24** Cleopatra's Needle, one of a pair that originally stood at Heliopolis in Egypt. Its twin stands in Central Park, New York, just a few feet away from the New York Marathon course. Neither of them has any connection with Cleopatra.
- Mile 25** Parliament Square and Big Ben, and a sign that the race is almost over. Now there is a mile to go as runners turn right into Great George Street and Birdcage Walk.
- Mile 26** The runners reach the finish in London's great ceremonial avenue, The Mall, in front of Buckingham Palace.

Lines, Times and Drinks Stations

The Blue Line

The Virgin London Marathon has a number of tight corners and winding sections of road. It is essential, therefore, that leading runners know where to run to complete the shortest possible route. A dashed blue line is put down before the race by a professional road marking company – Wilson & Scott (Highways) Ltd. It takes around five to six hours of intensive work to paint the line in its correct place and it can be only be done at night when the roads are dry.

The paint – Temprow – has to dry almost instantly and has to be stable enough to last for three days without fading. Finally, to satisfy police and local highway engineers, it has to be quickly removed. Temprow can be washed off the road with a special non-polluting solvent and gallons of water. The removal team takes about six hours to wash off the paint. By midnight on race day, all traces of the blue line are gone.

Mile and Kilometre Markers

There are digital clocks set on seven feet high stands at all the mile points, at every 5km mark and at half-way: 35 double-sided clocks in all. All the clocks around the course are started at precisely 09.00 for the Elite Women and again at 09.45 for the Elite Men, the UK Championship races and the massed runners of the London Marathon. Official timing is by Timex.

Time Keeping

The London Marathon uses 'Ipico Timing Tag' technology to time all runners in the race, including the wheelchair athletes, and competitors in the Virgin Mini London Marathon.

All runners will be issued with an Ipico tag, a transponder attached to their running shoe. This chip is read each time the runner passes over strategically placed mats at 5km, 10km, 15km, 20km, half-way, 25km, 30km, 35km, 40km and at the finish line. These times are instantly relayed using an integrated communications system developed by Marathon ITS, the marathon's information services provider, to BBC Sport for immediate on-screen display. The same information is also delivered to the marathon's race day press centre to provide an instant resource for the world's media.

There will also be official time keepers at the 30km mark to time runners in both the men's and women's races for 30km road running record validation purposes.

All results will be posted on the London Marathon website on race day.
The address is www.virginlondonmarathon.com.



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Drinks and Drinks Stations

Dehydration is the biggest problem that marathon runners have to overcome. In a hard race on a hot and humid day, up to four litres of fluid can be lost through sweating and exhalation. It is important for runners to keep well hydrated.

Water supplied by Nestlé Pure Life is available at every mile site starting from mile three with the last drink available at 25 miles. Around 700,000 330ml plastic bottles of water have been supplied to meet the needs of the marathon.

In addition to water, Lucozade Sport is available at the start and at 5, 10, 15, 19 and 23 miles. Lucozade Sport comes in 330ml 100 per cent recyclable bottles. In 2011, Lucozade will again be supplying Lucozade Sport Gels at 14 and 21 miles.

Many of the elite runners prefer to drink their own special drinks during the race. These special bottles are collected on Saturday night and kept in secure and cool conditions overnight. On race day they are taken to the appropriate 5km points. At the 5km points, eight in all, there will be four numbered (1-4) tables allocated between the various elite athletes from which they will take their special drinks bottles.

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03

London Marathon History

In the Beginning

It all started in a pub, according to the late Chris Brasher and John Disley (right), co-founders of the London Marathon.

The Dysart Arms, hard by Richmond Park, is the home of Ranelagh Harriers where, on Wednesday nights, runners drift in from their runs and talk over pints of bitter. On this particular night the talk was of a marathon where the spectators never allow you to falter – much less drop out.

Several club members had competed in the 1978 New York City Marathon and never tired of telling how fantastic it was, how different to the lonely UK marathons where a handful of spectators and a few cows watched a score or so competitors trudge around country lanes.

After several weeks of listening to these stories, Brasher and Disley decided to see for themselves; they did some training and entered for the 1979 race.

Brasher admitted he had always been ambivalent about the marathon, the most punishing event of the Olympic athletics programme, but now saw this as an opportunity to witness its drama and understand the courage needed to compete for over two hours.

So the pair of them ran, finished and saw for themselves how wonderful a 'city mass marathon' could be. With world famous sights at every turn, cheering supportive spectators, and the camaraderie of the runners around you – this was exciting, not boring.

On returning home, Brasher sat down and wrote an article for *The Observer* called 'The World's Most Human Race'.

It started with these words: "To believe this story you must believe that the human race can be one joyous family, working together, laughing together, achieving the impossible. Last Sunday, in one of the most trouble-stricken cities in the world, 11,532 men and women from 40 countries in the world, assisted by over a million black, white and yellow people, laughed, cheered and suffered during the greatest folk festival the world has seen."

Brasher ended the article by wondering "whether London could stage such a festival? We have the course, a magnificent course ... but do we have the heart and hospitality to welcome the world?"



Donald Trelford, then editor of *The Observer*, hosted a lunch early in 1980 so Brasher and Disley could meet the relevant authorities – the Greater London Council (GLC), the various police services, the City of London, the Amateur Athletic Association, and the London Tourist Board.

The pros and cons of such a venture were discussed and it was agreed in principle that the idea was worth pursuing. The sticking point was persuading the police there were 26 miles in London that wouldn't cause the city to shut down.

A couple of weeks later, Disley presented a course design that used the Thames as a 'handrail' while only closing two bridges. One of those, Tower Bridge, was often shut on Sundays anyway. The police approved the event and the tourist board was happy the course passed so many of London's sights – Cutty Sark, Tower Bridge, the Docks, The Embankment, Big Ben and Buckingham Palace.

However, there was one proviso from Sir Horace Cutler, the chairman of the GLC, who told Brasher and Disley: "You never ask the ratepayers to bail you out. Not a penny from the GLC."

Later that year Brasher travelled to America where the 1970s running boom had started. He witnessed the Boston Marathon and revisited New York studying both races' organisation and finance.

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On his return a budget was prepared for the first London Marathon with an expenditure of £75,000 over and above any revenue expected from entry fees. This was serious money, but fortune smiled on the enterprise when Gillette gave up their sponsorship of cricket's Gillette Cup and asked their agents West and Nally for advice on what to sponsor next.

Peter West told them two Olympic medallists were putting on a marathon and needed help. A deal was done and Gillette became the Marathon's first title sponsor for £75,000 a year for three years.

Charitable status was established and Brasher and Disley devised six aims for the London Marathon:

- to improve the overall standard and status of British marathon running by providing a fast course and strong international competition
- to show to mankind that, on occasions, the Family of Man can be united
- to raise money for the provision of recreational facilities in London
- to help London tourism
- to prove that when it comes to organising major events 'Britain is best'
- to have fun and provide some happiness and sense of achievement in a troubled world.

Five months later, the first race was held on 29 March 1981. Some 20,000 people wanted to run; 7,747 were accepted. There were 6,255 finishers, led home by the American Dick Beardsley and Norwegian Inge Simonsen who staged a spectacular and fitting dead-heat at the rain-swept finish on Constitution Hill. Joyce Smith, 43 years old and mother of two, broke the British record to win the women's race.

The event was a massive hit with the runners, the thousands of spectators who lined the course and viewers who followed the race on BBC television. As a result the 1982 race received more than 90,000 applications from hopeful runners around the world. The entry was limited to 18,059.

The race has since grown in size, stature and popularity. Now established among the major events in the sporting calendar, the London Marathon is shown on television in more than 150 countries around the world each year.

A total of 783,185 runners have completed the London Marathon since it started while a record 36,550 people finished in 2010.

John Disley CBE is President of the London Marathon Charitable Trust and a director of London Marathon Ltd.

Chris Brasher CBE passed away in February 2003.



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Sponsor History

The history of London Marathon sponsorship reflects the history of athletics marketing over the last quarter of a century. Compared to the £17 million to be injected by the new race title sponsor, Virgin Money, between 2010 and 2014, the £75,000 supplied by Gillette for the first race tells its own story about the rise of professionalism in athletics and the importance of sponsorship funding.

1981-1983: Gillette

From the outset in 1981 the London Marathon organisers realised that finance had to come from the private sector and they asked sports agencies to find a sponsor. West and Nally came up with Gillette who funded the race for the first three years. In 1981 they paid £75,000 to be title sponsor, but delighted with the enhanced exposure, they increased that to £100,000 the following year.

The stakes were raised dramatically in 1982 when the sport's governing body, the International Amateur Athletic Federation, decided to allow payments to athletes, ending the era of amateur athletics in one stroke. From then on elite runners have expected to be paid and marathons the world over have vied for their services. Clearly, robust sponsorship would be vital.

1984-1988: Mars

Following the 1983 event a two-year contract was signed with Mars for £150,000 index-linked, which rose to £217,000 by 1985. In 1986 the figure rose to £350,000. Professionalism had truly taken hold.

1989-1992: ADT

Six companies competed for the right to be London Marathon title sponsors from 1989, presenting their proposals to the London Marathon's board. ADT, led by Michael Ashcroft, won the contract and although the sponsorship figure was never formally disclosed the relationship took the event forward in financial terms.

In 1991 ADT's support was instrumental in the London Marathon being selected by the IAAF to host the prestigious World Marathon Cup.

1993-1995: NutraSweet

When ADT's sponsorship agreement ended in 1992 the event was firmly established as one of the world's leading marathons. Interest from potential sponsors increased again in 1993 and NutraSweet was selected ahead of several other leading companies.

The partnership was a strong and highly professional one, stimulating new levels of excellence both in the Marathon itself and in its administration. During the NutraSweet years the race achieved record entry levels and established a spectacular new finish in The Mall with Buckingham Palace as a backdrop.

1996-2009: Flora

The decision to make Flora the London Marathon's title sponsor from 1996 proved to be a shrewd one, heralding the longest period of sponsorship in the event's history and one of the longest in sport, 14 years in total. It was a mutually fruitful relationship and Flora took a number of opportunities to extend its term before finally indicating it wouldn't renew its role after 2009.

This period saw the London Marathon mature as new initiatives were introduced, including further development of the charity fundraising side of the event. During Flora's period as title sponsor, runners have raised hundreds of millions of pounds and the race has become the largest annual one-day fundraising event in the world.

2010-2014: Virgin

In May 2008 the London Marathon announced that Virgin would be the new title sponsor from 2010 after Virgin signed a contract worth £17 million over five years. Virgin Money's target is to help runners raise more than £250 million for charities over its five-year term. www.virginlondonmarathon.com for more.

Sponsors and suppliers

As well as its title sponsors the London Marathon also has a number of official supporters and suppliers covering a range of areas crucial for staging the event, including official shoe companies, timers, cars, drink companies, hotels, computer and beer suppliers.

The current sponsors and suppliers are:

Computers/IT: Ipico Timing; Marathon ITS; Ricoh
Shoe/sportswear: adidas
Water: Nestlé Pure Life
Sports drink: Lucozade Sport
Timing: Timex
Car: Renault
Hotel: InterContinental Hotels
Beer: Fuller's London Pride
Photo: Marathon Photo
Logistics: TNT
Website: realbuzz.com

Course History

The first London Marathon, held on 29 March 1981, finished on Constitution Hill between Green Park and Buckingham Palace. From 1982 until 1993 the race finished on Westminster Bridge. But in 1994 repair work to the bridge meant the finish line was moved to The Mall where it has been ever since.

Otherwise, the London Marathon course has changed little. In 2005 it was altered slightly just after 22 miles to avoid the cobbled area near the Tower of London, and that year the route around the Isle of Dogs between 14 and 21 miles was switched from clockwise to anti-clockwise. This year runners will not pass Cutty Sark just after six miles due to ongoing restoration work on the ship (see page 5).

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Charity History

As a fundraising event, there is no race in the world that comes close to the London Marathon. One of the dominant images of the event is thousands of runners tramping the streets to raise money for hundreds of charitable causes, many in fancy dress hoping to stand out as rhinos, football team mascots, giant trees, waiters and escaped convicts.

More than three quarters of competitors now run for a charity and a third of all places are offered by charitable organisations with guaranteed entries.

But charities weren't always so prominent or so well organised. In the earliest years, it was the runners who took it upon themselves to raise sponsorship money for their causes.

In 1984, the London Marathon named its first official charity and granted the Sports Aid Foundation some places to help it raise funds. It has had official charities every year since (see right for a full list of the London Marathon's official charities).

As charity involvement grew the organisers decided to offer more places to a wider range of charities and in 1993 they introduced the Golden Bond scheme to enable other charities to gain places.

Under this scheme, several hundred charities buy guaranteed entries for £300 each which they then offer to runners who miss out on a place in the ballot. Runners who take one of these places do so in return for a commitment to raise a four-figure sum for their cause, known as a 'pledge'.

Over the last decade and a half this scheme has grown and now includes more than 750 British charities with a total of some 15,000 allocated places. Another 550 charities are involved in a Silver Bond scheme which guarantees them one place every five years.

Such has been the growth of charity involvement in the London Marathon that the event itself has entered the record books. In 2007 £46.5 million was raised for good causes by runners, making the London Marathon a Guinness world record-breaker as the largest single annual fundraising event in the world. In 2008, that record was broken again when £46.7 million was raised. Another record, £47.2 million, was raised in 2009, and £50.6 million in 2010.

In total, £506 million has been raised for hundreds of charitable causes by London Marathon finishers since 1981.

The 2010 official race charity, CLIC Sargent, recently announced that its runners raised £2,001,584 from last year's event, the highest total ever raised by an official London Marathon charity.

In addition, The London Marathon Ltd – the company that organises the race – has produced a total surplus of more than £40 million for its own charity, The London Marathon Charitable Trust, the body that owns the race. The charity distributes these funds to help build numerous community sports facilities and develop recreational projects around the capital. Over the years it has aided more than 900 projects.

In 1999 the Trust established the London Marathon Playing Fields Scheme to help protect London's playing fields from development. The trustees set up a war chest so they could buy playing fields threatened by developers and maintain them for recreational and sporting use. To date seven sites have been saved by the fund. The Trust has also pledged £7m to help manage several Olympic facilities after the 2012 Games.

Official charities of the London Marathon:

1984	Sports Aid Foundation
1985	Jimmy Savile's Marathon Appeal
1986	Middlesex Hospital Research Fund British Sports Association for the Disabled
1987	St Thomas's Hospital (heart research) Farnham Park Trust British Sports Association for the Disabled
1988	Wishing Well Appeal Sports Aid Foundation
1989	Community Action Trust The Evelina Children's Family Trust Special Olympics
1990	Battle of Britain Appeal Community Action Trust
1991	Action on Addiction Royal Marsden Cancer Research
1992	Guys Hospital, Evelina Children's Hospital Tuskforce
1993	St John Ambulance; Snowden Award Scheme
1994	British Heart Foundation; Childline
1995	Leonard Cheshire Disability Cancer Relief Macmillan
1996	British Heart Foundation National Asthma Campaign
1997	British Heart Foundation; NSPCC
1998	Age Concern Diana, Princess of Wales Memorial Fund
1999	Whizz Kidz; Leukaemia Research
2000	Mencap
2001	MS Society
2002	Outward Bound; FCWL
2003	Shelter
2004	Sense; British Heart Foundation
2005	Help the Hospices
2006	The Stroke Association Anthony Nolan Bone Marrow Trust WellChild
2007	Heart UK; Spinal Injuries Association
2008	The Children's Trust
2009	CLIC Sargent
2010	CLIC Sargent
2011	Oxfam

VIRGIN LONDON MARATHON 2011

Race Reports & Results: Elite Races

29 March 1981

Men: A fitting finish

It wasn't the first marathon to be held in London, but it was the biggest. Conditions were warm and humid and the race was an unqualified success, won in the true spirit of the event by American Dick Beardsley and Inge Simonsen from Norway who ran through the finish line holding hands in 2:11:48. British Olympian Trevor Wright was more than a minute behind in third.

=1	Inge Simonsen	NOR	2:11:48
=1	Dick Beardsley	USA	2:11:48
3	Trevor Wright	GBR	2:12:53
4	Mike Kearns	GBR	2:13:37
5	Graham Laing	GBR	2:13:59
6	Brian Cole	GBR	2:14:01
7	Jim Dingwall	GBR	2:14:54
8	Keith Penny	GBR	2:15:31
9	Paul Eales	GBR	2:15:55
10	Don Faircloth	GBR	2:16:36

Women: Smith dips under 2:30

Joyce Smith won the women's race in 2:29:57 – the first time she had gone under 2:30 – some nine minutes ahead of her nearest rival, Gillian Drake. Then little known, Veronique Marot was ninth in 2:46:51.

1	Joyce Smith	GBR	2:29:57
2	Gillian Drake	NZL	2:38:57
3	Gillian Adams	GBR	2:40:44
4	Kathleen Molitor	USA	2:42:26
5	Sally Strauss	USA	2:42:42
6	Karen Goldhawk	GBR	2:43:28
7	Susan Hassan	GBR	2:43:38
8	Julie Barleycorn	GBR	2:45:33
9	Veronique Marot	GBR	2:46:51
10	Margaret Lockley	GBR	2:47:29

(mixed race)

9 May 1982

Men: British firsts

Hugh Jones led from start to finish to reduce his personal best by 77 seconds to 2:09:24, the fastest time recorded in the UK, which ranked him ninth in the world all-time. Norwegian Oyvind Dahl was second, almost three minutes behind, while Mike Gratton, destined to win 12 months later, was third.

1	Hugh Jones	GBR	2:09:24
2	Oyvind Dahl	NOR	2:12:21
3	Mike Gratton	GBR	2:12:30
4	Jeff Wells	USA	2:13:33
5	Kevin McCarey	USA	2:13:47
6	Phil Coppess	USA	2:13:57
7	Dave Clarke	GBR	2:15:28
8	Sven Pederson	NOR	2:15:41
9	William Glad	USA	2:15:45
10	Don Faircloth	GBR	2:15:50

Women: Smith sets UK record

Joyce Smith, unchallenged as Britain's number one, again lowered her best and the UK record to 2:29:43. This time her winning margin was more than six minutes over the woman in second place, New Zealander Lorraine Moller, who, ten years later, was to win bronze at the Barcelona Olympic Games.

London was already the biggest marathon in the world. Its 15,116 finishers – 198 inside 2:30 – put it ahead of the New York City Marathon, whose Race Director Fred Lebow was among the London runners. There was an extremely low drop out rate of just 3.6 per cent.

1	Joyce Smith	GBR	2:29:43
2	Lorraine Moller	NZL	2:36:15
3	Judith Hine	NZL	2:41:49
4	Bev Shingles	NZL	2:43:34
5	Libby Pfeiffer	GBR	2:45:52
6	Jean Lochhead	GBR	2:46:04
7	Margaret Lockley	GBR	2:46:04
8	Winnie Ng	HKG	2:47:04
9	Carol Rodgers	GBR	2:47:08
10	Christine Burden	NZL	2:47:57

(mixed race)



VIRGIN LONDON MARATHON 2011

17 April 1983

Men: Gratton tough enough

In an intriguing race, Mike Gratton proved tough enough to withstand the challenge of an inspired Gerry Helme to win in 2:09:43. The two had reached the front after making their way through the pack in the early stages of the race and were shoulder to shoulder as they reached the Tower of London. When Gratton sensed that Helme was suffering even more than he was, he made his move, opening a lead that was never reduced. Helme, with a personal best of 2:14:51 before the race, finished second in 2:10:12. Third that day was Henrik Jorgensen from Denmark, a winner in the making.

1	Mike Gratton	GBR	2:09:43
2	Gerry Helme	GBR	2:10:12
3	Henrik Jorgensen	DEN	2:10:47
4	Kebede Balcha	ETH	2:11:32
5	Jim Dingwall	GBR	2:11:44
6	Ricardo Ortego Sanchez	ESP	2:11:51
7	Martin J McCarthy	GBR	2:11:54
8	Emiel Puttemans	BEL	2:12:27
9	Trevor Wright	GBR	2:12:29
10	Oyvind Dahl	NOR	2:12:43

Women: A fine Waitz debut

Grete Waitz, the world's finest woman marathon runner, made her London debut and won easily in 2:25:29. It lasted as a world best for less than 24 hours as American Joan Benoit ran even faster in Boston the following day. Two women to make their mark a year later – Sarah Rowell and Priscilla Welch – were ninth and tenth respectively.

1	Grete Waitz	NOR	2:25:29 (WR)
2	Mary O'Connor	NZL	2:28:20
3	Glynis Penny	GBR	2:36:21
4	Karolina Szabo	HUN	2:36:22
5	Jillian Colwell	AUS	2:37:12
6	Antonia Ladanyi	HUN	2:37:32
7	Deirdre Nagle	IRL	2:37:42
8	Kathy Binns	GBR	2:38:11
9	Sarah Rowell	GBR	2:39:11
10	Priscilla Welch	GBR	2:39:29

(mixed race)

13 May 1984

Men: Spedding on Olympic trail

The London Marathon, now sponsored by Mars, was the Olympic trial for British runners. But it was two Tanzanians, Juma Ikangaa and Zakaria Barie, who took an early lead forcing Gateshead clubmates Charlie Spedding and Kevin Forster to play a waiting game. The Tanzanians' huge lead was reduced little by little as they suffered from the scorching early pace. Spedding and Forster reaped the benefits. They caught them at 16 miles and it was Spedding who took the initiative, setting out on a lonely run for the finish.

Spedding crossed the line, tired but elated with his second marathon victory in two attempts in 2:09:57. He went on to win a bronze medal at the Los Angeles Olympics. Forster was second over a minute behind. Ikangaa was sixth, Barie 51st.

1	Charlie Spedding	GBR	2:09:57
2	Kevin Forster	GBR	2:11:41
3	Denis Fowles	GBR	2:12:12
4	Oyvind Dahl	NOR	2:12:19
5	Jorn Lauenborg	DEN	2:12:21
6	Juma Ikangaa	TAN	2:12:35
7	Jimmy Ashworth	GBR	2:13:49
8	Malcolm East	GBR	2:14:01
9	Chris Bunyan	GBR	2:14:03
10	Svend Kristensen	DEN	2:14:22

Women: Record for Kristiansen

At 20 miles Spedding caught Norway's Ingrid Kristiansen, who was on her way to winning the women's race after a ten-minute start on the men. Kristiansen's winning time was 2:24:26, a European record. Priscilla Welch was second, Sarah Rowell third, and they joined Joyce Smith in Britain's Olympic women's team.

1	Ingrid Kristiansen	NOR	2:24:26
2	Priscilla Welch	GBR	2:30:06
3	Sarah Rowell	GBR	2:31:28
4	Veronique Marot	GBR	2:33:52
5	Kersti Jacobsen	DEN	2:34:53
6	Bente Moe	NOR	2:35:28
7	Julie Barleycorn	GBR	2:35:53
8	Margaret Lockley	GBR	2:36:06
9	Gillian Horovitz	GBR	2:37:10
10	Lone Dybdal	DEN	2:39:39

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VIRGIN LONDON MARATHON 2011

21 April 1985

Men: Jones wins epic duel

Steve Jones proved himself a mighty marathon talent when he won the 1984 Chicago race in a world best time of 2:08:05. He came to London as favourite even though he found himself up against the 1984 champion and now Olympic bronze medallist Charlie Spedding. The race turned out to be a duel in the sun.

The leading pack reduced gradually as the race progressed. At 15 miles there were six, by 20 miles there were just Jones and Spedding. At the Tower of London, Jones stopped off briefly to rid himself of stomach cramps. But just as Spedding thought he had made the decisive break, Jones was back with him and past him. His winning time – 2:08:16 – remained the course record until 1997. Spedding in second place secured the English record with 2:08:33, a time which still stands. Allister Hutton in third place improved his personal best by almost seven minutes. Henrik Jorgensen was fifth.

1	Steve Jones	GBR	2:08:16
2	Charlie Spedding	GBR	2:08:33
3	Allister Hutton	GBR	2:09:16
4	Christoph Herle	FRG	2:09:23
5	Henrik Jorgensen	DEN	2:09:43
6	Pat Petersen	USA	2:11:23
7	Bogumil Kus	POL	2:11:43
8	Oyvind Dahl	NOR	2:12:57
9	Erik Berg	NOR	2:13:00
10	Mark Burnhope	GBR	2:13:54

Women: Kristiansen records again

Ingrid Kristiansen benefited from a mixed field – the 1984 experiment of having women start ten minutes ahead of the men was abandoned – and she proved that the London course was fast by recording a world best 2:21:06, a record which stood for 13 years. In a fabulous women's race, Sarah Rowell captured the UK record with 2:28:06 in second while Sally-Ann Hales ran 2:28:38 in third, a personal best by more than 11 minutes.

1	Ingrid Kristiansen	NOR	2:21:06 (WR)
2	Sarah Rowell	GBR	2:28:06
3	Sally-Ann Hales	GBR	2:28:38
4	Ann Ford	GBR	2:31:19
5	Mary O'Connor	NZL	2:32:35
6	Kathy Schilly	USA	2:33:20
7	Linda Bain	GBR	2:33:38
8	Sally McDiarmid	GBR	2:34:58
9	Veronique Marot	GBR	2:35:12
10	Caroline Horne	GBR	2:37:26

(mixed race)

20 April 1986

Men: Seko battles the wind

Strong winds blew away Toshihiko Seko and Grete Waitz's hopes of running world best times.

Seko was only ever headed by one man and that was pacemaker Steve Anders. But by the time they turned off Tower Bridge into the East End, Seko was away and gone. His pace was relentless – 63:30 at half-way – until the 18th mile when he turned into the wind. Then the strain showed and he eventually crossed Westminster Bridge in 2:10:02. Hugh Jones was a minute behind – the ninth occasion he had run inside 2:12 – while Allister Hutton was almost a further minute behind him in third.

1	Toshihiko Seko	JPN	2:10:02
2	Hugh Jones	GBR	2:11:42
3	Allister Hutton	GBR	2:12:36
4	Pat Petersen	USA	2:12:56
5	Mehmet Terzi	TUR	2:13:02
6	Yutaka Kanai	JPN	2:13:42
7	Henrik Albahn	DEN	2:14:34
8	Ieuan Ellis	GBR	2:14:38
9	Geir Kvernmo	NOR	2:14:48
10	Cidilio Caetano	POR	2:14:57

Women: Waitz blows to PB

Despite the strong winds, Waitz recorded 2:24:54 – a lifetime best – winning by six minutes from Mary O'Connor of New Zealand.

1	Grete Waitz	NOR	2:24:54
2	Mary O'Connor	NZL	2:30:52
3	Ann Ford	GBR	2:31:40
4	Sylvie Bornet	FRA	2:31:43
5	Paula Fudge	GBR	2:32:25
6	Kersti Jakobsen	DEN	2:32:53
7	Julia Gates	GBR	2:36:31
8	Glynis Penny	GBR	2:38:47
9	Jacqueline Hulbert	GBR	2:39:26
10	Deborah Butterfield	USA	2:41:11

(mixed race)



VIRGIN LONDON MARATHON 2011

10 May 1987

Men: Taniguchi wins fierce contest

This was one of the most fiercely contested of all London Marathons but it was again a man from Japan who crossed the line first. Hiromi Taniguchi broke clear of the pack in the final stages of the race to win in 2:09:50 while Britain's Hugh Jones, running as well as ever, battled it out with Nechadi El Mostafa of Morocco, Gianni Poli of Italy and Geir Kvernmo of Norway for the runner-up spot. Coming on to Westminster Bridge, it was the Moroccan who held off Jones' finishing sprint. Another former winner, Charlie Spedding, was eighth.

1	Hiromi Taniguchi	JPN	2:09:50
2	Nechadi El Mostafa	MAR	2:10:09
3	Hugh Jones	GBR	2:10:11
4	Gianni Poli	ITA	2:10:15
5	Geir Kvernmo	NOR	2:10:17
6	Mehmet Terzi	TUR	2:10:25
7	Boguslaw Psujek	POL	2:10:26
8	Charlie Spedding	GBR	2:10:32
9	Dave Edge	CAN	2:11:51
10	Jean Paumen	BEL	2:12:15

Women: Kristiansen makes it three

Ingrid Kristiansen returned for her third London title, this time in 2:22:48. She made an attempt on her own world best but left herself too much to do in the second-half of the race. Veronique Marot, a future winner, was third, as Priscilla Welch took the UK record down to 2:26:51 in second place.

1	Ingrid Kristiansen	NOR	2:22:48
2	Priscilla Welch	GBR	2:26:51
3	Veronique Marot	GBR	2:30:15
4	Paula Fudge	GBR	2:32:28
5	Karolina Szabo	HUN	2:32:48
6	Misako Miyahara	JPN	2:33:41
7	Agnes Spika	HUN	2:34:37
8	Angela Pain	GBR	2:34:47
9	Sissel Grottenberg	NOR	2:35:53
10	Valentina Bottarelli	ITA	2:35:57

(mixed race)



Ingrid Kristiansen

17 May 1988

Men: Jorgensen at last

Britons battling for a place in the Olympic team were upstaged first by Henrik Jorgensen of Denmark, who beat them all, and then by Belayneh Densimo from Ethiopia who ran a world best 2:06:50 to win in Rotterdam on the same day.

In a fascinating race, Jorgensen burst from the pack at the Tower of London to win at last in London. Kevin Forster made up for his disappointment at missing out on Olympic selection four years earlier by coming second in the race to secure his place in the team for Seoul. Hugh Jones was fourth while Charlie Spedding, who badly misjudged the race, was tenth.

1	Henrik Jorgensen	DEN	2:10:20
2	Kevin Forster	GBR	2:10:52
3	Kudo Kazuyoshi	JPN	2:10:59
4	Hugh Jones	GBR	2:11:08
5	David Long	GBR	2:11:33
6	Allister Hutton	GBR	2:11:42
7	Herbert Steffny	FRG	2:11:54
8	Cai Shangyan	CHN	2:11:58
9	John Wheway	GBR	2:12:13
10	Charlie Spedding	GBR	2:12:13

Women: Kristiansen at a canter

Ingrid Kristiansen notched up a fourth triumph in the women's race, recording 2:25:41 with Britain's best, Ann Ford, almost five minutes behind in second. Susan Tooby, on her marathon debut, was fourth behind Sweden's super-veteran Evy Palm.

1	Ingrid Kristiansen	NOR	2:25:41
2	Ann Ford	GBR	2:30:38
3	Evy Palm	SWE	2:31:35
4	Susan Tooby	GBR	2:32:09
5	Susan Crehan	GBR	2:35:10
6	Tove Schultz-Loretzen	DEN	2:35:52
7	Jaqueline Gareau	CAN	2:36:04
8	Angela Pain	GBR	2:36:11
9	Rosemary Ellis	GBR	2:37:10
10	Wang Qinguan	CHN	2:37:42

(mixed race)

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VIRGIN LONDON MARATHON 2011

23 April 1989

Men: World champion wins

The finest field so far assembled for the 1989 post-Olympic race, now sponsored by ADT. Five of the top eight from the Seoul Olympics were on the start line but it was the enigmatic Kenyan Douglas Wakiihuri, the world champion, who took the title. The only time he led the race was on Westminster Bridge when he sprinted away from Steve Moneghetti of Australia and Ahmed Salah of Djibouti. The three had been together since the Embankment and while Moneghetti and Salah had done their best to drop the Kenyan, their efforts were to no avail. Wakiihuri, who lived and trained in Japan, won in 2:09:03.

In the best of company, the top British performance came from Tony Milovsorov who ran a personal best of 2:09:54 in sixth.

1	Douglas Wakiihuri	KEN	2:09:03
2	Steve Moneghetti	AUS	2:09:06
3	Ahmed Salah	DJI	2:09:09
4	Manuel Matias	POR	2:09:43
5	Suleiman Nyambui	TAN	2:09:52
6	Tony Milovsorov	GBR	2:09:54
7	Pat Petersen	USA	2:10:04
8	Wodajo Bulti	ETH	2:10:32
9	Takao Nakamura	JPN	2:11:51
10	Zhang Guowei	CHN	2:12:03

22 April 1990

Men: Hutton hangs on

The tenth London Marathon saw the first British men's winner since 1985 when 35-year-old Allister Hutton left a quality field far behind after dispensing with the services of pacemaker Bill Reifsnyder of the USA at 14 miles. In poor weather, reminiscent of 1986, Hutton maintained his form to the line, winning in 2:10:10. It was his first marathon win, but he was in such good shape that he even asked the early pacemaker Nick Rose to speed things up after 10km.

The real race was among the chasing pack but Italian Salvatore Bettiol and Spaniard Juan Romera proved stronger than the rest to finish second and third. Romera set a new Spanish record with 2:10:48. Pre-race favourite Belayneh Densimo, the world record holder from Ethiopia, dropped out after 14 miles.

1	Allister Hutton	GBR	2:10:10
2	Salvatore Bettiol	ITA	2:10:40
3	Juan Romera	ESP	2:10:48
4	Jose Montiel	ESP	2:11:04
5	Mike O'Reilly	GBR	2:11:05
6	Yakov Tolstikov	URS	2:11:07
7	Ed Eyestone	USA	2:12:00
8	Reiner Wachenbrunner	GDR	2:12:02
9	Tomoyuki Taniguchi	JPN	2:12:22
10	Don Janicki	USA	2:12:25

Women: Marot makes her lasting mark

At last Britain had another winner as Veronique Marot timed her race to perfection to overhaul Aurora Cunha of Portugal, who had set off far too quickly. Marot recorded a UK record and claimed the biggest win of her career with 2:25:56. At the age of 33, eight years after finishing that first London Marathon in ninth place, Marot was a champion. Her record stood until 2002 when Paula Radcliffe celebrated her debut with a sensational women only world record of 2:18:56.

1	Veronique Marot	GBR	2:25:56
2	Wanda Panfil	POL	2:27:05
3	Aurora Cunha	POR	2:28:11
4	Dorte Rasmussen	DEN	2:29:34
5	Raisa Smekhnova	URS	2:30:15
6	Evy Palm	SWE	2:31:05
7	Angela Pain	GBR	2:31:06
8	Lynn Harding	GBR	2:31:45
9	Charlotte Teske	FRG	2:32:34
10	Conceicao Ferreira	POR	2:32:50

(mixed race)

Women: Panfil proves her point

Olympic champion Rosa Mota made a brief appearance this year, running only the first half of the course for charity, but it was Poland's Wanda Panfil, second in 1989, who won a scintillating women's race. She cruised to victory in a personal best 2:26:31 while Americans Francie Larrieu-Smith and Lisa Weidenbach fought a cat and mouse race behind her. The first five women all finished in under 2:30.

1	Wanda Panfil	POL	2:26:31
2	Francie Larrieu-Smith	USA	2:28:01
3	Lisa Weidenbach	USA	2:28:16
4	Zhao Youfeng	CHN	2:29:35
5	Yekaterina Khramenkova	URS	2:29:45
6	Xie Lihua	CHN	2:30:18
7	Dorte Rasmussen	DEN	2:30:34
8	Irina Bogacheva	URS	2:30:38
9	Francoise Bonet	FRA	2:31:20
10	Antonella Bizioli	ITA	2:31:34

(mixed race)

VIRGIN LONDON MARATHON 2011

21 April 1991

Men: Soviet steals the show

London hosted the IAAF/ADT World Marathon Cup, the first time that an IAAF championship had been incorporated with an "existing mass participation" race. The result was one of the finest in-depth fields ever assembled for a marathon outside a major championship.

The relatively unknown Soviet Yakov Tolstikov stole the show by breaking away from a huge leading pack at 14 miles and opening up a winning lead. He won in 2:09:17, a personal best. The team title went to the hosts, Great Britain.

1	Yakov Tolstikov	URS	2:09:17
2	Manuel Matias	POR	2:10:21
3	Jan Huruk	POL	2:10:21
4	Dave Long	GBR	2:10:30
5	Joaquim Pinheiro	POR	2:10:38
6	Alfredo Shahanga	TAN	2:11:20
7	Steve Brace	GBR	2:11:45
8	Peter Maher	CAN	2:11:46
9	Jean Luc Assemet	FRA	2:11:49
10	Salvatore Bettiol	ITA	2:11:53

Women: Mota motors to title

Rosa Mota, the reigning world and Olympic champion, won the women's race in 2:26:14. The Soviet Union won the women's team title.

1	Rosa Mota	POR	2:26:14
2	Francie Larrieu-Smith	USA	2:27:35
3	Valentina Yegorova	URS	2:28:18
4	Katrin Dorre	GER	2:28:57
5	Maria Rebello Lelut	FRA	2:29:04
6	Renata Kokowska	POL	2:30:12
7	Ramila Burangulova	URS	2:30:41
8	Naomi Watanabe	JPN	2:31:23
9	Tatyana Zuyeva	URS	2:31:23
10	Anna Villani	ITA	2:31:26

12 April 1992

Men: Debut win for Pinto

In almost perfect conditions, former racing cyclist Antonio Pinto of Portugal (below) won his first major title in his first London Marathon. He fended off the challenge of Thomas Robert Naali of Tanzania, originally in the race as pacemaker, and Tena Negere of Ethiopia, to win in 2:10:02. Jan Huruk of Poland made his usual late burst to finish runner-up.

1	Antonio Pinto	POR	2:10:02
2	Jan Huruk	POL	2:10:07
3	Thomas Robert Naali	TAN	2:10:08
4	Tena Negere	ETH	2:10:10
5	Paul Evans	GBR	2:10:36
6	Yakov Tolstikov	URS	2:10:49
7	Thabisco Moqhal	LES	2:10:55
8	Zerihun Gizaw	ETH	2:11:25
9	Leszek Beblo	POL	2:11:28
10	Maurillo Castillo	MEX	2:12:02

Women: ... and Dorre

Reigning women's champion Rosa Mota never made it to the finish line, dropping out in Docklands with a repeat of the stomach problem which had ruined her World Championship race in Tokyo the previous year. Her title went to Germany's Katrin Dorre in a slowish time of 2:29:39.

1	Katrin Dorre	GER	2:29:39
2	Renata Kokowska	POL	2:29:59
3	Andrea Wallace	GBR	2:31:33
4	Janette Mayal	BRA	2:34:02
5	Jackie Hallam	AUS	2:34:29
6	Marian Sutton	GBR	2:34:38
7	Lydia Camberg	POL	2:34:39
8	Karolina Szabo	HUN	2:35:21
9	Griselda Gonzalez	ARG	2:37:21
10	Angelica De Ameida	BRA	2:37:40



Antonio Pinto (Reuters)

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VIRGIN LONDON MARATHON 2011

18 April 1993

Men: Sweet win for Martin

Eamonn Martin, the Ford worker from Basildon, provided England with its first winner since 1984 in a race which welcomed NutraSweet as its latest sponsor. In his debut at the distance, the Commonwealth 10,000m champion ran a beautifully judged race to outspurt Mexican Isidro Rico on Westminster Bridge. He crossed the line in 2:10:50. Earlier in the week, Martin had become the proud father of Eamonn junior.

1	Eamonn Martin	GBR	2:10:50
2	Isidro Rico	MEX	2:10:53
3	Grzegorz Gajdus	POL	2:11:07
4	Salvatore Bettiol	ITA	2:11:55
5	Frank Bjorkli	NOR	2:12:23
6	Dave Buzza	GBR	2:12:24
7	Seung-Do Beak	KOR	2:12:34
8	Ahmed Salah	DJI	2:12:40
9	Juan Torres	ESP	2:13:44
10	Steve Brace	GBR	2:14:00

Women: Perfection for Dorre

But it was the women's race that attracted all the publicity, with Scotland's Liz McColgan matched against Lisa Ondieki of Australia and Katrin Dorre, the reigning champion from Germany. Despite all the pre-race hype, and a war of words between McColgan and Ondieki, it was Dorre who stole the show when she judged her run to perfection to win in 2:27:09. Ondieki, lost for a finishing kick, was runner-up in 2:27:27, while McColgan was well beaten in third in 2:29:37 – the first defeat of her marathon career.

1	Katrin Dorre	GER	2:27:09
2	Lisa Ondieki	AUS	2:27:27
3	Liz McColgan	GBR	2:29:37
4	Renata Kokowska	POL	2:32:30
5	Lorraine Moller	NZL	2:32:56
6	Anna Rybicka	POL	2:34:21
7	Ritva Lemettinen	FIN	2:34:44
8	Alina Ivanova	RUS	2:37:21
9	Galina Zhulieva	UKR	2:41:50
10	Gillian Horovitz	GBR	2:42:14

17 April 1994

Men: Ceron defies the winds

Dionicio Ceron of Mexico produced what many people considered to be the finest run in the history of the London Marathon when he defied high winds – which had forced him to scrap an attempt on the world record – to win in 2:08:53. In kinder conditions, it was estimated, the time would have been worth at least a minute quicker.

Ceron clinched his victory with a stunning 14:41 split between 35 and 40 kilometres. Abebe Mekonnen of Ethiopia finished second as the first five runners broke 2:10. Eamonn Martin, the defending champion, was the top Briton in eighth place with 2:11:05.

1	Dionicio Ceron	MEX	2:08:53
2	Abebe Mekonnen	ETH	2:09:17
3	German Silva	MEX	2:09:18
4	Salvatore Bettiol	ITA	2:09:40
5	Grzegorz Gajdus	POL	2:09:49
6	Martin Pitayo	MEX	2:10:58
7	Tena Negere	ETH	2:10:59
8	Eamonn Martin	GBR	2:11:05
9	Rolando Vera	ECU	2:11:15
10	Carlos Patricio	POR	2:11:42

Women: Dorre's hat-trick

The women did not deal so well with the conditions. Katrin Dorre won for the third successive year but her 2:32:34 was the slowest winning time in London's history. Lisa Ondieki finished second again.

1	Katrin Dorre	GER	2:32:34
2	Lisa Ondieki	AUS	2:33:17
3	Janette Mayal	BRA	2:34:21
4	Sally Ellis	GBR	2:37:06
5	Sally Eastall	GBR	2:37:08
6	Hayley Nash	GBR	2:39:04
7	Zina Marchant	GBR	2:40:09
8	Julie Coleby	GBR	2:40:31
9	Linda Rushmere	GBR	2:40:46
10	Suzanne Rigg	GBR	2:41:03

VIRGIN LONDON MARATHON 2011

2 April 1995

Men: Ceron seals second win

Dionicio Ceron retained his title in an enthralling race when he and Australian Steve Moneghetti hauled in and passed Antonio Pinto of Portugal in the closing stages after being over a minute down with five miles to go.

Ceron and Moneghetti then ran together until they turned into The Mall where the Mexican surged to an unprecedented second victory in 2:08:30 – London's second fastest time ever and only 14 seconds slower than Steve Jones' course record.

For the luckless Moneghetti, it was the second time in the race's history he had been beaten by three seconds. In fifth place Paul Evans ran 2:10:31, the fastest time of the year by a British athlete.

1	Dionicio Ceron	MEX	2:08:30
2	Steve Moneghetti	AUS	2:08:33
3	Antonio Pinto	POR	2:08:48
4	Xolile Yawa	RSA	2:10:22
5	Paul Evans	GBR	2:10:31
6	Joaquim Pinheiro	POR	2:10:35
7	Willie Mtolo	RSA	2:11:35
8	Luigi Di Lello	ITA	2:11:36
9	Joahannes Mabitle	RSA	2:11:39
10	Zachariah Nyambaso	KEN	2:11:56

Women: Sobanska sneaks home

The women's race was equally nail-biting. Three runners were together in the closing stages with favourite Manuela Machado of Portugal making much of the running.

But it was unfancied Malgorzata Sobanska of Poland who made a decisive move and gained a 10-second lead which Machado, the European champion, was unable to close. Ritva Lemettinen of Finland finished seven seconds behind Machado (who was crowned world champion later in the year) in third.

Liz McColgan was the first Briton in fifth place. Still feeling her way back to full fitness after nearly three years of injury problems, she finished one ahead of Katrin Dorre, whose three-year reign as champion finally ended.

1	Malgorzata Sobanska	POL	2:27:43
2	Manuela Machado	POR	2:27:53
3	Ritva Lemettinen	FIN	2:28:00
4	Renata Kokowska	POL	2:30:35
5	Liz McColgan	GBR	2:31:14
6	Kim Jones	USA	2:31:35
7	Katrin Dorre	GER	2:32:16
8	Nyla Carroll	NZL	2:33:19
9	Kerryn McCann	AUS	2:33:23
10	Anita Hakenstad	NOR	2:33:56

21 April 1996

Men: Three out of three for Ceron

In the year that Flora came on board as the official race sponsor, this was the hottest London Marathon so far (21°C at the finish) and the times reflected it. In the men's race, Carlos Patricio ushered the leading men around the first 13 miles at close to world record pace but when the pacemaker left the race, the mile splits quickly dropped to more than five minutes.

Surprisingly, given his well documented dislike for racing in hot weather, Belgium's Vincent Rousseau spent long periods at the front of the pack while the two-time winner, Dionicio Ceron of Mexico, lurked anonymously at the back. Another Belgian, Eddy Hellebuyck, attacked during the 17th mile, holding an eight second lead for a short period, but the pack stayed together until 19-year-old Jackson Kabiga of Kenya raised the pace at 35km. Ceron quickly latched on to the Kenyan leaving Rousseau and Britain's Paul Evans to give chase.

Although later professing that he did not feel at all confident during the race, Ceron pulled smoothly away from Kabiga and was well clear when he crossed the finishing line for his third win in as many years. Rousseau shook off Evans and passed Kabiga for a deserved second spot. Then it was Evans' turn to get the better of the young Kenyan. The Belgrave Harrier staged his finishing effort as they passed Buckingham Palace and rocked and rolled down The Mall for a home crowd-pleasing third place.

1	Dionicio Ceron	MEX	2:10:00
2	Vincent Rousseau	BEL	2:10:26
3	Paul Evans	GBR	2:10:40
4	Jackson Kabiga	KEN	2:10:43
5	Antonio Serrano	ESP	2:10:55
6	Domingos Castro	POR	2:11:12
7	Eddy Hellebuyck	BEL	2:11:53
8	Benson Masya	KEN	2:12:43
9	Gary Staines	GBR	2:12:54
10	Tesfaye Bekele	NOR	2:14:37



Dionicio Ceron (Reuters)

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Women: Patience pays off for McColgan

Norway's Anita Hakenstad, who was chasing a 2:30 Olympic qualifying time, formed an early breakaway alliance with Russia's Firaya Sultanova and Estonia's Jane Salumae and the trio left the women's elite pack far behind. Hakenstad forged ahead in mile 10 and passed the half way point alone in a personal half-marathon best of 73:31. At this stage she was two minutes clear of Liz McColgan and was to stay in the lead until the 20-mile point.

Chasing hard, McColgan did not gain sight of the fleeing Norwegian until 30km but, thus encouraged, the Scot quickly closed the gap and by the finish was over two minutes clear of the emerging Kenyan, Joyce Chepchumba. Defending champion, Malgorzata Sobanska from Poland, salvaged something from a lack-lustre run by taking third place from Angelina Kanana of Kenya with a late rally. The bold Hakenstad, although suffering in the closing miles, was rewarded with a full marathon PB in fifth place.

1	Liz McColgan	GBR	2:27:54
2	Joyce Chepchumba	KEN	2:30:09
3	Malgorzata Sobanska	POL	2:30:17
4	Angelina Kanana	KEN	2:30:25
5	Anita Hakenstad	NOR	2:31:07
6	Alina Ivanova	RUS	2:32:09
7	Renata Kokowska	POL	2:32:46
8	Firaya Sultanova	RUS	2:32:50
9	Jane Salumae	EST	2:33:18
10	Yelena Mazovka	RUS	2:33:58



Liz McColgan (Reuters)

13 April 1997

Men: Pinto snatches victory and record

Steve Jones' 12-year-old course record was finally eclipsed but it took a race of the highest quality in which the winner was in doubt until the final strides. Antonio Pinto, one of the world's most consistent marathoners, came from way back over the final miles to snatch victory from the 1996 world half marathon champion, Stefano Baldini, winning in 2:07:55 to the Italian's 2:07:57. The 1996 Olympic champion, Josiah Thugwane of South Africa, was third in 2:08:06, two seconds in front of Kenyan Erick Kimaiyo. Both Africans also beat Jones' former course record.

At 18 miles, when Baldini – after steadily working his way to the front – slipped into the driving seat, the main pack started to fragment and Pinto drifted out of the first five places. From then on all three leaders, Baldini, Thugwane and Kimaiyo, were pushing into uncharted territory. The Italian was on course to set a national record, the South African to miss his country's mark by just two seconds, and the Kenyan to remove 1:39 from his best.

At 23 miles Britain's Richard Nerurkar rejoined the leading trio and then fell off the pace again. He was re-caught by a resurgent Pinto who then gathered in Kimaiyo and chased after the pair in front. Thugwane was eventually prised loose by Baldini between 25 and 26 miles but the Italian then had to contend with Pinto. After 26 miles both runners displayed incredible reserves of strength as they sprinted for the line with 1992 champion Pinto proving both faster and stronger. Eight of the first ten set personal bests.

1	Antonio Pinto	POR	2:07:55
2	Stefano Baldini	ITA	2:07:57
3	Josiah Thugwane	RSA	2:08:06
4	Erick Kimaiyo	KEN	2:08:08
5	Richard Nerurkar	GBR	2:08:36
6	Steve Moneghetti	AUS	2:08:45
7	Lawrence Peu	RSA	2:09:10
8	Paul Evans	GBR	2:09:18
9	Jose Garcia	ESP	2:09:30
10	Stephane Franke	GER	2:11:26

VIRGIN LONDON MARATHON 2011

Women: Chepchumba gets her revenge

There was another glorious scrap in The Mall at the end of the women's race between Kenya's Joyce Chepchumba and Britain's Liz McColgan.

After Kenyan pacemaker Lornah Kiplagat led the field to halfway in 1:13:30, the 11-strong lead pack was tested by Sonja Krolik, a convert from triathlon. The 24-year-old German slowly opened a gap that extended to 52 seconds by 20 miles. However, by 21 miles the gap was down to 28 seconds and with about three miles to go, Chepchumba and Lidia Simon of Romania passed Krolik.

At this point McColgan looked laboured and destined for third place at best. But the Scot's supporters began to get excited as she fought her way up to Chepchumba and started a long drive for home as they turned off the Embankment. Crowd hysteria reached fever pitch as she entered The Mall with a slight lead but Chepchumba, a distant second the previous year, managed to reach the line one second in front of McColgan in 2:26:51. Six of the top ten women ran faster than ever before.

1	Joyce Chepchumba	KEN	2:26:51
2	Liz McColgan	GBR	2:26:52
3	Lidia Simon	ROU	2:27:11
4	Sonja Krolik	GER	2:28:02
5	Ramilya Burangulova	RUS	2:28:07
6	Manuela Machado	POR	2:28:12
7	Christine McNamara	USA	2:28:18
8	Renata Kokowska	POL	2:29:06
9	Yelena Mazovka	BLR	2:29:06
10	Helen Kimaiyo	KEN	2:29:45

26 April 1998

Men: Anton is able

Six miles from home in the men's race, 33-1 outsider Abdelkader El Mouaziz looked set for a surprise victory when he broke away and established a 40-metre lead. The Moroccan gradually ran out of steam and was overhauled inside the last mile by world champion Abel Anton of Spain, who cost himself a \$25,000 course record bonus by waving at the crowd as he came down The Mall.

Anton ran 2:07:57, missing Antonio Pinto's 1997 record by two seconds. El Mouaziz was second in 2:08:07 and defending champion Pinto third with 2:08:13.

Jon Brown was Britain's best, finishing eighth in 2:11:10 after suffering in the closing stages. Paul Evans failed to finish (stomach cramps), along with Olympic champion Josiah Thugwane (hamstring) and third favourite Elijah Lagat (back).

1	Abel Anton	ESP	2:07:57
2	Abdelkader El Mouaziz	MAR	2:08:07
3	Antonio Pinto	POR	2:08:13
4	Julio Rey	ESP	2:08:33
5	Abebe Mekonnen	ETH	2:09:52
6	Robert Stefko	SVK	2:09:54
7	Diego Garcia	ESP	2:10:36
8	Jon Brown	GBR	2:11:11
9	Steve Moneghetti	AUS	2:11:41
10	Kenjiro Jitsui	JPN	2:12:47

Women: McKiernan times it right

Like Anton, Ireland's Catherina McKiernan also timed her run to perfection. McKiernan, odds-on favourite for the women's title after recording the fastest ever debut marathon in Berlin in September 1997, was 90 seconds down at one point on Adriana Fernandez of Mexico. Approaching 17 miles, the 29-year-old Dublin-based runner broke away from the defending champion Joyce Chepchumba and 1996 winner Liz McColgan to launch her pursuit.

Four miles later she overhauled second-placed Lidia Simon of Romania, then passed Fernandez soon afterwards, and surged on unchallenged to win in 2:26:26. McColgan (2:26:54) and Chepchumba (2:27:22) were second and third.

1	Catherina McKiernan	IRL	2:26:26
2	Liz McColgan	GBR	2:26:54
3	Joyce Chepchumba	KEN	2:27:22
4	Marleen Renders	BEL	2:27:30
5	Lidia Simon	ROU	2:28:41
6	Sonja Oberem	GER	2:29:39
7	Adriana Fernandez	MEX	2:29:46
8	Wang Yanrong	CHN	2:30:47
9	Malgorzata Sobanska	POL	2:32:02
10	Marian Sutton	GBR	2:32:14



VIRGIN LONDON MARATHON 2011

18 April 1999

Men: El Mouaziz motors home

The previous year's surprise package, Abdelkader El Mouaziz took advantage of the pacemakers to open up an early gap on a large pack that included Britain's Jon Brown, world record holder Ronaldo da Costa, Olympic silver medallist Lee Bong-ju, 1997 winner Antonio Pinto and reigning champion Abel Anton. At six miles Olympic champion Josiah Thugwane bridged the 100m gap, bringing the pack up to eight.

While the other pacemakers ended their efforts at half-way, Luis Jesus surged on through 25km before finally baling out at 27km, earning a bonus for going the extra distance and a grateful handshake from El Mouaziz. By that time 1998's second placer had shaken off all the other contenders and was ploughing a lonely furrow, more than two minutes up on the pack.

By 19 miles, the survivors of the breakaway group had either been swallowed up or had dropped out, leaving two-and-a-half minutes of empty road between the Moroccan and the main pack. This cushion was eaten into as each successive mile was covered but not until they reached 24 miles did any of the chasers make a positive move.

Pinto attacked, leaving the others floundering, but his fierce pace was not enough and El Mouaziz came home with over a minute to spare in a personal best time of 2:07:57. With shades of Anton in 1998, the Moroccan let a course record bonus slip by two seconds when he indulged in some extravagant waving in The Mall.

1	Abdelkader El Mouaziz	MAR	2:07:57
2	Antonio Pinto	POR	2:09:00
3	Abel Anton	ESP	2:09:41
4	Jon Brown	GBR	2:09:44
5	Josephat Kiprono	KEN	2:09:49
6	Giacomo Leone	ITA	2:10:03
7	Alberto Juzdado	ESP	2:10:08
8	Domingos Castro	POR	2:10:24
9	Simon Mphulazane	RSA	2:10:56
10	Yasuaki Yamamoto	JPN	2:11:13

Women: Chepchumba surges to record

There was a bonus for Joyce Chepchumba, however. The Kenyan put on a display of aggressive running and was rewarded with a women-only course record and a bonus for beating the world best as recognised by the London Marathon organisers.

The British papers had made much of the organisers' decision to ignore times set in mixed races but the stance taken was straightforward. Women's track records are set in women-only races so why should road races not conform?

The designated pacemaker, Svetlana Zakharova of Russia, ushered a group of ten through 10km with two Australians, Nicole Carroll and Kerryn McCann, prominent. The forceful running of the tall Carroll would eventually remove exactly a minute from her best time while the diminutive McCann sliced almost five minutes from her previous best.

They were accompanied by Elana Meyer, Manuela Machado, Adriana Fernandez and Chepchumba. Keeping the bookies' favourites company were Kenyans Esther Kiplagat and Angelina Kanana, and Romania's Constantina Tomescu-Dita. Kiplagat was to drop out complaining of the cold while Tomescu-Dita suffered for her ambitious pace and came to grief around 21km.

At Tower Bridge, the leading group was down to McCann, Fernandez and the big three. When Zakharova dropped out, Carroll pushed on, shedding compatriot McCann who was later passed by the more cautious Taeko Terauchi but hung on for seventh place.

Fernandez took off at 17 miles and opened a 50-metre lead on Chepchumba that also ended Machado and Meyer's interest in first place. In mile 21, however, Chepchumba began to glide away from the Mexican and surged off in search of records. Her final effort took her two seconds under Lidia Simon's time in 2:23:22. Machado, at the age of 35, set a short-lived world veteran best of 2:25:09 for third, 63 seconds behind Fernandez.

1	Joyce Chepchumba	KEN	2:23:22
2	Adriana Fernandez	MEX	2:24:06
3	Manuela Machado	POR	2:25:09
4	Nicole Carroll	AUS	2:25:52
5	Elana Meyer	RSA	2:27:18
6	Taeko Terauchi	JPN	2:28:31
7	Kerryn McCann	AUS	2:28:44
8	Angelina Kanana	KEN	2:29:47
9	Viviany De Oliveira	BRA	2:32:17
10	Guadalupe Loma	MEX	2:36:42

VIRGIN LONDON MARATHON 2011

16 April 2000

Men: Pinto pinches it again

In the pre-race press conference, the world record holder, Khalid Khannouchi, predicted that the London course was worth 2:06. He was proved correct. But unfortunately for the Moroccan he was not the one to do it, as Portugal's Antonio Pinto stole the show.

Initially a large and expensive group of world class runners was content to follow the pacemakers through the halfway point in just under 64 minutes, although Pinto was always conspicuous, apparently the only racer looking for a faster pace. His two early appearances at the head of the field were merely feelers for a positive move during the 18th mile which took the Portuguese wine grower through mile 20 in 1:36:59 for a 4:32 split.

Throughout the final six miles Pinto continued to draw away from defending champion Abdelkader El Mouaziz who, uncharacteristically, had lurked anonymously in the pack. Pre-race favourite Khannouchi had been having a bad time but managed to raise himself from eighth to third in the final miles.

Pinto, meanwhile, was heading down The Mall to finish in 2:06:36, which eclipsed his own course record and compatriot Carlos Lopes' European and one-time world record.

The British young pretender, Mark Steinle, ran with the leading pack through 10km and was over two minutes ahead of the other British hopefuls at halfway. From there he ran a lonely race picking off the occasional runner until he came home in 2:11:18, well inside the Olympic qualifying time. The second Briton home, Keith Cullen, also dipped under the qualifying time with his debut 2:13:37 and he was later added to the Olympic team.

1	Antonio Pinto	POR	2:06:36
2	Abdelkader El Mouaziz	MAR	2:07:33
3	Khalid Khannouchi	MAR	2:08:36
4	William Kiplagat	KEN	2:09:06
5	Hendrick Ramaala	RSA	2:09:43
6	Stefano Baldini	ITA	2:09:45
7	Mathias Ntawulikura	RWA	2:09:56
8	Josiah Thugwane	RSA	2:10:29
9	Mohammed Nazipov	RUS	2:10:35
10	Danilo Goffi	ITA	2:10:55

Women: Lorupe leaves the rest behind

Like the men's, the women's field was the strongest so far but fears that the event would develop into a tactical battle rather than an out-and-out race proved well-founded. The pacemakers went off at the requested 2:22 schedule but no one took up the offer and a gap soon opened. Three miles were covered before the gap began to close, as much from the pacemakers' reluctance to get too far ahead as from any real increase in pace from the pack.

Later Tegla Lorupe revealed that she had been nursing a hip injury so the slow early pace suited her perfectly. Eventually Australian Kerryn McCann began to experiment with surges – a 5:26 split for mile 17 took McCann, Lorupe and Lidia Simon away, but the pack slowly closed the gap. This pattern continued: Lorupe and Simon responded to McCann's surges and the pack gradually regained the ground they had opened up. The surges, perhaps inevitably, proved to be the Australian's undoing but she was rewarded for the second consecutive year with a personal best time, finishing fifth in 2:25:59.

Lorupe took charge of the race on the carpeted cobles at the Tower of London, drawing away with only Simon for company and leaving Joyce Chepchumba, who had been fighting a sore throat all week, struggling in arrears. Emerging from the shadows of Blackfriars underpass with less than three miles to go, it was obvious that Lorupe, the world record holder in mixed races, could easily do without the aid of male pacemakers.

The Kenyan opened a gap on the Romanian who was looking less than secure from the charging Chepchumba. However, the status quo was maintained to the finish line as Lorupe proved that she could be a great competitor as well as a great record breaker, winning in 2:24:33 from Simon's 2:24:46 and Chepchumba's 2:24:56.

1	Tegla Lorupe	KEN	2:24:33
2	Lidia Simon	ROU	2:24:46
3	Joyce Chepchumba	KEN	2:24:56
4	Adriana Fernandez	MEX	2:25:42
5	Kerryn McCann	AUS	2:25:59
6	Derartu Tulu	ETH	2:26:09
7	Maria Guida	ITA	2:26:13
8	Lyubov Morgunova	RUS	2:26:32
9	Manuela Machado	POR	2:26:41
10	Svetlana Zakharova	RUS	2:28:10

VIRGIN LONDON MARATHON 2011

22 April 2001

Men: El Mouaziz regains his crown

The men's elite field contained practically all the world's fastest marathoners, but the race followed the scenario of the past two years and held back from the pacemakers' speed, forcing the hares to drift back to earn their wages. With the main pack running at 2:09 pace, Britain's Mark Steinle was able to feature prominently among the leaders.

The first significant move appeared to come as a large group approached Tower Bridge. Here, the 1999 winner, Abdelkader El Mouaziz of Morocco surged up to the pacemakers, forcing the reigning champion, Antonio Pinto of Portugal, to rally his troops and re-gather the escapees. The net result of those moves was that Britain's Jon Brown came adrift and he eventually retired – reduced training, a hip problem and recent illness proving too much of a burden.

The front runners now consisted of Pinto, El Mouaziz, Kenya's Japhet Kosgei, and the Ethiopian pair Tesfaye Tola and Tesfaye Jifar, with the elegant Kenyan Paul Tergat cruising smoothly at the back. A second and decisive increase in pace by El Mouaziz took him away from his rivals. Only Tergat had the strength to chase him, but a five-yard gap stubbornly refused to close.

Despite Tergat's best intentions, the race from then was between El Mouaziz and the clock although the course record drifted away from the tough Moroccan. Still looking strong, El Mouaziz celebrated down the final straight, crossed the line in a personal best of 2:07:11, and kissed the ground beyond the finish gantry.

Steinle provided a heartening result for home fans with his sixth place in 2:10:46, continuing a steady improvement and assuring himself a place in that year's World Championship team for Edmonton.

1	Abdelkader El Mouaziz	MAR	2:07:11
2	Paul Tergat	KEN	2:08:15
3	Antonio Pinto	POR	2:09:36
4	Tesfaye Jifar	ETH	2:09:45
5	Japhet Kosgei	KEN	2:10:45
6	Mark Steinle	GBR	2:10:46
7	Takayuki Inubushi	JPN	2:11:42
8	Abel Anton	ESP	2:11:57
9	Hendrick Ramaala	RSA	2:12:02
10	Gert Thys	RSA	2:12:11

Women: Tulu takes the title

Tegla Loroupe provided early drama in the women's race when the world record holder came to a halt during the second mile. Loroupe seemed in two minds about continuing but eventually set off 50 seconds behind the lead pack who were progressing at close to world record pace.

By nine miles the gap from Loroupe, now running fluently, to the second group had closed to 20 seconds. The lead group, however, was a minute ahead, operating at 2:20 pace. The two pacemakers stepped aside at halfway although Restituta Joseph carried on to the finish and recorded a 2:43:52 debut.

Romania's Lidia Simon stepped up the pace and the lead group immediately broke up. The confident Simon had asked for a first half of 70 minutes from which she planned to launch an attack to get rid of Loroupe. With Loroupe long gone and Chepchumba also wilting, the only runners to take up Simon's challenge were two Ethiopians, Derartu Tulu and Elfenesh Alemu.

Chepchumba rejoined the leading trio at 17 miles, looking comfortable, although Tulu also looked ominously relaxed. When Alemu reluctantly found herself in front the pace slowed to 5:40 per mile and the second group – with Loroupe at the front – began to close. The Kenyan finally rejoined them at 22 miles, along with Romania's Nuta Olaru and the Russians Alina Inanova and Svetlana Zakharova.

In a reversal of the usual procedure, the pack had grown in the final stages, and at 24 miles five runners were still together – Zakharova, Simon, Chepchumba, Olaru and track runner Tulu who had never once showed in the lead. Crossing Parliament Square after more than two hours of tactical manoeuvres, Tulu at last made a positive surge and quickly established a lead over the grimacing Zakharova who in turn opened a gap on the better known Chepchumba and Simon.

Avoiding the malign intentions of two interlopers in the finish area, Tulu came home to set a personal best. Zakharova, a pacemaker two years before, improved her best by three minutes. Chepchumba raised her pace down the straight for her fifth sub-2:25 clocking in six races and preserved her London top three finish streak leaving Simon in fourth.

1	Derartu Tulu	ETH	2:23:57
2	Svetlana Zakharova	RUS	2:24:04
3	Joyce Chepchumba	KEN	2:24:12
4	Lidia Simon	ROU	2:24:15
5	Elfenesh Alemu	ETH	2:24:29
6	Nuta Olaru	ROU	2:25:18
7	Alina Ivanova	RUS	2:25:34
8	Tegla Loroupe	KEN	2:26:10
9	Adriana Fernandez	MEX	2:26:22
10	Madina Biktagirova	RUS	2:27:14

VIRGIN LONDON MARATHON 2011

14 April 2002

Men: Khannouchi claims world record

Moroccan-born US citizen Khalid Khannouchi achieved his ambition of winning the London Marathon and in a fascinating race shaved his own world record by four seconds.

Meanwhile, Kenya's Paul Tergat finally vanquished his nemesis Haile Gebrselassie and ran to within six seconds of the old world record, while Gebrselassie himself made an amazing debut of 2:06:35 (pushing deposed course record holder Antonio Pinto down to fourth on the all-time London lists). Such was the power of Khannouchi's final surge, however, Gebrselassie finished nearly a minute down on the winner.

Defending champion, Abdelkader El Mouaziz, fell at 20km, although he recovered enough to reduce his best time to 2:06:50, good enough for fourth place. Behind him, South Africa's Ian Syster removed more than six minutes from his previous best to post 2:07:06 and move into world class, 23 seconds in front of European champion Stefano Baldini who in turn set a personal best.

The decisive moments of the race came as three leaders – Gebrselassie, Khannouchi and Tergat – wound up the pace on The Embankment with Big Ben in sight. The Ethiopian had been looking good at the front but when Khannouchi started a long surge for home he was quickly dropped. Although diligently drinking water throughout, the man who had set 15 world records ignored the sports drinks on offer and was now suffering the consequences with cramping legs. As in 2001, Paul Tergat chased the leader hard but was once again the bridesmaid. On this occasion he finished in a time beaten by only one other man – unfortunately for Tergat that man was also in the race.

From a British point of view the best news was Mark Steinle's continued improvement. He handled the hot pace and finished in eighth place, lowering his personal record by more than a minute to 2:09:16. On the British all-time lists, he had elevated himself from 19th to eighth.

1	Khalid Khannouchi	USA	2:05:38 (WR)
2	Paul Tergat	KEN	2:05:48
3	Haile Gebrselassie	ETH	2:06:35
4	Abdelkader El Mouaziz	MAR	2:06:52
5	Ian Syster	RSA	2:07:06
6	Stefano Baldini	ITA	2:07:29
7	Antonio Pinto	POR	2:09:10
8	Mark Steinle	GBR	2:09:16
9	Tesfaye Jifar	ETH	2:09:50
10	Mohammed El Hattab	MAR	2:11:50

Women: Radcliffe races to record debut

In ideal conditions for distance running, Paula Radcliffe erased every women's marathon record on the books bar Catherine Ndereba's world mark of 2:18:47, which was set in a mixed race in Chicago. The British runner comprehensively destroyed a talent-packed field after breaking away in the ninth mile, with injections of sub 5:10 miles in the second half of the race.

Radcliffe was always at the front of a leading pack that trailed the two pacemakers by 10 seconds through the early miles, and after 37 minutes of running she started to move clear, running easily alongside pacemaker Iness Chenonge.

At 10 miles – reached in 54:26 by Radcliffe – Kenya's Susan Chepkemei and defending champion Derartu Tulu of Ethiopia attempted to respond, but Radcliffe's answer was an 11th mile in 5:17, the fastest so far. This was made to look pedestrian, however, during mile 15 which the Bedford runner covered in 5:08.

Japan's Reiko Tosa, second in the 2001 World Championship marathon, led the chasing group with two Russians, Svetlana Zakharova and Lyudmila Petrova, content to sit behind with Chepkemei. The latter suffered a bout of sickness on the cobblestones of the Tower of London, and from there her chances of a podium place looked slim.

All this time, Radcliffe's long legs were devouring the miles, defying the logic that said you don't run this fast in your debut marathon. With the result no longer in doubt, it was now a question of just how fast? When the 24th and 25th miles were ticked off in 5:09 and 5:06, the world record looked under serious threat. That this mixed-race record survived took nothing away from Radcliffe's effort: in a women-only race it was an intrinsically superior performance.

The next four runners all posted personal best times. Zakharova hustled her way to second place in 2:22:31, a Russian record, beating her countrywoman Petrova by two seconds. Tosa achieved her aim of beating 2:23 with her 2:22:46, and Chepkemei overcame sickness to set a personal best with 2:23:19.

A measure of Radcliffe's time is that it beat the English qualifying standard for the men's marathon team for the 2002 Commonwealth Games.

1	Paula Radcliffe	GBR	2:18:56
2	Svetlana Zakharova	RUS	2:22:31
3	Lyudmila Petrova	RUS	2:22:33
4	Reiko Tosa	JPN	2:22:46
5	Susan Chepkemei	KEN	2:23:19
6	Joyce Chepchumba	KEN	2:26:53
7	Silvia Skvortsova	RUS	2:27:07
8	Zinaida Semanova	RUS	2:27:45
9	Derartu Tulu	ETH	2:28:37
10	Shitaye Gemechu	ETH	2:28:58

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VIRGIN LONDON MARATHON 2011

13 April 2003

Men: Abera triumphs in sprint finish

The 24-year-old Ethiopian Gezahegne Abera came to London as the only runner ever to hold the world and Olympic titles simultaneously and with a reputation for winning close finishes. It was a reputation he confirmed with a brilliant sprint victory in the final 400 metres over four runners, including the man who was to succeed him as Olympic champion in less than 18 months time.

For much of the race Abera formed part of the crocodile of athletes that followed the Kenyan pacemaker, Eliud Lagat. Even as the race approached its closing stages, there were still half-a-dozen athletes in contention and although the Korean, Lee Bong-Ju, was dropped, five runners closed in on the finish line together.

Abera, Kenyans Joseph Ngolepus and Paul Tergat, Italy's Stefano Baldini, and Abdelkader El Mouaziz of Morocco were running abreast as they came up The Mall. It felt like an eternity before they finally sprinted for the finish when Baldini made a dash for the line.

His moment of glory was short-lived, however, as Abera, who had looked comfortable throughout the race, shortened his stride to sprint past. They were both given the same time, 2:07:56, while Ngolepus was just a second back in third. Tergat, who had finished second in the last two London Marathons, again suffered for his lack of sprint finish and came home fourth.

1	Gezahegne Abera	ETH	2:07:56
2	Stefano Baldini	ITA	2:07:56
3	Joseph Ngolepus	KEN	2:07:57
4	Paul Tergat	KEN	2:07:59
5	Samson Ramadhani	TAN	2:08:01
6	Abdelkader El Mouaziz	MAR	2:08:03
7	Lee Bong-Ju	KOR	2:08:10
8	Hendrick Ramaala	RSA	2:08:58
9	Ian Syster	RSA	2:09:18
10	Javier Cortes	ESP	2:10:39

Women: Radcliffe rewrites the records

Paula Radcliffe, running with help from two male pacemakers, rewrote the record books with a sensational world record of 2:15:25, knocking an astonishing one minute and 53 seconds from the time she set in Chicago the previous October.

Radcliffe's preparations had been anything but perfect as she dislocated her jaw colliding with a cyclist during training at Albuquerque early in the year. But it was a perfect day for marathon running, with temperatures at 10°C at the start and rising just six degrees during the race. Radcliffe also had assistance from a south-easterly breeze for much of the race.

The Briton made her intentions clear from the start, latching onto the two pacemakers, designated to run at 2:16 pace. In fact, they started at a much faster tempo and Radcliffe's third mile was an electric 4:57. Over the fourth and fifth miles a lead of 20 seconds over the chasing athletes, led by Romanian Constantina Tomescu-Dita, was briefly reduced to 10 seconds. But any developing contest soon evaporated as Radcliffe settled into a relentless rhythm.

With the Kenyan pacemakers, Samson Loywapet and Christopher Kandie, running ahead and to her side, Radcliffe rattled off mile after mile at an average pace of around 5:14, and pushed steadily further ahead. She passed half way in 1:08:02, on schedule to break her own world record by well over a minute.

Tomescu-Dita posted an exceptional time of 1:09:21 in second place but in the second half of the race, the Romanian started to pay for her efforts and began to fade. Radcliffe, by contrast, seemed to get stronger after crossing Tower Bridge and, with a succession of miles at around 5:10, reached 30km in a new world best time of 1:36:39.

At 19 miles, Kandie resigned his pacemaking duties leaving only Loywapet to chaperone Radcliffe home. She passed 20 miles in 1:43:34, another world best, and only then took off the gloves she had been wearing from the start.

Catherine Ndereba sparked into life at the halfway mark, overtook Tomescu-Dita and established second place as her own. Far from making any inroads on Radcliffe, however, she continued to lose ground.

Radcliffe had to contend with a slight headwind at mile 25, but still upped the tempo as she turned into The Mall. With the crowd roaring her on, the 29-year-old sprinted across the line exactly four and a half minutes (or almost a mile) ahead of Ndereba. "In the last five or six miles I was struggling a bit and my stomach was cramping," said Radcliffe, who managed her third negative split in as many marathons.

The American Deena Drossin (later Kastor) took third place in 2:21:16, breaking Joan Benoit's 1985 US record, while three other athletes – Susan Chepkemei, Lyudmila Petrova and Tomescu-Dita – ducked under 2:24.

1	Paula Radcliffe	GBR	2:15:25 (WR)
2	Catherine Ndereba	KEN	2:19:55
3	Deena Drossin	USA	2:21:16
4	Susan Chepkemei	KEN	2:23:12
5	Lyudmila Petrova	RUS	2:23:14
6	Constantina Tomescu-Dita	ROU	2:23:43
7	Jelena Prokopchuka	LAT	2:24:01
8	Elfenesh Alemu	ETH	2:24:56
9	Mihaela Botezan	ROU	2:25:32
10	Derartu Tulu	ETH	2:26:33

(mixed race)

VIRGIN LONDON MARATHON 2011

18 April 2004

Men: Rutto cruises home

For the first time ever there was a Kenyan double in the London Marathon with Evans Rutto an impressive winner of the men's race and Margaret Okayo decisively taking the women's event.

Rutto cruised to victory in 2:06:18, the second fastest time in the world in 2004 despite the blustery wind and wet roads. Indeed, Rutto took a slithering fall on the rain-swept roadway by the Tower of London along with several other athletes. "If the weather had been better and I had not fallen, well, I'm not saying that I would have broken the world record, but it's possible," said Rutto later.

There were some top drawer athletes in the men's race, including Morocco's world champion Jaouad Gharib, the Olympic champion Gezahegne Abera and Kenya's Sammy Korir, the second fastest ever after he'd paced Paul Tergat to a world record of 2:04:55 in Berlin, hanging on to finish just a second behind. Nevertheless, the inexperienced Rutto was considered the favourite due to his record debut win in Chicago the previous October, in 2:05:50.

The drama came early when Abera, the reigning champion, who had been carrying a left Achilles injury, withdrew as the lead pack approached the six-mile mark. Otherwise, the pace only picked up in the second half. By the fastest mile – the 17th, unusually late for London – only three athletes were in contention: Rutto, Korir and Gharib.

Rutto poured on the pace and Gharib soon fell away. Korir was also under pressure as the two Kenyans turned on to the pathway by the Tower of London. It was on the turn that Rutto fell, sliding so far that he took Korir with him. The time lost while they regained their feet and composure made it the slowest mile of the race, 5:09.

The rest belonged to Rutto. The 26-year-old had no trouble at all detaching himself from Korir, and came home 30 seconds ahead. It was an exceptional show of distance running, although Kenyan officials believed they could do without Rutto in Athens and he was not selected for their Olympic team.

Korir secured second place in 2:06:48, while Gharib was third in 2:07:02. The Moroccan had only just recovered from a bout of bronchitis and, like the Kenyans, also fell.

The first British runner home was Jon Brown, who finished 15th in 2:13:39, just 14 seconds ahead of the second Briton Dan Robinson. Both athletes achieved the Olympic qualifying time, and therefore earned selection for the Games.

1	Evans Rutto	KEN	2:06:18
2	Sammy Korir	KEN	2:06:48
3	Jaouad Gharib	MAR	2:07:12*
4	Stefano Baldini	ITA	2:08:37
5	Tesfaye Tola	ETH	2:09:07
6	Benoit Zwierzchewski	FRA	2:09:35
7	Abdelkader El Mouaziz	MAR	2:09:42
8	Lee Troop	AUS	2:09:58
9	John Yuda	TAN	2:10:13
10	Joseph Kadon	KEN	2:11:30

* Note: Gharib's time was originally recorded as 2:07:02 but a re-examination of the race video, by statistician Mark Butler and others, shows that his time should be 2:07:12. This has now been accepted and officially verified by the chief timekeeper Dave Wilson.



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VIRGIN LONDON MARATHON 2011

Women: Okayo completes Kenyan double

The women's race was run in three stages. The first belonged to Kenya's Margaret Okayo, the second to Romania's Constantina Tomescu-Dita, and the third to Okayo again.

The Kenyan let loose in the third mile as, with the wind assisting, she ran the first and only sub-five minute mile and was away and gone. In the next two miles, the pace only fractions slower, the diminutive Okayo extended her lead. But after three more her action changed and her pace slowed as Tomescu-Dita began eating into her lead.

The Romanian overtook Okayo in the 11th mile in such emphatic style that race director Dave Bedford must have been brushing up his Romanian for the presentation. All was not as it seemed, however.

In her last three marathons the 27-year-old Okayo had broken three course records, while Tomescu-Dita had a habit of leading major marathons without winning, notably at the World Championships in Edmonton and Paris.

So although the Romanian's lead stretched to more than 100m at one point, Okayo never completely lost touch. The Kenyan sensibly took her time to get her rhythm and started to erode the lead. Coming into the tunnel that takes the runners out of London's Docklands, Okayo drew alongside Tomescu-Dita and swept past. It was over.

All that mattered now was the clock. Having belted out the first five miles in 25:51, an average of 5:10, Okayo now reined in the pace and each of her last six miles was outside 5:30. Her finishing time was 2:22:35, the fastest in the world that year, although it didn't compare with Radcliffe's feats in the past two London Marathons.

"I can't say I'll beat Radcliffe in the Olympics, but I'll try," said Okayo who, like Rutto, thought the weather prevented a faster time.

Poor Tomescu-Dita couldn't even hang on to second, as Russia's Lyudmila Petrova picked her off to take the runner-up spot in 2:26:02, over three and a half minutes behind Okayo. The Romanian finished another 50 seconds behind.

Of the other contenders, Ethiopia's Gete Wami pulled out with hamstring problems and China's Sun Yingjie was a slightly disappointing seventh in 2:28:32. Joyce Chepchumba, who had also not been picked by Kenya for the Athens Olympic team, placed fifth in 2:28:01 to register her 18th successive sub-2:30 marathon. A remarkable statistic.

In Radcliffe's absence, the first British woman home was Tracey Morris, who placed 10th in an Olympic qualifying time of 2:33:52. Morris, a contact lens technician from Leeds, was running only her second marathon and knocked more than an hour from her previous time.

1	Margaret Okayo	KEN	2:22:35
2	Lyudmila Petrova	RUS	2:26:02
3	Constantina Tomescu-Dita	ROU	2:26:52
4	Albina Ivanova	RUS	2:27:25
5	Joyce Chepchumba	KEN	2:28:01
6	Svetlana Zakharova	RUS	2:28:10
7	Sun Yingjie	CHN	2:28:32
8	Alina Ivanova	RUS	2:28:48
9	Svetlana Dimidenko	RUS	2:33:06
10	Tracey Morris	GBR	2:33:52



VIRGIN LONDON MARATHON 2011

17 April 2005

Men: Lel pushes past his fear

The men's race – which included the current Olympic and world champions, the world record holder and world all-time number two – followed the pattern of recent years with a large and extremely talented pack prowling behind the pacemakers until well past the half-way mark.

Approaching half way, the 2004 champion, Evans Rutto of Kenya, indulged himself with bursts of pace which the South African Hendrick Ramaala, the 2004 New York winner, later described as "very painful". The repeated surges eventually broke the large pack and Italy's Stefano Baldini, the Olympic champion, was among those cut adrift, along with Britain's Jon Brown, fourth in that Olympic race.

At 10km the leading group had numbered 19; by half way, reached in 63:22, it was down to 11, including the two pacemakers. By 35km it was six: Kenya's Martin Lel set the pace, followed by Ramaala, Morocco's world champion Jaouad Gharib, Rutto – for once taking a back seat – and the two fastest marathoners in the world, Kenyans Paul Tergat and Sammy Korir.

Lel's pace first killed off Rutto and Korir, before Tergat was also in trouble. With the medals decided, it was just a matter of who got which colour. At 20 miles Tergat had told Lel to "Push, push!", and that is exactly what he did over the last 5km. "I used to fear going in front," he said. "But my workouts indicated I would make a best time. It was high time for me."

So it was. Lel came home in 2:07:26, 23 seconds in front of Gharib with Ramaala crossing the line 43 seconds later. Morocco's two-time London winner Abdelkader El Mouaziz picked off the fading Kenyans to take fourth spot in 2:09:03.

Running tough, Baldini and Brown also came through in the closing stages for fifth and sixth places respectively, Brown setting a lifetime best of 2:09:31 to move him up to 12th on the British all-time list.

1	Martin Lel	KEN	2:07:26
2	Jaouad Gharib	MAR	2:07:49
3	Hendrick Ramaala	RSA	2:08:32
4	Abdelkader El Mouaziz	MAR	2:09:03
5	Stefano Baldini	ITA	2:09:25
6	Jon Brown	GBR	2:09:31
7	Toshinari Suwa	JPN	2:10:23
8	Paul Tergat	KEN	2:11:38
9	Sammy Korir	KEN	2:12:36
10	Evans Rutto	KEN	2:12:49

Women: London belongs to Paula

Paula Radcliffe's performance in 2005 was every bit as dominating as the previous two, banishing any lingering doubts after her 2004 Olympic disappointment. Her record in London reads: three starts, three wins, three world records.

Having asked to be paced through the half-marathon mark in 68:30, Radcliffe dispensed with pacemakers in the fifth mile and passed half way alone in 68:27. For once she failed to run a negative split but still came home in the third fastest time ever, a women-only record of 2:17:42, improving the time she'd set in 2002 by 74 seconds.

What's more, she did so despite losing around 15 seconds in the 23rd mile when she stopped to relieve herself. Only she has run faster, when setting two world records aided by male pacemakers.

Radcliffe's intentions were clear from the start. Slotting in behind the pacemakers – Leah Malot of Kenya and Tanzania's Restituta Joseph – she ran the first mile in 5:03 and already had clear road behind her. After just seven minutes of running, Joseph dropped off the pace, providing a target for Susan Chepkemei – the Kenyan who finished a close second behind Radcliffe in 2004's New York Marathon – and her compatriot Margaret Okayo.

The downhill third mile was run in 4:58 and the 5km mark was reached in 15:47, prompting the BBC's computer to predict a 2:11:52 finish! During miles five and six Radcliffe made some slight but significant moves and reached the Cutty Sark pulling away from the Kenyans. At 15km she led by 28 seconds from Okayo who in turn was 19 seconds clear of Chepkemei. In fourth place – one minute 30 seconds down on the leader – was Romania's Constantina Tomescu-Dita, better known for her blitz-starts than caution.

From there, Radcliffe's miles averaged around 5:15 as she ground out a relentless pace towards The Mall. Tomescu-Dita closed on the Kenyan duo and by 30km the Romanian moved into second. Five kilometres later Chepkemei passed Okayo and that is how it remained for the rest of the race.

Radcliffe's drive to the finish continued into the 23rd mile when she suddenly swerved to the side and stopped. The watching TV audience must have had flashes of her Athens disaster – but 15 seconds later she set off again. Explaining the incident after the race, she said: "I had stomach problems at around 16 miles and I should have 'gone' before I did, but I didn't want to resort to that in front of thousands."

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VIRGIN LONDON MARATHON 2011

Suitably relieved, Radcliffe continued pushing against the wind, completely unaware of her four-minute-plus lead because of the crowd. "They were so loud in places I thought I would be deafened," she said. Radcliffe came home to yet more delirious cheering, one minute 14 seconds faster than her women-only world record.

1	Paula Radcliffe	GBR	2:17:42
2	Constantina Tomescu-Dita	ROU	2:22:50
3	Susan Chepkemei	KEN	2:24:00
4	Margaret Okayo	KEN	2:25:22
5	Lyudmila Petrova	RUS	2:26:29
6	Benita Johnson	AUS	2:26:32
7	Joyce Chepchumba	KEN	2:27:01
8	Sonia O'Sullivan	IRL	2:29:01
9	Mulu Seboka	ETH	2:30:54
10	Mara Yamauchi	GBR	2:31:52



Paula Radcliffe (Reuters)

23 April 2006

Men: Classic thrills to the last stride

Probably the most talented field yet set off on the road to Westminster, and by 5km (14:52) the race was already on schedule for a 2:05 finish despite the wind and rain driving into the runners' faces.

At 10km, reached in 29:39, Ethiopia's smiling Haile Gebrselassie was prominent at the front with a trio of Kenyans – Felix Limo, Evans Rutto, and reigning champion Martin Lel – as well as USA's former world record holder Khalid Khannouchi, taking shelter behind the pacemakers.

The fast pace continued through 15km, 10 miles (47:45), and on to half way, which they passed in 1:03:33. At this stage the leading group numbered 10, including four pacemakers, although unknown to the others Gebrselassie was already having problems with tight hamstrings and calves.

As the pacemakers disappeared, seven were left to battle out the last 7km – Lel, Gebrselassie, Khannouchi, Rutto, Limo, Rodgers Rop, and South Africa's Hendrick Ramaala, sporting a colourful headcloth. The decisive move came at 24 miles when Lel made a surge, followed by Rop, Ramaala and Limo. Khannouchi struggled to stay in contact and Gebrselassie, no longer smiling, dropped out of contention.

Lel led the leaders from the Blackfriars underpass, but he kept glancing over his shoulder for his friend, Limo, knowing that together they could get away. And so it proved. Shoulder-to-shoulder the pair headed towards Big Ben while behind them Ramaala and Rop were dueling for the remaining medal.

Lel inched in front as Buckingham Palace came into view but, as the pair turned the final bend, it was Limo who jumped to the front and he crossed the line first in 2:06:39, two seconds ahead of the 2005 champion who cut 45 seconds from his best.

Ramaala, in third, also ran faster than ever to clock 2:06:55, while Khannouchi finished fourth, Baldini fifth, in a lifetime best of 2:07:22, Rop sixth and Chatt seventh, all under 2:08. Gebrselassie finished a sad ninth in 2:09:05, describing it as his worst performance since 1991. "But if I can't accept this then I shouldn't accept my good performances," he said.

1	Felix Limo	KEN	2:06:39
2	Martin Lel	KEN	2:06:41
3	Hendrick Ramaala	RSA	2:06:55
4	Khalid Khannouchi	USA	2:07:04
5	Stefano Baldini	ITA	2:07:22
6	Rodgers Rop	KEN	2:07:34
7	Hicham Chatt	MAR	2:07:59
8	Jaouad Gharib	MAR	2:08:45
9	Haile Gebrselassie	ETH	2:09:05
10	Evans Rutto	KEN	2:09:35

VIRGIN LONDON MARATHON 2011

Women: Kastor dominates for US record

The women's race often provides action from the gun and this was no exception. Three minutes after Lord Coe had sent the runners on their way a group of eight slotted in behind the male pacemakers, USA's Mike McKeeman and Kenya's Henry Tarus.

Deena Kastor's race plan was to pass half way in 70 minutes and then push for her first sub-2:20 clocking. By the second mile the American, together with the Kenyan pair of Susan Chepkemei and Salina Kosgei, had opened a 14-second gap on the rest. An eighth mile in 5:12 increased the front group's advantage to 50 seconds, and another 5:12 for the 12th mile left Kosgei out of contention.

The leading pair passed half way in 1:09:48, exactly on Kastor's schedule, and at the next drinks station the American began to ease away from Chepkemei. Kastor's relentless pace saw her pass 30km in 1:39:08, representing 5km splits of 16:32, 16:37, 16:32, 16:31, 16:24 and 16:32. The next 5km stretch took Kastor 16:35, despite her suffering a tumble at a drinks station, and she drove on hard through the rain towards The Mall.

She crossed the line in 2:19:36 for her second big city win, breaking her own US record. She had run the second half in 69:48 – identical to the first. "I had the fear of Chicago creeping back as the miles went by," said Kastor, referring to the 2005 race when she slowed in the final stages and missed the record. "I felt very good at 20 miles but that monkey can still jump on your back regardless," she added.

The next five all set personal bests, although the closest was nearly two minutes adrift of the American. That was Lyudmila Petrova, who broke the Russian record to finish second in 2:21:29, saying afterwards: "I didn't want to go out faster than 1:12 [for half way], although the goal was to break 2:20. It feels like home here, this is my fifth time in London and finally I have improved the Russian record."

Chepkemei was rewarded for her front running as she hung on for third in 2:21:46. "I'm pleased to break my personal best, my time will come," she said. In sixth place Mara Yamauchi ran 2:25:13 to move to second on the British all-time list ahead of Veronique Marot and Liz McColgan.

1	Deena Kastor	USA	2:19:36
2	Lyudmila Petrova	RUS	2:21:29
3	Susan Chepkemei	KEN	2:21:46
4	Berhane Adere	ETH	2:21:52
5	Galina Bogomolova	RUS	2:21:58
6	Mara Yamauchi	GBR	2:25:13
7	Constantina Tomescu-Dita	ROU	2:27:51
8	Salina Kosgei	KEN	2:28:40
9	Margaret Okayo	KEN	2:29:16
10	Eri Hayakawa	JPN	2:31:41

(mixed race)

22 April 2007

Men: Lel regains his crown

Martin Lel regained his title in style, inflicting revenge on his compatriot Felix Limo who had beaten him to the line in 2006. The Kenyan won in 2:07:41, three seconds ahead of Morocco's Abderrahim Goumri with Limo third in 2:07:47.

Race director David Bedford had assembled the best men's field in history and the event did not disappoint. It was close until the final stages with four men still challenging as they approached The Mall. In the hot conditions, Paul Tergat's world record of 2:04:55 was never going to be threatened but the presence of the great Kenyan, plus Ethiopia's double Olympic track champion, Haile Gebrselassie, the double world marathon champion Jaouad Gharib of Morocco, and Italy's Olympic champion Stefano Baldini made it a fantastic prospect.

Three Kenyan pacemakers were assigned to reach halfway in 62:45 and Paul Kimugul, Wilfred Taragon and Patrick Makau duly led a field of 14 through the opening miles in 4:56, 4:59 and 4:39. Limo was prominent at the head of the group, with Baldini, in 10th, just two seconds behind. But it was not to be a good day for the Italian who was already out of contention by 10km and dropped out after 28km with cramp.

The first split came when Limo led a pack of eight clear of a chasing group headed by USA's 24-year-old debutant Ryan Hall. Goumri took the lead as they passed halfway in 63:39. The Moroccan had been seen as an outsider but like Gharib he is coached by the 1999 and 2001 London champion Abdelkader El Mouaziz.

Little changed until just after 30km when drama struck as Gebrselassie pulled up. He had looked troubled as the runners wound through London's Docklands but no-one expected him to drop out. He stood by the side of the road near Canary Wharf, leant against a crash barrier, and held his stomach. "I had a stitch," he explained later. "I just could not breathe." It turned out later that he was allergic to London's pollen-heavy air.

The leading group dropped to six as they reached the Embankment with less than three miles left – Lel, Limo, Gharib, Goumri, Tergat and the ever-present South African Hendrick Ramaala. It was quickly reduced to five when Tergat dropped away and four when Ramaala slipped out of contention as the runners swept past Big Ben.

As the remaining quartet turned into the final 200m, Lel kicked for home. Although Goumri went with him, he was never going to catch the Kenyan. "I corrected the mistakes from last year," said Lel. "I had to be careful to preserve my energy. Last year I made a great mistake when I did not have enough left at the finish and could not react."

VIRGIN LONDON MARATHON 2011

In the absence of Jon Brown, who had withdrawn with illness on the morning of the race, Dan Robinson, the Commonwealth Games bronze medallist, became Britain's leading man. He finished ninth in 2:14:14 having run alone for most of the morning.

1	Martin Lel	KEN	2:07:41
2	Abderrahim Goumri	MAR	2:07:44
3	Felix Limo	KEN	2:07:47
4	Jaouad Gharib	MAR	2:07:54
5	Hendrick Ramaala	RSA	2:07:56
6	Paul Tergat	KEN	2:08:06
7	Ryan Hall	USA	2:08:24
8	Marilson Gomes dos Santos	BRA	2:08:37
9	Dan Robinson	GBR	2:14:14
10	Andi Jones	GBR	2:17:49

Women: Zhou wins first for China

Zhou Chunxiu became the first Chinese athlete to win the London Marathon with a run of meticulous timing that, 16 months before the Olympic Games in Beijing, introduced the sport to a new star.

Wearing a white peaked-cap to protect her from temperatures that rose during the morning from 16.3 at the start to 21.7°C at midday, Zhou was the one athlete who never looked troubled during a gripping race. The 28-year-old won in 2:20:38, having taken control after 22 miles, with Ethiopia's Gete Wami second in 2:21:45 and the Romanian Constantina Tomescu-Dita third in 2:23:55.

Zhou was the only competitor in the field to have broken 2:20, having won in Seoul in September 2006 in 2:19:51, but this field was the toughest she had ever faced.

The Dutchwoman Lornah Kiplagat, fresh from winning the World Cross Championships in Mombasa the previous month, made the first move after an opening mile of 5:27. But her 15-metre advantage behind the Kenyan pacemakers of Mary Keitany and Irene Kipchumba did not develop and the opening half of the race became a six-woman affair as Zhou, Tomescu-Dita, Wami, her compatriot Berhane Adere, and Australia's Benita Johnson jostled for position behind Kiplagat.

By 15km (49:34) just a second separated the leading six, with Britons Mara Yamauchi and Liz Yelling further back in eighth and ninth, Yamauchi trailing Kiplagat by 1:14. The first significant change came at 11 miles when Johnson dropped away. Zhou led the remaining five over Tower Bridge, but there was nothing to choose between them. They passed half way in 69:58, just 13 seconds off the asking pace, which in the warm conditions was excellent pacing.

Soon it was down to four, and by the time they passed 16 miles in 1:26 there were only three with Kiplagat still battling for the lead with Wami and Zhou.

Everything changed at mile 22 when the Chinese woman made her move. In the next two miles she settled the race, increasing the pace slightly in mile 23, clipped off in 5:27, before adding a punishing 24th mile in 5:09 that left her in the lead as they reached the Embankment. Wami indicated the game was up when she glanced behind her and Zhou reached Birdcage Walk without a challenge before crossing the line just outside the 2:20 barrier.

"This result shows that my training has worked," she said afterwards. "I started to train for the marathon only in 2002, so to win a race such as this one is fantastic. I am honoured to be the first Chinese person to win the race."

Wami was also happy with her performance. "It was my dream to run well here and it is a great day for me to finish in second place," said the Ethiopian. "I was surprised by Zhou because I had never heard of her."

Tomescu-Dita recovered to pass the tiring Kiplagat while Kosgei also caught the Dutchwoman to finish fourth in 2:24:13. Yamauchi was sixth with Yelling eighth in a PB of 2:30:44, just inside the 2:31 qualifying time for Beijing.

1	Zhou Chunxiu	CHN	2:20:38
2	Gete Wami	ETH	2:21:45
3	Constantina Tomescu-Dita	ROU	2:23:55
4	Salina Kosgei	KEN	2:24:13
5	Lornah Kiplagat	NED	2:24:46
6	Mara Yamauchi	GBR	2:25:41
7	Benita Johnson	AUS	2:29:47
8	Liz Yelling	GBR	2:30:44
9	Inga Abitova	RUS	2:34:25
10	Berhane Adere	ETH	2:39:11



VIRGIN LONDON MARATHON 2011

13 April 2008

Men: Lel takes third in thriller

On the 100th anniversary of marathon running, Martin Lel won his third London Marathon title and led three men under 2:06. In the city where the modern marathon distance was first established at the 1908 Olympics, Lel joined Mexico's Dionicio Ceron and Antonio Pinto of Portugal as a triple London winner, retaining his crown and breaking the six-year-old course record in 2:05:15.

In the closing stages of one of the quickest races in history, Lel somehow found the energy for a flying sprint finish. He needed it, for his young compatriot Sammy Wanjiru and Abderrahim Goumri, the Moroccan who'd finished second the previous year, stuck with him through the final wet and gruelling miles.

The Kenyan pulled away over the last quarter of a mile to break his personal best by almost a minute and a half. In only his second full marathon, Wanjiru finished second in 2:05:24, clipping 75 seconds from his best, while Goumri was third in 2:05:30, a massive two minutes 14 seconds inside his PB.

With another Kenyan, Emmanuel Mutai, clocking 2:06:15 in fourth, USA's Ryan Hall fifth in 2:06:17, and the Ethiopian Deriba Merga sixth in 2:06:38, all PBs, it was the first time six men have run under 2:07.

With five Kenyans in the elite field, the race was an unofficial Kenyan Olympic trial, and afterwards Lel learned that he'd sealed selection for Beijing while Wanjiru's performance was an ominous sign of what he would produce in China. For Goumri, second in 2007, there was ample compensation in knowing he had broken Khalid Khannouchi's Moroccan record.

The men set off at a pelt in near perfect conditions – 11°C and sunny. Dieudonne Didi of Rwanda and Cuthbert Nyasango from Zimbabwe led through mile one in 4:44. They'd been asked to run at 2:05 pace (62:30 at half way), and seemed intent doing that. Wanjiru was prominent alongside Lel, with Hall, Merga, Goumri, Mutai, Felix Limo of Kenya, Yonas Kifle of Eritrea and Hendrick Ramaala, the South African, struggling slightly at the rear.

They passed half way in a spectacular 62:14, one of the quickest first halves ever seen. But then the numbers began to dwindle as first Ramaala then Limo struggled to hold on. The pacemakers slipped away at 30km (1:28:29) and Hall began to wilt.

Wanjiru took up front-running duties, reducing the leading group to five with Lel, Mutai, Kifle and Goumri on the young Kenyan's heels. At 18 miles they were still seven seconds inside Haile Gebrselassie's 2007 world record pace, with 4:45 per mile needed to beat the Ethiopian's mark.

But the long run for home from Docklands to Westminster was into a headwind and the cold rain clearly had an effect. The 21st mile was the first to slip outside five minutes (5:05), allowing Hall to rejoin the leaders. With the rain in their faces the pace slowed further to 35km (1:43:54) as the runners slipped behind world record schedule for the first time.

Hall's efforts were to no avail. He and Mutai lost touch as Goumri, Lel, Merga and Wanjiru powered on along the rain-sodden Highway towards the Tower and down onto the Embankment. The two Kenyans ran stride for stride with Goumri and Merga tucked in behind. Merga was the first to crack as the rain eased, while Lel checked his opponents.

He must have been licking his lips. He had defeated Goumri in a sprint finish twice in 2007 and outsprinted Wanjiru to win the Great North Run. Remarkably, the champion still looked for all the world like a Sunday morning jogger dodging the puddles.

Goumri lost two metres in Birdcage Walk as the Kenyans geared up for the sprint. Lel led round the corner past Buckingham Palace and struck for home. Wanjiru was finished and Lel blasted for the line like a fast-finishing miler.

His last 385 yards was timed at 57 seconds. The first three home set the fifth, sixth and seventh quickest times ever. Lel, already well-known as a champion racer, was now fourth on the world all-time list.

Further back, world champion Luke Kibet finished 11th in 2:12:13, and Olympic champion Stefano Baldini out-battled Britain's Dan Robinson for 12th in 2:13:06, a bad day for the Italian. Robinson clinched his spot in Britain's Olympic team finishing 13th in a personal best of 2:13:10.

1	Martin Lel	KEN	2:05:15
2	Samuel Wanjiru	KEN	2:05:24
3	Abderrahim Goumri	MAR	2:05:30
4	Emmanuel Mutai	KEN	2:06:15
5	Ryan Hall	USA	2:06:17
6	Deriba Merga	ETH	2:06:38
7	Yonas Kifle	ERI	2:08:51
8	Felix Limo	KEN	2:10:34
9	Aleksey Sokolov	RUS	2:11:41
10	Hendrick Ramaala	RSA	2:11:44



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Women: Mikitenko makes them pay

Irina Mikitenko sprung a shock to win the women's race in only her second marathon, beating the much-fancied Ethiopian pair of Gete Wami and Berhane Adere and lowering her personal best by 37 seconds.

After starting in calm, cool sunshine, Mikitenko battled through wind and rain in the closing stages to become the first German winner in London since Katrin Dorre took the third of her trio of titles in 1994. Leading for much of the race, the 35-year-old shrugged off Wami, the reigning World Marathon Majors champion, and Russia's Svetlana Zakharova over the last three miles to cross the line in 2:24:14.

The 37-year-old Zakharova finished second for the third time in 2:24:39 in her first London Marathon for four years, while Wami overcame a dramatic fall at 30km to finish third in 2:25:37.

"I was in such good shape I knew I could do it," said Mikitenko, a former Kazakhstani, who ran an aggressive race from the start. "I am so happy to win my first marathon and I know I have much more to show at this distance."

Zakharova, in only her second race since giving birth just a year before, was rewarded at the finish with news of her selection for the Olympic Games. Wami, who defeated Mikitenko in Berlin the previous September, had to be satisfied with third after her second place in 2007. "If I hadn't fallen I would have run much better," she said.

Despite the perfect conditions the first mile was exceptionally slow, 6:14, but it was no surprise that Constantina Dita led them out in the early stages. Wearing white gloves, the tall Romanian adopted her usual position at the fore of the large group, with Mikitenko, Souad Ait Salem of Algeria and another Romanian Adriana Pirtea alongside her. The pace picked up through the downhill third mile with the British pair Liz Yelling and Hayley Haining at the front.

The fluctuating pace settled down as they passed 10km in 34:49 before Mikitenko began to stretch, the tiny figure of Kenya's debutante Everline Kimwei patterning along behind her. They clicked through 10 miles in 55:29 before Mikitenko and Dita led nine over Tower Bridge just as news came through of a gas leak on The Highway. Danger was averted, however, as the athletes were skilfully directed to the far side of the carriageway for a few hundred metres.

Wami struck out for the Docklands running 5:13 for mile 14, the second quickest of the race. It looked a significant move, but misfortune was waiting just around the corner. As the runners approached the 30km drinks station near Canary Wharf, Ait Salem fell in front of Wami and the Ethiopian tripped, hitting her face, hands and knee on the tarmac. She lost 100 metres and 30 seconds on the leaders. "When I got

up the first thing I did was check my teeth," she said later. "It felt as if they had fallen out."

Her recovery was anything but toothless, however. Slowly Wami made up ground and re-joined the leading five as the runners turned back towards the centre of London. Now the race was on and Wami, remarkably, began to push the pace.

Zakharova, defying her 37 years, stuck to Mikitenko and Wami as they passed 35km in around 2:00:26, the medallists decided if not the order. As the rain began to fall Mikitenko put in yet another effort. Running 5:13 for mile 24 she finally got away leaving Zakharova and the bruised Wami in her wake.

Visibly strengthened by her growing lead, she strode on through Parliament Square, up Birdcage Walk and past Buckingham Palace, sprinting to the line like the former track runner she is. "I had so much energy left at the end," she said. "I knew I could run much faster in the last 5km because at the beginning we were so slow."

What effect the fall had on Wami's chances is difficult to know but she was clearly in pain as she limped across the line. When Mikitenko finished second behind Wami in Berlin her husband had told her to slow down. This time the German ran her own focused race, unaware of Wami's fall.

Yelling, who had run alone for most of the second half, finished ninth in 2:28:33, a personal best by exactly two minutes and, more importantly, a ticket to China with Britain's Olympic team. Haining also broke her PB in 12th, clocking 2:29:18.

1	Irina Mikitenko	GER	2:24:14
2	Svetlana Zakharova	RUS	2:24:39
3	Gete Wami	ETH	2:25:37
4	Salina Kosgei	KEN	2:26:30
5	Lyudmila Petrova	RUS	2:26:45
6	Souad Ait Salem	ALG	2:27:41
7	Berhane Adere	ETH	2:27:42
8	Constantina Dita	ROU	2:27:45
9	Liz Yelling	GBR	2:28:33
10	Adriana Pirtea	ROU	2:28:52



VIRGIN LONDON MARATHON 2011

26 April 2009

Men: Wanjiru wins in course record

The Olympic champion Sammy Wanjiru broke the injured Martin Lel's one-year-old course record to win the 2009 race in 2:05:10 after a gripping duel with Ethiopia's Tsegaye Kebede who finished just 10 seconds behind.

It was the three Olympic medallists who took the podium places as Jaouad Gharib, the silver medallist in Beijing, followed bronze medallist Kebede home, smashing his PB by more than a minute and a half in 2:05:27.

The first three were even faster than in 2008, yet there was an air of disappointment at the end as Wanjiru had predicted a world record and conditions were perfect for such a time – light winds, hardly a cloud in the sky, and temperatures expected to rise no higher than 15 degrees.

But crazy early speed put paid to Wanjiru's hopes as the pacemakers sped through half way in 61:35 after setting off inside two hour pace. They'd been asked to take the leaders to 20 miles, but could never maintain such a high tempo. Some thought a chance to make history had been thrown away. By the end, however, the win was enough for Wanjiru. "A course record is very good but in the end it was better to win the race because of all the good runners around me," he said.

For the Eritrean debutant Zersenay Tadese it was a baptism of fire. The three-times world half marathon champion found the going too tough at the full distance and, after staying with the leaders through the first 25km, he dropped out at 35km.

Even without Lel, the three-times champion, who was forced to withdraw on the eve of the race with a sore right hip, the field leaving Greenwich was considered the greatest ever. Three Kenyan pacemakers, Elijah Keitany Kiplagat, Samuel Kosgei and John Kales, clocked 4:35 for the first mile. Tadese and last year's third-placer Abderrahim Goumri hung towards the back of a group of ten with Kenyan Emmanuel Mutai, plus South Africa's Hendrick Ramaala and Morocco's Ridouane Harroufi (a 2:10 man at best).

By the third mile (5k: 14:06) they were already inside two hour pace and they passed 10km in a punishing 28:30, 40s quicker than Gebrselassie's world record run in Berlin the previous September.

At this rate they would pass half way in one hour exactly. They slowed slightly, but at 15km were still up on Gebrselassie's schedule at 43:12 and passed half way in 61:35, the fastest split in marathon history. They'd been asked to go through in 61:50, so this was great running.

The blistering pace soon took its toll, however, with mile splits drifting to 4:55, 4:59 and 5:00 through miles 14, 15 and 16. At 25km (1:13:35) they were still inside world record schedule and as the pacemakers slowed dramatically Ramaala pushed on, taking Wanjiru, Gharib and Kebede clear with a 4:37 surge for the 19th mile that left Tadese adrift.

Wanjiru made a burst as they headed towards Canary Wharf, followed immediately by Kebede with Gharib hanging on. Shortly after mile 20, Wanjiru made another bid for glory. Just as he had in Beijing the previous summer, the young Kenyan defied the swift early pace and kicked ahead, running 4:40 and 4:46 for the 20th and 21st miles.

Kebede gave chase but as they strode along the Embankment the Kenyan led by 20m. Each time Kebede closed, Wanjiru appeared to sense the threat and kick again. Glancing back, he turned the corner at the Houses of Parliament and put in another burst up Birdcage Walk. Finally, Kebede was broken.

"It was a tough race today," said Wanjiru afterwards. "All the good runners around make you run well. It wasn't until the last 200 metres or so that I had the feeling I was going to win."

Mutai was fourth for the second year in a row in 2:06:53 while Ramaala, fifth in 2:07:44, capped a great return to form in the 25th marathon of his career.

Wanjiru's victory was the sixth in a row for Kenya and made the east African nation the most successful in London Marathon history with one more men's winner than Great Britain. The first Briton home this year was Andi Jones, 13th in 2:15:20.

1	Samuel Wanjiru	KEN	2:05:10
2	Tsegaye Kebede	ETH	2:05:20
3	Jaouad Gharib	MAR	2:05:27
4	Emmanuel Mutai	KEN	2:06:53
5	Hendrick Ramaala	RSA	2:07:44
6	Abderrahim Goumri	MAR	2:08:25
7	Yonas Kifle	ERI	2:08:28
8	Atsushi Sato	JPN	2:09:16
9	Meb Keflezighi	USA	2:09:21
10	Felix Limo	KEN	2:09:47



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VIRGIN LONDON MARATHON 2011

Women: Mikitenko makes it two in a row

Irina Mikitenko became the first woman since Paula Radcliffe in 2003 to retain her London Marathon title as she held off a spirited challenge from Britain's Mara Yamauchi to win the third marathon of her career and cement her place as the world number one.

The 36-year-old produced a commanding performance as she broke away from the field after 20 miles and crossed the line in 2:22:11, improving on her 2008 time by more than two minutes.

"I was always confident I had it in my legs and after 20 miles I saw no reason why I couldn't win," said the German record holder. "I felt once I pushed the pace a little the others wouldn't follow."

Yamauchi gave the record crowds much to cheer as she finished second in 2:23:12, taking nearly two minutes from her best, while the European 5000m record holder Liliya Shobukhova of Russia produced a debut run to remember, finishing third in 2:24:24.

Mikitenko, who was forced to miss the Olympic Games with a back problem, destroyed all three Beijing medallists. Indeed, the Olympic champion Constantina Dita had a day to forget. Running her eighth London Marathon, the Romanian struggled to make an impact and dropped out at half way with a pain in her liver and breathing problems.

Beijing silver medallist Catherine Ndereba again let the leaders get too far ahead and finished seventh in 2:26:22, while China's Zhou Chunxiu, third in Beijing and London champion in 2006, struggled badly in the closing stages. She finished 12th in 2:29:02 after running with the leaders for the first 17 miles.

Always present at the front of the field, Mikitenko made the most of the conditions, following the pace-maker, Aniko Kalovics, from the start. The Hungarian had been asked to run 71 minutes for the first half and she stuck to her task pretty well, going through 10km in 33:14 with a leading group of four – Yamauchi, Mikitenko, Zhou and the Japanese runner, Mika Okunaga. A second, featuring Ndereba, Shobukhova, and the Ethiopians Gete Wami and Berhane Adere, was 100m behind.

Mikitenko, wearing long white socks, made a break shortly before 20km (67:09), leaving Kalovics behind, her day's work done. The champion crossed Tower Bridge followed by Yamauchi and Zhou, in her trademark white cap, and passed half way bang on pace at 1:10:53. The second group, now led by Ndereba, was a minute down, but with a lot of talented runners in the pack the race seemed far from over.

Zhou lost touch as the leading trio passed 17 miles, leaving Yamauchi to shadow Mikitenko as they wound through the Isle of Dogs and under the giant Canary Wharf tower.

At 30km (1:41:14) Mikitenko made her first push for victory but Yamauchi clung to her like an owner to an untamed dog. Each time the German appeared to open a small gap, the Briton dragged her back until, with her husband Alexander urging her on at the roadside, Mikitenko kicked in a 20th mile of 5:24.

That effort opened three or four metres which slowly grew to 10, then 15. After a 21st mile of 5:25 the champion and favourite was away and gone. At 35km Zhou was some 45 seconds back and fading badly with the chasing pack another minute and a half adrift.

A year earlier Mikitenko had saved her effort until mile 24, but this time she passed the Tower of London, shortly after 22 miles, getting stronger and stronger, with Yamauchi, 13 seconds back, being cheered home by some of the biggest crowds ever seen on the London course.

Mikitenko powered on, down the Embankment towards Westminster. For the second year in a row she strode alone through Parliament Square, up Birdcage Walk and into The Mall to become the first woman to retain the London title for six years and joined an illustrious group of double London winners, including Joyce Smith, Ingrid Kristiansen, Katrin Dorre and Paula Radcliffe.

Shobukhova followed Yamauchi home, a superb debut from her, 42 seconds ahead of Zakharova who followed up her second place from 2008 with fourth this time. Adere was fifth ahead of a third Russian, Inga Abitova.

1	Irina Mikitenko	GER	2:22:11
2	Mara Yamauchi	GBR	2:23:12
3	Liliya Shobukhova	RUS	2:24:24
4	Svetlana Zakharova	RUS	2:25:06
5	Berhane Adere	ETH	2:25:30
6	Inga Abitova	RUS	2:25:55
7	Catherine Ndereba	KEN	2:26:22
8	Tomo Morimoto	JPN	2:26:29
9	Gete Wami	ETH	2:26:54
10	Lyudmila Petrova	RUS	2:27:42



Irina Mikitenko (Reuters)

VIRGIN LONDON MARATHON 2011

25 April 2010

Men: Kebede ends Kenya's domination

Tsegaye Kebede turned silver to gold as the 2009 runner-up triumphed to take the men's title in 2:05:19, just nine seconds outside the one-year-old course record. Kebede, an Olympic and world bronze medallist, took his victory in style, crossing the line with more than a minute to spare to become the first non-Kenyan winner since his fellow Ethiopian Gezahegne Abera in 2003.

"I was second last year, so it is good to win this time," said Kebede. "I thought I could get the course record but the rain made it difficult."

Kenya's world silver medallist Emmanuel Mutai had to be satisfied with second again, in 2:06:23, while the evergreen Moroccan Jaouad Gharib was third for the second year in a row in 2:06:55.

After a storming victory in Fukuoka in December 2009, Kebede's win was hardly a surprise. Indeed, defending champion Sammy Wanjiru had said just two days before the race that if he didn't retain the title Kebede was the man to watch.

In the event, Wanjiru provided the day's big shock when he dropped out at 27km. The Olympic champion had won four out of five marathons and never finished lower than second. But he was forced to pull out around mile 17 with a sore right knee.

Wanjiru was one of four talented Kenyans who set off in cool light rain, running the fast opening miles behind three pacemakers, John Kales, Moses Arusei and Titus Masai. They'd been asked to run to 20 miles at 2:04 pace and, at first, hit their stride perfectly, passing 5km in 14:39.

They soon slipped behind schedule, however, and passed half way in 63:06, more than a minute off the target. Mutai and Abel Kirui picked up the pace through miles 14 (4:39) and 15 (4:39) as Wanjiru began to falter and Zersenay Tadese, the world half marathon record holder, showed signs of strain.



Tsegaye Kebede (Reuters)

By mile 16, the group was down to five with Kirui and Mutai leading Kebede and Gharib, followed by the surprising Moroccan Abderrahim Bouramdane.

Kebede and Kirui took the lead through 30km in 1:28:46 – a 10km split of 28:52. They were now on 2:05-pace and just inside course record schedule. These two opened a gap on Mutai as they wound through the Docklands and under the Canary Wharf tower.

After a swift 20th mile (4:28) Kebede made his move. Maintaining his punchy, compact style the 23-year-old kicked away from Kirui and by 35km (1:43:30) had a seven-second lead. He ran hard through miles 22 (4:55), 23 (4:51) and 24 (4:46) building an unassailable lead as he swept down to the Embankment. The victory secured, he allowed himself to slow and enjoy the moment.

As he turned into the The Mall Kebede made a last sprint for Wanjiru's record. It wasn't to be, those slow early miles too much to overcome. He crossed the line as the third quickest ever over the London course, missing his PB by just one second. "I had to make the pace on my own at the end," he said. "The pacemakers were not good today, so I am happy to run 2:05 on a day like today."

Behind him, Kirui blew up in the last mile and a half and was passed by Mutai, who improved from fourth in 2008 and 2009. "When Kebede pushed I was left behind," said Mutai. "I couldn't go with him, so I focused on getting on the podium. I have finished fourth twice, so I am pleased to be second at last."

As for Gharib, he had overcome mid-race stomach problems. "I was aiming to do better," he said. "But after the problems I had I'm happy with the result."

Bouramdane smashed his PB to take fourth in 2:07:33, 47 seconds inside his previous best while Kirui limped home in fifth in 2:08:04. The sad Tadese jogged home for his first marathon finish – seventh place in 2:12:03 just ahead of the first Briton, Andrew Lemoncello, who clocked 2:13:40 on his debut.

Kebede earned \$130,000 for his efforts. Just four years earlier he was helping his father sell firewood in Addis Ababa to help feed his 12 siblings. "It was a good day for him," as the unfortunate Wanjiru put it. "Kebede did a good job today." Indeed, he did.

1	Tsegaye Kebede	ETH	2:05:19
2	Emmanuel Mutai	KEN	2:06:23
3	Jaouad Gharib	MAR	2:06:55
4	Abderrahim Bouramdane	MAR	2:07:33
5	Abel Kirui	KEN	2:08:04
6	Marilson Gomes dos Santos	BRA	2:08:46
7	Zersenay Tadese	ERI	2:12:03
8	Andrew Lemoncello	GBR	2:13:40
9	Yonas Kifle	ERI	2:14:39
10	Andi Jones	GBR	2:16:38

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VIRGIN LONDON MARATHON 2011

Women: Shobukhova is first for Russia

Liliya Shobukhova became the first Russian ever to win the women's London Marathon after dominating a field packed with talent, including the reigning champion Irina Mikitenko, who dropped out with a shin injury after 11 miles, and Britain's Mara Yamauchi, second in 2009, who finished 10th, the trials of a mammoth six-day journey to London taking its toll.

By contrast, Shobukhova never looked troubled. She pulled away from her compatriot Inga Abitova in the final mile to win in 2:22:00, a personal best by two minutes 24 seconds. Abitova made it a great day for Russia as she finished second in 2:22:19, beating her PB by more than three minutes, while world bronze medallist Aselefech Mergia of Ethiopia was third, another 19 seconds behind and nearly two and a half minutes inside her previous best.

After their great duel last year, much of the pre-race attention had been on Yamauchi and Mikitenko, but this was the most competitive field for years, and many tipped Shobukhova following her impressive win over Mikitenko in Chicago the previous October.

As the women set off in light rain, the 32-year-old Russian immediately showed at the front of a large pack and remained in view for the entire length of the course. With air temperature at 10 degrees and winds light to non-existent, Shobukhova described the conditions as "almost perfect".

No fewer than 17 athletes had asked for 2:22 pace and the experienced Hungarian Aniko Kalovics set about her pacemaking duties with determination, clipping through the first couple of miles in 5:25. Mergia, Mikitenko, and Yamauchi all showed early at the head of the large group alongside Shobukhova but after just two miles the Olympic champion, Constantina Dita, was already 100m behind, just over 20s adrift. She eventually finished 25th.

Mikitenko ran at the edge of the pack, seemingly to avoid bumping and splashes from the wet road. But as they strode past Cutty Sark and west towards Tower Bridge, the German began to slide out of contention. By mile nine she was 50 metres behind. She stopped and started three times before eventually dropping out at mile 11, saying afterwards, "My shin hurts now, but my head hurts more."

At 15km (50:10) the lead group numbered 13, with Yamauchi still leading the pack. Shobukhova made her first move as they crossed Tower Bridge and Yamauchi began to struggle, her epic journey to beat the volcanic ash cloud starting to have an effect.

She was 10-seconds behind as the leaders passed half way in 1:10:56, bang on schedule. Kalovics' job now done, the group shrank to seven with Shobukhova pushing the pace alongside Mergia, followed by China's world champion Bai Xue, Ethiopians Askale Tafa and Bezunesh Bekele, plus Japanese pair Mari

Ozaki and Yukiko Akaba. Abitova was also there, quietly making her presence felt.

The tall Russian was now running with real intent, her compact style and low stride looking smooth and efficient. At 30km (1:41:08) she was still on 2:22 pace, with Mergia, Bekele and Abitova her only company.

Mergia made the first move, clocking 5:18 for mile 23 – the quickest of the race so far. But Shobukhova had plenty in reserve. She locked onto the Ethiopian's heels and these two ran together under Southwark Bridge towards the Embankment. Soon, Bekele's challenge was over, but Abitova clawed her way back in touch as the front two slowed over mile 25 (5:31).

Shobukhova was merely gathering herself for the final push, however, and as the rain returned it was the Russian who upped the pace. She turned off the Embankment with a 30m lead and strode on past the Houses of Parliament, along Birdcage Walk and into The Mall to become the first Russian to win in London since Yakov Tolstikov took the men's title in 1991 for the Soviet Union.

After finishing third here 12 months ago, Shobukhova completed a wonderful first year as a marathon runner with her second World Marathon Majors victory. "The pace was easy," she said. "I felt comfortable running at the front and decided to push in the second half to break up the pack. It is my third marathon and my second win. Now I want to win the Olympics."

"My race was amazing," said Abitova, the 2006 European 10,000m champion. "I had to work really hard but I know I have good track speed and that helped me break through at the finish."

Ethiopia filled places four and five, through Bekele and Tafa, while Britain's favourite, Yamauchi, was tenth.

1	Liliya Shobukhova	RUS	2:22:00
2	Inga Abitova	RUS	2:22:19
3	Aselefech Mergia	ETH	2:22:38
4	Bezunesh Bekele	ETH	2:23:17
5	Askale Tafa	ETH	2:24:39
6	Yukiko Akaba	JPN	2:24:55
7	Bai Xue	CHN	2:25:18
8	Kim Smith	NZL	2:25:21
9	Mari Ozaki	JPN	2:25:43
10	Mara Yamauchi	GBR	2:26:16



VIRGIN LONDON MARATHON 2011

Race Reports & Results: Wheelchair Races

17 April 1983

Men: Perry takes first honours

Organised by BSAD (the British Sports Association for the Disabled), the first London Wheelchair Marathon involved 19 competitors, 17 of whom survived the rain to reach the finish in Westminster.

Despite starting behind the main field and having to follow a control car for the first four miles, the winner, Gordon Perry, recorded a respectable time of 3:20:07, almost five minutes ahead of Joe Fletcher.

1	Gordon Perry	GBR	3:20:07
2	Joe Fletcher	GBR	3:25:03
3	Tim Marshall	GBR	3:26:15
4	Leroy Dobson	GBR	3:27:40
5	Charles Raymond	GBR	3:52:55
6	Ertie Gomec	-	3:55:50
7	James Gilham	GBR	3:56:57
8	Shahriar Esfandiari	-	4:08:16
9	Stuart Anderson	GBR	4:29:03
10	Graham Young	GBR	4:35:11

Women: Smith is just in time

The first woman home was Denise Smith in 4:29:03. She crossed the line with just 10 minutes to spare before the scheduled presentation by Ken Livingstone, leader of Greater London Council.

1	Denise Smith	GBR	4:29:03
2	Joanne Roberts	GBR	6:09:03

13 May 1984

Men: Breen leads Irish double

Records fell in the second London Wheelchair Marathon as organisers allowed the competitors to 'front start'. Kevin Breen, a 29-year-old from Dublin, clipped his personal best by four seconds to win the men's race in 2:38:40, beating Mick Karaphillides who broke the British record with 2:44:31. Karaphillides' chair broke at 11 miles but he still beat defending champion Gordon Perry who was third, 41 seconds behind.

1	Kevin Breen	IRL	2:38:40
2	Mick Karaphillides	GBR	2:44:31
3	Gordon Perry	GBR	2:45:12
4	Joseph Fletcher	GBR	2:51:55
5	Arthur Walton	GBR	2:59:10
6	Andrew D'Costa	-	3:10:10
7	Leroy Dobson	GBR	3:15:03
8	Ric Casell	GBR	3:18:49
9	John Naude	GBR	3:26:39
10	Shahriar Esfandiari	-	3:32:06

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Women: McShane begins her reign

Kay McShane, also from Ireland, was the first woman home in 3:10:04, placing sixth overall of the 26 racers, 19 of whom set PBs. McShane's time was a British all-comers' record. Denise Smith was second, disappointed to lose her title but glad to finish after racing on a punctured tyre for more than half the race.

1	Kay McShane	IRL	3:10:04
2	Denise Smith	GBR	3:57:52
3	Joanne Roberts	GBR	4:05:52

21 April 1985

Men: Thrilling win for Hallam

Following Steve Jones' win in the main event, Chris Hallam made it a Welsh double by taking the men's wheelchair race after a 26-mile, wheel-to-wheel battle with Irishman Gerry O'Rourke. The 22-year-old from Gwent knocked 20 minutes from the British record and 24 from his own personal best in 2:19:53.

1	Chris Hallam	GBR	2:19:53
2	Gerry O'Rourke	IRL	2:19:55
3	Mike Bishop	GBR	2:26:52
4	Kevin Breen	IRL	2:31:44
5	John Grant	GBR	2:38:54
6	Joseph Fletcher	GBR	2:38:58
7	Gerry Kinsella	GBR	2:44:57
8	Gordon Perry	GBR	2:48:31
9	Mark Agar	GBR	2:51:59
10	Steven Baumber	GBR	2:52:39

Women: McShane retains the title

Ireland's Kay McShane retained her women's title, improving her best by almost a minute as she beat 20-year-old Josie Cichockyj in 2:47:12. Twenty-five of the 33 finishers set new PBs.

1	Kay McShane	IRL	2:47:12
2	Josie Cichockyj	GBR	2:55:44
3	Denise Smith	GBR	3:21:19
4	Karen Davidson	GBR	3:27:09
5	Joanne Roberts	GBR	4:00:47

VIRGIN LONDON MARATHON 2011

20 April 1986

Men: O'Rourke makes amends

Gerry O'Rourke made amends for his narrow defeat in 1985 by dominating the men's wheelchair race, his fluent, economical style proving too much for Mike Bishop and Chris Hallam who were second and third. The disappointed Hallam was fighting a virus and he suffered a mechanical problem early in the race.

1	Gerry O'Rourke	IRL	2:26:38
2	Mike Bishop	GBR	2:29:14
3	Chris Hallam	GBR	2:30:59
4	Terje Roel	-	2:36:13
5	Kevin Breen	IRL	2:43:52
6	Michael Cunnam	-	2:50:52
7	John Naude	GBR	2:50:59
8	Graham Stones	GBR	2:51:04
9	Gerry Kinsella	IRL	2:55:46
10	Chas Sadler	GBR	2:57:01

Women: Three from three for McShane

Fellow Dubliner Kay McShane completed a hat-trick by winning the women's race for the third year, this time defeating Karen Davidson, a world record holder for 100m, 400m, 1500m and shot put. Forty-three athletes started the race.

1	Kay McShane	IRL	3:02:40
2	Karen Davidson	GBR	3:24:53
3	Denise Smith	GBR	4:07:57
4	Sheila Watkins	GBR	5:58:30

10 May 1987

Men: Hallam breaks course record

Racing in headband, sunglasses and bright trousers, Chris Hallam led the men's wheelchair marathon from start to finish to break the course record in 2:08:34. Swede Jan Ove-Mattson benefited from the absence of Mike Bishop and defending champion Gerry O'Rourke to finish second, almost 15 minutes behind.

1	Chris Hallam	GBR	2:08:34
2	Jan Ove-Mattson	SWE	2:23:15
3	Kevin Breen	IRL	2:26:28
4	Patrick Bailey	GBR	2:28:53
5	John Harris	GBR	2:34:50
6	Ton Bente	NED	2:38:30
7	John Naude	GBR	2:40:15
8	Wimk Zwanepol	-	2:40:50
9	David Todd	GBR	2:43:51
10	Chas Sadler	GBR	2:46:51

Women: British best for Davidson

The 1986 runner-up Karen Davidson went one better to win the women's race in 2:45:30, finishing well ahead of seasoned competitor Denise Smith. Davidson's time eclipsed Kay McShane's course record and was a new British best into the bargain. Teenager Deborah Beales was third.

1	Karen Davidson	GBR	2:45:30
2	Denise Smith	GBR	3:53:46
3	Deborah Beales	GBR	4:09:18

17 May 1988

Men: Vince sets record roll

Course records rolled again as Ted Vince held off Mike Bishop and Chris Hallam to win the men's race. Vince, from Canada, sprinted clear of Bishop on Westminster Bridge to win in 2:01:37. Bishop was just five seconds behind with Hallam third, all three inside the old course record.

1	Ted Vince	CAN	2:01:37
2	Mike Bishop	GBR	2:01:42
3	Chris Hallam	GBR	2:04:39
4	Kevin Breen	IRL	2:21:44
5	Ivan Newman	GBR	2:22:58
6	David Todd	GBR	2:25:06
7	Ton Bonte	NED	2:26:17
8	John Harris	GBR	2:27:51
9	Colin Price	GBR	2:32:26
10	Mark Agar	GBR	2:32:39

Women: Record two for Davidson

Karen Davidson retained her women's title with a British record. Davidson was steady throughout and won unthreatened in 2:41:45. She was well ahead of Josie Cichockyj and 19th home overall.

1	Karen Davidson	GBR	2:41:45
2	Josie Cichockyj	GBR	3:13:27
3	Collette Rush	GBR	3:25:49

VIRGIN LONDON MARATHON 2011

23 April 1989

Men: Holding on for victory

At 20, David Holding may have been the youngest starter in the wheelchair race, but inexperience was no barrier as the young Englishman defeated the defending champion Ted Vince and previous victor Chris Hallam.

1	David Holding	GBR	1:59:31
2	Ted Vince	CAN	1:59:32
3	Chris Hallam	GBR	1:59:33
4	Scott Paterson	CAN	1:59:39
5	Lex de Turck	NED	2:08:12
6	Andy Haynes	GBR	2:09:55
7	Ian Thompson	GBR	2:11:24
8	Ivan Newman	GBR	2:16:30
9	Kevin Breen	IRL	2:16:35
10	Kevin Doran	GBR	2:22:04

Women: Cichockyj moves up a gear

Josie Cichockyj moved from runner-up to winner of the women's race in 3:03:54, defeating reigning champion Karen Davidson who failed to finish.

1	Josie Cichockyj	GBR	3:03:54
dnf	Karen Davidson	GBR	-

22 April 1990

Men: Rainy record for Ericsson...

Inclement weather failed to dampen spirits and it certainly suited the Scandinavians as Sweden's Hakam Ericsson won the men's race and Connie Hansen of Denmark the women's, both setting course records.

Twice London Marathon winner Joyce Smith set more than 60 competitors on their way as the rain made wheel-grip difficult. The 21-year-old Ericsson reached Parliament Square with German Wolfgang Peterson and the two were barely separated on the line. The Swede won in 1:57:12 by just one second as both smashed the course record by some two minutes.

Chris Hallam, the 1985 and 1987 winner, was the first Briton home in sixth place in 2:10:05.

1	Hakam Ericsson	SWE	1:57:12
2	Wolfgang Peterson	GER	1:57:13
3	Jean-Francois Poitevin	FRA	1:58:24
4	Farid Amarouch	FRA	1:58:35
5	Lex de Turck	NED	2:03:21
6	Chris Hallam	GBR	2:10:05
7	Ian Thompson	GBR	2:15:58
8	David Todd	GBR	2:17:07
9	Ivan Newman	GBR	2:18:03
10	Jens Anderson	DEN	2:22:02

Women: ... and Hansen

Hansen easily triumphed in the women's race in 2:10:25. The 29-year-old occupational therapist, a multi-medallist from the Seoul Paralympic Games, smashed the old course record by a mammoth 31 minutes.

1	Connie Hansen	DEN	2:10:25
2	Ingrid Lauridsen	DEN	2:26:15
3	Rose Hill	GBR	2:49:46
4	Tanni Grey	GBR	2:49:54

21 April 1991

Men: Flying Frenchman first

Farid Amarouch broke the course record to win the ninth London Wheelchair Marathon with a sprint over the last 200m that took him clear of four rivals. Amarouch clocked 1:52:52 after the most exciting finish so far, beating fellow Frenchman Jean Francois Poitevin, two Swedes Bo Lindkvist and Hakan Ericsson and Canadian Daniel Wesley.

David Holding was the first Briton in sixth, having lost touch with the leaders at 18 miles. Lindkvist was runner-up, just two seconds ahead of Poitevin, with Wesley fourth, 15 minutes quicker than his previous best.

1	Farid Amarouch	FRA	1:52:52
2	Bo Lindkvist	SWE	1:52:55
3	Jean Francois Poitevin	FRA	1:52:57
4	Daniel Wesley	CAN	1:52:59
5	Hakan Ericsson	SWE	1:53:02
6	David Holding	GBR	1:54:39
7	Christian Pickernell	AUS	2:04:11
8	Doug Gray	GBR	2:04:51
9	Ivan Newman	GBR	2:04:55
10	Rob Wickham	ZIM	2:05:01

Women: Hansen proves her class

Connie Hansen retained the women's title. The Dane was again in a class of her own and ran out an easy winner in 2:04:40, breaking her own one-year-old course record.

1	Connie Hansen	DEN	2:04:40
2	Rose Hill	GBR	2:21:49
3	Tanni Grey	GBR	2:38:42
4	Tracy Lewis	GBR	2:45:33
5	Yvonne Holloway	GBR	2:51:47

VIRGIN LONDON MARATHON 2011

12 April 1992

Men: Wesley wins tight contest

Canadian Daniel Wesley won the tenth London Wheelchair Marathon after a five-way battle over the last mile and a half. Wesley outsprinted the 1989 champion David Holding in the last few metres, with Switzerland's world record holder Heinz Frei in third and Sweden's Bo Lindqvist fourth. All four broke the old course record.

1	Daniel Wesley	CAN	1:51:42
2	David Holding	GBR	1:51:53
3	Heinz Frei	SUI	1:51:58
4	Bo Lindqvist	SWE	1:52:07
5	Ivan Newman	GBR	1:52:48
6	Ian Thompson	GBR	1:57:30
7	Doug Gray	GBR	1:57:34
8	Simon Barnes	GBR	1:57:35
9	Huub Vautier	FRA	1:59:32
10	Karl Nicholson	GBR	2:01:20

Women: Surprise win for Grey

A diminutive Welsh student called Tanni Grey emerged as a surprise winner of the women's race beating her close rival and British record holder Rose Hill after they had been locked together for much of the race.

1	Tanni Grey	GBR	2:17:23
2	Rose Hill	GBR	2:17:46
3	Tracy Lewis	GBR	2:24:13
4	Yvonne Holloway	GBR	2:30:09
5	Patricia Chapman	GBR	3:39:10

18 April 1993

Men: Vandamme's the man

Georges Vandamme of Belgium shattered the course record by seven minutes 32 seconds to win the men's wheelchair marathon. Vandamme dictated the pace from the start as his rivals, David Holding, Ivan Newman, Hakan Ericsson and Ian Thompson, struggled to stay in touch. Only Newman held on to half way, but even he couldn't stay with the Belgian who raced alone for the last 10 miles. Newman was second and Holding third.

1	George Vandamme	BEL	1:44:10
2	Ivan Newman	GBR	1:46:15
3	David Holding	GBR	1:51:22
4	Hakan Ericsson	SWE	1:55:24
5	Huub Nelisse	NED	1:55:34
6	Diet Van Dijk	NED	1:56:15
7	Ian Thompson	GBR	1:57:24
8	Daniel Wesley	CAN	1:59:10
9	David Todd	GBR	1:59:14
10	Iranilson Da Silva	BRA	1:59:30

Women: Hill is London's rose

Rose Hill beat the two fancied racers – Lily Anggreny of Germany and reigning champion Tanni Grey – to win the women's race in a course record of 2:03:05.

1	Rose Hill	GBR	2:03:05
2	Lily Anggreny	GER	2:09:16
3	Tanni Grey	GBR	2:12:25

17 April 1994

Men: Holding holds his nerve

David Holding regained his title becoming only the second man to win two London Wheelchair Marathons after battling with Ivan Newman in The Mall.

Hakan Ericsson, the 1990 winner, took the lead at the start with Holding following in his slipstream. Shortly after half way Holding dropped Ericsson only to find Newman covering his break. Newman entered The Mall with a few metres lead and looked a likely winner.

But Holding had other ideas and the Kettering accountant pulled clear in the last 10 metres to win by two seconds in 1:46:06. Holding joined Chris Hallam as a double winner, while the 41-year-old Newman had to be satisfied with his second runner-up spot in two years.

1	David Holding	GBR	1:46:06
2	Ivan Newman	GBR	1:46:08
3	Hakan Ericsson	SWE	1:50:22
4	Jack McKenna	GBR	1:55:06
5	Ian Thompson	GBR	1:55:14
6	Chris Madden	GBR	1:55:15
7	John Van Buren	NED	1:58:47
7	Huub Nelisse	NED	1:58:47
9	David Todd	GBR	2:01:11
10	Chris Hallam	GBR	2:05:45

Women: Grey outsprints Hill

Tanni Grey won her second title but the Welsh woman's triumph did not come without a fight as reigning champion Rose Hill battled all the way to the line.

The two entered The Mall together but with 200 metres to go Grey, a four-times Paralympic champion, showed her track speed to win by four seconds in 2:08:26.

1	Tanni Grey	GBR	2:08:26
2	Rose Hill	GBR	2:08:30
3	Tracy Lewis	GBR	2:38:34

VIRGIN LONDON MARATHON 2011

2 April 1995

Men: Frei smashes course record

Pre-race favourite Heinz Frei gave an outstanding demonstration of wheelchair racing to win the 1995 race in 1:39:14, a course record by almost four minutes.

The Swiss racer was comfortable in a group of five including Jean-Marc Berset, also of Switzerland, George Shrattenecker of Austria, two-time winner David Holding, and Jack McKenna. On the Isle of Dogs, Frei showed the appreciative spectators why he was a world record holder, increasing his speed to gain a 30-second advantage that grew over the rest of the race.

Holding and Shrattenecker vied for second. They entered The Mall together before the Briton produced his famous sprint finish to take the runner-up spot in 1:47:36. McKenna was fourth in 1:48:58, and Ivan Newman retained the veterans' title.

1	Heinz Frei	SUI	1:39:14
2	David Holding	GBR	1:47:36
3	George Shrattenecker	AUT	1:47:41
4	Jack McKenna	GBR	1:48:58
5	Ivan Newman	GBR	1:53:18
6	Huub Nelisse	NED	1:53:44
7	Ian Thompson	GBR	1:53:46
8	Chris Madden	GBR	1:53:47
9	Theo Geeve	NED	1:57:37
10	John Van Buren	NED	1:57:38

Women: Hill takes her chance

Rose Hill had an easy ride to the women's title, thanks in part to Tanni Grey's decision to swap the hard roads for a place in the commentary booth. Runner-up in 1994, Hill won in 2:17:02 to regain the title she first won in 1993.

1	Rose Hill	GBR	2:17:02
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21 April 1996

Men: Third time for Holding

David Holding became the first man to win the London Wheelchair Marathon three times as he used his finishing speed to defeat the Pole Bogdan Krol in The Mall.

In the end it was a convincing victory, but until 23 miles Holding had been locked together with Krol and Jack McKenna having dropped Ivan Newman and Chris Madden at 17 miles. Holding tried to pull away from the Pole with three miles left but to no avail. The pair vied for supremacy in Birdcage Walk until Holding finally edged ahead to record his fastest time on the London course.

1	David Holding	GBR	1:43:48
2	Bogdan Krol	POL	1:43:54
3	Jack McKenna	GBR	1:45:18
4	Ivan Newman	GBR	1:47:09
5	Huub Nelisse	NED	1:51:56
6	Chris Madden	GBR	1:51:57
7	Richie Powell	GBR	1:54:32
8	Theo Geeve	SWE	1:55:40
9	Ian Thompson	GBR	1:56:14
10	John Vink	NED	1:59:40

Women: ... and Grey

Despite the heat, Tanni Grey took an early lead in the women's race, stormed away from her rivals and dominated to the finish where she set a new course record of 2:00:10.

It was Grey's third victory in five years, an achievement to place alongside her numerous Paralympic medals and add to her already glowing reputation.

1	Tanni Grey	GBR	2:00:10
2	Rose Hill	GBR	2:10:09
3	Sophie Dettman	-	2:12:46
4	Fiona Neale	GBR	2:23:07
5	Karen Dark	GBR	2:31:24

VIRGIN LONDON MARATHON 2011

13 April 1997

Men: Holding on for fourth

David Holding notched up his fourth London victory in 1:42:15, the second quickest ever on the course, beating the 1990 winner Hakan Ericsson of Sweden by just one second with Ivan Newman only two seconds further adrift.

It was a tough race with 10 still in contention at half way when a few testing surges from Holding reduced the leading group to five. With 300 metres to go there were still four in the hunt, but as they entered The Mall Holding gradually opened a gap on Ericsson which he maintained to the line.

1	David Holding	GBR	1:42:15
2	Hakan Ericsson	SWE	1:42:16
3	Ivan Newman	GBR	1:42:18
4	Bogdan Krol	POL	1:42:44
5	Stephane Abando	FRA	1:42:56
6	Ian Thompson	GBR	1:45:06
7	D Sadler	GBR	1:47:58
8	Jurgen de Heve	BEL	1:47:59
9	Chris Madden	GBR	1:50:55
10	Richie Powell	GBR	1:52:00

Women: Wetterstrom wheels away

Swede Monica Wetterstrom was a late entry for the women's race, but she was far from a late finisher as she obliterated the field to win in 1:49:09, a course record by a massive 11 minutes. She took the lead early and even clung on to the leading men until half way. She eventually finished ninth overall.

Defending champion Tanni Grey was left some 11 minutes adrift and had to be satisfied with second place and her own London best of 2:00:06. Rose Hill was third. This was the first year the race was organised by Disability Sports Events, the new name for the BSAD.

1	Monica Wetterstrom	SWE	1:49:09
2	Tanni Grey	GBR	2:00:06
3	Rose Hill	GBR	2:03:56
4	Yvonne Looy	NED	2:39:22
5	Karen Dark	GBR	2:41:11
6	Tracey Gill	GBR	3:28:45
7	Susan White	GBR	3:32:04

26 April 1998

Men: Frei dominates again

World record holder Heinz Frei broke his own course record by almost four minutes to regain the title in 1:35:18. The Swiss racer made his intentions clear from the start as he went away like a sprinter. By half way he had an unassailable three-minute lead over the chasing pack which he extended to more than seven minutes by the finish.

Claude Issorat of France, a multi track gold medallist at the Atlanta Paralympics, demonstrated his racing range by taking second in 1:42:43 with his countryman Denis Lemeunier third in 1:44:03. David Holding, a four-times winner, was again the first Briton home in fourth, while the veteran Ivan Newman was fifth.

1	Heinz Frei	SUI	1:35:18
2	Claude Issorat	FRA	1:42:43
3	Denis Lemeunier	FRA	1:44:03
4	David Holding	GBR	1:46:04
5	Ivan Newman	GBR	1:46:07
6	Jurgen de Heve	BEL	1:46:01
7	Bogdan Krol	POL	1:46:13
8	George Shrattenecker	AUT	1:49:15
9	Chris Madden	GBR	1:51:38
10	John Buren	NED	1:55:12

Women: Grey takes number four

Tanni Grey won her fourth London Marathon title in seven years to add another honour to her many track titles from three Paralympic Games.

Following her to the line this year was Nicola Jarvis, a 19-year-old who became the first racer to graduate from the Mini Wheelchair Marathon to a podium place in the senior race.

1	Tanni Grey	GBR	2:02:01
2	Nicola Jarvis	GBR	2:22:54
3	Fiona Neale	GBR	2:38:40
4	Mary Rice	GBR	3:22:04
5	Tracy Gill	GBR	3:34:59
dnf	Rose Hill	GBR	-

VIRGIN LONDON MARATHON 2011

18 April 1999

Men: Heinz Frei drei

Heinz Frei successfully defended his London Marathon title in 1:35:27 and notched up his third victory. After winning by eight minutes in 1998, Frei demonstrated his versatility with a sprint finish that left London first-timer Joel Jeannot of France in second.

These two pulled away from the pack at the start, leaving Britons David Holding, Kevin Papworth, Tushar Patel, and Chris Madden, plus Frenchman Denis Lemeunier, in their wake. They entered The Mall together and at the line Frei triumphed by just one second from Jeannot, crossing the line only nine seconds outside his own course record.

Ten minutes later the battle of the Brits was won by Holding in 1:45:28, four seconds ahead of Lemeunier.

1	Heinz Frei	SUI	1:35:27
2	Joel Jeannot	FRA	1:35:28
3	David Holding	GBR	1:45:28
4	Denis Lemeunier	FRA	1:45:32
5	Kevin Papworth	GBR	1:48:12
6	Tushar Patel	GBR	1:48:21
7	Chris Madden	GBR	1:50:25
8	Jurgen de Heve	BEL	1:50:26
9	Bogdan Krol	POL	1:50:29
10	John Fulham	GBR	2:00:51

Women: Return of the speedy Swede

Monica Wetterstrom regained the title in 1:57:38, again beating Tanni Grey over 26.2 miles. Wetterstrom had been forced to train on rollers because of snow on the roads around Stockholm which restricted her outdoor preparation. Not that it seemed to affect her stamina for she was a comfortable winner.

1	Monica Wetterstrom	SWE	1:57:38
2	Tanni Grey	GBR	2:11:10
3	Patrice Dockery	IRL	2:14:53
4	Karen Dark	GBR	2:39:51
5	Mary Rice	IRL	2:47:51
6	Deborah Brennan	GBR	2:49:16
7	Kate Cugley	GBR	3:09:33

16 April 2000

Men: Papworth's surprise

Kevin Papworth was the surprise winner of the 18th London Wheelchair Marathon when he sprinted away from South Africa's Ernst Van Dyk in the final stretch to cross the line in 1:41:50. The South African took the lead with a mile to go but Papworth, a mountain climber, found the strength to pull away as they passed Buckingham Palace. Van Dyk was three seconds back at the finish.

Four-time winner David Holding had been dropped early and he was left to chase the leaders along with two youngsters, Tushar Patel and David Weir, both graduates from the mini-wheelchair race, Weir having won it seven times. Holding edged ahead to take third place, though Weir was given the same time, 1:47:11.

1	Kevin Papworth	GBR	1:41:50
2	Ernst Van Dyk	RSA	1:41:53
3	David Holding	GBR	1:47:11
4	David Weir	GBR	1:47:11
5	Tushar Patel	GBR	1:47:15
6	Bogdan Krol	POL	1:47:16
7	Chris Madden	GBR	1:52:01
8	John Hanks	GBR	2:02:21
9	Richie Powell	GBR	2:03:27
10	John Vink	NED	2:04:39

Women: Piercy picks up historic win

Nineteen-year-old Sarah Piercy made the most of Tanni Grey-Thompson's unfortunate early puncture to become the first athlete to win a senior London wheelchair race after previously taking the tape in the mini event. Piercy crossed the line in a personal best 2:23:30.

1	Sarah Piercy	GBR	2:23:30
2	Tanni Grey-Thompson	GBR	2:34:53



Tanni Grey-Thompson

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VIRGIN LONDON MARATHON 2011

22 April 2001

Men: Lemeunier leads them home

Fluent Frenchman Denis Lemeunier won the men's race by two minutes from defending champion Kevin Papworth in 1:42:37. The two took the lead from the start and opened a gap of more than a minute on the chasers by 10km. At half way, the Frenchman led Papworth by more than 40 seconds and was almost four minutes ahead of British youngsters David Weir and Tushar Patel.

Dynamic and aggressive in his bright yellow outfit, Papworth was disappointed not to repeat the previous year's success but nevertheless established himself as a leading marathoner. Lemeunier was especially pleased to win as he'd had his chair for just five weeks; they normally take a year to break in.

Weir beat Patel in a sprint finish to take third by a second in 1:50:05. Chris Madden, a master of ultra long distance racing, was fifth in 1:53:23, with Richie Powell sixth in 2:02:31. Bogdan Krol of Poland retained the veterans' prize, finishing seventh.

1	Denis Lemeunier	FRA	1:42:37
2	Kevin Papworth	GBR	1:44:54
3	David Weir	GBR	1:50:05
4	Tushar Patel	GBR	1:50:56
5	Chris Madden	GBR	1:53:23
6	Richie Powell	GBR	2:02:31
7	Bogdan Krol	POL	2:06:47
8	Edward Grazier	GBR	2:08:01
9	Mark Telford	GBR	2:08:08
10	John Hanks	GBR	2:09:52

Women: Tanni records easy success

Tanni Grey-Thompson led from start to finish to claim an expected victory, carrying a camera to give the BBC close-up views of the race. The quadruple Paralympic champion found the weight of the battery tired her in the closing stages, but the pictures enhanced the profile of wheelchair sport.

Grey finished in 2:13:55 more than twenty minutes ahead of Deborah Brennan but slower than in previous years because of a first-half headwind and a slow puncture. This was Grey's fifth victory in 11 starts.

1	Tanni Grey-Thompson	GBR	2:13:55
2	Deborah Brennan	GBR	2:36:50
3	Mary Rice	IRL	3:14:37

14 April 2002

Men: Weir the winner

David Weir became the first male winner of the London Mini Wheelchair Marathon to triumph at the full distance.

Normally a sprint finisher, this year Weir adopted different tactics. A group of eight racers were drafting and exchanging lead positions until half way when Frenchman Pierre Fairbank, the fastest in the field and favourite, pulled away.

Fairbank's advantage disappeared when he had an accident at a small traffic island, losing a lot of ground. Weir used the opportunity to test the field, and he soon opened an unexpected gap that grew to more than a minute and a half by the finish. He knocked seven minutes 16 seconds from his previous best.

The chasing group of three athletes all turned into The Mall together and in the ensuing sprint Tushar Patel took a tiny lead which he held to the line. The 2001 winner, Frenchman Denis Lemeunier, took third with a surge in the last 20 metres, beating Paul Nunnari, the Sydney Marathon champion. The first six athletes all finished under two hours.

1	David Weir	GBR	1:39:44
2	Tushar Patel	GBR	1:41:17
3	Denis Lemeunier	FRA	1:41:17
4	Paul Nunnari	AUS	1:41:17
5	Chris Madden	GBR	1:55:57
6	Jason Gill	GBR	1:56:49
7	Pierre Fairbank	FRA	1:57:48
8	John Hanks	GBR	2:01:39
9	Gregory Leray	FRA	2:01:41
10	Richie Powell	GBR	2:01:45

Women: Tanni takes sixth

Tanni Grey-Thompson won the London Marathon for a sixth time just nine weeks after giving birth to Carys, her first child. Not surprisingly she took it easy – by her standards.

She was followed home by promising newcomer Michelle Lewis, the youngest MBE in the country for 60 years, who produced a personal best of 2:37:07.

Civil servant Paula Craig also recorded a personal best. Craig had run the marathon six times and had a PB of 2:57, so she was pleased to beat her running time with 2:48:53. Craig was knocked off her bicycle in May 2001 while training for a triathlon.

1	Tanni Grey-Thompson	GBR	2:22:51
2	Michelle Lewis	GBR	2:37:07
3	Paula Craig	GBR	2:48:53

VIRGIN LONDON MARATHON 2011

13 April 2003

Men: Course record for Jeannot

"My motivation was first class today," said Joel Jeannot after winning the fastest ever London Wheelchair Marathon. The Frenchman beat the course record by more than three minutes in 1:32:02.

Jeannot was among the leading group of three until half way, along with 2002 winner David Weir and 2001 champion, Denis Lemeunier, another Frenchman. But Jeannot used his renowned strength to pull away, winning by more than two minutes only a week after victory in the Paris Marathon where he also broke the course record.

Weir defeated Lemeunier in a sprint as both also beat the old course record, Weir reducing his PB by five minutes. A third Frenchman, Charles Tolle, finished fourth making up for 2002 when he lost a wheel. Tushar Patel finished a creditable fifth having just recovered from a wrist injury.

1	Joel Jeannot	FRA	1:32:02
2	David Weir	GBR	1:34:48
3	Denis Lemeunier	FRA	1:34:50
4	Charles Tolle	FRA	1:41:17
5	Tushar Patel	GBR	1:42:56
6	Paul Nunnari	AUS	1:43:07
7	Kenny Herriot	GBR	1:45:01
8	David Holding	GBR	1:46:20
9	Kevin Papworth	GBR	1:46:49
10	Ebbe Blichfeldt	DEN	1:52:40

Women: Porcellato pinches the title

Italian Francesca Porcellato won the women's race in 2:04:21 and afterwards described the London course as, "The most beautiful but the most challenging, and the best marathon in the world."

Porcellato and six-times champion Tanni Grey-Thompson were together until the troublesome cobbles at the Tower of London when the Italian opened a gap which she increased to more than 30 seconds by the finish.

Grey-Thompson was satisfied with her performance – almost 20 minutes faster than in 2002 – saying, "My target is to compete in the Paralympic Games in Athens. After that I will probably take part mainly in road racing."

Paula Craig was the most improved wheelchair athlete of the day. Still a novice, she said: "I am pleased to finish third in a strong field and to improve my best by 40 minutes."

1	Francesca Porcellato	ITA	2:04:21
2	Tanni Grey-Thompson	GBR	2:04:54
3	Paula Craig	GBR	2:06:54
4	Rachel Potter	GBR	2:12:16
5	Deborah Brennan	GBR	2:17:32

18 April 2004

Men: Mendoza defies the rain

Saul Mendoza marked his first appearance in the London Wheelchair Marathon with one of the easiest victories in the history of the race. The Mexican 'athlete of the 20th century' added to his record of more than 200 wheelchair victories by winning in 1:36:56, almost six minutes clear of David Weir, defying the very wet and unfavourable conditions.

Another London debutant, Frenchman Alain Fuss, was third in 1:45:25, while Tushar Patel, the popular and always smiling British athlete, suffered a puncture at 21 miles when in third place. Canadian Jeff Adams was fifth, but some 30 minutes outside his best time in 1:59:07.

1	Saul Mendoza	MEX	1:36:56
2	David Weir	GBR	1:42:50
3	Alain Fuss	FRA	1:45:25
4	Tushar Patel	GBR	1:51:03
5	Jeff Adams	CAN	1:59:07
6	Jason Richards	GBR	2:00:11
7	Andrew Cheek	GBR	2:03:31
8	Daniel Kukla	SLV	2:05:02
9	Steve Williamson	GBR	2:18:42
10	Geof Allen	GBR	2:21:44

Women: Porcellato retains her crown

Italy's Francesca Porcellato retained the title in 2:04:58, only a few seconds slower than in 2003 despite the wet conditions.

The ever-improving British athlete Paula Craig was second in 2:07:52 saying afterwards she was "really chuffed" to beat pre-race favourite Gunilla Wallengren of Sweden who performed below par in 2:14:13.

1	Francesca Porcellato	ITA	2:04:58
2	Paula Craig	GBR	2:07:52
3	Gunilla Wallengren	SWE	2:14:13
4	Michelle Lewis	GBR	2:52:27

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VIRGIN LONDON MARATHON 2011

17 April 2005

Men: Mendoza makes it two from two

Saul Mendoza retained his title in 1:35:51 after bursting ahead of a pack of seven in Birdcage Walk with just 800 metres to go. It was one of the most thrilling races in London's history as just 13 seconds separated the top seven.

The Mexican was always in a leading group who drafted and slipstreamed for most of the race. The others included previous winners, David Weir and Denis Lemeunier, plus Briton Tushar Patel, Canadian Jeff Adams and Frenchmen Eric Teurnier and Alain Fuss.

"There was lots of competition today and it was a tactical race, which meant slower times than expected," said Mendoza who had lost the Paris marathon the week before by just 0.01 seconds to South African Ernst Van Dyk.

Adams tried to break the pack with four miles to go, but had to be satisfied with the runner-up spot, just three seconds behind Mendoza. "I realised I had gone too early but was pleased to hang on for second spot," said Adams. "It was a much better performance than last year when I finished fifth."

Weir outsprinted his training partner Patel and Teurnier for third with all three recording the same time of 1:36:03. Just a second further back, Lemeunier and Fuss completed the top seven.

British athletes old and new battled it out in the middle of the field. David Holding, who retired from serious athletics after the Athens Paralympics, was 12th in 1:50:26. Just behind him in the same time was 'new kid on the block' and 2004 mini wheelchair winner, Brian Alldis, who set a personal best by 40 minutes.

1	Saul Mendoza	MEX	1:35:51
2	Jeff Adams	CAN	1:35:54
3	David Weir	GBR	1:36:03
4	Tushar Patel	GBR	1:36:03
5	Eric Teurnier	FRA	1:36:03
6	Denis Lemeunier	FRA	1:36:04
7	Alain Fuss	FRA	1:36:04
8	Kenny Herriot	GBR	1:41:58
9	Rawat Tana	THA	1:46:10
10	Supachai Koysap	THA	1:49:41

Women: Porcellato hat-trick

Francesca Porcellato completed the first hat-trick of victories since Kay MacShane won three London titles between 1984 and 1986. The Italian had a battle on her hands though, as Britain's 18-year-old rising star Shelly Woods stayed in contention until the last 400m when Porcellato used her experience to pull away for victory in 1:57:00.

These two had raced together with crowd-favourite and six-times winner Tanni Grey-Thompson until 15 miles when Grey-Thompson began to lose touch. Woods, a double mini-marathon winner, was making her full marathon debut and did well to finish only three seconds adrift of the Italian.

Obviously excited with her performance, Woods broke into a broad smile. "I am really pleased with my time but I'm not sure yet if I will become a marathon specialist," she said. "My immediate target is to qualify for the European Championships in August and eventually to compete perhaps at 1500m and 5000m at the Beijing Paralympics."

Grey-Thompson finished third in 2:02:39 saying, "I did not expect to win and even third is a miracle."

1	Francesca Porcellato	ITA	1:57:00
2	Shelly Woods	GBR	1:57:03
3	Tanni Grey-Thompson	GBR	2:02:39
4	Gunilla Wallengren	SWE	2:16:03
5	Deborah Brennan	GBR	2:18:42
6	Michelle Lewis	GBR	2:32:32
7	Sarah Piercy	GBR	2:48:23



VIRGIN LONDON MARATHON 2011

23 April 2006

Men: Weir wins again

David Weir won the London Wheelchair marathon for a second time, defying the wet conditions and a stinking cold to break the course record in 1:29:48 so becoming the first racer to dip under one hour 30 on the difficult London course.

Weir, a world 100m record holder, took the lead early, pulling double champion Saul Mendoza clear of the bunch as former winners Ernst Van Dyk and Denis Lemeunier crashed at a roundabout after three miles. Weir tested Mendoza at seven miles, and by the 15-mile mark was some five minutes clear. He crossed the line two minutes 14 inside the old course record and eight minutes ahead of Mendoza.

"I knew my training was going well," said Weir. "I've done more mileage than in previous years and in my new high-tech chair I hoped for a personal best. But to get the course record was beyond my expectations."

"Today, David was in awesome form," said Mendoza who had arrived in London only nine hours before the start time.

1	David Weir	GBR	1:29:48
2	Saul Mendoza	MEX	1:37:52
3	Alain Fuss	FRA	1:39:37
4	Eric Teurnier	FRA	1:43:52
5	Brian Alldis	GBR	1:47:34
6	Jeff Adams	CAN	1:53:24
7	Jason Richards	GBR	1:53:29
8	Shaho Qadir	GBR	2:00:52
9	Jason Gill	GBR	2:02:47
10	Steve Williamson	GBR	2:03:23

Women: Four from four for Porcellato

Italian Francesca Porcellato won the women's race for the fourth year in a row despite suffering a puncture five miles from the finish. The expected battle with Shelly Woods didn't materialise, however, as the young Briton was suffering from a cold and not at her best.

"The weather was not good today but I just love the London course," said Porcellato. "I am really chuffed to win again, especially as I raced on a flat tyre for the last seven kilometres."

1	Francesca Porcellato	ITA	1:59:57
2	Shelly Woods	GBR	2:04:37
3	Deborah Brennan	GBR	2:21:02
4	Sarah Piercy	GBR	2:39:10

22 April 2007

Men: Weir wins number three

For the first time since 2002, Britain produced the winners of both London Marathon wheelchair races as David Weir retained his men's title and Shelly Woods won the women's.

Weir defeated Paralympic champion Kurt Fearnley of Australia by just one second to chalk up his third London victory. After the first few miles the leading group included all the likely winners with Mexico's Saul Mendoza, South Africa's Ernst Van Dyk and the Japanese London debutant Choke Yasuoka alongside Weir and Fearnley. Any chance of victory for eight-times Seville champion Roger Puigbo Verdager disappeared early when he suffered a puncture.

Weir and Fearnley soon moved ahead of the field, displaying competitive attitude as well as mutual respect as they gave each other a lot of eye contact. They went through half way in 43:10 more than 1:27 ahead of their rivals.

As they reached Big Ben Weir turned to Fearnley, shook his hand and said, "Well done, great race." Then both athletes slowed before turning into The Mall in front of a vociferous crowd. Weir unleashed his phenomenal sprint to cross the line in 1:30:49, the second fastest time on the course.

"At 15 miles, we were flying at 18 miles per hour," said Weir. "But it was a tactical race today and I got it right."

Fearnley was disappointed to suffer his first defeat in eight marathons since October 2006 but he paid respect to his conqueror.

Mendoza won a battle with Van Dyk for the bronze medal after a desperate sprint finish as both athletes clocked the same time, 1:33:46. Yasuoka was fifth in 1:33:50, followed by the 20-year-old Briton Brian Alldis in 1:44:31.

1	David Weir	GBR	1:30:49
2	Kurt Fearnley	AUS	1:30:50
3	Saul Mendoza	MEX	1:33:46
4	Ernst Van Dyk	RSA	1:33:46
5	Choke Yasuoka	JPN	1:33:50
6	Brian Alldis	GBR	1:44:31
7	Mark Telford	GBR	1:54:18
8	Andrew Cheek	GBR	1:58:14
9	Paul Rea	GBR	2:05:07
10	Wayne Phillips	CAN	2:15:49

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VIRGIN LONDON MARATHON 2011

Women: Woods wins with promise

Twenty-year-old Shelly Woods lived up to the potential she had shown as a teenager to easily beat the world record holder and four-time champion Francesca Porcellato of Italy in 1:50:40, the second fastest ever on the course.

Woods, who led from the start, said: "I didn't want a sprint finish so I took the lead after 400 metres and just pushed on, but it was tough on my own."

Woods was just 1:31 outside the course record set by Sweden's Monica Wetterstrom in 1997. Porcellato was more than nine minutes behind, while the expected challenge from Deborah Johnson disappeared when she fell out of her chair early in the race and suffered facial injuries.

1	Shelly Woods	GBR	1:50:40
2	Francesca Porcellato	ITA	1:59:46
3	Sarah Piercy	GBR	2:41:18
dnf	Deborah Johnson	GBR	-

13 April 2008

Men: Weir sprints to three-year hat-trick

Britain's David Weir triumphed in the most competitive London Wheelchair Marathon to become the first male athlete to win three titles in succession. He had to fight off six competitors in The Mall to win the fourth London Marathon of his career.

There was a large pack from the start as Weir was joined at the head of the field by the Australian Paralympic champion Kurt Fearnley, world record holder Heinz Frei, former winner Denis Lemeunier, Ernst Van Dyk, the world's fastest, plus London debutants South African Krige Schabort, American Joshua George and Japan's Choke Yasuoka.

Yasuoka's challenge ended near the Cutty Sark when he tangled wheels with Fearnley. The Australian has lots of experience with crashes, punctures and falls, so he quickly extricated himself to sprint back to the pack.

From then on the magnificent seven stayed together although Weir tried to escape on the inclines. As they reached The Mall Weir unleashed his explosive finish, grabbing a 10-metre lead that he increased to the line to win by a full four seconds in 1:33:56.

Fearnley finished second as he did in 2007 with Lemeunier third only a second behind. Schabort and Frei followed at one-second intervals but Van Dyk and George crashed spectacularly into the advertising hoardings just short of the finish. They recovered to take sixth and seventh respectively while Britain's rising star Brian Alldis was next in 1:37:23, a personal best.

"This was the hardest of my victories as it was a tactical race with a bigger pack than previously," said Weir. "I tried to break a number of times but the headwind was too strong and they always came back to me. I just stayed with them and got them in the end."

It was a great comeback for Weir after a serious bout of glandular fever in the winter followed by an illness he described as "man flu".

1	David Weir	GBR	1:33:56
2	Kurt Fearnley	AUS	1:34:00
3	Denis Lemeunier	FRA	1:34:01
4	Krige Schabort	RSA	1:34:02
5	Heinz Frei	SUI	1:34:03
6	Ernst Van Dyk	RSA	1:34:25
7	Joshua George	USA	1:34:46
8	Brian Alldis	GBR	1:37:23
9	Rafael Jimenez	ESP	1:37:26
10	Choke Yasuoka	JPN	1:39:50

Women: Graf breaks course record

Sandra Graf of Switzerland took the women's race apart on her London debut and significantly enhanced her growing reputation by breaking the course record in 1:48:04, more than a minute quicker than the time set by the respected Swede Monica Wetterstrom in 1997.

Graf made her intentions clear after 15km with a break that she extended to the end. She finished almost four minutes clear of Amanda McGrory with the British title holder Shelly Woods third, more than 13 minutes behind.

Woods was hampered by a puncture suffered in the early stages and finished in her slowest time since 2006.

"I was feeling good and ready for a quick time but got a puncture at three miles," said Woods. "This made it very hard to hold on to the others as I couldn't change the tyre until 20 miles."

1	Sandra Graf	SUI	1:48:04
2	Amanda McGrory	USA	1:51:58
3	Shelly Woods	GBR	2:01:59
4	Francesca Porcellato	ITA	2:04:48
5	Sarah Piercy	GBR	2:35:54

VIRGIN LONDON MARATHON 2011

26 April 2009

Men: Fearnley takes Weir's record

Australian Kurt Fearnley won his first London title in style beating the best field the wheelchair race has seen in many years. The Paralympic gold medallist was in great form to take Briton David Weir's 2008 title and his 2006 course record.

The weather conditions were perfect and expectations high for a competitive race as Weir and South African Ernst Van Dyk broke away early from the leading pack. By seven miles, they were joined by Fearnley plus the 51-year-old world record holder Heinz Frei from Switzerland, and at half way these four were already on pace to beat Weir's 1:29:48 record.

Frei dropped back at 20 miles leaving Weir, Van Dyk and Fearnley to challenge for the number one spot. Van Dyk led the trio round the finishing corner with 600m to go, but the top sprinters Fearnley and Weir overtook him on the straight.

Fearnley crossed the line just ahead in a new course record of 1:28:56, with Weir just one second behind. The new Boston winner Van Dyk finished in 1:28:58.

The 28-year-old Fearnley was overjoyed with the triumph, having finished second in the previous two London Marathons behind Weir. "I haven't been in too many marathons where the finish was that close," he said. "David was a tough challenger, but I was never going to let him get away. When it came to the last 200 metres, I kept thinking about the finish and pushed really hard."

"I had a break after Beijing and I have had limited amounts of training," said Weir. "At the end I didn't have a little bit extra to fight for the win."

Soejima finished fourth (1:30:13) and Frei fifth (1:30:15) while another Briton, Brian Alldis came a creditable 10th in 1:40:15.

1	Kurt Fearnley	AUS	1:28:56
2	David Weir	GBR	1:28:57
3	Ernst van Dyk	RSA	1:28:58
4	Masazumi Soejima	JPN	1:30:13
5	Heinz Frei	SUI	1:30:15
6	Denis Lemeunier	FRA	1:32:40
7	Saul Mendoza	MEX	1:37:12
8	Rafael Jimenez	ESP	1:37:38
9	Jose Antonio Iniguez	USA	1:39:17
10	Brian Alldis	GBR	1:40:15

Women: McGrory races to victory

American Amanda McGrory won the most exciting women's wheelchair marathon, holding off defending champion Sandra Graf of Switzerland to take the title by one second in 1:50:39. Only seven seconds separated the top six women.

The 22-year-old McGrory had been second in 2008 and fourth in the previous weekend's Boston Marathon. In Beijing she won silver, so was happy to finally win in London.

"I knew it was going to be a tactical race today," said McGrory. "There was a pack of six when we started and there were still six fighting it out at the finish. After a rough time in Boston, I am happy today went well."

The experienced Graf was more than content with second while debutante Diane Roy from Canada was third in 1:50:41, Switzerland's Paralympic gold medallist Edith Hunkeler fourth another second behind and Christie Dawes of Australia fifth a second behind her.

Briton Shelly Woods was hoping to repeat her 2007 victory, but with such a great field it was always going to be tough. She was still among the leaders as they entered the finishing straight but when McGrory broke free she had to be content with sixth in an impressive time of 1:50:46.

1	Amanda McGrory	USA	1:50:39
2	Sandra Graf	SUI	1:50:40
3	Diane Roy	CAN	1:50:41
4	Edith Hunkeler	SUI	1:50:42
5	Christie Dawes	AUS	1:50:43
6	Shelly Woods	GBR	1:50:46
7	Margo Whiteford	GBR	2:46:10
8	Jacqui Kapinowski	USA	2:57:49
9	Nikki Emerson	GBR	3:17:37

VIRGIN LONDON MARATHON 2011

25 April 2010

Men: Canada's Cassidy gets first win

Canadian newcomer Josh Cassidy celebrated his first marathon title on a drizzly morning, handling the conditions well to beat the reigning champion Kurt Fearnley of Australia and Britain's David Weir who was denied a fifth title by two punctures.

Cassidy chose slower tyres than Weir, who used a new racing chair built for endurance, and his tactical, come-from-behind performance was enough to secure the \$15,000 prize.

"The weather played a part today," said the 25-year-old. "I haven't trained in rain for three months so I didn't expect the result today. It means so much."

Cassidy, a graphic designer, had been training with Weir in London, and the Briton had rated him as one to watch. By 5km, however, it was the British racer who led a pack of seven while Fearnley was already 22 seconds behind. At 10km, he was three minutes back as Weir and Japan's Kota Hokinoue moved ahead.

At Tower Bridge Cassidy trailed Weir by a minute but it all changed as they reached the Embankment. Weir's front tyre had punctured at 15 miles, so when he got another on his back wheel at 20 miles, he knew the game was up. Cassidy soon passed the ailing Briton and went on to claim victory in 1:35:21.

Switzerland's Marcel Hug came through for second in 1:36:07 on his first London Marathon, while Weir battled on for a respectable third in 1:37:01.

He said: "I tried my hardest but it was like doing another 20 miles on top when I got two punctures. As soon as your back tyres go, it's a struggle to go very far. I was in great shape this year, so it's obviously disappointing."

Cassidy was elated with his biggest win. He said: "I knew it was going to be a tough race as I've been with some of these guys before but I was really excited about competing in London for the first time. There are lots of great races in this country and London is definitely one of them."

Hokinoue was fourth in 1:40:59 and Fearnley fifth in 1:41:37, nearly 13 minutes outside his course record.

1	Josh Cassidy	CAN	1:35:21
2	Marcel Hug	SUI	1:36:07
3	David Weir	GBR	1:37:01
4	Kota Hokinoue	JPN	1:40:59
5	Kurt Fearnley	AUS	1:41:37
6	Ernst van Dyk	RSA	1:44:11
7	Masazumi Soejima	JPN	1:44:35
8	Roger Verdaguer	ESP	1:44:36
9	Joshua George	USA	1:46:57
10	Mark Telford	GBR	1:48:43

Women: Tsuchida wins second in a week

London debutante Wakako Tsuchida took her second major marathon title in the space of a week as she became the first Japanese winner of the women's wheelchair race, beating course record holder Sandra Graf and reigning champion Amanda McGrory in a close finish.

Shelly Woods suffered the same fate as her compatriot David Weir when she punctured late in the race and could only finish sixth.

Woods was part of the leading pack from the start but there was little action until 25km when Canada's Diane Roy, third in 2009, had to pull out with a puncture. That left four in the hunt, but disaster struck the Blackpool-based Briton when she blew two tyres in the last few miles, ending her hopes for victory.

As the three leaders entered The Mall it was McGrory who looked likely to retain her title, but Tsuchida's class finish was simply too good. She crossed the line in 1:52:33, one second ahead of Graf and three in front of McGrory.

Tsuchida had won her fourth Boston title in a row just six days before, but was thought to be too inexperienced for the tactical London course.

"I had images about this race before I started and knew experience mattered," said the surprised Japanese racer. "It was always going to be tactical so I was expecting a sprint finish. The weather was bad at the beginning but even though I've just won Boston, I really wanted to win."

Graf, another to suffer puncture problems, said: "I got a slight puncture in my front tyre at about 30km. I'm not one to make excuses but it may have been a little different if we had dry conditions."

McGrory was sad not to retain her title, but pleased to make the podium again. "It was great to be involved in such a tight race," she said. "I was fine all the way but in the last 300 yards my arms just seemed to give way."

The disappointed Woods came in sixth in 2:45:40. "There's nothing like racing at home," she said. "It's just a shame I couldn't show my sprint finish, but I will be back."

1	Wakako Tsuchida	JPN	1:52:33
2	Sandra Graf	SUI	1:52:34
3	Amanda McGrory	USA	1:52:36
4	Nikki Emmerson	GBR	2:17:46
5	Sarah Piercy	GBR	2:33:50
6	Shelly Woods	GBR	2:45:40
-	Diane Roy	CAN	DNF

VIRGIN LONDON MARATHON 2011

IAAF Gold Label

In 2008, the London Marathon was awarded a road race Gold Label by the International Association of Athletics Federations, the world's governing body for athletics. The labels are attributed to races that satisfy a number of important criteria concerning the organisational standard of the race, course measurement, safety and medical standards, and media services. The deciding factors in attributing a gold or silver label include the number of elite athletes taking part and the level of international TV coverage of the races.

"The London Marathon is delighted to have received one of the IAAF's first Gold Labels for road races," commented race director Dave Bedford. "We fully support the IAAF's decision to make these awards. They will ensure that we do everything we can this year and in the future to maintain the highest standards of organisation at the London Marathon."

Gold labels were awarded to all five World Marathon Majors races plus a number of half marathons and shorter road races, while many other marathons and road races around the world have silver or bronze labels. The full list of races receiving road race labels in 2011 is below:

Gold label races 2011

Xiamen International Marathon, China, 2 January
Standard Chartered Mumbai Marathon, India, 16 Jan
Tokyo Marathon, Japan, 27 February
World's Best 10k Race, Puerto Rico, 27 February
Lake Biwa Mainichi Marathon, Japan, 6 March
EDP Half Marathon of Lisbon, Portugal, 20 March
Maratona di Roma, Italy, 20 March
Seoul International Marathon, Korea, 20 March
Hervis Prague Half Marathon, Czech Rep, 2 April
Marathon International de Paris, France, 10 April
Virgin London Marathon, Britain, 17 April
BAA Boston Marathon, USA, 18 April
Volkswagen Prague Marathon, Czech Rep, 2 May
Bupa Great Manchester Run, Britain, 15 May
Sunfeast World 10k Bangalore, India, 15 May
Bogota Intl Half Marathon, Colombia, 31 July
Bupa Great North Run, Britain, 18 September
BMW Berlin Marathon, Germany, 25 September
Vodafone Half Marathon of Portugal, 25 September
Bank of America Chicago Marathon, USA, 9 October
Beijing Marathon, China, 16 October
Airtel Delhi Half Marathon, India, 23 October
BMW Frankfurt Marathon, Germany, 30 October
Bupa Great South Run, Britain, 30 October
ING New York City Marathon, USA, 6 November
Fukuoka International Marathon, Japan, 4 December

Silver label races 2011

Osaka Women's Marathon, Japan, 30 January
60th Beppu-Oita Mainichi Marathon, Japan, 6 Feb
Kagawa Marugame Half Marathon, Japan, 6 Feb
Ras Al Khaymah Half Marathon, UAE, 18 February
Yokohama Women's Marathon, Japan, 20 February
Nagoya Intl Women's Marathon, Japan, 13 March
Abn Amro Marathon Rotterdam, Netherlands, 10 Apr
Madrid Marathon, Spain, 17 April
Yangzhou Jianzhen Intl Half Marathon, China, 24 Apr
Ottawa 10k Road Race, Canada, 28 May
Ottawa Marathon, Canada, 28 May
Freihofer's Run for Women, USA, 4 June
Metro 10km, Czech Republic, 10 September
Amsterdam Marathon, Netherlands, 16 October
Gyeongju International Marathon, Korea, 16 October
Istanbul Eurasia Marathon, Turkey, 16 October
Toronto Waterfront Marathon, Canada, 16 October
Chosunilbo Chuncheon Intl Marathon, Korea, 23 Oct
Venice Marathon, Italy, 23 October
Marseille Cassis Classique Intl, France, 30 October
Joongang Seoul Marathon, Korea, 6 November
Turin Marathon, Italy, 13 November
Yokohama Women's Marathon, Japan, 20 November
Singapore Marathon, Singapore, 4 December
San Silvestre Vallecana, Spain, 31 December

Bronze label races 2011

Alexander the Great Marathon, Greece, 10 April
Mangyongdae Prize Marathon, PR Korea, 10 April
Great Ireland Run, Dublin, Ireland, 10 April
Nagano Olympic Com'tive Marathon, Japan, 17 April
Metro Group Marathon Düsseldorf, Germany, 8 May
Corrida de Langueux, France, 25 June
Semi-Marathon Intl Auray-Vannes, France, 11 Sept
Singelloop Utrecht, Netherlands, 25 September
20 Kilomètres de Paris, France, 9 October
Semi-Marathon Intl de Reims, France, 16 Oct
Abn Amro Zevenheuvelenloop, Netherlands, 20 Nov
Semi-Marathon de Boulogne, France, 20 Nov
Blom Beirut Marathon, Lebanon, 21 November
Firenze Marathon, Italy, 27 November
Marathon de La Rochelle Serge Vigot, France, 27 Nov



More information on IAAF Label Road Races:
www.iaaf.org/lrr11/index

VIRGIN LONDON MARATHON 2011

04

World Marathon Majors

How it Works

A new era in London Marathon history started in 2006 when the World Marathon Majors series of international marathons was launched.

The World Marathon Majors brings together the world's 'big five' premier city marathons: the Boston Marathon, the London Marathon, the Berlin Marathon, the Chicago Marathon, and the New York City Marathon.

On 23 January 2006, the directors of these five races announced they will pay a total of US\$1 million in prize money, split evenly between the top man and woman, at the end of a two-year cycle including these five races plus any IAAF World Championships marathons and Olympic Games marathons held during the period.

The winners of each of these races earn 25 points, with 15 going to second place, 10 to third, five to fourth and one to fifth. To win the prize, runners must complete at least three races over the two years of a series, with a maximum of four scoring races counting towards their points total. They must also finish at least one qualifying race in each year of the series.

Described by London Marathon race director David Bedford as "one of the most significant changes in the history of our sport", the World Marathon Majors Series is the first grand prix or grand slam type of competition for marathon running.

The series is designed to elevate marathon running in the public's eyes by focussing the world's best marathon runners on the world's best marathons. It aims to be simple to follow and an intriguing platform for the sport.

In creating the World Marathon Majors, the organisers of these five races recognised an opportunity to advance the sport, raise awareness of its athletes and increase the level of interest in elite racing among running enthusiasts.

Each of the five races boasts an international elite field for both men and women, has a mass field competing on the same course as the elites, takes place in a major international market, has existed for at least 25 years, and is regarded as among the very best in the industry. Collectively, the group annually attracts more than five million on-course spectators, more than 250 million television viewers, 300,000 applicants and 150,000 participants. The races also raise more than \$100 million for charity and have an economic impact on their cities amounting to more than \$400 million.

According to Mary Wittenberg, race director of the ING New York City Marathon: "Our races are to our sport what Wimbledon and the Australian, US and French Opens are to tennis, and what the Masters, US and British Opens, and PGA Championships are to golf.

"Each race has the history, the tradition, the honour roll of legendary champions, and a special place in the eyes of all to make them stand apart from the other events."

The WMM concept is supported by the International Association of Athletics Federations and endorsed by the world's leading marathon runners.

Paul Tergat of Kenya, men's world record holder from 2003 to 2007, said: "This is a very welcome idea. There has long been a Grand Prix on the track but often distance running gets ignored. For the first time our events will be recognised. It is the right direction for road running."

The women's world record holder, Paula Radcliffe of Great Britain, also welcomed the initiative. "This is a big step forward for the sport, the events and the athletes," she said. "The results can only be positive. I am convinced their combined expertise will help the sport immensely."

For more about the World Marathon Majors go to www.worldmarathonmajors.com



WORLD MARATHON MAJORS
BOSTON LONDON BERLIN CHICAGO NEW YORK

VIRGIN LONDON MARATHON 2011

The two-year cycle

The first series began with the Boston Marathon on 17 April 2006 and ended with the ING New York City Marathon on 4 November 2007. A second series, overlapping with the first, started in Boston on Monday 16 April 2007. The fourth WMM series finished in New York on 7 November last year when Sammy Wanjiru and Liliya Shobukhova were crowned champions. The fifth series got underway in Boston on 19 April 2010 and will finish in New York on 6 November 2011.

This two-year cycle was set up with the following in mind:

- Elite marathon runners compete at the top level in two races a year and sometimes three. Due to the wear and tear on their bodies, the athletes need enough time to recover from the competition and begin an extensive training process for the next race.
- The goal of the organisers was to crown the top marathoners in the world so they decided more than two competitions per athlete are needed to determine who is the greatest.

The qualifying races

The full 2009-2010 Series

20 April 2009	Boston Marathon
26 April 2009	Flora London Marathon
22 August 2009	World Championships Men's Marathon (Berlin)
23 August 2009	World Championships Women's Marathon (Berlin)
20 September 2009	real, - Berlin Marathon
11 October 2009	Bank of America Chicago Marathon
1 November 2009	ING New York City Marathon
19 April 2010	Boston Marathon
25 April 2010	Virgin London Marathon
26 September 2010	real, - Berlin Marathon
10 October 2010	Bank of America Chicago Marathon
7 November 2010	ING New York City Marathon

The full 2010-2011 Series

19 April 2010	Boston Marathon
25 April 2010	Virgin London Marathon
26 September 2010	real, - Berlin Marathon
10 October 2010	Bank of America Chicago Marathon
7 November 2010	ING New York City Marathon
17 April 2011	Virgin London Marathon
18 April 2011	Boston Marathon
27 August 2011	World Championships Women's Marathon (Daegu)
4 September 2011	World Championships Men's Marathon (Daegu)
25 September 2011	BMW Berlin Marathon
9 October 2011	Bank of America Chicago Marathon
6 November 2011	ING New York City Marathon

The full 2011-2012 Series

17 April 2011	Virgin London Marathon
18 April 2011	Boston Marathon
27 August 2011	World Championships Women's Marathon (Daegu)
4 September 2011	World Championships Men's Marathon (Daegu)
25 September 2011	BMW Berlin Marathon
9 October 2011	Bank of America Chicago Marathon
6 November 2011	ING New York City Marathon
16 April 2012	Boston Marathon
22 April 2012	Virgin London Marathon
5 August 2012	Olympic Games Women's Marathon (London)
12 August 2012	Olympic Games Men's Marathon (London)
30 September 2012	BMW Berlin Marathon
8 October 2012	Bank of America Chicago Marathon
4 November 2012	ING New York City Marathon



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The scoring system

Athletes earn points by placing among the top five in qualifying races during the two-year period. Points are allocated following each race as follows:

- 1st place – 25 points
- 2nd place – 15 points
- 3rd place – 10 points
- 4th place – 5 points
- 5th place – 1 point

During each two-year scoring period, points from a maximum of four qualifying races will be counted. If an athlete earns points in more than four events, only the athlete's best four finishes will count. In order to qualify, an athlete must compete in at least one qualifying race during each calendar year of a scoring period.

In the event of a tie, the first tiebreaker will be a review of any head-to-head competitions between the contending athletes during the series. The athlete finishing first in that head-to-head competition will be declared the winner, regardless of how many places ahead.

If their head-to-head record is level, the winner will be the athlete who:

- took fewer races to achieve their points
- won more qualifying races during the period
- has the faster average time in their scoring races.

Only if there's still a tie after those tests will the five race directors take a vote. They may decide to award the title jointly.

An athlete will be regarded as having taken part in a race if they start even if they do not finish.

The scoring system makes all World Marathon Majors events equal in terms of the athletes' pursuit of the grand jackpot and acknowledges that all marathon courses are not the same. The scoring system is based on points, rather than on performance times or strength of competition, to take into account the unique challenges involved in performing well over a sustained period of time. The winner of the World Marathon Majors series will be the best performer during the competition period.

WMM champions

WMM Series

2006/07
2007/08
2008/09
2009/10

Men

Robert K Cheruiyot (KEN)
Martin Lel (KEN)
Samuel Wanjiru (KEN)
Samuel Wanjiru (KEN)

Women

Gete Wami (ETH)
Irina Mikitenko (GER)
Irina Mikitenko (GER)
Liliya Shobukhova (RUS)

VIRGIN LONDON MARATHON 2011

The World Marathon Majors Races



BAA Boston Marathon

Inspired by their experience at the 1896 Olympic Games, several members of the Boston Athletic Association founded their own marathon in 1897. The race has been run every year since (although the 1918 edition featured a military relay rather than an individual race) and is now the world's oldest annual marathon. Both the start and finish lines have been moved over the years, but much of the original course remains exactly as it was originally designed. Since 1924 the race has begun in the town of Hopkinton, and from there the point-to-point course descends through Ashland, Framingham, Natick and Wellesley. Upon entering Newton, the course gradually rises to the famous Heartbreak Hill. As runners reach the top, they can see downtown Boston for the first time, four miles in the distance. After running through Brookline, the course enters Boston where it finishes on historic Boylston Street. Runners must qualify for entry by meeting time standards corresponding to gender and age, which is another aspect — besides its course and longevity — unique to the Boston Marathon.

Inaugural Running: 1897

Largest Field: 35,868 finishers (1996)

Recent Participation:	Year	Finishers	(Male/Female)
	2010	22,721	(13,161 / 9,560)
	2009	22,843	(13,545 / 9,298)
	2008	21,948	(13,019 / 8,929)
	2007	20,338	(12,364 / 7,974)
	2006	19,682	(12,061 / 7,621)

2010 Performances	Time	Total	Men	Women
	sub-3:00:00	1,349	1,271	78
	sub-4:00:00	15,539	9,901	5,638

Estimated Number of Spectators: 500,000

Course Records: Men: 2:05:52 (Robert Kiprono Cheruiyot, KEN, 2010)
Women: 2:20:43 (Margaret Okayo, KEN, 2002)

Most Victories: Men: 7 (Clarence DeMar, USA)
Women: 4 (Catherine Ndereba, KEN)

Prize Purse: \$806,000 (\$150,000 to male/female champions)

Organisation Information: Guy Morse, Executive Director
Boston Athletic Association
40 Trinity Place, 4th Floor
Boston, MA 02116
USA
+1 617 236 1652
www.baa.org

Media Contacts: Jack Fleming, Director of Marketing & Communications
+1 617 236 1652, x2627; fleming@baa.org
TK Skenderian, Communications Manager
+1 617 236 1652 x2632; tk@baa.org

Upcoming Race Dates: 18 April 2011
16 April 2012

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VIRGIN LONDON MARATHON 2011



Virgin London Marathon

In 1979, after running the New York City Marathon with John Disley, the late Chris Brasher questioned whether London could stage such a festival. "We have the course . . . but do we have the heart and hospitality to welcome the world?" Later that year Brasher travelled to America, where the running boom of the late 1970s had started. He witnessed the Boston Marathon and revisited the New York City race. He studied both races' organisations and finances. On his return, Brasher and Disley secured a three-year contract with Gillette for £75,000, established the organisation's charitable status, and set down six main aims for the event. The first London Marathon was held on 29 March 1981. More than 20,000 people wanted to run; 7,747 were accepted. There were 6,255 finishers led home by American Dick Beardsley and Norwegian Inge Simonsen. Joyce Smith broke the British record to win the women's race. The 1982 race received more than 90,000 applicants from around the world. The entry was limited to 18,059. Since then, the London Marathon has grown to more than 35,000 starters and finishers, is viewed in more than 150 countries worldwide and has more than six million viewers in the UK via the BBC.

Inaugural Running: 1981

Largest Field: 36,550 finishers (2010)

Recent Participation:	Year	Finishers	(Male/Female)
	2010	36,550	(24,423 / 12,127)
	2009	35,375	(24,299 / 11,076)
	2008	34,497	(23,606 / 10,891)
	2007	35,694	(24,822 / 10,872)
	2006	33,222	(23,060 / 10,162)

2010 Performances	Time	Total	Men	Women
	sub-3:00:00	2,457	2,247	210
	sub-4:00:00	14,817	11,783	3,034

Estimated Number of Spectators: 1 million

Course Records:
Men: 2:05:10 (Sammy Wanjiru, KEN, 2009)
Women Only: 2:17:42 (Paula Radcliffe, GBR, 2005)
Women (Mixed Race): 2:15:25 (Paula Radcliffe, GBR, 2003)

Most Victories:
Men: 3 (Dionicio Ceron, MEX; Antonio Pinto, POR; Martin Lel, KEN)
Women: 4 (Ingrid Kristiansen, NOR)

Prize Purse: \$295,000 (\$55,000 to male/female champions)

Organisation Information:
Nick Bitel, Chief Executive
David Bedford, Race Director
Virgin London Marathon Ltd
Marathon House
115 Southwark Street
London SE1 0JF
(+44) 207 902 0200
www.virginlondonmarathon.com

Media Contacts:
Nicola Okey, Director of Media Relations
(+44) 207 902 0182 ; nicolao@london-marathon.co.uk

Upcoming Race Dates:
17 April 2011
22 April 2012 (provisional)

VIRGIN LONDON MARATHON 2011



BMW Berlin Marathon

A group of runners from one of Germany's most prestigious athletics clubs, SC Charlottenburg, organised the first Berlin Marathon in 1974. It was not until 1981 that the race moved from the Grunewald (a big forest) into the city centre of West Berlin. Supported by the three western allied forces (Britain, France and USA), it quickly developed into Germany's biggest and best quality marathon. A new era started after the Berlin Wall collapsed in November 1989. On 30 September 1990, three days before reunification, the course of the Berlin Marathon led through Brandenburg Gate and included both parts of Berlin. In 2001 Naoko Takahashi became the first woman to break the 2:20 barrier in Berlin. The flat and fast loop course was then changed significantly for the 2003 race. Paul Tergat became the first man to cross the new finish line, in a world record of 2:04:55, passing through Brandenburg Gate – the symbol for reunification. In 2007 and 2008 Haile Gebrselassie lowered that record, first to 2:04:26, and then to 2:03:59, firmly establishing Berlin's course as the fastest in the world. In 2009 he joined Bill Rodgers (New York City, 1976-79) as the only men to win the same World Marathon Majors race four years in a row.

Inaugural Running: 1974

Largest Field: 35,783 finishers (2008)

Recent Participation:	Year	Finishers	(Male/Female)
	2010	34,002	[26,603 / 7,399]
	2009	35,016	[27,950 / 7,066]
	2008	35,783	[28,354 / 7,429]
	2007	32,638	[26,136 / 6,502]
	2006	30,190	[24,103 / 6,087]

2010 Performances	Time	Total	Men	Women
	sub-3:00:00	1,341	1,304	37
	sub-4:00:00	16,636	14,799	1,837

Estimated Number of Spectators: 1.2 million

Course Records:
Men: 2:03:59 (Haile Gebrselassie, ETH, 2008)
Women: 2:19:12 (Mizuki Noguchi, JPN, 2005)

Most Victories:
Men: 4 (Haile Gebrselassie, ETH)
Women: 3 (Uta Pippig, GER; Renata Kokowska, POL)

Prize Purse: \$384,000 (\$68,080 to male/female champions)

Organisation Information:
Mark Milde, Race Director
SCC EVENTS GmbH
Hanns-Braun-Strasse / Adlerplatz
14053, Berlin
Germany
+49 (30) 30 12 88 10
www.berlin-marathon.com

Media Contacts:
Thomas Steffens (International media)
+49 (171) 933 48 36; thomas.steffens@scc-events.com
Marisa Reich
+ 49 (178) 457 70 65; marisa.reich@scc-events.com

Upcoming Race Dates:
25 September 2011
30 September 2012

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Bank of America Chicago Marathon

In 1976 a small band of running enthusiasts met at the Metropolitan YMCA on LaSalle Street to plan a marathon in Chicago. Backed by the athletic enthusiasm of the new Chicago Mayor, Michael Bilandic, and the leadership of Lee Flaherty, this founding group realised their vision on 25 September 1977, hosting 4,200 local participants in the first Chicago Marathon. It has since expanded to a capacity of 45,000 runners and enjoyed 35 years of record-breaking history. The flat course begins and ends in Chicago's historic Grant Park, sweeping through 15 culturally colourful neighbourhoods including Greektown, Little Italy, Pilsen, Chinatown, and Bridgeport. Sections of the course are woven parallel to others, allowing friends and family multiple points to encourage runners during the race. 1.5 million spectators line the city streets infusing the community atmosphere with humanity and solidarity. With a mid-autumn race date and early morning start, the race is seasonally positioned for exceptional running conditions. The Chicago Marathon has witnessed two men's world records (1984 Steve Jones 2:08:05; 1999 Khalid Khannouchi 2:05:42) and two women's world records (2001 Catherine Ndereba 2:18:47; 2002 Paula Radcliffe 2:17:18).

Inaugural Running: 1977

Largest Field: 36,088 finishers (2010)

Recent Participation:	Year	Finishers	(Male/Female)
	2010	36,088	(19,946 / 16,142)
	2009	33,703	(19,077 / 14,626)
	2008	31,343	(17,678 / 13,665)
	2007	25,534	(15,348 / 10,186)
	2006	33,633	(18,910 / 14,723)

2010 Performances	Time	Total	Men	Women
	sub-3:00:00	709	608	101
	sub-4:00:00	8,296	6,153	2,143

Estimated Number of Spectators: 1.5 million

Course Records:
Men: 2:05:41 (Sammy Wanjiru, KEN, 2009)
Women: 2:17:18 (Paula Radcliffe, GBR, 2002)

Most Victories:
Men: 4 (Khalid Khannouchi, MAR/USA)
Women: 2 (Liliya Shobukhova RUS, Berhane Adere, ETH;
Catherine Ndereba, KEN; Joyce Chepchumba, KEN; Marian Sutton, GBR; Ritva Lemettinen, FIN; Lisa Weidenbach, USA; Rosa Mota, POR)

Prize Purse: \$485,000 (\$125,000 to male/female champions)

Organisation Information:
Carey Pinkowski, Executive Race Director
Bank of America Chicago Marathon
135 S LaSalle St, Suite 2705
Chicago, IL 60603
USA
+1 (312) 904 9800
www.chicagomarathon.com

Media Contacts:
Jeremy Borling, Director of Marketing and Communications
+1 (312) 992 6614; jeremy.borling@bankofamerica.com

Upcoming Race Dates:
9 October 2011
8 October 2012

VIRGIN LONDON MARATHON 2011



ING New York City Marathon

The premier event of the New York Road Runners, the ING New York City Marathon is one of the world's great road races, drawing more than 109,000 applicants. The race attracts many world-class professional athletes, attracted by the more than \$800,000 prize money, but also for the chance to excel in the media capital of the world before two million cheering spectators and 330 million worldwide television viewers. As any one of the 877,481 past participants will attest, crossing the finish line in Central Park is one of the great thrills of a lifetime. The race was held entirely in Central Park for the first six years, before moving out into the streets and all five boroughs of New York City in 1976. With 45,103 finishers, the 2010 ING New York City Marathon was the largest marathon in history, 1,300 more than its previous record.

Inaugural Running: 1970

Largest Field: 45,103 finishers (2010)

Recent Participation:	Year	Finishers	(Male/Female)
	2010	45,103	(28,948 / 16,155)
	2009	43,660	(28,485 / 15,175)
	2008	38,096	(25,216 / 12,880)
	2007	38,607	(26,072 / 12,535)
	2006	37,869	(25,548 / 12,321)

2010 Performances	Time	Total	Men	Women
	sub-3:00:00	938	876	62
	sub-4:00:00	14,773	11,705	3,068

Estimated Number of Spectators: 2 million

Course Records:
Men: 2:07:43 (Teskaye Jifar, ETH, 2001)
Women: 2:22:31 (Margaret Okayo, KEN, 2003)

Most Victories:
Men: 4 (Bill Rodgers, USA)
Women: 9 (Grete Waitz, NOR)

Prize Purse: More than \$800,600 (\$130,000 to male / female champions)

Organisation Information:
Mary Wittenberg, Race Director
New York Road Runners
9 East 89th Street
New York, NY
USA 10128
www.ingnycmarathon.org

Media Contacts:
Richard Finn, Director of Media Relations
+1 (212) 423 2229
rfinn@nyrr.org

Upcoming Race Dates:
6 November 2011
4 November 2012

VIRGIN LONDON MARATHON 2011

World Records set in WMM Races

Men

WR	Athlete	WMM Event	Date
2:03:59*	Haile Gebrselassie (ETH)	Berlin	28 September 2008
2:04:26	Haile Gebrselassie (ETH)	Berlin	30 September 2007
2:04:55	Paul Tergat (KEN)	Berlin	28 September 2003
2:05:38	Khalid Khannouchi (USA)	London	14 April 2002
2:05:42	Khalid Khannouchi (MAR)	Chicago	24 October 1999
2:06:05	Ronaldo da Costa (BRA)	Berlin	20 September 1998
2:08:05	Steve Jones (GBR)	Chicago	21 October 1984
2:12:12	Abebe Bikila (ETH)	Olympics (Tokyo)	21 October 1964
2:15:17	Abebe Bikila (ETH)	Olympics (Rome)	10 September 1960
2:25:39	Yun Bok Suh (KOR)	Boston	19 April 1947
2:32:36	Hannes Kolehmainen (FIN)	Olympics (Antwerp)	22 August 1920
2:55:19	Johnny Hayes (USA)	Olympics (London)	24 July 1908

Women

WR	Athlete	WMM Event	Date
2:15:25*	Paula Radcliffe (GBR)	London	13 April 2003
2:17:18	Paula Radcliffe (GBR)	Chicago	13 October 2002
2:18:47	Catherine Ndereba (KEN)	Chicago	7 October 2001
2:19:46	Naoko Takahashi (JPN)	Berlin	30 September 2001
2:20:43	Tegla Loroupe (KEN)	Berlin	26 September 1999
2:21:06	Ingrid Kristiansen (NOR)	London	21 April 1985
2:22:43	Joan Benoit Samuelson (USA)	Boston	18 April 1983
2:25:29	Grete Waitz (NOR)	London	17 April 1983
2:25:42	Grete Waitz (NOR)	New York	26 October 1980
2:27:33	Grete Waitz (NOR)	New York	21 October 1979
2:32:30	Grete Waitz (NOR)	New York	22 October 1978
2:34:48**	Christa Vahlensieck (GER)	Berlin	10 September 1977
2:42:24	Liane Winter (GER)	Boston	21 April 1975

*Current world record as of 23 March 2011

**Set in the 1977 German marathon championships



VIRGIN LONDON MARATHON 2011

The World Marathon Majors Series 2009/10

Wanjiru and Shobukhova win Majors duels

Two-way battles for supremacy characterised both the men's and women's competitions for the 2009/10 World Marathon Majors series, battles eventually won by Sammy Wanjiru and Liliya Shobukhova in Chicago last October when both notched up their third victory from four races over the two-year cycle.

Wanjiru retained his men's title with a thrilling win against Tsegaye Kebede, the Ethiopian who'd taken his London crown six months earlier when the Kenyan was forced to drop out.

Kebede, who had also finished second in London 2009 and third at the 2009 World Championships, lined up for the Chicago showdown level on 50 points with the Olympic champion. With only the New York Marathon to come, both knew that victory in the windy city would virtually secure the \$500,000 prize.

In the end Wanjiru triumphed by just 19 seconds to finish the series with 75 points. Kebede would have to enter and place first or second in New York just a month later to overhaul him. It was never going to happen.

"Last year I promised I would be back here to defend my World Marathon Majors title and I'm proud to have fulfilled that promise," said Wanjiru on accepting his cheque at an awards banquet in New York City on 8 November. "Being the Olympic Marathon champion is a dream for everyone, but to win the World Marathon Majors series means that you have to be strong and consistent over two years and I'm happy to have achieved this honour twice."

On paper, at least, Shobukhova's victory was far more straightforward as she won the title with more than 40 points to spare after winning three of her four races. But the Russian also had to overcome a formidable opponent in the shape of 2007/08 and 2008/09 winner Irina Mikitenko against whom she raced in all four of her marathons.

After finishing third behind the German on her debut in London 2009, Shobukhova has had a perfect record – winning Chicago twice, with Mikitenko second and fifth behind her, and taking the London title last April. She secured the prize – collecting another 25 points, and the Russian record – in Chicago last October, amassing 85 points over the two years.

"I want to thank the race directors and event organizers for the opportunity to compete in the World Marathon Majors," said Shobukhova. "It is a great idea and serves not as pressure, but as a source of motivation for athletes to compete at their best at the world's best races."

"After I won the 2009 Chicago Marathon I knew I had an opportunity to win the series title. I'm proud to have achieved this goal and I hope to be back next year."

Shobukhova now holds a powerful 25-point lead at the half-way stage of the fifth WMM series, while Wanjiru is trailing 15 points behind Kebede in joint-third place on the men's leaderboard.

While Wanjiru and Shobukhova were worthy winners of series four, they provided only some of the many highlights from World Marathon Majors races over the last two years.

Here are a few of the others:

Record breakers

2009: With Lel injured, Wanjiru storms through the London streets to break his compatriot's course record by five seconds. Three men go under 2:05:30.

2009: Abel Kirui destroys the World Championships record to keep the title in Kenyan hands.

2009: Wanjiru runs the fastest ever marathon in America as he sets his second course record of the year. He also became the youngest man to win three World Marathon Majors.

2010: Robert Kiprono Cheruiyot emulates his near-namesake Roberto Kipkoech Cheruiyot – four times a Boston winner – in taking the Boston title, obliterating his compatriot's course record in the process. He's the first man ever to break 2:06 or 2:07 on the historic course.

2010: Liliya Shobukhova smashes her PB in London and smashes the Russian record in Chicago with the fastest time in the world in 2010.

2010: Aberu Kebede breaks her PB to win Berlin by a minute and notch up her second marathon success of the year after taking the Rotterdam title six months earlier.

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Thrilling finishes

2009: Salina Kosgei beats Dire Tune by a second to win the closest ever Boston race – closer even than 2008.
 2009: Wanjiru beats Tsegaye Kebede by 10 seconds in London as only 17 seconds separate the first three.
 2009: Derartu Tulu returns to form to take the New York title by just eight seconds from Lyudmila Petrova.
 2010: Just three seconds separate the top two women in Boston as the vomiting Teyba Erkesso struggles over the line ahead of fast-finishing Tatyana Pushkareva.
 2010: After finishing one-two in Rotterdam, Patrick Makau beats Geoffrey Mutai again in Berlin, by just two seconds, with Bazu Worku another 15 seconds behind.
 2010: Sammy Wanjiru edges ahead of Tsegaye Kebede by 19 seconds in Chicago to ensure the WMM title stays in his hands. Six months earlier Kebede had taken Wanjiru's London crown.

Winning streaks

2009: Irina Mikitenko retains her London Marathon title, the first to do so since Paula Radcliffe in 2002-03.
 2009: Haile Gebrselassie wins the Berlin Marathon for a fourth time and joins Bill Rodgers (New York City, 1976-79) as the only men to win the same World Marathon Majors race four years in a row.
 2009: Wanjiru becomes the fifth man to win London and Chicago in the same year; the first since Evans Rutto in 2004.
 2009: Meb Keflezighi is the first American winner in New York for 27 years.
 2010: Tsegaye Kebede is the first Ethiopian winner of the London Marathon for six years, while Liliya Shobukhova is the first Russian woman ever to win in London.
 2010: Wanjiru and Shobukhova both retain their Chicago titles, and bag equal shares of the Majors million.
 2010: Gebre Gebremariam becomes the first male marathon debutant to win in New York since Alberto Salazar in 1980.

Growing fields

2009: 33,703 finish what was then largest Chicago Marathon ever, and 43,660 complete the New York Marathon, an all-time record.
 2010: London starts a trend, breaking all previous records with 36,550 finishers, followed by new records for Chicago and New York. Chicago grows for the second year in a row to 36,088, while New York swells to 45,103, making it the largest marathon in history.

Final Standings

Men				Women			
1. Sammy Wanjiru (Kenya)				1. Liliya Shobukhova (Russia)			
1st	London 2009	2:05:10	25 pts	3rd	London 2009	2:24:24	10 pts
1st	Chicago 2009	2:05:41	25 pts	1st	Chicago 2009	2:25:56	25 pts
dnf	London 2010	-	0 pts	1st	London 2010	2:22:00	25 pts
1st	Chicago 2010	2:06:24	25 pts	1st	Chicago 2010	2:20:25	25 pts
2. Tsegaye Kebede (Ethiopia)				2. Irina Mikitenko (Germany)			
2nd	London 2009	2:05:20	15 pts	1st	London 2009	2:22:11	25 pts
3rd	World Champs 09	2:08:35	10 pts	2nd	Chicago 2009	2:26:31	15 pts
1st	London 2010	2:05:19	25 pts	dnf	London 2010	-	0 pts
2nd	Chicago 2010	2:06:43	15 pts	5th	Chicago 2010	2:26:40	1 pt
3. Emmanuel Mutai (Kenya)				3. Salina Kosgei (Kenya)			
4th	London 2010	2:06:53	5 pts	1st	Boston 2009	2:32:16	25 pts
2nd	World Champs 09	2:07:48	15 pts	5th	New York 2009	2:31:53	1 pt
2nd	London 2010	2:06:23	15 pts	3rd	Boston 2010	2:28:35	10 pts
2nd	New York 2010	2:09:18	15 pts	16th	New York 2010	-	0 pts
4. Deriba Merga (Ethiopia)				4. Teyba Erkesso (Ethiopia)			
1st	Boston 2009	2:08:42	25 pts	4th	Chicago 2009	2:26:56	5 pts
3rd	Boston 2010	2:08:39	10 pts	1st	Boston 2010	2:26:11	25 pts
5. Jaouad Gharib (Morocco)				12th	New York 2010	2:31:06	0 pts
3rd	London 2009	2:05:27	10 pts	5. Bai Xue (China)			
3rd	New York 2009	2:10:25	10 pts	5. Bezunesh Bekele (Ethiopia)			
3rd	London 2010	2:06:55	10 pts	5. Atsede Habtamu (Ethiopia)			
				5. Aberu Kebede (Ethiopia)			
				5. Edna Kiplagat (Kenya)			
				5. Derartu Tulu (Ethiopia)			

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The World Marathon Majors Series 2010/11

Current Standings

Men

1. Tsegaye Kebede (Ethiopia)		40 pts	
1st	London 2010	2:05:19	25 pts
2nd	Chicago 2010	2:06:43	15 pts
2. Emmanuel Mutai (Kenya)		30 pts	
2nd	New York 2010	2:09:18	15 pts
2nd	London 2010	2:06:23	15 pts
3. Robert Kiprono Cheruiyot (Kenya)		25 pts	
1st	Boston 2010	2:05:52	25 pts
3. Gebre Gebremariam (Ethiopia)		25 pts	
1st	New York 2010	2:08:13	25 pts
3. Patrick Makau (Kenya)		25 pts	
1st	Berlin 2010	2:05:08	25 pts
3. Samuel Wanjiru (Kenya)		25 pts	
1st	Chicago 2010	2:06:24	25 pts
7. Tekeste Kebede (Ethiopia)		15 pts	
2nd	Boston 2010	2:07:23	15 pts
7. Geoffrey Mutai (Kenya)		15 pts	
2nd	Berlin 2010	2:05:10	15 pts
9. Jaouad Gharib (Morocco)		10 pts	
3rd	London 2010	2:06:55	10 pts
9. Moses Kigen Kipkosgei (Kenya)		10 pts	
3rd	New York 2010	2:10:39	10 pts
9. Feyisa Lilesa (Ethiopia)		10 pts	
3rd	Chicago 2010	2:08:10	10 pts
9. Deriba Merga (Ethiopia)		10 pts	
3rd	Boston 2010	2:08:39	10 pts
9. Bazu Worku (Ethiopia)		10 pts	
3rd	Berlin 2010	2:05:25	10 pts

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Women

1. Liliya Shobukhova (Russia)				50 pts
1st	London 2010	2:22:00		25 pts
1st	Chicago 2010	2:20:25		25 pts
2. Teyba Erkesso (Ethiopia)				25 pts
1st	Boston 2010	2:26:11		25 pts
2. Aberu Kebede (Ethiopia)				25 pts
1st	Berlin 2010	2:23:58		25 pts
2. Edna Kiplagat (Kenya)				25 pts
1st	New York 2010	2:27:20		25 pts
5. Inga Abitova (Russia)				20 pts
2nd	London 2010	2:22:18		15 pts
4th	New York 2010	2:29:17		5 pts
5. Bezunesh Bekele (Ethiopia)				20 pts
2nd	Berlin 2010	2:24:58		15 pts
4th	London 2010	2:23:16		5 pts
7. Atsede Baysa (Ethiopia)				15 pts
2nd	Chicago 2010	2:23:40		15 pts
7. Shalane Flanagan (United States)				15 pts
2nd	New York 2010	2:28:40		15 pts
7. Tatyana Pushkareva (Russia)				15 pts
2nd	Boston 2010	2:26:14		15 pts
10. Mary Keitany (Kenya)				10 pts
3rd	New York 2010	2:29:01		10 pts
10. Mariya Konovalova (Russia)				10 pts
3rd	Chicago 2010	2:23:50		10 pts
10. Salina Kosgei (Kenya)				10 pts
3rd	Boston 2010	2:28:35		10 pts
10. Aselefech Mergia (Ethiopia)				10 pts
3rd	London 2010	2:22:37		10 pts
10. Tomo Morimoto (Japan)				10 pts
3rd	Berlin 2010	2:26:10		10 pts



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Results and reports from WMM races 2010

BAA Boston Marathon

19 April 2010

After a surge-and-relax, helter-skelter pace through much of a strange first half, the men's race emerged from the famous Newton Hills with four miles to go as a contest between two men: defending champion Merga and Cheruiyot, whose namesake Robert Kipkoech won four previous editions. Cheruiyot's ferocious pace eventually won the day in a massive course record as Merga faded to third. When Erkesso took off after 16 miles it seemed she was all set for a solo victory in the women's race, but the ailing Ethiopian faltered in the last five miles and in the end only held on to win by three seconds from the fast-finishing Pushkareva.

Men

1.	Robert Kiprono Cheruiyot	KEN	2:05:52
2.	Tekeste Kebede	ETH	2:07:23
3.	Deriba Merga	ETH	2:08:39
4.	Ryan Hall	USA	2:08:41
5.	Meb Keflezighi	USA	2:09:26

Women

1.	Teyba Erkesso	ETH	2:26:11
2.	Tatyana Pushkareva	RUS	2:26:14
3.	Salina Kosgei	KEN	2:28:35
4.	Waynishet Girma	ETH	2:28:36
5.	Bruna Genovese	ITA	2:29:12

Virgin London Marathon

25 April 2010

Kebede turned silver to gold as the 2009 runner-up ended six years of Kenyan domination, missing defending champion Sammy Wanjiru's course record by just nine seconds. Wanjiru suffered a rare failure, dropping out with a knee injury after 17 miles while Kebede kicked away from world champion Kirui with six to go. Mutai and Gharib finished strongly to snatch second and third. Shobukhova's commanding performance crowned a great day for Russia in the women's race while defending champion Irina Mikitenko dropped out with a shin injury at 11 miles, and 2009 runner-up Mara Yamauchi faded to 10th. Shobukhova never looked troubled as she strode away from Abitova in the final mile for a big personal best. Abitova and Mergia also smashed their PBs as Ethiopians filled places three, four and five.

Men

1.	Tsegaye Kebede	ETH	2:05:19
2.	Emmanuel Mutai	KEN	2:06:23
3.	Jaouad Gharib	MAR	2:06:55
4.	Abderrahim Bouramdane	MAR	2:07:33
5.	Abel Kirui	KEN	2:08:04

Women

1.	Liliya Shobukhova	RUS	2:22:00
2.	Inga Abitova	RUS	2:22:19
3.	Aselefech Mergia	ETH	2:22:38
4.	Bezunesh Bekele	ETH	2:23:17
5.	Askale Tafa	ETH	2:24:39





VIRGIN LONDON MARATHON 2011

real,- Berlin Marathon

26 September 2010

Makau and Mutai repeated their Rotterdam placings, running remarkable times in heavy rain, while Worku was an impressive third just ten days after his 20th birthday. After a fast start at world record pace, the leading three men took off at 30km before Makau made the decisive break just less than 10km later, eventually shaking off Mutai in the last 400m. Kebede and Bekele built a one-minute lead at halfway in the women's race before Kebede left her compatriot behind at 25km to establish a one-minute advantage at the finish. She broke her PB, like Makau adding the Berlin title to her Rotterdam triumph earlier in the year.

Men

1.	Patrick Makau	KEN	2:05:08
2.	Geoffrey Mutai	KEN	2:05:10
3.	Bazu Worku	ETH	2:05:25
4.	Yemane Tsegay	ETH	2:07:52
5.	Eliud Kiptanui	KEN	2:08:05

Women

1.	Aberu Kebede	ETH	2:23:58
2.	Bezunesh Bekele	ETH	2:24:58
3.	Tomo Morimoto	JPN	2:26:10
4.	Sabrina Mockenhaupt	GER	2:26:21
5.	Olena Burkovska	UKR	2:28:31

The Bank of America Chicago Marathon

10 October 2010

Defending champions Wanjiru and Shobukhova clinched their WMM titles with thrilling performances, Wanjiru thanks to a strength-sapping sprint to overcome Kebede, and Shobukhova in a Russian record, more than a minute and half inside her PB. Wanjiru overcame injury and a stomach virus in his build-up to battle back over the last mile after trailing Kebede by three seconds. Shobukhova ran an even race, passing halfway in 70:00, 15 seconds behind the leaders, before coming through confidently in the second half to win by 3:15. While Mikitenko was never a factor, Baysa followed Shobukhova home in her third marathon of the year, and Konovalova burst into world class to take third after a mediocre debut in London.

Men

1.	Sammy Wanjiru	KEN	2:06:24
2.	Tsegaye Kebede	ETH	2:06:43
3.	Feyisa Lilesa	ETH	2:08:10
4.	Wesley Korir	KEN	2:08:44
5.	Vincent Kipruto	KEN	2:09:08

Women

1.	Liliya Shobukhova	RUS	2:20:25
2.	Atsede Baysa	ETH	2:23:40
3.	Mariya Konovalova	RUS	2:23:50
4.	Desiree Davila	USA	2:26:20
5.	Irina Mikitenko	GER	2:26:31





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ING New York City Marathon

7 November 2010

When an emotional Haile Gebrselassie failed to finish and hastily announced his retirement it overshadowed almost everything else in New York, yet it shouldn't detract from the birth of two new stars in Gebremariam and Kiplagat who triumphed over quality fields in cool windy conditions. Troubled by a swollen right knee, Gebrselassie's demise came on the Queensboro Bridge after 17 miles. Only then did the leaders begin to race, Mutai surging ahead with Gebremariam on his tail. The Ethiopian went on to become the first male debutant to win in New York since Alberto Salazar in 1980. The women's race also began slowly and a dozen were still in contention with five miles to go. But with two left it was down to three, as Kiplagat battled two first-timers in Flanagan and Keitany. Flanagan dropped back in Central Park as Kiplagat broke clear of her compatriot to net a neat \$135,000 prize.

Men

1.	Gebre Gebremariam	ETH	2:08:14
2.	Emmanuel Mutai	KEN	2:09:18
3.	Moses Kigen Kipkosgei	KEN	2:10:39
4.	Abderrahim Goumri	MAR	2:10:51
5.	James Kwambai	KEN	2:11:31

Women

1.	Edna Kiplagat	KEN	2:28:20
2.	Shalane Flanagan	USA	2:28:40
3.	Mary Keitany	KEN	2:29:01
4.	Inga Abitova	RUS	2:29:17
5.	Kim Smith	NZL	2:29:28



Forthcoming WMM events 2011

17 April	Virgin London Marathon
18 April	BAA Boston Marathon
27 August	World Championships Women's Marathon (Daegu)
4 September	World Championships Men's Marathon (Daegu)
25 September	BMW Berlin Marathon
9 October	Bank of America Chicago Marathon
6 November	ING New York City Marathon



VIRGIN LONDON MARATHON 2011

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The 2011 Races

Start Times and Start Lines

Start Times

8.55am	The Virgin Money Giving Mini London Marathon (Start: Old Billingsgate)
9.00am	Elite Women's Race
9.20am	Elite Wheelchair Race for Men & Women
9.45am	Elite Men's Race UKA/England Athletics Championships for Men & Women Mass Race

Start Lines

Blue Start at Blackheath, Shooters Hill Road

Elite Wheelchair race - Men and Women
Elite Women
Elite Men
UKA & England Athletics Championships - Men and Women
Ill & Injured
UKA Clubs
Ballot runners
Overseas runners

Red Start at Greenwich Park, Charlton Way

Golden Bond runners
Guaranteed runners
Fast Good for Age runners

Green Start at St. John's Park on the edge of Blackheath

Good for Age runners
Celebrity and Media runners

VIRGIN LONDON MARATHON 2011

ELITE RUNNERS

Elite Men: Entries

Bib no.	Name	Nation	PB	Bib name
1	Tsegaye Kebede	ETH	2:05:18	KEBEDE
2	James Kwambai	KEN	2:04:27	KWAMBAI
3	Patrick Makau	KEN	2:04:48	MAKAU
5	Abel Kirui	KEN	2:05:04	KIRUI
6	Bazu Worku	ETH	2:05:25	WORKU
7	Jaouad Gharib	MAR	2:05:27	GHARIB
8	Emmanuel Mutai	KEN	2:06:15	MUTAI
9	Viktor Röthlin	SUI	2:07:23	ROTHLIN
10	Abderrahim Bouramdane	MAR	2:07:33	BOURAMDANE
11	Yonas Kifle	ERI	2:07:34	KIFLE
12	José Manuel Martínez	ESP	2:08:09	MARTINEZ
13	Marilson Gomes dos Santos	BRA	2:08:37	DOS SANTOS
14	Lee Troop	AUS	2:09:49	TROOP
15	Dmitriy Safronov	RUS	2:10:12	SAFRONOV
16	Luis Feiteira	POR	2:11:57	FEITEIRA
17	Cuthbert Nyasango	ZIM	2:12:40	NYASANGO
18	Ser-Od Bat-Ochir	MGL	2:12:42	BAT-UCHIR
19	Jason Lehmkuhle	USA	2:12:24	LEHMKUHLE
20	Mike Shelley	AUS	2:13:05	SHELLEY
21	Michael Aish	USA	2:13:21	AISH
22	Andrew Lemoncello	GBR	2:13:40	LEMONCELLO
23	Collis Birmingham	AUS	Debut	BIRMINGHAM
24	Mohamed Trafeh	USA	Debut	TRAFEH
25	Stephan Shay	USA	Debut	SHAY
26	Patrick Smyth	USA	Debut	SMYTH

Preview

Race director David Bedford has again produced an elite line-up that reads like a virtual who's who of world marathon running. In brief, London will host a race featuring eight of the top 10 men from last year's contest, including all three medallists; three of the top five from the Beijing Olympics; all three medallists from the Berlin World Championships; the three 2010 European Championships medallists; the fastest man in the world in 2010; the third and fourth fastest men of all time; and no fewer than six athletes who have run 26.2 miles quicker than two hours six minutes.

Among those who'll toe the start line on Sunday are the defending champion, Tsegaye Kebede, the world champion, Abel Kirui, the European champion, Viktor Röthlin, the Berlin champion, Patrick Makau, and the two-times New York Marathon champion, Marilson Gomes dos Santos.

In Kebede, the race features the world and Olympic bronze medallist, a man who deposed Olympic champion Sammy Wanjiru here last year when he romped home in 2 hours 5 minutes 19 seconds, just nine seconds outside the Kenyan's course record. Kebede became the first Ethiopian, the first non-Kenyan in fact, to claim the London crown since his compatriot Gezahegne Abera won in 2003. Following Wanjiru's withdrawal three weeks ago, few would bet against him retaining his title.

Yet, such is the quality of the 2011 field, that Kebede is only the fourth fastest man in the line-up. It's three Kenyans who hold the three best times with James Kwambai the quickest of all. Indeed, Kwambai's PB of 2:04:27 makes him the third fastest marathon man in history, while Makau, the Rotterdam and Berlin champion from last year, is fourth fastest ever with his best of 2:04:48. Kirui, whose best is 2:05:04, was fifth in London last year after running together with Kebede until the last few miles.

Running well in London is not all about fast times, of course, as another Kenyan, Emmanuel Mutai, proved last year when he emerged late in the race to finish second. He and the Moroccan, Jaouad Gharib, who was third in 2010 and has twice won the world title, will again pose serious threats.

Others likely to feature this year include the young Ethiopian Bazu Worku, holder of the unofficial world junior record; Morocco's Abderrahim Bouramdane, who was fourth on his London debut in 2010; and Röthlin, the Swiss runner who recovered from serious illness to take the European title in Barcelona last August.

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Elite Men: Biographies

Tsegaye Kebede (Ethiopia)

Born: 15 January 1987 Gerar Ber

Marathon best: 2:05:18 Fukuoka 2009

London Marathon record: 2009- 2nd 2:05:20,
2010- 1st 2:05:19

Other World Marathon Majors

Chicago: 2010- 2nd 2:06:43

Other major city marathons

Addis Ababa: 2007- 1st 2:15:53

Amsterdam: 2007- 8th 2:08:16

Fukuoka: 2008- 1st 2:06:10, 2009- 1st 2:05:18

Paris: 2008- 1st 2:06:40

Marathons in major championships

Olympics: 2008- 3rd 2:10:00

Worlds: 2009- 3rd 2:08:35

Career notes

After emerging quietly onto the international scene in 2007, with victory in Addis Ababa and eighth place in the Amsterdam marathon, Tsegaye Kebede burst to prominence in 2008 with an impressive series of races that brought him an Olympic bronze medal and a course record in Fukuoka.

Kebede started 2008 finishing second in the Ras Al Khaimah half marathon in 59:35 following a dramatic and bruising battle with Patrick Makau in which both traded elbows. That was followed by fourth a few weeks later in the Zayed international in Abu Dhabi (61:45).

His first marathon victory came in Paris on 6 April where he led home a record finish as no fewer than 12 men broke 2:10 and the first eight set PBs. Kebede's 2:06:40 made him the second quickest Ethiopian of all time behind Haile Gebrselassie and marked him out as a potential Olympic contender.

He geared up for Beijing by finishing third in the Bangalore 10km in May in 28:10. Then, proving worthy of all the predictions, he emerged over the last 10km of the Olympic final to take third, improving from sixth place, more than a minute down on the leaders, to catch his countryman Deriba Merga with just 200m to go in the Bird's Nest stadium.

He followed that bronze medal performance with a runaway victory in the Great North Run at the beginning of October when he ran solo to clock 59:45, just 10 seconds outside his PB.

As if to confirm his talent, Kebede then went on to win the Fukuoka international marathon at the beginning of December in 2:06:10, breaking the course record set by Olympic champion Sammy Wanjiru a year earlier. It was also a Japanese all-comers' record and made him the 12th fastest of all time.



Reuters



If anything, 2009 was even better. Kebede arrived in London as 'one to watch' and lived up to the tag in a race of unprecedented pace. After the fastest first half ever run, he not only hung on to Wanjiru over the closing miles but constantly threatened to close the gap. He was rewarded for his persistence with second place and a PB of 2:05:20.

He went on to win his second major championships bronze medal when he was third in the World Championships in Berlin, preventing a Kenyan clean sweep of the medals. And there was even better to come late in the year as he returned to Fukuoka and broke his own course record with another PB of 2:05:18, making him the ninth quickest ever.

Last year, Kebede secured his first WMM victory in London, dominating the race as Wanjiru faltered. He powered away from his rivals over the last six rainy miles to win in 2:05:19, just a second outside his PB.

He took on Wanjiru again in Chicago and seemed on track for another victory until the final mile when the Kenyan swept past him to take the tape.

Personal notes

The fifth of 13 children, Kebede was brought up in poverty in Gerar Ber, 40km north of Addis Ababa. He collected firewood and herded livestock to supplement his father's income, earning about 30 US cents a day which paid for his own education. He ate one meal a day.

He began running aged eight and was offered a place in Geteneh Tessema's training group after competing in a half marathon in Addis in 2006. He is now trained by Tessema, Gete Wami's husband.

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James Kwambai (Kenya)

Born: 28 February 1983

Marathon best: 2:04:27 Rotterdam 2009

London Marathon record: None

Other World Marathon Majors

Boston: 2007- 2nd 2:14:33, 2008- 8th 2:15:52

Berlin: 2008- 2nd 2:05:36

New York: 2007- 5th 2:12:25, 2009- dnf,

2010- 5th 2:11:31

Other major city marathons

Beijing: 2006- 1st 2:10:36

Brescia: 2006- 1st 2:10:20

Rotterdam: 2009- 2nd 2:04:27, 2010- 20th 2:24:07

Warsaw: 2006- 3rd 2:13:51

Marathons in major championships: None

Career notes

A young half marathon specialist, James Kwambai found success over the longer distance in 2006, winning the Brescia Marathon in Italy that April and the Beijing Marathon in October.

By then he had a string of half marathon victories to his name, including wins in Udine in 2003 and 2004, the latter in 60:22, and in Rome-Ostia race in 2005 when he ran 60:45.

In September 2006 he won the Virginia Beach Rock 'n' Roll half in 63:30 and finished second at both the difficult San Blas half marathon and the Bogota International in 63:05.

At the 2007 Boston Marathon, Kwambai was the final challenger to eventual winner Robert Kipkoech Cheruiyot. He held on until the last water station near 25 miles where he slowed to pick up a cup while Cheruiyot kept going and put 20 seconds between them.

He finished behind Cheruiyot again – and Haile Gebrselassie and Abdi Abdirahman – at the New York half marathon that August in 61:03. Returning to the 'big apple' in November, Kwambai picked up another World Marathon Majors point with fifth place in 2:12:25.

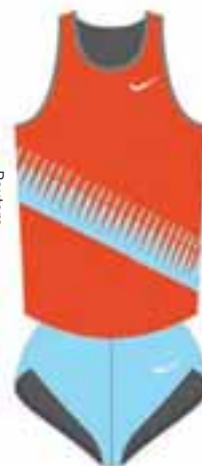
In February 2008, he equalled his half marathon best of 60:22 finishing second in Rome-Ostia. He returned to Boston in April and stayed with Cheruiyot until the 19th mile before fading to finish eighth.

The first stage of his remarkable leap to the top of the world marathon lists came five months later in Berlin where he shadowed Gebrselassie for 36km. While the great Ethiopian eventually went on to run a world record 2:03:59, Kwambai reached the finish in 2:05:36, almost five minutes better than his previous best. He became the seventh fastest man in history, posting the ninth best ever time.

Kwambai's great form continued in April 2009 when he achieved a very dubious distinction.



Reuters



Engaged in a toe-to-toe battle with training partner Duncan Kibet at the Rotterdam marathon, Kwambai lost out by half a step and a finely-split second in 2:04:27. It was the fastest losing time in history, equal to the third fastest time ever, and makes him the joint second fastest man in history. It was also a national record as he and Kibet pushed Paul Tergat's 2003 world record time off the top of Kenya's all-time list.

Back at Rotterdam that September, Kwambai set a new half marathon best of 59:09, finishing third. Two months later he started as one of the big favourites for the New York Marathon, but fell back in the late stages and failed to finish.

Last year was less succesful for the 28-year-old. He started with a solid second place at the San Blas half in Coamo, in 63:13, but couldn't get among the leaders when he returned to Rotterdam that April. As Patrick Makau and Geoffrey Mutai forged ahead, he came adrift, and jogged home 20th in 2:24:07, his slowest marathon time.

He was back in action in New York and figured among the leading pack until the final stages when he lost touch, rolling in fifth in 2:11:31.

He ended the year coming third in the Saint Silvester 15km race in São Paulo on New Year's Eve, in 45:16, and began 2011 by winning the San Blas Coamo half in 63:09. On 13 March he was sixth in the Hague half in 60:01.

Personal notes

Kwambai lives in Keiyo, Kenya, but trains in Eldoret and Italy with Robert Kipkoech Cheruiyot, Martin Lel, Sammy Korir and Fred Krop. He is coached by Doctor Gabriele Rosa and Claudio Berardelli.

He dropped out of school after attending the Kondabilet Primary School in Marakwent East.

VIRGIN LONDON MARATHON 2011

Patrick Makau (Kenya)

Born: 2 March 1985 Manyanzwani

Marathon best: 2:04:48 Rotterdam 2010

London Marathon record: None

Other World Marathon Majors

Berlin: 2010- 1st 2:05:08

New York: 2009- dnf

Other major city marathons

Rotterdam: 2009- 4th 2:06:14, 2010- 1st 2:04:48

Marathons in major championships: None

Career notes

Patrick Makau Musyoki won the 2010 Berlin Marathon under challenging conditions, defying heavy rain to finish in 2:05:08. That was good for a two-second win over countryman Geoffrey Mutai who had stayed with him until the final few hundred metres.

Makau's time was the eleventh fastest in history, and he also became the second man to run two marathons in a combined time of less than four hours 10 minutes in a calendar year.

The 25-year-old Kenyan had come to Berlin as the fourth fastest marathoner in history having run the fifth fastest time when he won the Rotterdam Marathon in 2:04:48, again beating Geoffrey Mutai to the line.

Reaching half way in 62:06, Makau was ahead of the course record (2:04:27) and just off the world record (2:03:59). But he was accompanied by several other Kenyans and an Ethiopian through the latter stages of the race when they ran into the wind and slipped behind record pace. A strong surge over the final stage took Makau to his victory in just his second completed marathon.

One year before Makau ran a spectacular debut in Rotterdam which was somewhat overlooked in the wake of the 2:04:27 clocked by first and second place finishers, Duncan Kibet and James Kwambai. Makau's fourth place 2:06:14 was the second fastest debut marathon in history.

Makau made his reputation as a half-marathoner of the highest order. He was twice a World Championships silver medallist, ran the third fastest time ever (58:52), and has broken the one hour barrier a record eight times.

One of those was at the City-Pier-City race in March 2010, which he won by one second in 59:51. He also won the Berlin half marathon in 2007 and 2008, and the Berlin 25km race in 2006 and 2007.

He finished his 2010 season in Hawaii, but failed to finish the Honolulu marathon on 12 December.

He opened 2011 at the Ras Al Khaimah half marathon where he was 12th in 63:51.



Reuters



Personal notes

Makau is from Manyanzwani, in the Eastern Province of Kenya. The second of five children, he went to Unyuani Primary School until 1999, after which he joined Kyeni Academy, Misiani.

Makau and his wife have a daughter, Christine Mueni, born in 2008.

His idol is Paul Tergat.

VIRGIN LONDON MARATHON 2011

Abel Kirui (Kenya)

Born: 4 June 1982 Rift Valley

Marathon best: 2:05:04 Rotterdam 2009

London Marathon record: 2010- 5th 2:08:04

Other World Marathon Majors

Berlin: 2006- 9th 2:17:47, 2007- 2nd 2:06:51

New York: 2010- 9th 2:13:01

Other major city marathons

Rotterdam: 2009- 3rd 2:05:04

Singapore: 2006- 3rd 2:15:22

Tokyo: 2008- dnf

Vienna: 2007- 3rd 2:10:41, 2008- 1st 2:07:38

Marathons in major championships

Worlds: 2009- 1st 2:06:54

Career notes

2009 was quite a year for Abel Kirui. At the start of the year he was a decent runner, more than decent – he had a best of 2:06:51 and had paced Haile Gebrselassie to the world's first sub-2:04 marathon the previous September.

By the end of the year, however, he was not only the world marathon champion, but the sixth fastest man in history thanks to his performance in an extraordinary Rotterdam race at the beginning of April. Kirui clocked 2:05:04, yet that was good enough only for third place as Duncan Kibet and James Kwambai shook up the world list.

Kirui's emergence on the world scene began slowly, with his 61:15 in the Berlin half marathon in April 2006. That won him a place as a pacemaker in the full marathon in the German capital later that year. He completed his pacing duties for Gebrselassie then kept going, clocking 2:17:47 at the finish.

Ten weeks later, running under challenging heat and humidity in Singapore, he managed to take more than two minutes off that time. He made an even bigger improvement in Vienna in April 2007 when he placed third in 2:10:41. As a tune-up to that race he had a major victory at the International Paderborner Osterlauf Half Marathon in 61:32. Kirui improved his personal best to 60:11 when sixth at the Rotterdam Half Marathon in September.

He was back in Berlin at the end of that month pacing Gebrselassie to his first world marathon record. Taking advantage of ideal running conditions and the fast course, he finished second to the Ethiopian and smashed his previous personal best by almost four minutes with 2:06:51, the sixth fastest in the world for 2007.

Kirui's first marathon of 2008 was again pacing Gebrselassie, this time in Dubai. He did not complete the race and did not finish the Tokyo International Marathon in February either, but was a big winner when he returned to Vienna two months later and set a new course record.



With Gebrselassie in Berlin again that September, he sped through 30km in 1:28:25, a couple of seconds ahead of the world record holder.

Six months later at Rotterdam his effort was somewhat overlooked behind the Kibet-Kwambai battle but when he returned to Berlin in August 2009 he became the star man. The fastest entrant in the World Championships, he was in control throughout, passed halfway in 63:03 and pulled away from his Kenyan teammate Emmanuel Mutai with 5km left to break the tape in 2:06:54, a championships record by 97 seconds.

Kirui immediately set his sights on Gebrselassie's record, saying, "I very much think I can run 2:03:30 in the near future, maybe next year."

But 2010 was less successful. In London he challenged Kebede until mile 20 but faded to fifth. He suffered a similar fate in New York when he finished ninth.

Kirui says he won't defend his world title in Daegu, opting instead to attack the world record in Berlin. He was seventh in the Paris half on 6 March in 62:08.

Personal notes

A child of the Rift Valley, Kirui did not have to look far for inspiration. His uncle, Mike Rotich, has a marathon best of 2:06:33, although Kirui claims his family's running history goes back much further. "Our great grandfather was a runner," he says. "He used to chase an antelope and catch it."

He started running at Samitui Primary school, but only got serious after he won a race he'd entered as part of a police recruitment exercise.

He eventually moved to Kapsabet and began travelling to Poland to get race experience.

VIRGIN LONDON MARATHON 2011

Bazu Worku (Ethiopia)

Born: 15 September 1990

Marathon best: 2:05:25 Berlin 2010

London Marathon record: None

Other World Marathon Majors

Berlin: 2010- 3rd 2:05:25

Other major city marathons

Ottawa: 2010- 3rd 2:09:54

Paris: 2009- 2nd 2:06:15

Marathons in major championships: None

Career notes

Bazu Worku Hayla is generally acknowledged as the world junior record holder for the marathon, even though the IAAF does not ratify junior records in this event.

At the 2009 Paris International Marathon, the then 18-year-old Worku shattered the previous best time placing second overall to Vincent Kipruto in 2:06:15. It was also the third fastest marathon debut of all-time.

After a rather mundane marathon run at Ottawa the following May, Worku astonished again in Berlin last September when he was one of the final three fighting through heavy rain. Although he could not answer the final surge of Patrick Makau and Geoffrey Mutai, Worku achieved another personal best placing third in 2:05:25. Just 11 days past his 20th birthday, it made him the youngest man in history to break 2:06.

Worku's half marathon PB of 61:56 was also set in Paris, in March 2009.

He first competed internationally at a couple of races in New Delhi, India – in 2008 he ran a 10km in 28:21 and a half marathon in 62:51. He also ran in the USA placing second in the Utica Boilermaker 15km race in July 2009, in 43:57, and was third over 15km in Istanbul.

At the end of October last year, he was second in Ethiopia's national 30km championships in 1:32:23, beaten by Azmeraw Bekele.

Personal notes

At 20 years 217 days, Worku will be the youngest ever London Marathon champion if he can win on 17 April. The previous youngest was Sammy Wanjiru, who was 22 when he won in 2009.



Reuters



VIRGIN LONDON MARATHON 2011

Jaouad Gharib (Morocco)

Born: 22 May 1972 Khenifra province

Marathon best: 2:05:27 London 2009

London Marathon record: 2004- 3rd 2:07:12*, 2005- 2nd 2:07:49, 2006- 8th 2:08:45, 2007- 4th 2:07:54, 2009- 3rd 2:05:27, 2010- 3rd 2:06:55

Other World Marathon Majors

Chicago: 2007- 2nd 2:11:11

New York: 2009- 3rd 2:10:25

Other major city marathons

Fukuoka: 2006- 3rd 2:07:19, 2010- 1st 2:08:24

Rotterdam: 2003- 6th 2:09:15

Marathons in major championships

Olympics: 2004- 11th 2:15:12, 2008- 2nd 2:07:16

Worlds: 2003- 1st 2:08:31, 2005- 1st 2:10:10

Career notes

Jaouad Gharib shocked the field in the 2003 World Championships marathon, not only because he won, but because he smashed the 20-year-old World Championship record set by Rob de Castella in the first Worlds back in 1983.

Gharib had run only one previous marathon – finishing sixth in Rotterdam that April – and had solid but not spectacular track bests of 13:19.69 for 5000m and 27:29.51 for 10,000m. He was 10th in the 2001 World Championships 10,000m and second in the 2002 World Half Marathon Championships.

Yet he proved his 2003 win was no fluke by becoming only the second man (after Abel Anton) to successfully defend his world title, winning in Helsinki in 2005. Gharib improved his PB in London in 2004 (see note below) and a year later he was only slightly slower when he finished second to Martin Lel.

After finishing eighth in 2006, Gharib challenged Haile Gebrselassie at Fukuoka that December but finished well behind the Ethiopian and was beaten into third by Dmitriy Baranovskiy who set a Ukrainian record.

In March 2007 he finished third in the Lisbon half marathon and was fourth in the London Marathon the following month, posting the fourth sub-2:08 time of his career so far.

He decided to bypass the Osaka World Championships to concentrate on Chicago, a strategy that almost reaped dividends. Under extremely warm conditions, with 50 metres to go he appeared to have secured victory but Patrick Ivuti caught him on the line. Although both were timed at 2:11:11, Ivuti was given the verdict.

He skipped London in 2008 due to injury, and warmed up for the Olympics with a half marathon in Lisbon (he finished 10th in 64:28).



Reuters



The tactic paid dividends when Gharib added to his superb record at major championships by taking the Olympic silver medal in Beijing. After a fascinating tussle with Wanjiru that lasted until the last two kilometres. Gharib clocked 2:07:16, 40 seconds behind the leader but way inside the previous Olympic record.

Gharib then chased Wanjiru and Kebede home in London 2009 to take some two minutes from his PB with 2:05:27, just 17 seconds behind the winner. It also eclipsed Khalid Khannouchi's 2001 Moroccan record and proved he is not only a great championship runner but a quick one too.

He was forced to miss the World Championships in Berlin with a back injury but returned to finish third at the Great North Run, and then claimed third in the New York Marathon in November 2009.

He was sixth in the Lisbon half marathon on 21 March last year in 60:33 and then finished third yet again in London behind Tsegaye Kebede and Emmanuel Mutai. Third place in last year's Great North Run was followed by Gharib's first non-championships marathon victory, in Fukuoka last December.

Personal notes

Gharib is a Berber from Khenifra, a town in the mountainous Middle Atlas region of Morocco. He didn't start running until he was 22, when he was inspired by a TV broadcast of the Marrakech Marathon.

* Note: Gharib's time in the 2004 London Marathon was originally recorded as 2:07:02 but a re-examination of the race video, by statistician Mark Butler and others, shows that his time should be 2:07:12. This has now been accepted and officially verified by the chief timekeeper Dave Wilson.

VIRGIN LONDON MARATHON 2011

Emmanuel Mutai (Kenya)

Born: 12 October 1984

Marathon best: 2:06:15 London 2008

London Marathon record: 2008- 4th 2:06:15,
2009- 4th 2:06:53, 2010- 4th 2:06:23

Other World Marathon Majors

Chicago: 2008- 5th 2:15:36

New York: 2010- 2nd 2:09:18

Other major city marathons

Amsterdam: 2007- 1st 2:06:29

Rotterdam: 2007- 7th 2:13:06

Marathons in major championships

Worlds: 2009- 2nd 2:07:48

Career notes

After a gentle marathon debut in Rotterdam in April 2007, Mutai produced a sparkling performance in Amsterdam that October, winning in an eye-catching 2:06:29, the second fastest of the year.

Holland has been a happy hunting ground for Mutai as he set PBs there for half marathon (60:49 in Rotterdam in 2006) and 10,000m (28:21.14 in Hengelo 2006). He also has a 10km road best of 27:51 (from Marseille 2006).

A relative newcomer in international terms, Mutai enjoyed a successful season in 2007, winning the Lisbon half marathon in September in 61:54 as he warmed up for Amsterdam.

In March 2008 he ran 57:33 for third in the Alphen 20km race, again in Holland, before finishing fourth in London in 2:06:15, a personal best behind the first three course record breakers.

He ran his second World Marathon Majors event in Chicago in October 2008, finishing fifth in 2:15:36 after leading the field through a swift half of 62:27.

Mutai ran two half marathons early in 2009 before competing in London. He finished 10th in Eldoret on 1 February in 63:34 and was sixth in Lisbon in 60:45.

For the second year in a row Mutai finished just out of the medals in London, and he came close to his PB with a time of 2:06:53, winning his place on Kenya's World Championship team.

At the World Championships in Berlin he ran side-by-side with Abel Kirui for much of the race as Kenya sought to dominate the podium. Kirui pulled away in the final stages but Mutai bagged a silver medal.

He was third in the Discovery half marathon in Eldoret on 7 February last year, clocking 62:13, and third in Lisbon on 21 March in a personal best (by 30 seconds) of 60:03.



Reuters



That was a good indication of his form as Mutai arrived in London last year seeking to make the podium for the first time. He duly achieved his goal, finishing second behind Kebede in his fourth sub-2:07 time, just eight seconds outside his best.

Mutai returned to Lisbon in September for another half marathon – he was fifth in 63:18 – before making his New York debut. Mutai was second again, this time trailing Gebre Gebremariam to the line.

Personal notes

His full name is Emmanuel Kipchirchir Mutai.

VIRGIN LONDON MARATHON 2011

Viktor Röthlin (Switzerland)

Born: 14 October 1974 Kerns

Marathon best: 2:07:23 Tokyo 2008

London Marathon record: None

Other World Marathon Majors

Berlin: 2001- 8th 2:10:54

New York: 2005- 7th 2:11:44

Other major city marathons

Hamburg: 1999- 12th 2:13:36

Rotterdam: 2000- 20th 2:12:53, 2001- 13th 2:12:22

Tokyo: 2008- 1st 2:07:23

Zurich: 2003- 2nd 2:11:05, 2004- 1st 2:09:56,

2005- 4th 2:11:00, 2007- 1st 2:08:20

Marathons in major championships

Olympics: 2000- 36th 2:20:06, 2004- dnf,

2008- 6th 2:10:35

Worlds: 2003- 14th 2:11:14, 2007- 3rd 2:17:25

Europeans: 2002- 16th 2:16:16, 2006- 2nd 2:11:50,

2010- 1st 2:15:31

Career notes

When Viktor Röthlin won the men's marathon title at the European Championships in Barcelona last summer it was the end of a long, hard road. You could say that of any marathon champion, but Röthlin's gold capped a remarkable comeback after the Swiss international's 2009 season had been wiped out by a life-threatening thrombosis suffered on a spring flight from the United Arab Emirates which led to two pulmonary embolisms and a build-up of chest fluid.

When he then had a heel injury that December few could have predicted that the 36-year-old's 19th marathon would be his biggest success. "It might have been the end of my career, but now I feel I'm back. It's a fantastic feeling," he said.

Röthlin decided to move up to the marathon after being lapped by the gold and silver medallists in the 1998 European Championships 10,000m final in Budapest. His debut was a solid 2:13:36 in Hamburg and the following year he finished 36th at the Sydney Olympics. He made steady progress over the next few years, finishing eight at the Berlin Marathon in 2001 in a Swiss record 2:10:54, 16th at the 2002 European Championships, and 14th at the 2003 World Championships in Paris.

He lowered the national record again in Zurich in 2004, to 2:09:56, but injury forced him to drop out of the tough Athens Olympic marathon at 25km. He re-emerged as a world class competitor at the 2005 New York Marathon, when he was seventh behind Paul Tergat, a race he describes as his 'big turn-around', the moment when he believed anything was possible.

The self-belief drove him on the following year when he picked up the European Championships silver behind Italy's then Olympic champion Stefano Baldini.



Reuters



From that moment it seemed there was no stopping him – he broke the Swiss record for a third time to win in Zurich the following spring, running 2:08:20, and then took an unexpected bronze medal at the World Championships in Osaka that summer.

In February 2008 he claimed a fourth Swiss record and his first major victory, winning the Tokyo Marathon in 2:07:23. He prepared for the Beijing Olympics thoroughly, spending time training with Martin Lel in Kenya, and was rewarded with sixth place in the Chinese capital, just one behind the Kenyan.

It seemed as if that would open the door to even greater feats but Röthlin's career was temporarily halted in its tracks aboard that flight from UAE.

He was seventh in the Granollers half marathon on 6 February this year in 65:35.

Personal notes

Röthlin was inspired to take up running by watching his compatriot Markus Ryffel winning Olympic 5000m silver behind Said Aouita in Los Angeles 1984. However, his disapproving parents only allowed him to run if he promised to keep up his schoolwork.

After his world bronze medal in 2007, Röthlin claimed he dreams of his correct finishing position in the weeks leading up to all his major races. "After my dream I put my finishing position in an envelope and open it in front of journalists after the race," he said. The motto on his website is, "If you can dream it, you can do it."

He runs between 200 and 230km a week (120 to 140 miles). His favourite meal is Kobe beef, he likes mountain climbing and hiking, and on his stag night in Berlin last year he had to pretend to be a dog.

VIRGIN LONDON MARATHON 2011

Abderrahim Bouramdane (Morocco)

Born: 1 January 1978 Fès

Marathon best: 2:07:33 London 2010

London Marathon record: 2010- 4th 2:07:33

Other World Marathon Majors

Boston: 2008- 2nd 2:09:04

New York: 2008- 5th 2:13:33, 2009- 5th 2:12:14,
2010- 10th 2:14:07

Other major city marathons

Eindhoven: 2005- 21st 2:20:52

Marrakech: 2005- 1st 2:15:16

Otsu: 2009- dnf

Ottawa: 2006- 1st 2:12:18, 2007- 2nd 2:10:41

Seoul: 2007- 2nd 2:08:20

Toronto: 2006- 2nd 2:10:41

Tunis: 2004- 1st 2:15:38

Marathons in major championships

Olympics: 2008- 26th 2:17:42

Worlds: 2005- dnf, 2007- 45th 2:33:26

Francophone: 2005- 3rd 2:18:46



Career notes

A very consistent competitor, Abderrahim Bouramdane has placed in the top five in 11 of his 17 marathons. He has won races in Tunisia and Morocco and took a bronze medal at the 2005 Francophone Games in Naimey, Nigeria.

In 2006 he was involved in one of the more bizarre marathon finishes. He and countryman Zaid Laaroussi were in the lead at the Ottawa Marathon when the trailing pack made an inadvertent 400m shortcut to go ahead of the Moroccan duo. Bouramdane eventually caught up but then fell back in the final stages of the race. He was third to cross the finish line but, as the first to actually run the full 42.195 km distance, he was declared the winner.

He returned in 2007 but again was not the first across the line, finishing second in 2:10:41. In November that year he broke through both the 2:10 and 2:09 barriers when he was second in Seoul in 2:08:20.

At Boston in 2008 he stuck with eventual winner Robert Kipkoech Cheruiyot longer than anyone else and placed second in 2:09:04. After a disappointing 26th at the Beijing Olympics, Bouramdane bounced back to finish fifth in New York, a performance he repeated in 2009.

He set a 10km PB of 29:15 in New York in 2009 and was 12th in the 2010 New York half marathon in a personal best of 63:29.

He surprised many on his London Marathon debut last April, finishing fourth in 2:07:33, shaving nearly a minute from his PB. He returned to the UK in September and was fifth in the Great North Run with a PB of 62:40. In November he was 10th in the New York Marathon in 2:14:07.

Personal notes

Bouramdane began running in 1993 and was inspired by Abdessalem Rhadi, the Moroccan who won the marathon silver medal at the 1960 Olympics.

His hometown is Fès and he enjoys playing soccer.

VIRGIN LONDON MARATHON 2011

Yonas Kifle (Eritrea)

Born: 24 March 1977 Adi Bilay

Marathon best: 2:07:34 Amsterdam 2007

London Marathon record: 2008- 7th 2:08:51,
2009- 7th 2:08:28, 2010- 9th 2:14:39

Other World Marathon Majors: None

Other major city marathons

Amsterdam: 2007- 5th 2:07:34

Marathons in major championships

Olympics: 2008- 36th 2:20:23

Worlds: 2009- dnf

Career notes

Kifle set an Eritrean record on his debut in Amsterdam in 2007, the third national record of his career – he set a 5km road record in Bern in 2004 and a half marathon record (61:05) in Brussels in 2002. He improved his half marathon best to 59:30 for fifth at the 2007 World Championships.

A 27:35.72 10,000m runner on the track (when 11th at the Helsinki World Championships), Kifle has been representing Eritrea since 1999. His one major honour came in 2005 when he won bronze at the World Half Marathon Championships in Edmonton (after fourth in 2002 and 11th in 2004). He was also fifth in 2007.

He also has three top 10 finishes from the World Cross Country Championships and finished 16th over 10,000m at the 2004 Olympics.

Kifle ran well to finish seventh in London in 2008, in 2:08:51, before a disappointing run in the Olympic Games in Beijing where he trailed home in 36th place.

Indeed, his record in major championship marathons is not great for he also failed to finish at the 2009 Berlin World Championships after placing seventh in London for the second year in a row.

He was 13th in the Rotterdam half marathon on 14 March last year in 62:32 and then ninth in London, two places behind his compatriot Zersenay Tadese. He didn't race again all year.

Personal notes

His younger brother, Goltom Kifle, was 14th in the 2009 World Junior Cross Country Championship at the age of 15.



Reuters



VIRGIN LONDON MARATHON 2011

José Manuel Martínez (Spain)

Born: 22 October 1971 Madrid

Marathon best: 2:08:09 Rotterdam 2003

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Bilbao: 2009- 2nd 2:17:16

Castellón: 2010- 7th 2:17:50

Fukuoka: 2008- 6th 2:11:11

Hamburg: 2006- 6th 2:11:06

Madrid: 2008- 1st 2:12:42

Rome: 2007- 2nd 2:10:12

Rotterdam: 2002- 3rd 2:09:55, 2003- 3rd 2:08:09,

2005- 9th 2:11:56

Tokyo: 2004- 14th 2:13:14

Marathons in major championships

Olympics: 2008- 16th 2:14:00

Worlds: 2003- 16th 2:11:31, 2005- 30th 2:20:07,

2007- 10th 2:20:25, 2009- 8th 2:14:04

Europeans: 2006- dnf, 2010- 2nd 2:17:50



Reuters



Career notes

José Manuel Martínez Fernández lived out his life-long dream in Barcelona last August as he finished second in the European Championships marathon in front of an ecstatic home crowd which cheered him all the way to the line. "Chema", as he's known in Spain, capped his long career as a distance runner with his first major marathon medal in his 17th race at the age of 38.

Martínez made his marathon debut in 2002 when he was third in Rotterdam in 2:09:55, just a few months before the biggest win of his career when he became European 10,000m champion in Munich. He was third in Rotterdam again in 2003, clocking 2:08:09, still his personal best today, and was 16th at that year's World Championships in Paris.

After finishing 14th in the 2004 Tokyo marathon he opted to run 10,000m at the Athens Olympics and placed ninth in the final. He was a disappointing 30th at the Helsinki World Championships in 2005, and failed to finish in the European Championships in Gothenburg the following year, just days after adding the 10,000m silver to the gold he won four years earlier.

His marathon career picked up again in 2007, however, when he was second in Rome, in 2:10:12 and went on to finish 10th at the Osaka World Championships.

In April 2008 he won in his home town of Madrid, in 2:12:42, and he performed creditably at the Beijing Olympics, finishing 16th in 2:14:00. He went on to claim sixth place in Fukuoka.

His best performance at a global event came in 2009 when he was eighth at the World Championships in Berlin. He also ran a half marathon PB that September, clocking 62:36 for sixth place at the Great North Run.

He warmed up for Barcelona last year with half marathons in Granollers (third in 63:13) and Lisbon (11th in 62:52), plus the European Cup 10,000m in Marseille, where he was third in 28:13.82.

Following his Barcelona medal he was eighth at the Great North Run in 63:26, and seventh in the Castellón marathon in December.

A prolific racer on the track, indoors and out, on the roads and at cross country, Martínez has represented Spain at two Olympics, nine World Championships, and six European Championships, plus two Mediterranean Games in 2005 and 2009 when he picked up bronze and silver half marathon medals.

His 10,000m PB is 27:30.56 and he's run 13:11.13 for 5000m.

Martínez has had a couple of outings over cross country in 2011. He also won the Laredo 10km race in 28:35.

Personal notes

He is married to a hockey player, Nuria Moreno.

VIRGIN LONDON MARATHON 2011

Marílson Gomes dos Santos (Brazil)

Born: 6 August 1977 Brasília

Marathon best: 2:08:37 London 2007

London Marathon record: 2007- 8th 2:08:37,
2010- 6th 2:08:46

Other World Marathon Majors

Chicago: 2004- 6th 2:08:48

New York: 2006- 1st 2:09:58, 2007- 8th 2:13:47,
2008- 1st 2:08:43, 2009- dnf, 2010- 7th 2:11:51

Other major city marathons

Paris: 2004- 6th 2:12:22

Marathons in major championships

Olympics: 2008- dnf

Worlds: 2005- 10th 2:13:40, 2009- 16th 2:15:13

Career notes

Dos Santos enjoyed an outstanding year in 2006, beginning with victory on New Year's Eve at the prestigious São Paulo 15km road race over Boston Marathon champion Robert K Cheruiyot by a stunning 56 seconds. He went on to establish new Brazilian records over 5,000m (13:19.43) and 10,000m (27:48.49) in a three-day span that June. He also won the Ten Miles Garoto in Vitoria, Brazil, by more than a minute in 47:39.

His upset victory at the 2006 New York Marathon made him the fifth Brazilian to win in a World Marathon Major city, joining Joselido da Silva (Chicago 1991), Jose Cesar de Souza (Chicago 1992), Luiz Antonio dos Santos (Chicago 1993-94) and Ronaldo da Costa (Berlin 1998). A superstar in his sports-mad country, dos Santos had finished 10th in the 2005 World Championships, and sixth in Paris and Chicago in 2004, but had done little to suggest he was a likely New York champion.

In 2007 he was fourth at the Lisbon half marathon (60:42), setting him up for a fine run at the London Marathon where, despite warm temperatures, he was one of the few elite runners to lower his PB, clocking 2:08:37 in eighth place.

He also set two South American records in 2007 – lowering his own 10,000m mark to 27:28.12 at Neerpelt and running 59:33 at the World Half Marathon Championships. He was also silver medallist at 10,000m and bronze medallist at 5000m at the Pan American Games. But he failed to defend his New York title, finishing eighth in 2:13:47.

He returned to New York in May 2008 where he was second at the Healthy Kidney 10k. He dropped out of the Beijing Olympic marathon after passing 30km in 1:44:30, but returned to form that November to win his second New York Marathon in 2:08:43.

He won the Brazilian championships at both 5000m and 10,000m in June 2009 after setting a PB for 10km on the road, running 28:16 in Santos in May.



He was 16th in the Berlin World Championships marathon (2:15:13) and 17th in the World Half Marathon Championships in Birmingham in October. (62:41) before dropping out of the 2009 New York Marathon.

He returned to New York for the half marathon on 21 March last year and finished ninth in 62:57 before running superbly in London. Dos Santos finished sixth in 2:08:46, just nine seconds outside his best. En route he broke the South American 30km record, clocking 1:29:23.

He went on to retain his national 10,000m title, lower his 10 miles PB and finish second over 5000m at the Ibero-American Championships before finishing seventh in New York.

He ended the year by setting another PB, for 15km, in São Paulo on New Year's eve. On 27 February this year he won the São Paulo half in 63:12, and on 20 March he was eighth in the New York half in 61:23.

Personal notes

Dos Santos is from Ceilandia, near Brasília. He discovered his talent for running when he took up the sport at 15, following his 17-year-old brother. After winning a 3000m at a regional youth competition, he was recruited by the Sao Paulo based club Atletismo BM&F.

He is married to Juliana Paula de Azevedo, the 2002 world junior 800m bronze medallist and a national 800m and 1500m champion.

Athens Olympic marathon bronze medallist Vanderlei de Lima is a fellow club member, and the two occasionally train together.

VIRGIN LONDON MARATHON 2011

Lee Troop (Australia)

Born: 22 March 1973 Geelong, Victoria

Marathon best: 2:09:49 Otsu 2003

London Marathon record: 1999- 11th 2:11:21,
2004- 8th 2:09:58

Other World Marathon Majors

Berlin: 2007- 6th 2:10:31

Boston: 2009- 13th 2:16:21

Other major city marathons

Carpi: 2009- 3rd 2:16:13

Fukuoka: 2005- 45th 2:29:13

Gold Coast: 2006- 1st 2:14:13

Otsu: 2003- 7th 2:09:49

Rotterdam: 2001- 6th 2:10:04

Shanghai: 2008- 8th 2:21:43

Marathons in major championships

Olympics: 2000- 66th 2:29:32, 2004- 28th 2:18:46,
2008- 60th 2:27:17

Worlds: 2003- 17th 2:11:46

Commonwealths: 2002- 7th 2:16:44



Career notes

Lee Troop made his marathon debut in London in 1999, the year he broke Ron Clarke's 33-year-old Australian 5000m record. He represented Australia at 5000m and 10,000m at the 1998 Commonwealth Games in Kuala Lumpur and at the 1999 World Championships in Seville, but decided to concentrate on the marathon for the Sydney Olympic Games. It wasn't a happy experience as he tore a stomach muscle soon after half way and struggled to the finish in 66th place.

Injuries continued to trouble him for the next two years although he managed a couple of solid marathons, finishing sixth in Rotterdam in 2001 and seventh at the Commonwealth Games in Manchester.

He lowered his personal best to 2:09:49 at the Lake Biwa race in Otsu, Japan, in March 2003 before finishing 17th at the Paris World Championships.

He made his second appearance in London in April 2004, finishing eighth in 2:09:58, a shade outside his PB, and then did his best to put his Olympic nightmare behind him by finishing 28th in the punishing Athens marathon.

The injury problems returned shortly afterwards when he broke down with a stress fracture of the pelvis, the result of training 240km a week. He missed the 2006 Commonwealth Games in Melbourne, but rallied later in the year to win the Gold Coast marathon.

In 2007 he was sixth in Berlin in 2:10:31, a qualifying time for the Beijing Olympics. He set his sights high before the Olympic race, claiming he would emulate Australian greats Rob de Castella and his coach Steve Moneghetti by finishing in the top 10. But he ran poorly and came 60th in 2:27:17.

In 2009 he was 13th in Boston, but missed the Berlin World Championships, while the most recent of his 15 competitive marathons came in Carpi in October that year where he was third.

He raced sparingly in 2010, with just three road races in USA.

Troop is one of only five Australians to run sub-2:10 for the marathon. He has also competed for Australia at four World Cross Country Championships.

His half marathon PB is 61:00 and his 10,000m best 27:51.27.

Personal notes

The grandson of a former Australian boxing champion, Troop became involved in athletics aged 11 when he joined his father who was attempting to lose weight running around the Geelong suburb of Whittington.

He joined the Athletics Chilwell club in 1986 and was mentored by Steve Moneghetti, 1994 Commonwealth marathon champion. He was knocked down in 1994 and ended up in hospital on a life support system. When he recovered he vowed to do everything he could to get to the Olympics.

He is the meeting director of the annual Ron Clarke Classic race held each December in Geelong. It is organised by his company, TEAM (Troop Events and Management).

He is married to Freyja. Their daughter Macy was born in 2006.

VIRGIN LONDON MARATHON 2011

Dmitriy Safronov (Russia)

Born: 8 October 1981

Marathon best: 2:10:12 Fukuoka 2010

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Daegu: 2010- 6th 2:12:55

Fukuoka: 2010- 2nd 2:10:12

Los Angeles: 2008- 10th 2:19:41

Podgorica: 2009- 1st 2:11:51

San Antonio: 2008- 3rd 2:15:58

Marathons in major championships

Europeans: 2010- 3rd 2:18:16

Career notes

As a relatively inexperienced marathon runner, with a relatively unspectacular time, Dmitriy Safronov wasn't expected to figure that much in the European Championships marathon in Barcelona last year. But the tall 28-year-old Russian produced a finishing burst worthy of a champion to sweep past the ailing Italian Ruggero Pertile for the bronze medal.

"I suffered a lot and it was a very tough race," said Safronov after his first major championships. "At 30km I realised I had a chance of a medal and I'm very proud of my last 2km."

It was the crowning moment of a fine year for Safronov who went on to finish second in the Fukuoka marathon in December with a PB of 2:10:12 behind the former world champion, Jaouad Gharib. Safronov ran a smart race on a hot day. At the midway point he was seventh, 27 seconds behind the main chasing pack, with Gharib way off in front. He then moved steadily to second before covering the final 2.195km in 6:41 to smash his personal best by more than a minute and half.

That was Safronov's sixth marathon in just under two years, following a relatively undistinguished career on the track and roads in Russia and USA.

His first marathon was in Los Angeles in March 2008 when he was 10th in 2:19:41. He improved significantly to 2:15:58 that November coming third at the San Antonio marathon in Texas.

His only marathon victory came in November 2009 when he won the Podgorica marathon in 2:11:51, a huge PB and just 10 seconds from Petko Stefanov's course record.

He followed that in April last year by finishing sixth in Daegu in 2:12:55, a race using parts of the course for this year's World Championships marathons.

He has a half marathon PB of 64:04 from 2008, and a 10,000m best of 28:15.11.



Reuters



VIRGIN LONDON MARATHON 2011

Luís Feiteira (Portugal)

Born: 21 April 1973

Marathon best: 2:11:57 Prague 2009

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Fukuoka: 2009- 6th 2:13:07, 2010- dnf

Gongju: 2010- dnf

Prague: 2009- 5th 2:11:57

Rotterdam: 2006- 16th 2:16:10

Vienna: 2007- 8th 2:13:37

Marathons in major championships

Worlds: 2007- 35th 2:29:34, 2009- 10th 2:14:06

Europeans: 2010- 10th 2:21:28

Career notes

After 10 years running middle distances on the track and cross country for Portugal at World and European Championships, Luís Feiteira made the leap in distance to become a marathon runner in 2006.

His debut was a solid 2:16:10 in Rotterdam and the next year he finished in the top 10 in Vienna (eighth in 2:13:37) and represented Portugal at the World Championships in Osaka, where he was 35th.

He sliced nearly two minutes from his PB in 2009 when he was fifth in Prague in 2:11:57, the first of three top 10 finishes that year. The second of these was at the World Championships in Berlin where his 2:14:06 run was good enough for 10th place.

Feiteira was sixth in Fukuoka that December before finishing 10th at the European Championships in Barcelona last summer.

The rest of 2010 was less notable, however, as Feiteira failed to finish the Gong Ju marathon in October and also dropped out of the Fukuoka marathon on 5 December.

However, he did complete the Lisbon half marathon on 20 March, finishing 11th in 64:18.

While this is his first London Marathon it's not Feiteira's first competition in the UK for he ran two miles indoors at the Norwich Union Grand Prix in 2003, and was eighth in the Bupa Manchester 10km run last May.

He has represented Portugal at many major international championships going back to the 1996 Olympic Games in Atlanta when he made the semi-final of the 1500m.

He has competed at three World and two European Indoor Championships, one World and two European outdoor Championships, and two World and one European Cross Country Championships. His half marathon PB of 63:43 was set in Lisbon in 2009.



Personal notes

Feiteira is coached by Manuel Matias, and his goal is to qualify for the World Championships in Daegu.

VIRGIN LONDON MARATHON 2011

Cuthbert Nyasango (Zimbabwe)

Born: 17 September 1982 Nyanga

Marathon best: 2:12:40 Boston 2010

London Marathon record: None

Other World Marathon Majors

Berlin: 2009- 10th 2:13:19

Boston: 2010- 11th 2:12:40

Other major city marathons: None

Marathons in major championships: None

Career notes

He may have only two marathons behind him, but Cuthbert Nyasango's record suggests he could be considered a top 10 prospect.

The Zimbabwean made his debut in Berlin in 2009 and ran 2:13:19 to finish a very respectable 10th. He improved that time last year when he was 11th on the tricky Boston course in 2:12:40.

He comes to London with prior experience of the course, having run as a pacemaker in 2008.

Nyasango has an impressive half marathon best of 60:26, a national record set in finishing 10th at the 2007 World Half Marathon Championships in Udine. The previous year he was 15th at the World 20km Championships in Debrecen in 58:43, also a Zimbabwean record.

Nyasango's first major championship was the world juniors in Chile in 2000 when he finished seventh at 5000m. He has run at five World Cross Country Championships, finishing 16th in the long course race in 2005.

On the track he represented his country at the 2008 Olympic Games in Beijing but failed to finish the 10,000m. Earlier that year he had been the top finisher from all southern African countries when he was 27th at the world cross in Edinburgh.

Tendai Chimusasa holds Zimbabwe's marathon record of 2:10:57 from 1998.

Nyasango was eighth at the Amorebieta cross country on 9 January before winning in Jaén seven days later.

Personal notes

Nyasango is coached by Ben Chauke.



VIRGIN LONDON MARATHON 2011

Ser-Od Bat-Ochir (Mongolia)

Born: 7 October 1981

Marathon best: 2:12:42 Berlin 2010

London Marathon record: None

Other World Marathon Majors

Berlin: 2010- 10th 2:12:42

Other major city marathons

Beijing: 2006- 27th 2:20:13, 2007- 14th 2:16:22,
2008- 1st 2:14:15

Brighton: 2010- 1st 2:19:05

Hofu: 2008- 6th 2:19:08, 2009- 7th 2:17:19,
2010- 1st 2:14:49

Hong Kong: 2008- 5th 2:20:18

Shanghai: 2007- 9th 2:20:26

Ulan Bator: 2010- 1st 2:25:44

Zhengzhou: 2007- 6th 2:21:02, 2010- 6th 2:17:01

Marathons in major championships

Olympics: 2004- 74th 2:33:24, 2008- 52nd 2:24:19

Worlds: 2003- 63rd 2:26:39, 2005- 61st 2:36:31,
2007- 55th 2:49:06, 2009- 29th 2:17:22

Asian Games: 2006- 17th 2:31:00

Career notes

Ser-Od Bat-Ochir has broken the Mongolian marathon record five times in the course of running 20-plus career marathons over the last eight years, lowering it from 2:26:39 on his debut at the Paris World Championships to 2:12:42 when he was 10th in the Berlin Marathon last September.

During that time he has competed for his country at four World Championships and the last two Olympic Games. He has also picked up two top 10 finishes over the half marathon at the East Asian Games of 2005 and 2009.

However, the 29-year-old will be best known in this country for winning the inaugural Brighton marathon in April last year, one of three marathon victories from his five 2010 marathons. He is also a member of Morpeth Harriers on Tyneside where he is based for some of the year in order to acclimatise to the "warm" English conditions in preparation for the 2012 Olympics.

Bat-Ochir's first international was the 2002 World Half Marathon Championships in Brussels when he finished 97th. He made his marathon debut the following year in Paris, running 2:26:39 in 63rd place, and contested his first Olympics in Athens, when he was 74th.

Despite competing at the 2005 World Championships in Helsinki and the 2005 World Half Marathon Championships in Edmonton, he didn't improve his marathon best until 2006 in Beijing. He clocked 2:20:13 to finish 27th and went on later that year to finish 17th at the Doha Asian Games.



Beijing was the scene for another national record in 2007 when he ran 2:16:22 just two months after finishing 55th at the World Championships in Osaka.

He returned to Beijing in 2008 and won the pre-Olympic Good Luck marathon, taking another two seconds from the record in 2:14:15. It wasn't a good omen for the Olympics, however, for Bat-Ochir was hampered by stomach cramps at the Beijing Games and could only finish 52nd.

He produced his best global championships finish the following year when he was 29th at the Worlds in Berlin, and achieved his biggest success to date when he won the Brighton race last year by more than five minutes in 2:19:05.

He also enjoyed victories back home in Ulan Bator, and in Hofu, in 2010, but his big breakthrough came in Berlin.

He also holds national records for 10,000m (29:43.79 when finishing ninth at the Asian Championships in Guangzhou last November) and half marathon (64:16 from 2008).

Personal notes

Nicknamed 'Ziggy', Bat-Ochir is a member of Morpeth Harriers in Northumberland. He moved to the area because of his Gateshead-based brother-in-law John McDonagh, who is married to Oktyabri, the sister of Bat-Ochir's wife and coach Oyuntuya Odensuren.

He started running in 1997 after watching races on television.

VIRGIN LONDON MARATHON 2011

Jason Lehmkuhle (United States)

Born: 4 October 1978 St Charles, Missouri

Marathon best: 2:12:24 Boston 2010

London Marathon record: None

Other World Marathon Majors

Boston: 2007- 94th 2:38:05, 2010- 9th 2:12:24

Chicago: 2003- 20th 2:18:24

New York: 2008- 8th 2:14:30, 2009- 10th 2:14:39

Other major city marathons

Birmingham (Olympic Trials): 2004- 10th 2:16:27

New York (Olympic Trials): 2007- 5th 2:12:54

St Paul (Twin Cities): 2006- 7th 2:19:03

Marathons in major championships

Worlds: 2005- 40th 2:22:46

Career notes

Jason Lehmkuhle made his marathon debut in Chicago in 2003, having won state high school track and cross country titles in Missouri and been an All-American at 5000m and 10,000m at Drake University.

He finished ninth at the 2004 US marathon trials and in 2005 won a place on US teams for the World Cross Country Championships, the World Marathon Cup and the World Half Marathon Championships.

He lowered his marathon best from 2:16:27 to 2:12:54 at the US Olympic marathon trials in 2007 and the following year was second in the US half marathon championships in a PB 62:32.

He was 21st in the 2008 World Half Marathon Championships in Brazil and then eighth in the New York Marathon in 2:14:30. The following year he was 10th in New York, just nine seconds slower, but he lowered his PB again last year when ninth in Boston in 2:12:24.

Lehmkuhle ran his 20km PB of 59:04 when third at the national championships in 2009. Last year he set PBs at 3000m indoors (8:13.01), four miles (18:50), and 15km (44:00) as well as the marathon.

He continued his good form into 2011 when he was fifth in the US half marathon championships in Houston on 29 January in 62:49 before winning the Tokyo 30km race in a personal best 1:32:08.

This will be his first non-championship marathon outside USA.

Personal notes

Lehmkuhle is a freelance website and graphic designer with a degree in graphic design from Drake University.

He grew up near St Louis and now lives in Minneapolis. He married Kristen Nicolini in 2007.

He is a member of Team USA Minnesota and also coaches at Edina High School.



VIRGIN LONDON MARATHON 2011

Mike Shelley (Australia)

Born: 10 October 1983 Southport

Marathon best: 2:13:05 Rotterdam 2010

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Rotterdam: 2010- 12th 2:13:05

Marathons in major championships

Commonwealths: 2010- 2nd 2:15:28

Career notes

When Mike Shelley suffered a stress fracture in 2009 and lost his funding from the Australian Institute of Sport he almost quit the sport. It would have been a sad end for the promising distance runner who made his international debut as a steeplechaser at the 2002 World Junior Championships, and has represented Australia at four World Cross Country Championships and finished 16th at the 2008 World Half Marathon Championships.

But with the encouragement of his coach Dick Trelford, Shelley persevered, and his step up to the marathon last year was an inspired move, bringing swift and unexpected success. After running 2:13:05 on his debut in Rotterdam last April, Shelley was selected for the Commonwealth Games where his pre-race aim was merely to complete the 42km in Delhi's harsh conditions.

Yet the relatively slow pace worked to his advantage. After lying eighth at halfway, he finished strongly, overhauling Kenyan Amos Tirop Matui in the last 3km to take the silver medal 53 seconds behind John Kelai in 2:15:28.

"Being able to finish would have been an amazing result - it's my first Commonwealth Games and my first multi-sport Games," he said afterwards.

"I thought it was a learning experience and we'll see what happens. Initially I would have been very happy with a top 10 finish. It's only my second marathon and I didn't know the conditions or what to expect."

Shelley's half marathon PB of 62:10 was set when finishing second on the Gold Coast in 2009. He has a 10km PB of 28:52.

On the track his 10,000m best is 27:59.77, and he's run 13:38.30 for 5000m.

He was 36th at the 2009 World Cross Country Championships in Jordan.

Personal notes

Coached by Dick Trelford, Shelley trains on the Gold Coast in the hot and humid Queensland conditions. He lives at home with his parents who now help fund his running career. He sees the London Marathon as his next stepping stone to the London Olympic marathon next year.



Reuters



VIRGIN LONDON MARATHON 2011

Michael Aish (United States)

Born: 24 July 1976

Marathon best: 2:13:21 Tempe 2008

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Christchurch: 2009- 1st 2:18:18

Denver: 2010- 1st 2:30:37

Duluth: 2005- 11th 2:17:20

Fukuoka: 2006- 13th 2:13:42

Tempe: 2008- 1st 2:13:21, 2009- 6th 2:15:43

Marathons in major championships

Worlds: 2009- dnf

Career notes

A former middle distance runner from New Zealand, Aish set two indoor 5000m area records, first in 2001 and then in 2006 when he ran 13:42.75 in Seattle.

He ran his first marathon in 2005, clocking 2:17:20 at the Grandma's race in Duluth. He lowered that by nearly four minutes when he was 13th in Fukuoka the following year in 2:13:42, and sliced another 30 seconds from his PB with his first marathon victory at the PF Chang's Rock 'n' Roll marathon in Arizona in January 2008.

Aish, who battled Ethiopian Dejene Yirdawe over the second half of the course, described the victory as the highlight of his career.

After finishing sixth in the same race in 2009, he went on to claim his second victory in Christchurch in May that year to qualify for New Zealand's World Championships team.

Things didn't go so well in Berlin, however, as Aish was forced to drop out.

His second marathon victory came in October last year when he won the Denver Rock 'n' Roll race in 2:30:37, the first step in his campaign to gain a place on the US Olympic marathon team.

Aish represented New Zealand at 5000m and 10,000m at the 2000 and 2004 Olympic Games, and the 2002 and 2006 Commonwealth Games, finishing seventh at the longer distance in Melbourne. He also competed at the 2003 and 2007 World Championships, and the 2003 World Indoor Championships in Birmingham.

Personal notes

Aish is a former New Zealander who acquired US citizenship in July last year and had his transfer confirmed by the IAAF in September. He hopes to run for USA at the 2012 London Olympics but won't be eligible for US selection until July 2011.



He shares his name with a former Australian Rules footballer who represented South Australia 15 times in the 1980s and was named as part of Norwood's 'team of the century'.

He lives in Arvada, Colorado, and is coached by Nic Bideau. His wife, Nicole, is also a runner.

VIRGIN LONDON MARATHON 2011

Andrew Lemoncello (Great Britain & NI)

Born: 12 October 1982 Tokyo, Japan
Marathon best: 2:13:40 London 2010
London Marathon record: 2010- 8th 2:13:40
Other World Marathon Majors: None
Other major city marathons
Fukuoka: 2010- dnf
Marathons in major championships: None

Career notes

After breaking all his St Andrews school's distance running records and twice winning Scottish championships at steeplechase while at Stirling University, Lemoncello gained a scholarship to Florida State University in 2004.

In 2005 he won 5000m and 10,000m titles at the Atlantic Coast track championships and shattered a 29-year-old 3000m steeplechase record at FSU by more than 15 seconds. He was selected for Britain's World Championships team and finished 13th in his heat (his performance affected by a cold).

He broke four more FSU records in 2006 at cross country, indoor and outdoor track, and was second in the steeplechase at the NCAA championships. Earlier that year he had qualified for Scotland's Commonwealth Games team but had to withdraw because he had exams.

In 2007 he joined Greg McMillan's elite training group in Flagstaff, Arizona, finished third at the European Cup and again competed for Britain at the World Championships at steeplechase. He was third again at the 2008 European Cup and represented Britain at the Beijing Olympic Games as well as the World Cross Country Championships.

In 2009, he broke six personal bests: three on the track (1500m 3:45.68, 5000m 13:33.01, and 10,000m 27:57.23); and three on the road (5km, 10km, and half marathon). His 10km PB (of 29:17) came at the Bupa London 10k, where he was sixth, and he ran 61:52 for the half marathon in Austin.

In October 2009 he was 26th at the World Half Marathon Championships in Birmingham (on his 27th birthday) and in December finished 29th at the European Cross Country Championships in Dublin.

He finished 15th at the Marugame half marathon on 7 February last year in 63:11 and was eighth in London on his marathon debut. Although disappointed with his time (he was aiming for closer to 2:10), it was an encouraging performance given that he ran alone for 15 miles.

He went on to break PBs at four miles (18:04), 10 miles (47:41) and 10km (29:00). He missed both the European Championships and Commonwealth Games but was ninth, and first Briton home, at the Great North Run.



However, 2010 ended with more disappointment when he dropped out of the Fukuoka marathon in December suffering with stomach cramps.

His 3000m steeplechase PB is 8:22.95 (2008) and he has twice been UK steeplechase champion.

Personal notes

Born in Tokyo to an American father and Scottish mother, he grew up in Ceres near St Andrews and went to Madras College where he broke all the school's running records. His surname comes from an Italian grandfather, Antonio, who moved to USA after the second world war. He has a sister called Simone. His father is a chef.

He studied at Stirling University and ran for Fife Athletics Club. He has been winning Scottish titles since he was 13 and has won 19 altogether (road, track, cross country and mountain).

He says the decision to switch to the marathon came after failing to get past the first round of the 3000m steeplechase in Beijing plus the memory of watching his mum (Phyllis) run the London Marathon when he was a teenager.

His mother is still an athlete. The 62-year-old runs mountain races and is a past winner of the Scottish over-50s cross country title.

He says his aim is to run the marathon for Britain at the 2012 London Olympics.

He got married in November last year.

VIRGIN LONDON MARATHON 2011

Collis Birmingham (Australia)

Born: 27 December 1984 Ballarat, Victoria

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

Birmingham makes the step up to the marathon after years representing Australia as a middle and long distance runner on the track and at cross country.

His first international was as a junior at the 2003 World Cross Country Championships in Lausanne, but he had to wait four years for his second when he competed as a senior in the 2007 world cross. He has been an ever-present in the Australian world cross country team since, finishing 29th in 2009 and 83rd in 2010.

On the track, he was national champion over 10,000m in 2007, ran 5000m at the Beijing Olympic Games, and competed over both 5000m and 10,000m at the 2009 World Championships. He was 16th in the 5000m in Berlin but dropped out of the longer race after 8000m.

In 2009 he set PBs over 1500m, mile, 5000m and 10,000m. He clocked 13:14.53 for 5000m in Oslo, moving to second on the Australian all-time list behind Craig Mottram, and ran 27:29.73 for 10,000m in Berkeley, an area record.

Last year was his most successful to date. He lowered his 5000m best again, to 13:10.97 at the IAAF Diamond League meeting in Eugene; broke his 3000m PB with 7:42.39 at Crystal Palace, and reduced his 1500m PB to 3:35.50.

He was then sixth over 5000m at the IAAF Continental Cup, sixth at the same distance at the Commonwealth Games, and ninth in the Delhi 10,000m.

He has one half marathon behind him – he was 19th in the 2008 Great North Run in 65:46.

He ran 7:50.07 for 3000m at the Hunter Classic in Newcastle on 29 January, and 13:42.14 for 5000m in Melbourne on 3 March.

Personal notes

Collis made his first state cross country team as an under 10 but his first state title was at Little Athletics, winning the under nine's high jump with a height of 1.24m.

Collis moved to Melbourne after spending 13 years in Ballarat (regional Victoria) and started a commerce degree at university. He is coached by Nic Bideau.



VIRGIN LONDON MARATHON 2011

Mohamed Trafeh (United States)

Born: 1 May 1985 Morocco

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

A state champion as a junior in high school and a two-time All-American as a senior, Mo Trafeh enjoyed success on the track before he took to road running because he could make more money and get his expenses paid.

He was second at the US 20km championships in 2009 and 2010 but his big break came in March last year when he was a surprise winner of the US 15km title in Jacksonville in 42:58. Having not made the top 10 the previous year, Trafeh did it in style, shooting to the front from the start and staying there to record the fourth fastest time ever on the Gate River course.

Eight days later he was third in the New York half marathon in 60:39 behind Haile Gebrselassie. It was his second half of the year after he'd run 62:11 at the end of January, beating Abderrahim Goumri.

Later in the year he won 10km road races in Cypress and Northport and he set his PB of 28:37 in New York in May.

Trafeh made a great start to 2011 when he beat Ryan Hall and Patrick Smyth to win the US half marathon championships in Houston on 29 January despite suffering from plantar fasciitis – inflammation in the arch of the foot.

He backed that up with victory in 42:58 at the US 15km championships in Florida on 12 March.

Personal notes

Trafeh is a former Moroccan who became eligible for USA at the end of 2007. He moved to the US in 1999 following his mother who had moved two years before. He still has a home in Casablanca but lives in Duarte, California, and trains in Flagstaff and Albuquerque.

He started running in the USA and claims to have turned down a chance to join the group run by Hicham El Guerrouj's coach in Morocco. He regards El Guerrouj and Said Aouita as his inspirations, as well as Steve Prefontaine.

He went to the University of Arizona but left after two years because he wasn't getting the results he wanted.



He once stayed with Khalid Khannouchi and his wife for six weeks in San Diego and trained with him in Albuquerque. He is now self-coached and tries to copy Khannouchi's regime.

He recently got married.

VIRGIN LONDON MARATHON 2011

Stephan Shay (United States)

Born: 11 February 1986 East Jordan, Michigan

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

Stephan Shay started running at Central Lake High School in Michigan and continued at Brigham Young University. He was 60th at the 2008 NCAA cross country championships and 17th over 10,000m at the 2009 college track championships.

He was also 12th in the national 20km championships that year, and 14th in the 10 mile championships. He also set a 5000m PB on the track of 13:59.48 at Stanford.

After leaving college he moved to Flagstaff, where he stayed with his widowed sister-in-law, Alicia, and started training under US Olympian Magdalena Lewy Boulet. His breakthrough duly came at the 2010 US half marathon championships in Houston last January where he was fifth in 62:26.

He followed that by finishing 10th at the US 15km championships on 13 March, lowering his 10,000m PB to 28:41.27 in April, and placing ninth at the 25km championships.

He competed in his first international last October, when he was 58th at the World Half Marathon Championships in Nanning.

He has run two cross country races this year, finishing seventh in San Francisco and 22nd at the national championships in San Diego.

Personal notes

Shay is the younger brother of Ryan, a five-times US road race champion who collapsed and died of a heart attack at the end of the US marathon trials in New York in 2007, aged 28.

Stephan, the youngest of eight siblings, is six years younger than Ryan who had been diagnosed with an enlarged heart as a teenager, a condition that is not genetic.

Shay competes for the Bay Area Track Club set up by Lewy Boulet. His marathon preparation has not been without incident, including an unexpected encounter with a giant cactus after getting out of his car to stretch his legs while driving in Arizona.

"Unbeknown to me, there was a giant long-spined cactus right next to where I parked," he wrote on his blog. "I turn my head while in full extension and, BAM! – I get jacked below the eye by one of the spines."



After what he described as "a disappointing finish" in the World Half Marathon Championships, he started suffering from intermittent fevers, and six months later "pulled out a thorn" from his upper gums.

"The cactus issues prompted me to invest in myself and do everything I needed to do to start training again," he said.

He plans to run two marathons in 2011 in preparation for the US Olympic marathon trials in Houston next January.

VIRGIN LONDON MARATHON 2011

Patrick Smyth (United States)

Born: 6 August 1986 Rock Springs, Wyoming

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

A seven-time All-American at the University of Notre Dame, Patrick Smyth was a Big East champion at 5000m and 10,000m (twice). He recorded 10 sub-14:00 performances at 5000m, more than any other athlete in Notre Dame history, set the school 10,000m record (28:25.85) and was fourth at the NCAA championships at that distance. In cross country, he finished 11th in the 2008 NCAAAs.

After briefly signing as a post-graduate at the University of Chicago, he became a full-time runner in 2009. Road running success soon followed as he recorded PBs for 10km (28:49) and 10 miles (47:09), the latter when finishing third in the national championships. He was also 11th in the national 20km championships and won the Emerald Nuts Midnight Run in New York.

Last year he was second at the national half marathon championships in Houston, in 62:01, second to Dathan Ritzenhein at the national cross country championships, and 35th at the World Cross Country Championships in Bydgoszcz.

He went on to run PBs at 15km (44:42) and 20km (59:54), the latter for fifth at the national championships, before finishing third over 10,000m at the USATF track championships in June.

He started 2011 finishing third at the US half marathon championships behind Mo Trafeh and Ryan Hall, in 62:32.

Personal notes

Smyth was a member of Team USA Minnesota from 2009 to 2010. He is now a member of Mammoth Track Club, is coached by Terrence Mahon and trains at Mammoth Lakes, California.

Although born in Rock Springs he moved to Utah with his parents as a child and grew up there. He is the youngest of three children, with one sister and one brother, Martin. His sister Kathleen is a 400m and 800m runner.





VIRGIN LONDON MARATHON 2011

Elite Women: Entries

Bib no.	Name	Nation	PB	Bib name
101	Liliya Shobukhova	RUS	2:20:25	SHOBUKHOVA
102	Zhou Chunxiu	CHN	2:19:51	ZHOU
103	Irina Mikitenko	GER	2:19:19	IRINA
104	Constantina Dita	ROU	2:21:30	DITA
105	Askale Tafa	ETH	2:21:31	TAFA
106	Atsede Baysa	ETH	2:22:04	BAYSA
107	Inga Abitova	RUS	2:22:19	ABITOVA
108	Lornah Kiplagat	NED	2:22:22	LORNAH
109	Aselefech Mergia	ETH	2:22:38	MERGIA
110	Bezunesh Bekele	ETH	2:23:09	BEKELE
111	Mariya Kononova	RUS	2:23:50	KONOVALOVA
112	Zhu Xiaolin	CHN	2:23:57	ZHU
113	Aberu Kebede	ETH	2:23:58	KEBEDE
114	Yukiko Akaba	JPN	2:24:55	AKABA
115	Edna Kiplagat	KEN	2:25:38	EDNA
116	Magdalena Lewy-Boulet	USA	2:26:22	BOULET
117	Liz Yelling	GBR	2:28:33	LIZ
118	Mary Keitany	KEN	2:29:01	KEITANY
119	Kirsten Melkevik	NOR	2:29:12	MELKEVIK
120	Fiona Docherty	NZL	2:32:17	DOCHERTY
121	Tanith Maxwell	RSA	2:32:33	MAXWELL
122	Jo Pavey	GBR	Debut	PAVEY
123	Jessica Augusto	POR	Debut	AUGUSTO
125	Hayley Yelling	GBR	Debut	HAYLEY
126	Maria Sig Møller	DEN	Debut	MOLLER

Preview

After running the two fastest times of 2010, Liliya Shobukhova will start as favourite to retain her crown. But the impressive Russian will have a tough task against a women's field described by race director David Bedford as "undoubtedly our strongest ever".

The line-up includes no fewer than 13 women who have run under 2:24 and contains the top five from last year's race plus the Olympic champion, Constantina Dita, the reigning champions from Berlin, New York and Paris – Aberu Kebede, Edna Kiplagat and Atsede Baysa – the previous London champion, Irina Mikitenko, and the new world half marathon record holder, Mary Keitany.

After winning in 2008 and 2009, Mikitenko was forced to drop out last year with a shin injury. But the German is back to challenge Shobukhova again, along with the 2007 champion, Zhou Chunxiu, who retained her Asian Games title last November ahead of her fellow Chinese Zhu Xiaolin, who's also in the field.

There's also Shobukhova's compatriot Inga Abitova, who finished strongly to take second last year, and Aselefech Mergia, who was third in 2010. Mergia is one of five talented Ethiopians. As well as Kebede and Baysa there's Bezunesh Bekele and Askale Tafa, who were fourth and fifth respectively a year ago.

Kenya's chances are boosted by Keitany, who was third on her debut in New York last year and ran a superb world best for 25km in Berlin last May. She's been hinting at a time well under 2:20. Then there's the experienced Dutchwoman, Lornah Kiplagat, the former world half marathon and cross country champion who was fifth here in 2007, and the emerging Russian Mariya Kononova, third in Chicago last October.

British hopes rest with British Olympian Liz Yelling, who competes here for the first time since 2008. Alongside her will be two seasoned British internationals making their marathon debuts – Jo Pavey and Liz's sister-in-law Hayley Yelling. One other notable debutante is the European cross country champion, Jessica Augusto of Portugal, a world and Olympic finalist on the track.

Finally, Yukiko Akaba leads the Japanese challenge hoping to improve on her sixth place last year. Akaba has been joined by seven of her compatriots who are racing in London for places on Japan's World Championships team following cancellation of the Nagoya International Women's Marathon on 13 March due to the earthquake which struck Japan two days earlier (see next page for more details).

VIRGIN LONDON MARATHON 2011

Japanese Women Runners

Seven Japanese runners were added to the women's elite field following the cancellation of the 2011 Nagoya International Women's Marathon due to the earthquake and tsunami which hit Japan last month. The Nagoya marathon, scheduled for Sunday 13 March, was also one of the selection races for the Japanese women's marathon team for the IAAF World Championships in Daegu this August.

When the tragedy struck the Virgin London Marathon offered its support to the Japan Association of Athletics Federations (JAAF) by providing places in this year's race to Japanese athletes who were unable to run in Nagoya. The JAAF subsequently chose London as a replacement IAAF World Championships trial. The athletes below have been entered by the JAAF. More detailed biographies are provided in a separate supplement to this guide.

With only this year's Yokohama Marathon winner Yoshimi Ozaki selected for Japan's Daegu team so far, there are still four places up for grabs. Yukiko Akaba, who won the Osaka Marathon earlier this year in 2:26:29, was already in the London Marathon elite women's field.

Bib no.	Name	Nation	PB	Bib name
128	Mizuho Nasukawa	JPN	2:25:38	NASUKAWA
129	Yurika Nakamura	JPN	2:25:51	NAKAMURA
130	Madoka Ogi	JPN	2:26:55	OGI
131	Yoshiko Fujinaga	JPN	2:28:13	FUJINAGA
133	Azusa Nojiri	JPN	2:29:12	NOJIRI
134	Noriko Matsuoka	JPN	Debut	MATSUOKA
135	Risa Shigetomo	JPN	Debut	SHIGETOMO

VIRGIN LONDON MARATHON 2011

Elite Women: Biographies

Liliya Shobukhova (Russia)

Born: 13 November 1977 Beloretsk, Bashkortostan, née Volkova

Marathon best: 2:20:25 Chicago 2010

London Marathon record: 2009- 3rd 2:24:24, 2010- 1st 2:22:00

Other World Marathon Majors

Chicago: 2009- 1st 2:25:56, 2010- 1st 2:20:25

Other major city marathons: None

Marathons in major championships: None

Career notes

Shobukhova made her marathon debut in London two years ago after three outings at the half marathon. And quite a debut it was as the Russian, better known as a 3000m and 5000m runner on the track, followed Irina Mikitenko and Mara Yamauchi home to steal the final place on the podium in an impressive time of 2:24:24.

She went on to become Chicago champion that October, beating Mikitenko with a fast finish over the last mile.

2009 was a good year overall, for she also set PBs for 10km on the road (32:19 in New Jersey in May) and 10,000m on the track (30:30.93 to win the Russian championships in July). She also ran 10,000m at the World Championships in Berlin, but could only finish 19th.

If 2009 was good, 2010 was even better. Shobukhova returned to London and dominated the race as both Mikitenko and Yamauchi faltered. She crossed the line in 2:22:00, a PB by more than two minutes, to become the first Russian to win the women's race.

After dropping out of the European Championships 10,000m final in Barcelona last summer she returned to Chicago in October where she retained her title with a Russian record, 2:20:25, making her the tenth fastest of all time.

Her third win in four marathons also secured victory in the 2009/10 World Marathon Majors Series, worth US \$500,000. She ended the year running 34:48 for 10km in Madrid on New Year's eve.

Shobukhova's half marathon best of 70:21 was set when she beat Catherine Ndereba in Philadelphia in September 2008.

Before turning to the roads she was known as a record breaking track runner. In 2006 she broke the world indoor 3000m record at the Russian championships in Moscow, and her time of 8:27.86 is still the European record. In 2008, she set a European outdoor 5000m record of 14:23.75 at the national championships in Kazan.



Reuters



She also won a world indoor silver medal at 3000m in 2006, and a European outdoor silver at 5000m that summer. She won a 5000m silver at the 2006 World Cup.

She has a 1500m best of 4:03.78 and a mile PB of 4:22.14.

Personal notes

Before getting married, she was known as Liliya Volkova. Shobukhova's daughter, Anna, was born in 2003.

VIRGIN LONDON MARATHON 2011

Zhou Chunxiu (China)

Born: 8 March 1979 Suzhou, Jiangsu province

Marathon best: 2:19:51 Seoul 2006

London Marathon record: 2007- 1st 2:20:38, 2009- 12th 2:29:02

Other World Marathon Majors: None

Other major city marathons

Beijing: 2003- 2nd 2:23:41, 2004- 2nd 2:28:42, 2005- 2nd 2:21:11, 2008- 2nd 2:37:49, 2009- 4th 2:34:57

Seoul: 2005- 1st 2:23:24, 2006- 1st 2:19:51, 2010- 2nd 2:25:01

Xiamen: 2003- 1st 2:34:16, 2004- 1st 2:23:28, 2005- 1st 2:29:58, 2006- dnf

Marathons in major championships

Olympics: 2004- 33rd 2:42:54, 2008- 3rd 2:27:07

Worlds: 2005- 5th 2:24:12, 2007- 2nd 2:30:45, 2009- 4th 2:25:39

Asian Games: 2006- 1st 2:27:03, 2010- 1st 2:25:00

Career notes

Zhou made marathon history in 2005 when she became the first woman to run four sub-2:30s in one year.

She won in Seoul on 13 March in a lifetime best of 2:23:24 and just 13 days later won again in Xiamen, China, in 2:29:58. After a 2:24:12 fifth place at the Helsinki World Championships she contested Beijing two months later and wound up second in 2:21:11.

That was Zhou's third consecutive runner-up placing in Beijing to go along with three victories at Xiamen and two at Seoul.

Her win at Seoul in March of 2006 was all the more significant as she reached the finish in 2:19:51 making her the seventh woman in history to break 2:20. She bypassed Beijing to focus on the Asian Games in Doha where she was unopposed in winning the gold medal by three and a half minutes.

Zhou then scored a major breakthrough in her first race outside Asia – winning the London Marathon in impressive style. Running 5:09 for the 24th mile, she broke open what had been a close contest with Gete Wami, becoming the first Chinese woman to win a World Marathon Major.

That summer Zhou picked up a world silver medal in Osaka behind Catherine Ndereba and the Kenyan finished ahead of her again at the Beijing Olympics the following year.

Facing enormous pressure in her home country, Zhou and Ndereba waged a hard battle in the late stages of the race. It was not decided until the final stretch of the lap on the track. Although disappointed to lose the silver by just a second, Zhou nevertheless delighted the large Chinese crowd by becoming the home country's first athletics medallist of the Games.



Reuters



Her return to London the following April was less impressive as she struggled for form, finishing 12th in 2:29:02. And she missed out on a medal at the Berlin World Championships, placing fourth as her compatriot Bai Xue took the laurels.

She was fourth again in Beijing that October before finishing second in Seoul on 21 March last year. She raced over 5000m and 10,000m at her national championships last August before successfully defending her Asian Games title on home territory in Guangzhou, clocking 2:25:00 – her 21st career marathon.

Zhou also has excellent 10,000m speed having run 31:09.03 at the Chinese National Games in 2005. Her half marathon PB of 68:59 is from 2008.

Personal notes

Zhou comes from Suzhou City in Jiangsu province but is based with China's national women's marathon squad in Dalian, 24 hours from her hometown. She claims to run about 180 miles a week during her winter training programme.

VIRGIN LONDON MARATHON 2011

Irina Mikitenko (Germany)

Born: 23 August 1972 Bakanas, Kazakhstan

Marathon best: 2:19:19 Berlin 2008

London Marathon record: 2008- 1st 2:24:14, 2009- 1st 2:22:11, 2010- dnf

Other World Marathon Majors

Berlin: 2007- 2nd 2:24:51, 2008- 1st 2:19:19

Chicago: 2009- 2nd 2:26:31, 2010- 5th 2:26:40

Other major city marathons: None

Marathons in major championships: None

Career notes

After superb results at shorter distances, Mikitenko made a highly successful marathon debut in Berlin in September 2007 when she finished second to Gete Wami in an impressive 2:24:51.

But the marathon world really took notice when she sprung a surprise to win the London Marathon in April 2008, defeating Wami, Berhane Adere, Svetlana Zakharova and Constantina Dita.

She missed the Olympic Games in Beijing but returned to Berlin at the end of September that year where, in only her third race at the distance, she became the fourth fastest woman of all time, and the ninth to break 2:20.

Mikitenko's winning time of 2:19:19 was also a German record, the fifth national record of her career in all events. Her victory secured the 2007/08 World Marathon Majors title from Wami and half a million dollars in prize money, the highest ever earned by a German athlete.

Mikitenko ran a half marathon PB in March 2008 of 68:51 and warmed up for Berlin with a 10km PB of 30:57 in Karlsruhe. She won the inaugural Bupa London 10km title at the end of May 2008, clocking 32:02 in appalling conditions.

After warming up with a decent half marathon in Ostia (71:01) and 10km in Paderborn (31:22), she defended her London Marathon title in April 2009 in wonderful style, shaking off the challenge of Britain's Mara Yamauchi in the final third of the race. All seemed set up for her to win world gold on home soil in Berlin, but Mikitenko was forced to skip the championships after she missed too much training due to the death of her father.

She returned to racing in Chicago but suffered only her second marathon defeat when she was beaten by Liliya Shobukhova in the final mile. However, second place was good enough to retain her WMM title.

Mikitenko was overshadowed by Shobukhova in 2010. After dropping out of the London race at mile 11 with a sore shin, she could only finish fifth in Chicago in October as the Russian notched up her third victory and claimed the 2009/10 WMM prize.



Mikitenko's other German records are for 3000m (8:30.39 in 2000) and 5000m (indoors and out - 14:42.03 in 1999), and 5km on the road (15:16).

Before 2008, her finest road racing result was in April 2007 when she was second at the Berlin half marathon in 69:46. She also won the Korschenbroicher 5km in 15:41, was second at the Internationaler Neusser Sommernachtslauf 5km in 15:45, and had another good result in Berlin, winning the Vattenfall City-Nacht 10km in 32:10.

On the track Mikitenko narrowly missed both Olympic and World medals at 5000m and was a 10,000m European Championships finalist in both 1998 and 2006. At the Sydney Olympics she finished fifth at 5000m and in 2004 was seventh. She was also fifth at the 2001 World Championships in Edmonton.

She has won six German titles on the track: 5000m in 1999, 2000 and 2006, and 10,000m in 1998, 2006 and 2008 (the last in 31:57.71).

Personal notes

Mikitenko was born Irina Volynskaya three days before the Munich Olympic Games opened. She represented Kazakhstan over 5000m at the 1996 Olympics, acquired German nationality in October 1996 and was eligible for Germany from March 1998.

She married her trainer Alexander Mikitenko (pb 5000m 13:39.95 in 1994) and they have a 16-year-old son, Alexander, and four-year-old daughter, Vanessa. The family live in Freigericht, close to Gelnhausen, the home town of Harald Schmid, the 400m hurdler, who helped Alexander find a job when they moved.

Her father-in-law Leonid Mikitenko is also a coach. He won the European bronze medal in 1966 and was 17th at the 1968 Olympic Games at 10,000m with bests of 13:36.4 for 5000m and 28:12.4 at 10,000m.

VIRGIN LONDON MARATHON 2011

Constantina Dita (Romania)

Born: 23 January 1970 Turburea

Marathon best: 2:21:30 Chicago 2005

London Marathon record: 1999- dnf, 2003- 6th 2:23:43, 2004- 3rd 2:26:52, 2005- 2nd 2:22:50, 2006- 7th 2:27:51, 2007- 3rd 2:23:55, 2008- 8th 2:27:45, 2009- dnf, 2010- 25th 2:41:12

Other World Marathon Majors

Chicago: 2003- 2nd 2:23:35, 2004- 1st 2:23:45, 2005- 2nd 2:21:30, 2006- 5th 2:24:25, 2008- 4th 2:30:57

Other major city marathons

Amsterdam: 2002 - 2nd 2:23:54

Belgrade: 2001- 2nd 2:33:30

Istanbul: 2000- 2nd 2:37:57

Los Angeles: 2002- 4th 2:33:58

Osaka: 2008- 9th 2:28:15

Singapore: 2002- 1st 2:36:06

Tokyo: 2001- 4th 2:26:39

Yokohama: 2009- 11th 2:36:06

Marathons in major championships

Olympics: 2004- 20th 2:37:31, 2008- 1st 2:26:44

Worlds: 1999- 19th 2:36:28, 2001- 10th 2:30:38,

2003- dnf, 2005- 3rd 2:23:19

Europeans: 1998- 17th 2:34:35

Career notes

Constantina Dita has run 30 marathons since her first at Lyon in 1997 and is currently the Romanian record holder for the 5km, 10km, 15km, half marathon and marathon. More importantly, she is the reigning Olympic marathon champion. Dita's victory in Beijing surprised many as she had a reputation as a bold solo runner who often got caught in the later stages. In Beijing she simply didn't get caught.

Dita made her London debut in 1999 when she dropped out, but returned in 2003 to lower her personal best to 2:23:43. She continued her good form in Chicago that October, leading much of the race and setting a PB of 2:23:35 in second.

In 2004 she placed 20th at the Athens Olympics in 2:37:31, suffering in the hot humid conditions. She was third in the World Half Marathon Championships in 69:07, and just one week later, although sick with cold, she prevailed against a strong field to win the Chicago marathon in 2:23:45.

In 2005, Dita rewrote personal and Romanian records. In April, she blazed through London to finish second in 2:22:50, a world best for women 35 and over. She also won a bronze medal at the World Championships, this time staying the course having led by almost two minutes at 20km in 2001 and by 32 seconds at 5km in 2003.

She battled Deena Kastor in Chicago to finish second in 2:21:30, setting another world best for 35-year-olds and achieved a great victory at the World Half Marathon Championships that year, running 69:17.



Early in 2006 Dita finished her degree in Romania, and came to London short of training. She finished seventh in 2:27:51. In August she finished 11th over 10,000m (31:49.47) at the European Championships and on 27 August placed third at the New York Half Marathon in an impressive 1:10:11. On 8 October she challenged Lornah Kiplagat at the World Road Running Championship over 20km. Both broke the previous world record but Kiplagat snatched the win by two seconds. Dita broke the European record in 63:23.

In the 2006 Chicago Marathon, she seized the lead from the gun, going through the half in 68:07 – faster than her PB – but ultimately finished fifth in 2:24:25. Chicago had official timing and certification for the 25km and 30km splits and Dita's times (1:21:31 and 1:38:30) were better than the official IAAF world records, but inadequate doping tests meant they could not be ratified.

She returned to the London podium in 2007, finishing third in 2:23:55, while in 2008 she was eighth giving little hint of what was to come in Beijing. After her Olympic triumph, 2009 was a disappointing year. She dropped out in London for the first time in a decade, suffering with a liver complaint, and could only finish 11th in Yokohama. However, she was third at the Bupa London 10k, won 5000m and 10,000m at the Romanian championships, and in December broke her own Romanian record for 15km with 51:36 in Heerenberg. She was ninth in the Lisbon half marathon in March last year before finishing 25th in her ninth London Marathon. She was also 12th in the Great North and Great South Runs.

Personal notes

Born Constantina Dita in Turburea, she married her coach Valeriu Tomescu (they have a son Raphael born in 1995) and was known for years as Constantina Tomescu-Dita before reverting to her maiden name in 2008. A former handball player, her nickname is "Pusha".

VIRGIN LONDON MARATHON 2011

Askale Tafa (Ethiopia)

Born: 27 September 1984 Arsi Province

Marathon best: 2:21:31 Berlin 2008

London Marathon record: 2010- 5th 2:24:39

Other World Marathon Majors

Berlin: 2005- 3rd 2:28:27, 2008- 2nd 2:21:31, 2009- dnf

Boston: 2008- 5th 2:29:48

Chicago: 2010- 12th 2:32:24

Other major city marathons

Dubai: 2007- 1st 2:27:19, 2008- 3rd 2:23:23, 2010- 6th 2:27:29

Milan: 2006- 1st 2:27:57

Paris: 2007- 1st 2:25:07

Phoenix: 2006- 2nd 2:31:46

Rome: 2005- 3rd 2:32:34

San Diego: 2006- 4th 2:29:47

Marathons in major championships

Worlds: 2007- 22nd 2:38:01

Career notes

Askale Tafa's record in big city marathons is hard to argue with. Before 2010, in 12 non-championships races she had finished outside the podium places just four times and had three notable victories to her name – in Milan 2006, and Dubai and Paris in 2007.

Her most impressive achievement, however, came in September 2008 when she finished second behind Irina Mikitenko's German record in Berlin in 2:21:31 making her the second fastest Ethiopian of all time.

Berlin was where she first made her mark back in 2005. After finishing third in Rome in her debut earlier that year, at the relatively youthful age of 21, she placed third in the German capital in 2:28:27. Unlike many Ethiopians, Tafa has no track or cross country background, and these races were her first international experiences.

The following year she enjoyed her first win, in Milan, and was also second in Phoenix, but it was in Dubai the following January where she had her richest success – running a PB 2:27:19 to win the \$250,000 race.

Three months later she improved again – by more than two minutes – to win the Paris Marathon in 2:25:07, a performance which secured her place on Ethiopia's team for that summer's World Championships in Osaka.

The stifling heat in the Japanese city didn't suit her, however, and like many others she struggled, finishing 22nd in 2:38:01.

She was back to her best in 2008, setting a PB 2:23:23 to finish third in Dubai and lowering it again in Berlin nine months later as Mikitenko dipped below 2:20. On both occasions she was paced by her husband.



In Dubai she was just 41 seconds behind the winner, Berhane Adere, knocking 1:44 from her previous PB, while in Berlin she set out at 2:18 pace only for Mikitenko to speed by as she tired in the second half. Earlier that year she had finished fifth in Boston, earning her first WMM point.

After improving steadily every year from 2005, the last two years have been disappointing. She competed only once in 2009, failing to finish in Berlin. She returned to Dubai in January last year but had her worst result on the UAE course, placing sixth in 2:27:29.

She ran well in London to finish fifth in 2:24:39, but suffered in the Chicago heat last October, trailing in 12th in 2:32:24 – her worst result since the Osaka World Championships.

Tafa has competed well at other distances. She was second at the 2006 Berlin 25km race, in 1:28:13, and set a half marathon PB of 70:46 to finish second in Lisbon on 21 March last year.

Personal notes

Askale Magarsa Tafa was born in the same Arsi Province as Kenenisa Bekele. Her husband is Tola Debele Gudeta who has run 1:03 for 20km and paced Tafa to the finish in both of her marathon PBs in 2008.

Tafa trains in Europe with other members of the Rosa Associ management group.

VIRGIN LONDON MARATHON 2011

Atsede Baysa (Ethiopia)

Born: 16 April 1987

Marathon best: 2:22:04 Paris 2010

London Marathon record: None

Other World Marathon Majors

Chicago: 2010- 2nd 2:23:40

Other major city marathons

Dubai: 2009- 9th 2:29:13, 2011- 5th 2:25:08

Frankfurt: 2009- 7th 2:32:05

Istanbul: 2007- 1st 2:29:08

Nagano: 2006- 5th 2:39:31

Paris: 2009- 1st 2:24:42, 2010- 1st 2:22:04

Rome: 2008- 5th 2:33:07

Rotterdam: 2007- 4th 2:33:54

Tokyo: 2006- 8th 2:37:48

Toronto: 2008- 5th 2:35:56

Xiamen: 2010- 1st 2:28:53

Marathons in major championships

Worlds: 2009- 27th 2:36:04

Career notes

Atsede Baysa is the fourth fastest Ethiopian woman of all-time behind Berhane Adere, Askale Tafa and Gete Wami thanks to her front running performance in last April's Paris marathon when she successfully defended her 2009 title in a splendid 2:22:04.

That beat Marleen Renders' 2002 course record and knocked more than two minutes from her previous best.

She also made a strong bid to win the 2010 Chicago Marathon. Running a consistent pace in the 5:20 per mile range, she passed the halfway mark on target for a sub-2:20 finish. Despite the heat and a series of slower miles in the second half, she held on to finish runner-up to Liliya Shobukhova in 2:23:40.

That completed an excellent year for the young Ethiopian. She had begun her 2010 campaign on 2 January by becoming the first foreign athlete to win the Xiamen International marathon in China.

Baysa will celebrate her 24th birthday on the eve of this year's race but despite her age she is far from inexperienced as a marathon runner. Her London debut will be her 15th full marathon since she first completed 26.2 miles in Nagano on her 19th birthday in 2006.

She was fifth that day in 2:36:31 and has steadily improved since. She was fourth in Rotterdam in 2007 when she also finished second in the Asian Games half marathon behind Souad Aït Salem, and was 11th at the World Half Marathon Championships in 69:15 helping Ethiopia to the team silver. That year also brought her first marathon victory, in Istanbul, and her first sub-2:30 time – 2:29:08.

She had two marathons in 2008, finishing fifth in Rome and Toronto, and was also ninth at the Ras Al Kaimah half marathon.



Reuters



The following year saw her big breakthrough when she won in Paris in a personal best 2:24:42. That gained selection to Ethiopia's World Championships team for Berlin but she wasn't at her best in the German capital and came 27th.

Her fourth marathon of 2009 was in Frankfurt where she was seventh.

Consistency returned last year when she broke 2:30 in all three of her races, while she also won the Semi-Marathon de Paris in March in 1:11:05. She covered the first half of last year's Paris marathon in 1:10:09, and lowered her half marathon PB in New Delhi in November when she was fifth in 68:42.

She's raced once so far this year, finishing fifth in the Dubai marathon in 2:25:08, three minutes behind Aselefech Mergia.

Personal notes

Her full name is Atsede Baysa Tesema. Her surname is sometimes spelt Bayisa.

VIRGIN LONDON MARATHON 2011

Inga Abitova (Russia)

Born: 6 March 1982 Novokuibyshevsk
Marathon best: 2:22:19 London 2010
London Marathon record: 2007- 9th 2:34:25, 2009- 6th 2:25:55, 2010- 2nd 2:22:19
Other World Marathon Majors
 New York: 2010- 4th 2:29:17
Other major city marathons
 Belgrade: 2005- 1st 2:38:20
 Moscow: 2004- 6th 2:43:48
 Mumbai: 2006- 2nd 2:33:55
 Osaka: 2007- dnf
 Yokohama: 2009- 1st 2:27:18
Marathons in major championships: None

Career notes

Better known as a 10,000m runner, Inga Abitova has steadily improved as a marathon runner since her debut in Moscow in 2004 when she ran 2:43:48 at the Russian championships.

She won her second marathon in Belgrade the following spring, improving by more than five minutes to run 2:38:20. In January 2006 she made another big improvement to 2:33:55 in Mumbai, India. That was good for second place, just 40 seconds behind winner Mulu Seboka.

Abitova was part of the Russian team for the Yokohama International Women's Ekiden in 2006 and ran the fastest fourth leg of 6km in 19:32. Turning to the track she won the All-Russia Meeting 3000m in 9:03.42, recorded a big 10,000m personal best of 31:32.24 at the Russian championships and won the Russian Cup 5000m in 15:15.05.

The finest moment of Abitova's career came at the 2006 European Championships. With two laps to go in the 10,000m final she was in a pack of more favoured competitors, but with 500m left she unleashed a sustained kick to win in 30:31.42.

"I surprised myself," said Abitova of her gold medal winning performance, a full minute faster than her previous best. "I was very afraid of the fast pace of the race." In fact she ran the second 5000m in 15:15.06, just 0.01s slower than her best time for that distance.

Later that month she lowered her 3000m PB to 9:02.88 at the Norwich Union International in Birmingham, although she ended 2006 on an off-note, fading to 31st at the European Cross Country Championships in December.

In 2007, she finished ninth in London, her first World Marathon Majors race.

In 2008 she was sixth in the Olympic 10,000m final in 30:37.33, the second European home behind her compatriot Mariya Kononova.



Reuters



Her big marathon breakthrough came in London in 2009 when she lowered her PB by eight minutes to finish sixth on a great day for the Russians.

She seems to enjoy running in the UK for she returned to London that September to set a PB of 15:23 over 5km when fourth at the adidas women's run in Hyde Park. She then ran 69:53 for half marathon at the World Championships in Birmingham in October 2009, and last April completed her third London Marathon, finishing second behind Liliya Shobukhova in 2:22:19, a PB by more than three and a half minutes.

"My race was amazing," said Abitova. "I had to work really hard but I know I have good track speed and that helped me break through at the finish."

She put her track speed to good use again last summer, claiming a silver medal for 10,000m at the European Championships. In November, she ran another intelligent race to finish fourth on her New York marathon debut.

Personal notes

Abitova is married to a former Russian steeplechaser and is the mother of a five-year-old boy, Yegor. She comes from Novokuibyshevsk in the Samara region of Siberia, a town of just 150 inhabitants.

She has a tattoo in Japanese lettering embossed on her shoulder, referring to an inspirational motto calling for high achievement.

VIRGIN LONDON MARATHON 2011

Lornah Kiplagat (Netherlands)

Born: 1 May 1974 Kabeimit, Kenya

Marathon best: 2:22:22 Osaka 2003

London Marathon record: 2007- 5th 2:24:46

Other World Marathon Majors

Boston: 2000- 5th 2:30:12, 2001- 4th 2:27:56

Chicago: 2000- 2nd 2:22:36

New York: 2002- 8th 2:28:41, 2003- 3rd 2:23:43, 2004- 7th 2:28:21, 2005- 10th 2:28:28, 2006- 8th 2:32:31

Other major city marathons

Amsterdam: 1999- 1st 2:25:29

Boulder: 2004- 3rd 2:54:16

Dubai: 2008- dnf

Los Angeles: 1997- 1st 2:33:50, 1998- 1st 2:34:03

Osaka: 2002- 1st 2:23:55, 2003- 4th 2:22:22

Rotterdam: 2005- 1st 2:27:36

Marathons in major championships: None

Career notes

Lornah Kiplagat has won more than 80 road races around the world in her career, including the World Half Marathon Championships, twice, and the World 20km Championships, not to mention numerous prestigious non-championships races such as the Peachtree Road Race 10km (five times), the World's Best 10km (five times), the New York 10km (four times), and the Berlin 25km (twice).

She has also set world records at 10 miles (50:54 in 2002), 5km (14:47 in 2004, a time which is still the European record), 20km (62:57 in 2007) and half marathon (66:25 in 2007, which stood till February this year when broken by Mary Keitany).

Perhaps her greatest performance was at the World Half Marathon Championships in Udine in October 2007, just six months after her one and only appearance in the London Marathon. The previous year in Debrecen, Kiplagat had taken the World 20km title, breaking Paula Radcliffe's world record with 63:21. In 2007, she not only broke her own 20km record, clocking 62:57, but went on to smash the world half marathon record too, crossing the line in 66:25.

It was the highlight of a fantastic year in which Kiplagat had beaten Tirunesh Dibaba to win the World Cross Country Championships in Mombasa, having finished second the year before, and won the World's Best 10km in San Juan and the New York 10km race in June.

She ran well in London too, finishing fifth in 2:24:46, as China's Zhou Chunxiu ran away with the title.

Kiplagat's marathon career began 10 years earlier when she won the Los Angeles marathon in 2:33:50. She defended that title a year later and in the following years picked up wins at the Amsterdam marathon in 1999, the Osaka Ladies marathon in 2002, and Rotterdam in 2005.



Reuters



She also finished fifth and fourth in Boston, second in Chicago and third in New York between 2000 and 2003, while she set her PB when finishing fourth in Osaka in 2003.

By the time she came to London in 2007 she had already raced the New York Marathon five times, finishing in the top 10 each time. Since London, however, she has only raced one marathon, in Dubai in January 2008, when she dropped out.

In the meantime she retained her World Half Marathon title in Rio in 2008 and won the European cross country title in 2005. On the track, she was fourth over 10,000m at the 2003 World Championships, fifth at the 2004 Olympics, and eighth in 2008, while she was fifth at the 2006 European Championships.

In 2009 she raced only twice, winning a half marathon in Lagos and finishing second in the World's Best race in March before a right knee injury ruled her out for 13 months. She returned in 2010, finishing fourth in the New York 10km race and winning 5km and 10km races in Holland.

Now 36, she had an indifferent start to 2011, failing to finish the Egmond Aan Zee half marathon in Holland.

Personal notes

Kiplagat was born in Kabeimit, in the Rift Valley, Kenya, but became a Dutch citizen on 23 July 2003, gaining eligibility for Netherlands on 22 August 2003. Her husband, Pieter Langerhorst, is her manager and coach. Dutch athletes, Sylvia and Hilda Kibet are her nieces.

She is known as 'Simba' (lion in Swahili) for her ferocious training but gentle demeanour. She uses some of her prize money to help fund her high altitude training centre for young athletes near Iten in Kenya which she founded in 1999.

VIRGIN LONDON MARATHON 2011

Aselefech Mergia (Ethiopia)

Born: 23 January 1985

Marathon best: 2:22:38 London 2010

London Marathon record: 2010- 3rd 2:22:38

Other World Marathon Majors: None

Other major city marathons

Dubai: 2011- 1st 2:22:45

Paris: 2009- 2nd 2:25:02

Marathons in major championships

Worlds: 2009- 3rd 2:25:32

Career notes

After three years of success at the half marathon, Aselefech Mergia made her marathon debut just over two years ago in Paris. She finished second in a swift 2:25:02 winning her place on Ethiopia's World Championships team.

In Berlin she shadowed the Asians for 40km before dropping back to claim a bronze medal just 22 seconds behind the winner, beating all of the more renowned Africans.

She continued her good form in London last year when she was third behind the Russian pair Liliya Shobukhova and Inga Abitova in a huge PB of 2:22:38, ahead of four of her more favoured compatriots.

Her first half marathon came in New Delhi in 2006 (74:13) and the following year she won the Plymouth half and was second in the Glasgow 10km.

In 2008 she was second in the World Half Marathon Championships in 69:57 and lowered her PB still further in New Delhi with 68:17 just a second ahead of Genet Getaneh.

That became 67:48 in 2009 when she was second in Ras Al Khaimah, an impressive warm up for her marathon debut in Paris. She also lowered her 10km PB when winning in Bangalore in 32:08.

She was fourth in the Abu Dhabi half marathon on 7 January last year in 69:21 before lowering her PB again in RAK on 19 February when she was third in 67:22.

More PBs followed her impressive run in London last April – over 10km when second in Bangalore in 32:00, and 10,000m on the track when she ran 32:34.09 in June.

She comes to London in good form, having won the Dubai marathon on 21 January in 2:22:45, fractionally outside her PB. She also won the New Delhi half marathon last November in 68:35.



Reuters



VIRGIN LONDON MARATHON 2011

Bezunesh Bekele (Ethiopia)

Born: 18 September 1983

Marathon best: 2:23:09 Dubai 2008

London Marathon record: 2010- 4th 2:23:17

Other World Marathon Majors

Berlin: 2010- 2nd 2:24:58

Boston: 2009- 4th 2:33:08

Chicago: 2008- 7th 2:32:41

Other major city marathons

Dubai: 2008- 2nd 2:23:09, 2009- 1st 2:24:02,
2010- 4th 2:26:05

Marathons in major championships

Worlds: 2009- 16th 2:30:03

Career notes

While Bezunesh Bekele has finished seventh in Chicago and fourth in Boston in recent years, it's in Dubai where the 27-year-old made her name as a marathon runner.

After representing Ethiopia at seven World Cross Country and two World Half Marathon Championships between 1999 and 2007, Bekele made her marathon debut in the United Arab Emirates in January 2008. And quite a debut it was, for she clocked 2:23:09 to finish second, a performance that put her fourth on the Ethiopian women's all-time list behind Berhane Adere, Askale Tafa, and her mentor, Gete Wami (a position since relinquished to Atsede Baysa).

Bekele went on to finish seventh in Chicago that autumn, suffering in the unexpected heat, but she returned to Dubai in January 2009 to take the title in 2:24:02, pocketing a tidy \$250,000 winner's cheque for what she said was her proudest running moment.

She then finished just outside the podium places in the closely-fought Boston race before a disappointing run at the World Championships in Berlin.

She was back in Dubai in January last year but finished outside the medals in fourth, in 2:26:05. She was also fourth on her London debut, just a place behind compatriot Aselefech Mergia and only eight seconds shy of her PB.

She was back on the podium in Berlin where she finished second to another Ethiopian, Aberu Kebede in 2:24:58, her fourth sub-2:25 marathon.

Bekele set her half marathon PB of 68:07 when she was fourth in the World Half Marathon Championships in Udine in 2007, a national record since broken by Dire Tune.

She also set PBs at 5km (15:49), 10km (32:03) and 15km (47:36) in 2007, while her 10,000m track PB stems from 2005 (31:10.68). She was also fifth in the African Championships 10,000m in 2006.



Personal notes

Comparisons with Gete Wami are not unfounded; Bekele is a protégée and trains under the direction of Wami's husband, coach Geteneh Tessema, in Addis Ababa.

She is married, and her hobby is reading.

VIRGIN LONDON MARATHON 2011

Mariya Konovalova (Russia)

Born: 14 August 1974 Angarsk. née Pantyukhova

Marathon best: 2:23:50 Chicago 2010

London Marathon record: 2010- 16th 2:35:21

Other World Marathon Majors

Chicago: 2010- 3rd 2:23:50

Other major city marathons: None

Marathons in major championships: None

Career notes

Mariya Konovalova made a somewhat uninspiring marathon debut in London last year after a successful international track career that goes back to 1995 when she was sixth at the World Championships 5000m in Gothenburg. But she soon made up for it in Chicago where she broke through to world class.

She arrived in London last year in good form after setting a Russian record for 2000m indoors (5:38.98) which was also a world record for over 35s. But she found the going tough on her maiden marathon and finished 16th.

She returned to the track last summer, winning the Russian 5000m title and placing fifth at the European Championships in Barcelona.

She won a half marathon in Novosibirsk in 71:02 in September, and in October ran 2:23:50 to finish third in the Chicago marathon, joining her compatriot Liliya Shobukhova on the podium.

On the track, at 5000m she was seventh at the World Championships in 1999 and 11th in 2007, while at 10,000m she was fifth at the 2008 Olympics in Beijing and 11th at the 2009 Worlds in Berlin.

She has also done well at cross country, finishing second and fourth at European Cross Country Championships in 2006 and 2007 respectively.

She made her half marathon debut in October 2008 when she was fourth at the Great North Run in 70:48.

In 2009, she set PBs at 5000m indoors (15:42.37) and 10,000m outdoors (30:32.53) and was Russian 5000m champion. Her outdoor 5000m PB is from 2008 – 14:38.09.

Personal notes

She runs for the Moscow Army Club and is trained by Yuri Kukanov.



VIRGIN LONDON MARATHON 2011

Zhu Xiaolin (China)

Born: 20 February 1984 Xiuyan, Liaoning Province

Marathon best: 2:23:57 Beijing 2002

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Beijing: 2002- 3rd 2:23:57, 2005- 6th 2:32:27,

2008- 3rd 2:37:49, 2009- 3rd 2:34:55

Dalian: 2002- 1st 2:42:56, 2004- 9th 2:44:48,

2005- 1st 2:36:04, 2006- 1st 2:45:57

Jinan: 2002- 5th 2:51:12

Rotterdam: 2010- 3rd 2:29:42

Xiamen: 2004- 21st 2:41:04, 2005- 9th 2:35:04,

2006- 2nd 2:28:27, 2007- 1st 2:26:08

Marathons in major championships

Olympics: 2008- 4th 2:27:16

Worlds: 2007- 4th 2:31:21, 2009- 5th 2:26:08

Asian Games: 2010- 2nd 2:26:35

Career notes

Although she's never run one of the World Marathon Majors city races, Zhu Xiaolin has established quite a record as a championships marathon runner over the last three years.

She was fourth at the Beijing Olympics just behind her compatriot Zhou Chunxiu, and has finished fourth and fifth at the last two World Championships where compatriots Zhou and Bai Xue have picked up medals. In 2007 she lost a hard fought battle for a bronze medal with Japan's Reiko Tosa.

Zhu won her first championships medal at last November's Asian Games when she was second, again just a place behind Zhou.

Outside championships she's notched up some notable victories, winning Dalian in 2002, 2005 and 2006, and the 2007 Xiamen marathon, having been second in 2006. She's also been third three times in Beijing, clocking her PB of 2:23:57 there in 2002 when she was just 18.

Her best result outside China came last year when she was third in Rotterdam behind Aberu Kebede and Magdalena Lewy-Boulet.

Zhu produced her half marathon best last year when she was eighth at the world championships in 71:01. She ran her half marathon best of 70:07 when finishing second at the Stramilano race in Milan last March. She also set a 10km PB last year, running 32:38 on her victory in Brescia.

On the track she was fifth at 1500m and second at 5000m at the 2005 Chinese National Games, and sixth at 10,000m in 2009.

She was fourth in the Paris half marathon on 6 March in 70:28.



Reuters

VIRGIN LONDON MARATHON 2011

Aberu Kebede (Ethiopia)

Born: 12 September 1989 Shewa

Marathon best: 2:23:58 Berlin 2010

London Marathon record: None

Other World Marathon Majors

Berlin: 2010- 1st 2:23:58

Other major city marathons

Dubai: 2010- 2nd 2:24:26

Rotterdam: 2010- 1st 2:25:29

Marathons in major championships: None

Career notes

Aberu Kebede Shewaye has run just three marathons, but all have been impressive performances.

Her first was in January 2010 when she was second by only seven seconds at the Standard Chartered Dubai Marathon in 2:24:26. Three months later she moved up to the winner's spot in Rotterdam, just a minute off her best time.

In her first World Marathon Majors race in Berlin last autumn, she ran the second half about a minute faster than the first and crossed the finish line first in 2:23:58, a minute ahead of compatriot Bezunesh Bekele. Despite the steady rain, it was a new PB and she became the youngest woman ever to win the Berlin Marathon.

Before making her marathon debut last year, Kebede secured a speedy third place at the 2009 World Half Marathon Championships in Birmingham, in 67:39, after leading for much of the race with Mary Keitany. Her time made her the second fastest Ethiopian at the distance after Dire Tune.

Earlier that year, she set a course record of 68:43 at the Stramilano half marathon, one of Europe's oldest road races.

She also ran a PB for 10,000m (30:48.26) on the track that year, as well as at 5km (15:13, when third in the Hyde Park race in London) and 10km (32:11) on the road.

Last year she was also fifth over 10km in Bangalore in 32:21, and fourth in a half marathon in New Delhi in 68:39 when she was just four seconds behind race winner Aselefech Mergia. On the track she won the Znamensky Memorial 10,000m in 32:17.74.

She won the Lisbon half marathon on 20 March in 68:23.

She made her first international appearance at cross country, finishing 16th at the 2007 World Junior Cross Country Championships.



Reuters



VIRGIN LONDON MARATHON 2011

Yukiko Akaba (Japan)

Born: 18 October 1979 Tochigi Prefecture
Marathon best: 2:24:55 London 2010
London Marathon record: 2010- 6th 2:24:55
Other World Marathon Majors: None
Other major city marathons
Osaka: 2009- 2nd 2:25:40, 2010- dnf,
2011- 1st 2:26:29
Marathons in major championships
Worlds: 2009- 31st 2:37:43

Career notes

An experienced 5000m and 10,000m runner, Akaba made the move up to the marathon in 2009 with an impressive debut at the Osaka Ladies marathon.

She finished second in 2:25:40 and qualified for Japan's World Championships team. Things didn't go so well in Berlin, however. She suffered from dehydration and finished 31st in the German capital in 2:37:43. She had also had a right foot injury earlier that month.

Her swift debut wasn't a complete surprise for Akaba had run some impressive half marathons in Japan in the previous 12 months. In 2008 she reduced her PB by more than three minutes to win the Corporate Challenge in Yokohama in 68:11. Six months later she was 10th at the World Half Marathon Championships in Rio.

Last year she ran 68:50 to win in Sendai but was only 26th at the World Half Marathon Championships in Birmingham.

She competed at both 5000m and 10,000m at the 2008 Olympic Games, going out in the heat of the shorter event and finishing 20th in the 10,000m final. She set PBs at both events that year: 15:06.07 for 5000m, and 31:15.34 for 10,000m.

She was third over 10,000m at the 2001 World University Games.

She returned to the Osaka Ladies Marathon in January 2010 but failed to finish due to a left knee injury picked up just two weeks before the race. She ran aggressively until 26km then dropped back before pulling out at 39km.

She trained for London last year in Christchurch, New Zealand, before returning to Japan for the Matsue half marathon where she battled strong headwinds to finish second in 71:09.

In London she lowered her best by nearly a minute, finishing sixth in 2:24:55.

That was her last marathon of 2010, but she was third in the national 10,000m championships in June, and ran two half marathons in July – 73:30 for seventh in Sapporo, and 72:57 when third in Shibetsu.



She comes to London this year full of confidence after winning the Osaka Ladies Marathon at the end of January in 2:26:29. A strong headwind in the second half prevented Akaba achieving the World Championships qualifying mark of 2:26.

"Today I think I was able to show that I am a strong runner. Next I need to run faster," she said.

Personal notes

She races for Hokuren on the northern island of Hokkaido and is coached by her husband Shuhei Asari.

Her daughter, Yuuna, was born in August 2006 and Akaba returned to training that autumn. She is the only world class runner in Japan who is a mother.

She won her prefectural high school championships at 3000m and went to Josai University where she was the quickest in her stage of the national collegiate women's ekiden championships and won the national collegiate 5000m title.

After university she almost dropped out of the sport because of injuries. She married her Josai teammate Shuhei Asari in March 2004 and was going to take over the family farm in Tochigi until her coach, Shuichi Morita, suggested she continue to run with her husband as coach.

VIRGIN LONDON MARATHON 2011

Edna Kiplagat (Kenya)

Born: 15 September 1979 Eldoret

Marathon best: 2:25:38 Los Angeles 2010

London Marathon record: None

Other World Marathon Majors

New York: 2010- 1st 2:28:20

Other major city marathons

Las Vegas: 2005- 10th 2:50:20

Los Angeles: 2010- 1st 2:25:38

Marathons in major championships: None

Career notes

Edna Ngeringwony Kiplagat's victory in last year's New York Marathon surprised virtually everyone. In only her second world class marathon, the US-based Eldoret native broke away from debutantes Mary Keitany and Shalane Flanagan on the rolling hills of Central Park to win in 2:28:20.

Added to her win eight months earlier in Los Angeles it made her the first athlete to win marathons on both coasts. It was an enriching achievement, for as well as picking up \$135,000 for the New York victory, she won a \$100,000 bonus in LA for being the first finisher to break the tape after she was given an 18 minute 47 second head start over the men's field. She was also presented with a new Honda Sedan by the race sponsors.

The New York victory capped quite a year for Kiplagat as in July she won the Utica Boilermaker 15km in a course record 47:57, and she also won the Steamboat Classic four mile race in June in 19:56.

Kiplagat's first marathon was in December 2005 at Las Vegas when she was tenth in 2:50:20, but her first appearance on the international stage was nearly 10 years earlier when she won a silver medal over 3000m at the 1996 World Junior Championships, aged 16. Two years later she was third in the same race, while she was also fifth in the 1996 World Cross Country Championships and fourth in 1997.

She didn't win a national vest again until 2006 when she was 13th in the senior race at the World Cross.

She began running road races in the United States as long as 10 years ago. Her half marathon best of 69:32 stems from 2006 while she ran PBs for 5km (15:20), 10km (31:34) and 15km (47:57) last year.

She was 17th at the 2011 Kenyan cross country championships in February and second in the New York half marathon on 20 March in 69:00.

Personal notes

Kiplagat's husband Gilbert Koech is also a marathon runner with a best of 2:13:45 from Las Vegas in January 2005. He also won the 2009 San Antonio Marathon.



Reuters



While in the US, the pair live in Boulder, Colorado. They have a son, Carlos, and daughter, Wendy.

She is coached by Dieter Hogen.

VIRGIN LONDON MARATHON 2011

Magdalena Lewy-Boulet (United States)

Born: 1 August 1973 Jastrzebie-Zdrój, Poland née Lewy

Marathon best: 2:26:22 Rotterdam 2010

London Marathon record: None

Other World Marathon Majors

Chicago: 2010- 7th 2:28:44

New York: 2006- 15th 2:42:38, 2008- 11th 2:33:56, 2009- 6th 2:32:17

Other major city marathons

Boston (Olympic Trials): 2008- 2nd 2:30:19

Cleveland: 2001- 3rd 2:44:57

Newport Beach: 2006- 1st 2:50:41

Pittsburgh: 2002- 2nd 2:36:48, 2003- 2nd 2:31:38

Rotterdam: 2010- 2nd 2:26:22

San Francisco: 2002- 1st 2:50:11

St Louis: 2004- 5th 2:30:50

Marathons in major championships

Olympics: 2008- dnf

Career notes

Magdalena Lewy-Boulet made her name in 2008 when she led the US Olympic Trials women's race in Boston by nearly two minutes. Although she was eventually overhauled in the last two miles by Deena Kastor, the 2004 Olympic bronze medallist, she hung on for second and a personal best of 2:30:19.

Four years earlier, she had been fifth in the trials and missed the plane to Athens. In Beijing, she was hampered by a freak knee injury, sustained when she banged into a rail on the athletes' shuttle bus, and had to drop out after 20km.

Lewy-Boulet's marathon career goes back to 2001 when she was third in Cleveland. She won the San Francisco marathon in 2002, when she was also second in Pittsburgh, a result she repeated in 2003.

After missing out on the Olympics in 2004, she entered her first major international race in 2005, finishing 15th in New York, having won the Newport Beach marathon at the start of that year.

Two years later, following her Olympic disappointment, she improved to 11th in New York, and in 2009 she was sixth, the first American home.

Her breakthrough to world class came last April when she chased Aberu Kebede home in Rotterdam, taking more than three minutes from her PB to dip under 2:30 for the first time in 2:26:22. Six months later she produced another impressive performance in Chicago, where she was seventh in 2:28:44.

Last year she also won the national 20km title, in a PB 67:41, and was fifth in the US half marathon championships. She also represented USA at the World Cross Country Championships where she was 20th, and was the first US finisher at the New York 10km.



Reuters



Her half marathon PB of 71:46 was set when second in the San José Rock 'n' Roll race in 2009.

She was ninth at the national half marathon championships in Houston at the end of January this year and fourth at the national cross country championships.

Personal notes

Born in Jastrzebie-Zdrój, Lewy-Boulet became a US citizen on 11 September 2001, and became eligible to run for USA on 31 October 2001.

She left Poland at 15 with her mother and brother in 1988 to follow her father. They moved first to Kiel, near Hamburg, north Germany, before ending up in Long Beach, California, in 1991.

Known as 'Chewy', she now lives in Oakland, California, with her husband Richie, a former middle distance runner. Their son, Owen, was born in May 2005.

Until 2009 she was assistant track and field coach at the University of California, Berkeley, working under Tony Sandoval. She has a degree in human bio-dynamics.

She is coached by Jack Daniels.

VIRGIN LONDON MARATHON 2011

Liz Yelling (Great Britain & NI)

Born: 5 December 1974 Welwyn Garden City, née Talbot

Marathon best: 2:28:33 London 2008

London Marathon record: 2005- 14th 2:37:42, 2007- 8th 2:30:44, 2008- 9th 2:28:33

Other World Marathon Majors

Berlin: 2003- 8th 2:30:58, 2006- dnf

Chicago: 2007- 4th 2:37:14, 2010- 18th 2:37:14

Other major city marathons

Amsterdam: 2006- 6th 2:31:39

Marathons in major championships

Olympics: 2004- 25th 2:40:13, 2008- 26th 2:33:12

Commonwealths: 2006- 3rd 2:32:19

Career notes

Tall, fair-haired and a distance runner from the Bedford and County club. The description fits both Liz Yelling and the world's fastest marathon woman, Paula Radcliffe.

It was in Berlin eight years ago that Yelling took her first steps as a marathoner. After pursuing the classic path of running road and cross country for club and country, she went close to breaking 2:30 on her debut.

After a tough championships baptism at the Athens Olympics where she was first British finisher, the 2006 Commonwealth Games in Melbourne brought success. Matching eventual winner Kerryn McCann of Australia and Kenya's Helen Cherono Koskei stride for stride until 25km, Yelling eventually took the bronze. Later that year she came close to her best in Amsterdam where she was sixth in 2:31:39.

She started 2007 in great form, winning the Bath half marathon in a course record 69:28, still her PB. That came just weeks after winning the English national cross country title and breaking the adidas half marathon course record at Silverstone in appalling conditions.

At the London Marathon she was one of the few elite runners to produce a personal best as she coped with the warm weather exceptionally well to finish eighth in 2:30:44.

It was good preparation for Chicago where the weather was even more uncomfortable. But Yelling's sensible, steady tactics meant she could pick off a number of her rivals in the closing miles to finish a worthy fourth.

She entered London 2008 with two ambitions – to break 2:30 and to qualify for the British team for the Beijing Olympics. Her main rival was Scotswoman Hayley Haining, whose PB was one second faster.

Yelling duly prevailed, slicing more than two minutes from her PB to finish ninth in 2:28:33, still her best time today.



In Beijing Yelling finished 26th, in 2:33:12, her last marathon for more than two years.

After taking a break to have her first child, Yelling returned to action in 2010 with victory in the Silverstone half last March. Then in Chicago last October she was 18th in 2:37:14, exactly the same time she ran to finish fourth in 2007.

Yelling's first success came with the English Schools 1500m title in 1993. She has a 10,000m best of 31:58.39 set when fourth at the 2002 Commonwealth Games.

She ran ten times for Britain at European Cross Country Championships between 1995 and 2007, with a best place of fourth in 1999, and nine times at World Championships, with a best of 13th in 2004.

She was third at the English cross country championships on 19 February, and second in the Reading half on 20 March in 72:00.

Personal notes

A former art and PE teacher, Yelling is married to Martin Yelling, brother of British international runner Hayley who makes her marathon debut in this race.

Martin won the British duathlon title in 2002 and the pair now manage a fitness consultancy business called Yelling Performance from their home in Poole, Dorset.

Yelling told the BBC in December that 2010 was not a comeback year but a "coming back year".

"My big aim is London 2012, so I want to put my mark down in 2011 and prove I'm an Olympic contender," she said. "I've got to prioritise the big races starting with the London Marathon, it's my stepping stone for the Olympics."

VIRGIN LONDON MARATHON 2011

Mary Keitany (Kenya)

Born: 18 January 1982 Kisok, Baringo District

Marathon best: 2:29:01 New York 2010

London Marathon record: None

Other World Marathon Majors

New York: 2010- 3rd 2:29:01

Other major city marathons: None

Marathons in major championships: None

Career notes

Mary Keitany may have only one full marathon in her locker, but the name of the new world half marathon record holder will instil fear in many of the more experienced marathon runners in the field.

Keitany announced herself on the world stage when she was second to Lornah Kiplagat at the 2007 World Half Marathon Championships in Udine, running 66:48 as Kiplagat broke the world record. She promptly disappeared to get married in late 2007 and had her first child in mid-2008. When she returned in 2009, Keitany did so with style.

She won a half marathon in Lille in September in 67:00 to gain selection for the World Half Marathon Championships in Birmingham where she promptly took the title with an African record of 66:36 improving Elana Meyer's 1999 time of 66:44. She also picked up a second gold medal as Kenya won the team competition.

She followed that with victory in New Delhi, running slightly slower in 66:54, and in January last year won the Abu Dhabi half in 67:14. Perhaps most impressive of all, however, was her win in the Berlin 25km race in May last year when she clocked 79:53, a world best for the distance. She finished almost five minutes ahead of the runner-up.

She then won the Bupa 10k in London, in another PB of 31:06, and warmed up for her marathon debut by winning the Lisbon half in 68:50.

Before her marathon debut in New York, Keitany said she had no idea how her body would react in the final few miles. In the event, she found herself in sight of victory with only compatriot Edna Kiplagat and USA's Shalane Flanagan for company. In the end, Keitany was third in 2:29:01, losing out in the tussle over the ups and downs of Central Park.

Keitany broke Lornah Kiplagat's world half marathon record in February this year when she won the Ras Al Khaimah half marathon in the United Arab Emirates in 65:50, taking 35 seconds from the previous mark. Only Paula Radcliffe and Susan Chepkemei on the downhill Great North Run and Lisbon courses have ever run quicker.



On route to her historic first sub-66 minute time, Keitany went through 8km in 24:30 (a 'world best'), 15km in 46:40, 10 miles in 50:05 (another world best) and 20km in 62:36 (a world record, 21 seconds quicker than Kiplagat).

She has not been defeated at half marathon since the World Championships in October 2007, and holds four of the 12 fastest times ever at that distance.

She now believes she can run the marathon in under 2:18:00.

On the track, she has a 10,000m best of 32:18.07 from 2007.

Personal notes

Mary Jepkosgei Keitany married Kenyan athlete Charles Koech in 2007 and they have a son Jared Kipchumba, born in June 2008. She trains in Iten and is coached by Gabriele Nicola.

Her husband has run 61:27 for the half marathon.

VIRGIN LONDON MARATHON 2011

Kirsten Melkevik (Norway)

Born: 29 May 1970 Oystese

Marathon best: 2:29:12 Frankfurt 2007

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons

Bergen: 2006- 1st 2:48:05

Dusseldorf: 2010- 5th 2:36:22

Frankfurt: 2006- 2nd 2:31:20, 2007- 3rd 2:29:12, 2009- 5th 2:29:40

Hamburg: 2005- 6th 2:33:09

Stockholm: 2007- 1st 2:37:03

Marathons in major championships

Olympics: 2008- 34th 2:34:35

Worlds: 2005- 28th 2:35:08, 2007- 29th 2:41:57

Europeans: 2006- 13th 2:35:59, 2010- 19th 2:42:24

Career notes

Melkevik lies fourth on the Norwegian all-time list for both the half marathon and marathon behind Ingrid Kristiansen, Grete Waitz and Stine Larsen. But her biggest success on the international stage came in 2007 when she won a bronze medal at the European Mountain Running Championships.

She made her marathon debut in 2005 in Hamburg and ran for Norway at that year's World Championships in Helsinki where she was 28th. She was 13th at the European Championships in 2006, had her first marathon win that year, in Bergen, and was second in Frankfurt.

She returned to Frankfurt the following year when she ran her PB, 2:29:12, her first sub-2:30 performance. She was 29th at the Worlds that year and won the Stockholm marathon.

After finishing 34th at the Beijing Olympics in 2008, she didn't race at all in 2009. She returned to competition last year and, after finishing fifth in Düsseldorf in early May, she was 19th at the European Championships in Barcelona.

She set her half marathon PB of 70:19 in Gothenburg in 2008, and was 31st at the World 20km Championships in 2006.

On the track, she won the Nordic championships 10,000m in 2008, clocking 32:31.45. She became the Norwegian 10,000m champion last year.

She was sixth at the Ostia half marathon on 27 February in 74:10.

Personal notes

Formerly Kirsten Melkevik Otterbu, she dropped her married name in September 2010 and adopted a new middle name to become Kirsten Marathon Melkevik. The new name was suggested by her coach Leif Inge Tjelta.



Melkevik only started running at 32 and is said to train 200 miles per week.

VIRGIN LONDON MARATHON 2011

Fiona Docherty (New Zealand)

Born: 1 September 1975

Marathon best: 2:32:17 Chicago 2010

London Marathon record: 2010- 22nd 2:37:55

Other World Marathon Majors

Chicago: 2010- 11th 2:32:17

Other major city marathons

Ottawa: 2009- 5th 2:42:11

Marathons in major championships

Worlds: 2009- 41st 2:40:18

Career notes

A former triathlete, Docherty switched to marathon running in late 2008 and made her debut in Ottawa in 2009. She placed fifth in 2:42:11.

That earned her a place in New Zealand's team for the Berlin World Championships where she turned in a respectable 2:40:18 in 41st place.

In the meantime she won the 2009 Trail Running World Championships over 21km in Hawaii, but with the goal of making New Zealand's Commonwealth Games and Olympic teams, she focused on lowering her marathon time.

She began to do that in London last year when she clocked 2:37:55 in 22nd place and came close to qualifying for the Commonwealth Games, falling less than a minute short. Her time was a PB by more than two minutes and she achieved it despite having a stress fracture scare in the build-up and a less than ideal journey to London due to the volcanic ash cloud.

She then turned in two handy half marathons – running a PB in Chicago at the beginning of August, when she was second in 74:42, and finishing second in Virginia Beach in September.

She returned to the windy city in October and slashed her marathon PB by more than five and a half minutes, placing 11th in 2:32:17.

She ended 2010 with another PB, over four miles in Fort Collins, and began 2011 in the same fashion, finishing third over 5km in Lafayette on 8 January in 16:50.

On 30 January this year she was second in the Miami half marathon in 75:08, and won a 7km race in Denver on 13 March. She was 14th in the New York half marathon on 20 March in 72:49.

Personal notes

A former triathlete, Docherty switched to marathon running in late 2008 because she was picking up too many injuries.

Her brother is Bevan Docherty, an Olympic triathlon medallist in 2004 and 2008.



She was the 2003 Powerman duathlon champion and an international long course triathlon champion before suffering a bad back and pelvic injury (piriformis syndrome) in 2005.

Following surgery she then suffered illness on her comeback in 2008 and was forced to rethink her goals.

She is based in Boulder, Colorado, where she is coached by former world record holder Steve Jones. She runs about 110 miles a week in training.

Docherty started her athletics career as a steeple-chaser, finishing third and second at the New Zealand championships in 1998 and 1999.

VIRGIN LONDON MARATHON 2011

Tanith Maxwell (South Africa)

Born: 2 June 1976

Marathon best: 2:32:33 Berlin 2010

London Marathon record: 2010- 15th 2:34:24

Other World Marathon Majors

Berlin: 2010- 8th 2:32:33

Other major city marathons

Frankfurt: 2005- 9th 2:41:03, 2006- 11th 2:45:21

Port Elizabeth: 2007- 2nd 2:40:46

Rome: 2008- 9th 2:37:35

Vienna: 2008- 5th 2:40:05

Warsaw: 2008- 4th 2:36:38

Marathons in major championships

Worlds: 2007- 54th 3:14:56, 2009- 45th 2:41:48

Commonwealths: 2006- 12th 2:41:47

Career notes

Tanith Maxwell has represented South Africa at the last two World Championships but her best international performance came at the 2006 Commonwealth Games in Melbourne when she was 12th.

That was only her second marathon. She made her debut the previous year running 2:41:03 to finish ninth at Frankfurt. She was 11th in Frankfurt in 2006 and in February 2007 finished second in Port Elizabeth to win a place on South Africa's World Championships team.

But it was tough going in the steamy heat of Osaka and Maxwell struggled home in 54th place after nearly three and a quarter hours of running.

2008 was a better year, however, for she ran her first sub-2:40 time in Rome in March, where she was ninth, finished an impressive fifth in Vienna a month later, and then lowered her PB again that September to place fourth overall in Warsaw in 2:36:38. It was the fastest marathon by a South African woman since Elana Meyer in 2001.

In 2009 she set PBs for 10km (34:01) in Durban and half marathon (74:52) in Port Elizabeth as she warmed up for the Berlin World Championships where she was 45th in 2:41:48.

She finished 13th at the Great South Run in Portsmouth in October that year, setting a PB of 58:58 for 10 miles.

Last year she ran a 76:19 half marathon in Cape Town and then broke her PB in London, clocking 2:34:24 in 15th.

After lowering her half marathon PB to 73:22 at the national championships in Port Elizabeth in July, she produced another impressive run in Berlin. She was eighth in 2:32:33, slashing another two minutes from her best.

On the track she has a 5000m PB of 16:27.77.



She was national half marathon champion in 2005 and ran the half marathon for South Africa at the 2007 All Africa Games in Algiers.

Personal notes

She lives in Kloof, Durban, Kwazulu Natal. She attended Durban Girls' School and Stellenbosch University where she took a degree in human body movement.

She runs for Boxer Superstores Athletic Club in Durban.

She won Kwa-Zulu Natal's Premier female sports award in 2006 and 2007.

She says of her place in the London Marathon: "This is for real now. I am so privileged to be in the same race as these world class female athletes."

She says her passion for running started aged six, and her ambition is to represent South Africa at the London Olympics.

VIRGIN LONDON MARATHON 2011

Jo Pavey (Great Britain & NI)

Born: 20 September 1973 Honiton, Devon. née Davis

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

Jo Davis (as she was then) was a precocious youngster, setting a British under 15 1500m record of 4:27.9 in 1988. Blighted by injuries she missed most of the following decade but did qualify for her first World Championships in 1997 over 1500m. She missed much of the 1998-99 campaigns but then found the transition to 5000m would bring her more success.

In only her third 5000m race, Pavey qualified for the Olympic final, finishing 12th in a lifetime best of 14:58.27. In 2004, there were doubts as to whether she would recover from a calf injury to compete at the Olympic Games in Athens but she delivered a gutsy performance to place a very creditable fifth.

Despite improving her PBs, bad luck invariably left Pavey out of medal contention at major championships. She was the pre-race favourite at the 2005 European Indoor Championships, but a calf injury forced her to drop out of the race and although in fine form before the World Championships later that year, a mystery virus left her weakened before the final, and she trailed in last.

She was finally rewarded with a major medal at the 2006 Commonwealth Games when she was second in the 5000m but despite being a medal favourite at that year's European Championships, she was outpaced over the final 200m, finishing fourth.

She was in the shape of her life before the 2007 European Indoor Championships, clocking a British indoor 3000m record of 8:31.50 in Stuttgart. But again bad luck hit as she suffered a heavy bout of flu and faded badly in the final kilometre in Birmingham, finishing sixth.

There was more heartbreak at the World Championships that summer when Pavey was in the bronze medal position until the last 100m of the 10,000m final only to be outsprinted by USA's Kara Goucher.

In 2008, a stomach problem left Pavey feeling short of her peak at the Olympic Games in Beijing where she finished 12th in the 10,000m, albeit in a lifetime best. She followed that with a more decisive performance at the Great North Run, where she was third in a PB of 68:53.

After starting a family in 2009, she returned to competition in April last year, finishing second to Freya Murray in the Great Ireland Run.



Reuters



She was fifth at the Great Manchester Run in May and won the national 10,000m title in June qualifying for the European Championships.

She ran two swift 5000m races, in the European Team Cup in Bergen and at the Paris Diamond League (15:02.31), and seemed a likely medallist in Barcelona before injury struck again on the eve of the championships.

She returned to racing at the adidas Women's 5km in Hyde Park in September when she was seventh.

Her half marathon best stems from 2008 when she was third in the Great North Run in 68:53. She was also fourth in 2006. She finished sixth in the New York City half marathon on 20 March this year in 69:33, her first race for six months.

Pavey has represented Britain at three Olympic Games, five World Championships and two European Championships, while she has run for England at two Commonwealth Games. She was European cross country bronze medallist in 2004.

Personal notes

She is a member of Exeter Athletics Club but lives in Teddington and trains at the former High Performance Centre in west London.

Pavey intended to make her debut in the 2009 London Marathon but pregnancy intervened as she and husband Gavin decided to start a family. Her son Jacob Matthew Pavey was born later that year.

Her interests outside athletics include tennis and boogie boarding while she enjoys listening to music with U2, Keane and Red Hot Chilli Peppers her favourites.

VIRGIN LONDON MARATHON 2011

Jessica Augusto (Portugal)

Born: 8 November 1981 France

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

Jessica Augusto has been a Portuguese international since 1999 when she was 12th over 1500m at the European junior championships. The following year she won the European junior cross country title and it's at cross country where she's enjoyed most success as a senior.

Her victory in last December's European Cross Country Championships was one better than her runner-up spot in 2008, while she was 21st at the World Cross Country Championships last March following 12th place in 2007. In Albufeira she led virtually from start to finish and celebrated to her home crowd before crossing the line. She not only led Portugal to the team gold but became the first former junior champion to win the senior title.

On the track she came close to claiming two medals at the European Championships in Barcelona last summer, finishing third in the 10,000m followed by fourth in the 5000m. She then represented Europe at the IAAF Continental Cup over 5000m, finishing seventh.

Indeed, 2010 was a great year for the 29-year-old as she set national records for two miles indoors (9:19.39 in Birmingham) and 3000m steeplechase outdoors (9:18.54), as well as PBs at 1500m (indoors and out), 3000m (8:46.59), 5000m (14:37.07), 10,000m (31:19.15) and 10km (31:47 when second at the Great Manchester Run).

She has been Ibero-American 3000m champion three times, and was world student 5000m champion in 2007. As a 5000m runner she represented Portugal at the 2005 and 2007 World Championships, while she was 11th in the 3000m steeplechase in 2009. She also competed in both the 5000m and the steeplechase at the 2008 Olympics, but failed to make the final in either.

She has some decent form on the roads too with a half marathon PB of 69:08 from her victory at the Great North Run in 2009. She was also second at the Great South Run.

A prolific racer, she competed 30 times in 2010 alone, finishing the year with three victories in a week, concluding with the New Year's Eve 10km in Madrid.



Reuters



She was 14th at the Edinburgh cross country in January, second in the Ostia half marathon on 27 February in 69:10, and seventh in the New York half on 20 March in 70:00.

Personal notes

Her boyfriend is Eduardo Carvalho, the Portuguese football team's first choice goalkeeper since 2008. They met at school. In those days Augusto was also a goalkeeper.

VIRGIN LONDON MARATHON 2011

Hayley Yelling (Great Britain & NI)

Born: 3 January 1974 Dorchester

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

A stalwart of British distance running over the past decade, Hayley Yelling's greatest international moment came when she won the European cross country title in 2004, a feat she repeated in Dublin in 2009 just a year after she'd announced her retirement from competitive athletics following disappointment at the 2008 championships.

Yelling's 2004 victory came a year after she helped Britain take the 2003 team title in Edinburgh, and she was on top of the team podium again in 2009.

She has run for Britain at six World Cross Country Championships, finishing as high as 16th in 2007. Last year she was 63rd.

On the track Yelling has won three British titles at 5000m and one at 10,000m, but she has been very unlucky to miss qualification for the past three Olympic Games. In 2000, she missed the 5000m standard by 1.27 seconds, in 2004, she was 0.14s short of the 10,000m standard, and in 2008 she missed the 10,000m mark by 4.29s.

She did qualify for the World Championships in 2001 where she failed to make the final of the 5000m, and has run 10,000m for England at two Commonwealth Games, finishing fifth in 2002 and sixth in 2006. She was also 15th at the 2006 European Championships.

Her half marathon best of 72:11 came when she was eighth at the Great North Run in 2006. Her highest placing in that race was fifth in 2007. She was 13th last year in 77:40.

Personal notes

Yelling is a maths teacher at Sir William Borlase's Grammar School in Marlow, Buckinghamshire.

She married Jamie Higham in summer 2009 and her name (outside running) is now Hayley Higham.

She is sister in law to fellow British international Liz Yelling.

She is coached by Conrad Milton.



Photo: Mark Shearman



VIRGIN LONDON MARATHON 2011

Maria Sig Møller (Denmark)

Born: 10 October 1983 Aarhus

Marathon best: Debut

London Marathon record: None

Other World Marathon Majors: None

Other major city marathons: None

Marathons in major championships: None

Career notes

Maria Sig Møller makes the step up to the marathon after some encouraging results on the track and roads in recent years.

The 27-year-old Dane set a whole string of personal bests in 2009, including at half marathon when she clocked 72:50 to finish 30th at the World Championships in Birmingham. She had finished 28th in the previous year's race in Rio. She also ran 55:24 when she was 10th in the 2009 Damloop 10 mile race in Holland, 33:11 for 10km and 16:54 for 5km.

On the track she ran a 10,000m PB of 33:18.40 at the European Cup. Last year she set a 3000m best of 9:37.57 in Copenhagen and won her national 5000m title, but suffered disappointment at the European Championships in Barcelona where she failed to finish in the 10,000m final.

On the roads she was 12th in the Great Manchester Run 10km and in December she was 12th at the European Cross Country Championships.

London may be her official debut as an elite runner but Møller has run a major marathon before as she entered last year's Berlin race as a training exercise and to gain experience.

Personal notes

Møller is coached by Canada-based former Briton Jon Brown who twice finished fourth at the Olympic Games.

She is studying for a master's degree at Aarhus School of Business and has been writing her thesis while training in Lanzarote. She also works in a running shop.

Her twin sister Sara is a triathlete and both their parents were athletes. Møller began running seriously only in 2005.



VIRGIN LONDON MARATHON 2011

Awards and Bonuses for Elite Races

Awards for place

	Men	Women
1	\$55,000	\$55,000
2	\$30,000	\$30,000
3	\$22,500	\$22,500
4	\$15,000	\$15,000
5	\$10,000	\$10,000
6	\$7,500	\$7,500
7	\$5,000	\$5,000
8	\$4,000	\$4,000
9	\$3,000	\$3,000
10	\$2,000	\$2,000
11	\$1,500	\$1,500
12	\$1,000	\$1,000
	\$156,500	\$156,500

Total prize money: \$313,000

Time and record bonuses

Men	Women
Any runner recording sub: (not cumulative)	Any runner recording sub: (not cumulative)
2:11:00 \$1,000	2:28:00 \$1,000
2:10:00 \$3,000	2:27:00 \$3,000
2:09:30 \$5,000	2:26:00 \$5,000
2:09:00 \$10,000	2:25:00 \$10,000
2:08:30 \$15,000	2:24:00 \$15,000
2:08:00 \$25,000	2:23:00 \$25,000
2:07:00 \$50,000	2:22:00 \$50,000
2:06:00 \$75,000	2:20:00 \$75,000
2:05:00 \$100,000	2:18:00 \$100,000

Any runner achieving the following will receive, in addition to the above:

- First in race and men's course record (2:05:10) - \$25,000
- First in race and women's only course record (2:17:42) - \$25,000
- First in race and men's world record (currently 2:03:59) - \$125,000
- First in race and women's only world record (currently 2:17:42*) - \$125,000

* The Virgin London Marathon recognises Paula Radcliffe's 2:17:42, set when winning the London Marathon on 17 April 2005, as the women's only world record – in compliance with UK Athletics' requirements for women's records.



VIRGIN LONDON MARATHON 2011

BRITISH RUNNERS

The British athletes listed below are those who will line-up at the 'elite' start lines. To be considered part of the elite entries British athletes must satisfy the following criteria:

Men: athletes with a sub-2:19:00 marathon or sub-67:00 half marathon between 1 January 2010 and 31 December 2010.

Women: athletes with a sub-2:42:00 marathon or sub-1:17:00 half marathon between 1 January 2010 and 31 December 2010.

These athletes are all offered travel expenses and two nights accommodation. Any athlete achieving these times at the 2011 Virgin London Marathon will have their travel expenses reimbursed.

British Men

Leading entries

Bib	Name	Club	PB (year)	Age
22	Andrew Lemoncello	Fife / Florida State University	2:13:40 (10)	28
30	Tomas Abyu	Salford Harriers	2:10:37 (07)	32
31	Andi Jones	Trafford / Salford Harriers	2:15:20 (09)	32
32	Dave Webb	Leeds City	2:15:42 (10)	29
33	Ben Moreau	Aldershot, Farnham & District	2:16:46 (10)	29
34	Lee Merrien	Newham & Essex Beagles	2:16:48 (10)	31
35	Tom Payn	Winchester	2:17:29 (09)	31
36	Martin Williams	Tipton Harriers	2:17:36 (10)	33
37	Phil Wicks	Belgrave Harriers	Debut	27

Biographies

Tomas Abyu: Ethiopian-born Briton who ran a PB when second in Dublin in 2007. Was 16th in London in 2006 and 08; 19th in 09. Ran for Britain at 2006 European Champs. 13th in Berlin Marathon in 2009. He won the Inverness Marathon last year. UK ranked 2nd 2010 with 2:14:32 when 7th in Dublin.

Andi Jones: First Briton in London 2009 when 13th in PB 2:15:20; 10th in 2010. UK ranked 2nd 2009, 5th 2010, although failed to finish at European Champs and Commonwealth Games. 63rd at 2009 World Half Marathon Champs in Birmingham and 80th at 2008 World Cross Country Champs. 4th at World Mountain Running Champs in Alaska 2003. Won 2011 adidas Silverstone half marathon on 6 March in 68:27.

Dave Webb: UK ranked 4th 2010 with PB when 8th in Seville. 16th at European Champs. Won Edinburgh half marathon last year in PB 64:44.

Ben Moreau: UK ranked 6th 2010. Set PB when 11th in London last year, taking nearly five minutes off his previous best. 24th at Barcelona European Champs and 11th at Commonwealth Games. Ran 64:36 half marathon in Rotterdam.

Lee Merrien: UK ranked 7th 2010. Set PB on debut when 12th in London last year. Finished eighth at European Champs. Ran 5000m and 10,000m for Guernsey at Commonwealth Games.

Tom Payn: 12th in Fukuoka in December 2009. Also 15th in Hamburg marathon and third in Bath half 09. UK ranked 4th 2009. Ran 64:55 PB for half marathon in Rotterdam last year.

Martin Williams: UK ranked 8th 2010. Ran PB in Seville last February, then finished 28th in Barcelona and 14th in Delhi. Won Edinburgh marathon in 2009.

Phil Wicks: Ran 62:51 when 2nd at Reading half in 2009. Won London City Challenge last year. 60th at World Half Marathon Champs in 2009.



VIRGIN LONDON MARATHON 2011

British Women

Leading entries

Bib	Name	Club	PB (year)	Age
117	Liz Yelling	Bedford & County	2:28:33 (08)	36
122	Jo Pavey	Exeter	Debut	37
125	Hayley Yelling	WSE & Hounslow	Debut	37
140	Susan Partridge	Leeds City	2:35: 57 (10)	31
141	Helen Decker	Ipswich Jaffa	2:36:56 (10)	31
142	Rebecca Robinson	Kendal	2:37:14 (10)	28
143	Louise Damen	Winchester	Debut	28

Biographies

Susan Partridge: 17th in London Marathon last year when set PB; 15th in 2005. Finished 16th at European Championships. Won Birmingham half marathon in 2009. Was 10th in 2006 Commonwealth Games. Won Reading and Birmingham half marathons last year.

Helen Decker: Set PB when 19th in London last year, then finished 21st at the European Championships in Barcelona and eighth at the Commonwealth Games in Delhi.

Rebecca Robinson: 20th in London last year on marathon debut, then 24th at European Championships. Finished 10th in the Great North Run. Was 46th at World Half Marathon Champs in October 2009, and 17th at European Mountain Running Champs in July that year. 25th at World Mountain Running Trophy 2008.

Louise Damen: Ran PB 70:47 for half marathon in 2007 but forced to drop out of World Half Marathon Championships after a freak accident at AAA 10km Championships. Won 10,000m bronze at 2003 European under 23 championships. Was 9th in 2008 European Cross Country Champs. 3rd in Bath half on 6 March in 72:43.



VIRGIN LONDON MARATHON 2011

UK Championships and Bonuses

UK Championships

For British runners, the 2011 Virgin London Marathon is also the 2011 UK Athletics men's and women's marathon championships. Following the race, UKA will select athletes to run in the marathon races at the 2011 IAAF World Championships in Daegu, South Korea, which will incorporate the World Marathon Cup.

UKA Championships

To compete in the UKA championships athletes must be members of UKA affiliated clubs and have run the following times in 2009 or 2010:

Men: 2:45, or 1:15 half marathon Women: 3:15, or 1:30 half marathon

IAAF World Championships selection

UKA intends to select up to five men and five women to run in each World Marathon Cup race. The first three will score as part of the team. There is no official trials event for the marathon but runners must have achieved the qualifying standard during the qualification period.

For each race:

- a team of up to five athletes will be selected if at least three eligible athletes have achieved the 'team' standard within the qualification period, but;
- if fewer than three athletes have achieved the 'team' standard, then up to two athletes will be considered for selection each of whom must have achieved the 'individual' standard.

The UKA qualification standards as follows:

Team standard: Men: 2:16:00 Women: 2:35:00

Individual standard: Men: 2:12:00 Women: 2:31:00

Standards must have been achieved between 1 January 2010 and midnight on 17 April 2011 (inclusive) in marathon races officially ratified by the IAAF (see www.aimsworldrunning.org for the full list). Athletes who achieved the standard before 1 January 2011 are expected to prove their fitness over a distance of either 10km, 10 miles, half marathon or marathon between 1 January and midnight on 17 April 2011. Team selection will take place on Monday 18 April 2011. No additions to the team will be made after this date unless a previously selected athlete has withdrawn due to injury.

British athletes who achieved the team standard during 2010 are:

Men: Andrew Lemoncello, Tomas Abyu, Benedict Whitby, Dave Webb.

Women: Mara Yamauchi.

Olympic Games selection

UKA also announced its initial qualification criteria for marathons at the London 2012 Olympic Games.

Athletes will be selected in two waves: the first on Monday 5 December 2011 and the second on the first Monday after the 2012 Virgin London Marathon (provisionally 22 April). The qualification period is from 1 January 2011 to midnight on 22 April 2012.

There will not be a trials event for the marathon but athletes must meet or exceed the following standards:

Men: A standard: 2:12:00; B standard: 2:16:00

Women: A standard: 2:31:00; B standard: 2:35:00

Athletes finishing in the top 20 at the 2011 IAAF World Championships will be considered to hold an A standard. The UKA's marathon sub-committee will nominate athletes they consider likely to finish in the top eight at the Games.

Bonuses

A new bonus structure has been introduced for British athletes at the 2011 London Marathon. These are applicable to all British athletes eligible to compete for the UK in major championships. They are not cumulative.

Men

Sub 2:19:00 - \$500
Sub 2:18:00 - \$1,000
Sub 2:17:00 - \$1,500
Sub 2:16:00 - \$2,500
Sub 2:15:00 - \$4,000
Sub 2:14:00 - \$5,000
Sub 2:13:00 - \$6,000
Sub 2:12:00 - \$7,000
Sub 2:11:00 - \$8,000

Women

Sub 2:40:00 - \$500
Sub 2:38:00 - \$1,000
Sub 2:37:00 - \$1,500
Sub 2:36:00 - \$2,500
Sub 2:35:00 - \$4,000
Sub 2:34:00 - \$5,000
Sub 2:33:00 - \$6,000
Sub 2:32:00 - \$7,000
Sub 2:31:00 - \$8,000

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VIRGIN LONDON MARATHON 2011

ELITE WHEELCHAIR COMPETITORS

Elite Wheelchair Men

Entries

Bib no	Name	Country	PB
11	Josh Cassidy	CAN	1:33:50
12	Heinz Frei	SUI	1:20:14
13	Marcel Hug	SUI	1:21:23
14	Saul Mendoza	MEX	1:21:24
15	Choke Yasuoka	JPN	1:22:17
16	Jordi Jimenez	ESP	1:22:18
17	Denis Lemeunier	FRA	1:22:31
18	Roger Puigbo Verdaguer	ESP	1:23:22
19	Kota Hokinoue	JPN	1:23:22
20	Tomasz Hamerlak	POL	1:27:18
21	David Weir	GBR	1:27:46
23	Tyler Byers	USA	1:32:33
24	Richard Colman	AUS	1:32:03

Preview

Josh Cassidy's victory last year showed that you don't have to be the fastest man in the field to win the London Marathon wheelchair title. A little bit of luck and some tactical nous can bring the greatest reward.

The Canadian would be the first to admit that it was to his good fortune when his training partner David Weir suffered two punctures while seemingly on course for an unprecedented fifth title a year ago. Not that Cassidy won't be doing his level best to retain the crown.

As for Weir, the 31-year-old Briton returns for his 12th successive London Marathon in the form of his life. Weir not only demolished the opposition at the New York Marathon last November, an experience he described as one of the best of his career, but he went on to win three gold medals on the track at the IPC World Championships in Christchurch in January. It's now three years since he won here, and surely he'll never have a better chance to win his fifth.

"Following the World Championships, I'm on a real high and looking forward to racing in London", he said. "I'm sure it will be another great race. I'll be ready to make up for the disappointment of last year."

Not that he'll be unchallenged, for while the men's wheelchair line-up does not include his old rival Kurt Fearnley this year, there are three past winners in Mexican Saul Mendoza, Frenchman Denis Lemeunier, and Heinz Frei, the Swiss world record holder who was second to Fearnley at the Worlds this year.

It could be another Swiss, however, who poses the greatest threat. Marcel Hug, who was second here a year ago, chased Weir to the line in all his World Championships finals three months ago and won the prestigious wheelchair marathon in Oita last year. He also holds one of the quickest ever marathon PBs.

Weir is also likely to be pressed by the in-form Japanese Kota Hokinoue, who was fourth here in 2010 and at the World Championships, as well as finishing second in Berlin and third in Boston last year.

There are 37 entries in total in the men's wheelchair race.

VIRGIN LONDON MARATHON 2011

Biographies

Josh Cassidy (Canada)

Born: 15 November 1984

Marathon best: 1:33:50 Ottawa 2006

London Marathon record: 2010- 1st 1:35:21

Other major city marathons

Boston: 2009- 8th 1:39:48

New York: 2006- 12th 1:51:36, 2007- 13th 1:49:29,
2008- 10th 1:53:09, 2009- 6th 1:40:46,
2010- 7th 1:42:48

Ottawa: 2006- 1st 1:33:50, 2010- 1st 1:35:03

Marathons in major championships

Worlds: 2006- 40th 1:47:08



Career notes

Cassidy secured his first big international victory when he came from behind to win in London last year, the Canadian benefiting when his occasional training partner David Weir blew two punctures.

Cassidy is Canadian champion, and set three Canadian records in one afternoon in Switzerland last June.

He represented Canada at the 2008 Paralympics at 800m, 1500m and 5000m, making the final of the 5000m. He has been ranked among the top five in the world for 1500m and 5000m.

He was a middle distance specialist until concentrating on the marathon in the last 12 months. He says he needs perfect weather, a fast course and strong field and then he will be capable of 1:25.

His current PB came in the Ottawa marathon in 2006 and in the last couple of years he has had top ten finishes in New York and Boston. He was second to Weir in last year's Great North Run.

Personal notes

Cassidy is a professional illustrator. He was still completing his arts degree at Sheridan College in Oakville, Ontario, while competing at the 2008 Paralympics.

He was diagnosed with neuroblastoma, cancer of the spine and abdomen, weeks after birth. He is coached by Amanda Fader.

Heinz Frei (Switzerland)

Born: 21 January 1958 Oberbipp

Marathon best: 1:20:14 Oita 1999 (world record)

London Marathon record: 1992- 3rd 1:51:58,

1995- 1st 1:39:14, 1998- 1st 1:35:18,

1999- 1st 1:35:27, 2008- 5th 1:34:03,

2009- 5th 1:30:15

Other major city marathons

Berlin: 1st 19 times

Chicago: 2010- 1st 1:26:56

Oita: 1st 14 times

Hamburg: 1st 12 times

Marathons in major championships

Paralympics: 1988- 4th 1:48:20, 1992- 1st 1:30:15,

1996- 3rd 1:32:42, 2000- 3rd 1:29:29,

2004- 7th 1:32:04, 2008- 14th 1:25:43

Worlds: 1994- 1st, 2002- 1st, 2011- 2nd 1:31:09



Career notes

The most prolific and fastest wheelchair marathon racer on earth, Frei has won 109 marathon races, including 19 in Berlin and 14 in Oita, where he broke the world record 12 years ago, and three in London in the 1990s. He is the reigning Chicago marathon champion.

In London in 1998 he won from the front with a gap of eight minutes and in 1999 he won a sprint finish, beating the Frenchman Joel Jeannot by just one second.

At the recent World Championships in Christchurch he was second to Australia's double Paralympic champion Kurt Fearnley, losing by less than the length of his chair in the same time, 1:31:09.

Frei is also world record holder for 10,000m on the track with 20:25.90 from 1998, and holds the world best for 100km with 3:38:50.

He has won 14 Paralympic gold medals, 12 in athletics and two as a handcyclist (time trial and road race). He has won 13 golds at world championships in athletics and hand cycling.

Personal notes

Frei concentrates on handcycling and winter sports these days, and he has competed at the Winter Paralympics.

VIRGIN LONDON MARATHON 2011

Marcel Hug (Switzerland)

Born: 16 January 1986 Lucerne
Marathon best: 1:21:23 Padua 2008
London Marathon record: 2010- 2nd 1:36:07
Other major city marathons
 Berlin: 2005- 2nd 1:28:33, 2006- 2nd 1:29:35,
 2007- 3rd 1:32:22, 2008- 3rd 1:39:01,
 2010- 3rd 1:35:58
 New York: 2008- 7th 1:49:21, 2009- 3rd 1:40:43
 Oensingen: 2009- 2nd 1:30:41
 Oita: 2008- 2nd 1:27:35, 2010- 1st 1:23:28
 Padua: 2008- 1st 1:21:23, 2009- 1st 1:25:17
 Schenkon: 2008- 2nd 1:27:37, 2010- 2nd 1:30:50
Marathons in major championships
 Paralympics: 2008- dnf
 Worlds: 2006- 4th 1:29:57, 2011- dnf



Career notes

Hug topped the 2010 marathon rankings with his win in Oita, but dropped out of the race in January's World Championships. He did win gold in the 10,000m, was second to Weir in 800m, 1500m and 5000m, and picked up another silver in 400m.

In Padua 2008 Hug recorded one of the fastest ever wheelchair marathons and that year he also made the podium in Oita, Schenkon and Berlin while he also posted top-five finishes on the track at the Beijing Olympics in the 400m, 800m and 5000m.

In 2009 he was third in New York after finishing second in Oensingen, and in 2010 he was second in London and third in Berlin as well as first in Oita.

He broke four world records in four days last June, at 800m, 1500m, 5000m and 10,000m.

At the 2004 Paralympics in Athens he won bronze at 800m and 1500m. At the World Championships in 2006 he won gold at 10,000m and broke the European record for 800m in 1:32.66. He was world under 23 champion in 2008.

Personal notes

Hug was born with spina bifida and started competing at the age of 10. His hobbies include sports, computers and listening to music. He is prominent in Switzerland's Cool and Clean anti-drugs campaign. He attended the National Elite Sports School in Thurgau.

Saul Mendoza (Mexico)

Born: 6 January 1967 Mexico City
Marathon best: 1:21:24 Oita 1999
London Marathon record: 2004- 1st 1:36:56,
 2005- 1st 1:35:51, 2006- 2nd 1:37:52,
 2007- 3rd 1:33:46, 2009- 7th 1:37:12,
 2010- 14th 2:16:53
Other major city marathons
 Boston: 1998- 3rd, 1999- 2nd
 Chicago: 1998- 1st, 1999- 1st, 2010- 5th 1:36:04
 Los Angeles: 2008- 1st 1:31:11, (8 times in all)
 Mexico City: 1985- 1st
 New York: 2001- 1st, 2002- 4th 1:52:48,
 2003- 3rd 1:35:37, 2004- 1st 1:33:16,
 2005- 8th 1:39:26, 2006- 3rd 1:37:42,
 2007- 4th 1:38:06, 2009- 5th 1:40:46
 Oita: 1999- 2nd 1:21:24, 2000- 2nd, 2001- 2nd
 Paris: 2004- 2nd, 2006- 2nd, 2007- 2nd,
 2008- 1st 1:32:27, 2009- 7th 1:32:43
 Twin Cities: 1st 6 times
Marathons in major championships
 Paralympics: 2008- 29th 1:36:14
 Worlds: 2011- 11th 1:34:24



Career notes

The London Marathon champion in 2004 and 2005, Mendoza has also finished second and third. Last year he was 14th in London and fifth in Chicago.

Now 44, he claims to have won some 300 road races in his long career which stretches back to 1985 when he won the Mexico City marathon aged 18. He has represented Mexico at every Paralympic Games since 1988, winning golds in 5000m (1996) and 1500m (2004). His proudest moment was winning the 1500m gold medal at the Sydney Olympic Games when the wheelchair race was included as a demonstration event.

He set a world record for 800m in 1999 and for 5000m in 2004. He clocked the third quickest marathon time ever when finishing second at Oita in 1999.

Personal notes

Mendoza was named Mexican athlete of the year three times, and Mexico's athlete of the century in 2000. He contracted polio at six months. His athletic potential was spotted at 15 when he was playing basketball. He also kayaks and horse rides. He lives in Texas.

VIRGIN LONDON MARATHON 2011

Choke Yasuoka (Japan)

Born: 18 January 1973 Prambui, Thailand
Marathon best: 1:22:17 Seoul 2007
London Marathon record: 2007- 5th 1:33:50, 2008- 10th 1:39:50
Other major city marathons
 Boston: 2007- 4th, 2008- 4th 1:37:14
 Oita: 2006- 3rd 1:24:16, 2007- 4th 1:23:23, 2008- 26th 1:44:09
 Seoul: 2007- 3rd 1:22:17, 2008- 8th 1:38:20
Marathons in major championships
 Paralympics: 2008- 13th 1:24:04



Reuters



Career notes

In 2007, Yasuoka became the first Japanese wheelchair athlete to enter the London Marathon and he finished fifth after a sprint finish for the bronze medal.

In 2008 he was 10th but his chances were destroyed by a collision with Kurt Fearnley as the racers passed the Cutty Sark.

He enjoyed better results in Boston and Seoul that year but could only finish 13th at the Paralympics in Beijing.

Yasuoka was Paralympic champion at 800m in 2004 when he also picked up a silver in 400m and bronze in 4x400m, but he failed to qualify from the semi-finals of the 800m or 1500m in 2008.

Personal notes

Yasuoka was born Prasopchoke Klungern in Thailand and competed for his native country in 1992, 1996 and 2000 Paralympics but switched to Japan in 2004.

He married Naoe Yasuoka in 2001 after meeting her at the 2001 Oita Marathon where she was working as a translator. They live in Fukuoka.

Jordi Jimenez (Spain)

Born: 19 January 1980 Granollers
Marathon best: 1:22:18
London Marathon record: None
Other major city marathons
 Barcelona: 1st; 2010- 2nd
 Berlin: 5th
 Boston: 2010- 7th 1:33:08
 New York: 5th
 Oita: 2010- 7th 1:31:55
 Oesingen: 1st, 3rd
 Paris: 2010- 5th 1:39:03
 Seoul: 2010- 9th
 Seville: 1st
Marathons in major championships
 Paralympics: 2008- 8th 1:23:53
 Worlds: 2006- 12th, 2010- 15th 1:36:40



Career notes

Jimenez was ranked 12th in the world last year with his time from Oita. He also finished in the top 10 in Boston, Paris, Seoul and was second at home in Barcelona.

He was 15th at this year's World Championships, more than five and a half minutes behind the winner, having finished eighth at the Paralympics in 2008.

Jimenez has won marathons in Oesingen, Barcelona and Seville in the past and has top five finishes from New York and Berlin to his name.

He has a half marathon PB of 43:52 and has raced 10,000m in 20:28.72. He was 13th over 5000m at the Paralympics in Beijing, and 14th at the 2006 World Championships.

His first international was the European Championships in 2005 when he also competed in the Mediterranean Games. He took part in the world indoor and outdoor championships in 2006.

Personal notes

Jimenez is one of four children. He first started in athletics at nine.

He also likes music, Xbox and film.

VIRGIN LONDON MARATHON 2011

Denis Lemeunier (France)

Born: 12 February 1965

Marathon best: 1:22:31 Padua

London Marathon record: 1998- 3rd 1:44:03, 1999- 4th 1:45:32, 2001- 1st 1:42:37, 2002- 3rd 1:42:37, 2003- 3rd 1:34:50, 2005- 6th 1:36:04, 2008- 3rd 1:34:01, 2009- 6th 1:32:40, 2010- dnf

Other major city marathons

New York: 2007- 8th, 2008- 9th 1:52:11, 2009- 13th 1:51:31, 2010- 10th 1:48:04

Padua: 1:22:31, 2010- 2nd 1:23:47

Paris: 2008- 2nd 1:32:27, 2009- 5th 1:31:14

Oita: 2008- 6th 1:27:38

Treviso: 2010- 1st 1:25:43

Marathons in major championships

Paralympics: 2004- 14th 1:37:41, 2008- dnf

Worlds: 2011- dnf



Career notes

The London Marathon champion in 2001, Lemeunier has raced here eight times since 1998. He finished third four times, including 2008 when he was just a second behind Fearnley and five slower than Weir.

A consistent performer, his worst finish here, apart from last year's dnf, is 6th – in 2005 and 2009. In 2005 he was only 13 seconds behind the winner after a sprint finish and in 2009 he set his best time on the course in that record-breaking race.

A veteran of the roads (he claims to have completed 70 marathons), he failed to finish the marathon at this year's World Championships in Christchurch and also dropped out of the 10,000m. He was 10th in last year's New York Marathon, but won Treviso and was second in Paris and Padua.

He was fifth in the 1500m at the Beijing Paralympics and won a bronze in the 4x400m. In 2004 he won the French half marathon and French Cup, as well as bronze medals at the Athens Paralympics in the marathon and 10,000m.

Personal notes

Lemeunier was a racing cyclist for 12 years before he had a motocross accident in 1994. He now looks after activities for disabled athletes in Brittany, France. He is married with two daughters.

Roger Puigbo Verdaguer (Spain)

Born: 20 March 1978

Marathon best: 1:23:22 Oita 2007

London Marathon record: 2006- dns, 2007- dnf, 2010- 8th 1:44:36

Other major city marathons

Barcelona: 1995-2010- 1st 5 times, 2nd 5 times

Berlin: 1995-2007: 3rd twice, 4th twice

Boston: 2006- 5th 1:30:27, 2009- 3rd 1:37:47, 2010- 5th 1:28:25

New York: 1996- 4th 2:15:54, 2006- dnf,

2007- 7th 1:38:07, 2008- 5th 1:47:37,

2009- 4th 1:40:44, 2010- 11th 1:48:06

Oensing: 2003- dnf, 2005- 4th 1:31:43,

2007- 4th 1:28:21, 2009- 1st 1:30:41

Oita: 2004- 43rd 1:46:23, 2005- 4th 1:29:35,

2006- 10th 1:25, 2007- 3rd 1:23:22,

2008- 10th 1:30:24, 2009- 30th 1:43:28,

2010- 7th 1:23:34

Paris: 2005- dnf, 2006- 4th 1:34:02, 2007- 5th 1:32:11,

2008- 4th 1:32:58, 2009- 3rd 1:31:12,

2010- 6th 1:39:04

Schenkon: 2004- 12th 1:30:19, 2006- 4th 1:28:45,

2008- 1st 1:27:36

Seville: 1995-2010- 1st 12 times, 2nd once

Seoul: 2007- 7th 1:25:49, 2008- 5th 1:29:42, 2010- 5th

Marathons in major championships

Paralympics: 2004- 21st 1:43:50, 2008- 9th 1:23:27

Worlds: 2006- 6th 1:29:58, 2011- 5th 1:31:10



Career notes

Puigbo has been a prolific marathon racer since 1995, chalking up wins in Barcelona, Oensing, Schenkon and Seville as well as podium places in Berlin and Boston, from nearly 90 career races.

He has twice finished fourth in New York, and last year he overcame his run of bad luck in London to finish eighth. In 2006 he fell ill and could not compete, while in 2007 he had two punctures and did not finish.

Last year he won in Barcelona and Seville (for the 11th year in a row), was fifth in Boston, and seventh in Oita in 1:23:34 which ranked him sixth in the world. He was fifth at the recent World Championships.

Personal notes

Puigbo became a paraplegic after a bicycle accident at 14 but started wheelchair athletics as soon as he left hospital. He refines precious stones for a jewelry maker. Hobbies include music, film and literature.

VIRGIN LONDON MARATHON 2011

Kota Hokinoue (Japan)

Born: 30 March 1974

Marathon best: 1:23:22 Paralympics 2008

London Marathon record: 2010- 4th 1:40:59

Other major city marathons

Berlin: 2010- 2nd 1:30:08

Boston: 2009- 9th 1:46:45, 2010- 3rd 1:27:05

New York: 2010- 6th 1:42:44

Oita: 2008- 11th 1:34:47, 2009- 6th 1:33:33,
2010- 2nd 1:23:30

Seoul: 2008- 4th 1:29:42

Marathons in major championships

Paralympics: 2008- 5th 1:23:22

Worlds: 2006- 9th 1:32:26, 2011- 4th 1:31:10



Career notes

Hokinoue had his best year yet in 2010. He ended the year ranked second in the world after finishing runner-up to Hug in Oita, just outside his PB, and was also fourth in London, second in Berlin, third in Boston and sixth in New York.

He was fourth at this year's World Championships in January where he also picked up a 10,000m silver behind Hug.

Previously, Hokinoue had chalked up some good top 10 finishes, including ninth in Boston last year and fourth in Seoul in 2008.

He set his PB when finishing fifth in the 2008 Paralympic marathon in Beijing. He was also fifth in the 5000m.

He was second to Fearnley in the Oz Day 10km race in Australia in both 2008 and 2009 before placing third behind Fearnley and Weir in January 2010.

An experienced track racer over distances from 400m to 10,000m, Hokinoue was ranked 10th in the world at 5000m in 2007.

He set Japanese records at 5000m and 10,000m last year.

Personal notes

'Hoki' sustained a spinal cord injury in a motorcycle accident in 2000 and began wheelchair racing in 2002.

Tomasz Hamerlak (Poland)

Born: 5 September 1975

Marathon best: 1:27:18 Oensingen 2010

London Marathon record: 2010- dnf

Other major city marathons

Berlin: 2004- 6th, 2009- 3rd 1:39:30

Hamburg: 2000- 2nd

Oensingen: 2005- 3rd, 2007- 3rd, 2009- 5th,
2010- 1:27:18

Paris: 2001- 2nd

Schenkon: 2004- 5th, 2006- 3rd, 2008- 3rd,
2010- 3rd 1:37:38

Marathons in major championships

Paralympics: 2000- 8th 1:33:02, 2004- 3rd 1:31:01,
2008- 29th 1:36:14

Worlds: 1998- 15th 1:41:07, 2002- 8th 1:33:37,
2006- 12th 1:33:57, 2011- 10th 1:34:24



Career notes

The 2004 Paralympic Games bronze medallist at the marathon, Hamerlak won gold and silver on the track at the 2003 European championships and a 5000m bronze at the World Championships in 2002.

He finished second in the Hamburg marathon back in 2000 and again in Paris in 2001.

More recently he won the Heidelberg marathon in 2008 and in 2009 was third in Berlin and fifth in Oensingen, having finished third in the Swiss race in 2005 and 2007.

Last year he won three medals at the European Championships and was third in Schenkon for the third time but in London he crashed at 24km. He was 10th at the 2011 World Championships and sixth in the 5000m.

Personal notes

Hamerlak had a leg amputated at 15 to save his life from bone cancer. He lives in Bielsko-Biala and received his hometown's president's award for best sportsman after his 2004 Paralympic marathon bronze. He's been a Polish international since 1998.

His sporting heroes are sprinter Maurice Greene and Polish race walker Robert Korzeniowski. He is married to Teresa and they have a son, John. His hobbies are music and cars.

VIRGIN LONDON MARATHON 2011

David Weir (Great Britain & NI)

Born: 5 June 1979 Carshalton, Surrey
Marathon best: 1:27:46 Los Angeles 2007 (British record)

London Marathon record: 2000- 4th 1:47:11, 2001- 3rd 1:50:55, 2002- 1st 1:39:44, 2003- 2nd 1:34:48, 2004- 2nd 1:36:56, 2005- 3rd 1:36:03, 2006- 1st 1:29:48, 2007- 1st 1:30:49, 2008- 1st 1:33:36, 2009- 2nd 1:28:57, 2010- 3rd 1:37:01

Other major city marathons

Los Angeles: 2007- 2nd 1:27:46

New York: 2005- 6th 1:36:48, 2010- 1st 1:37:29

Oensing: 2007- 1st 1:28:91



Career notes

Weir won the London Mini Wheelchair Marathon seven times before graduating to the full distance in 2000. He is the only male athlete to win the mini marathon and then go on to win at the senior event which he has done four times. In 2009 he lost by a second to Fearnley who also took his course record, and last year his chances were destroyed by two punctures after he'd established a big lead at 20 miles. He went on to win his first New York marathon title in November, one of his career highlights.

He has an outstanding record on the track. At the Paralympic Games in Beijing he won gold medals in the 800m and 1500m, silver over 400m and bronze at 5000m. And at the World Championships in Christchurch he won golds at 800m, 1500m and 5000m but withdrew from the marathon on safety grounds.

He was selected for the Atlanta Paralympics in 1996 as a 17-year-old but later became disenchanted with the sport and missed the Games in Sydney. He now holds British records at all distances up to 5000m on the track as well as at 10km, half marathon and marathon on the road.

Personal notes

Weir is coached by Jenny Archer, once coach at Wimbledon FC. In 2009 he was voted BBC London Disabled Athlete of the Year for the third time and was awarded an MBE. He works as a club DJ under the name DJ Kush. He has a daughter, Ronie, and is engaged to his partner Emily. He supports Arsenal and is Vice-President of the charity, Get Kids Going.

Tyler Byers (United States)

Born: 7 May 1982 Spokane, Washington state

Marathon best: 1:32:33 Paralympics 2008

London Marathon record: None

Other major city marathons

Arizona: 2007- 1st 1:57:28, 2008- 1st 1:45:07

Boston: 2010- 13th 1:42:53

Marathons in major championships

Paralympics: 2004- 28th 2:01:09, 2008- 24th 1:32:33



Career notes

Byers is returning to competition this year after missing half of 2010 with a right wrist injury which required surgery.

He holds the course record for the Rock 'n' Roll marathon in Arizona, a race he won in 2007 and 2008.

He was 28th at the 2004 Paralympics and set his PB finishing 24th in Beijing when he also competed in the 1500m and 5000m, and made the semi-final of the 800m. He competed over 800m, 5000m and 10,000m at the 2004 Paralympics.

He won a bronze medal at his first national junior wheelchair championships in 1994 and held the US junior 100m record from 1999 till 2005, plus the 200m record from 1999 till 2004.

His half marathon PB of 49:00 was a course record in Virginia Beach, set in 2006.

Personal notes

Byers has the congenital disease sacral agenesis.

He began racing in 1991 and his first race was the 1992 Bloomsday 12km in Spokane, a race he's entered every year since.

He graduated from the University of Arizona in 2005 with a degree in engineering mathematics. He now lives in Alice Springs, Australia, where he is a civilian engineer with the US Air Force. He will return to USA in November.

He was married to Analee in 2004 and their first baby is due in mid-June 2011.

VIRGIN LONDON MARATHON 2011

Richard Colman (Australia)

Born: 28 November 1984 Stavanger, Norway

Marathon best: 1:32:03 Paris 2009

London Marathon record: None

Other major city marathons

Barcelona: 2009- 3rd

Melbourne: 2007- 1st 1:44:40

Paris: 2009- 6th 1:32:03, 2010- 7th 1:39:10

Seville: 2009- 3rd 1:35:54

Treviso: 2009- 2nd 1:33:57

Marathons in major championships: None



Career notes

Although better known on the track, Colman has produced some excellent marathons in recent years, not least his sixth place in Paris in 2009 when he clocked his PB of 1:32:03. He returned last year to place seventh.

His one marathon victory came in Melbourne four years ago, but he was on the podium in Barcelona, Seville and Treviso in 2009.

Colman was Paralympic 800m champion in the T53 category in Athens 2004, when he broke the Paralympic record, and also helped Australia take silver in the combined T53/54 4x100m relay. In 2008, he claimed T53 silver and bronze medals at 200m and 400m respectively, while he also made the semi-final of the T54 1500m.

He took gold in the T53 800m at the World Championships in Christchurch in January and was fourth in T54 1500m, won by David Weir.

Last October he won 1500m silver at the Commonwealth Games in Delhi just a place behind compatriot Kurt Fearnley.

He holds Oceania records for 200m, 400m and 800m.

Personal notes

Although he sometimes competes in T54 races (a tougher category), Colman is categorised by the International Paralympic Committee as a T53 athlete.

He began racing in 1995 and is now a student at Deakin University in Geelong, Victoria. He is coached by Mandi Cole and won the Order of Australia medal in 2004. His heroes are Heinz Frei, Pat Rafter, Ian Thorpe and Tim Clarke.



VIRGIN LONDON MARATHON 2011

Elite Wheelchair Women

Entries

Bib no	Name	Country	PB
1	Sandra Graf	SUI	1:35:44
2	Shelly Woods	GBR	1:37:44
3	Amanda McGrory	USA	1:39:20
4	Diane Roy	CAN	1:40:10
5	Tatyana McFadden	USA	1:50:47

Preview

While the women's race is missing the defending and world champion Wakako Tsuchida, who's racing in Boston on Monday, it hardly lacks for quality.

In Sandra Graf and Amanda McGrory, it has the 2008 and 2009 champions, two racers separated by 17 years who have developed a great rivalry on the roads.

Graf is the world record holder who destroyed the 11-year-old London course record when she won here in 2008 in 1:48:04. But a year later the Swiss veteran was beaten by the young American as McGrory reversed the winning order.

In the World Championships this January it was Graf who came out ahead, finishing second to Tsuchida, with McGrory third, although they crossed the line virtually wheel-to-wheel in the same time.

Like Weir in the men's, the British record holder Shelly Woods opted out of that Christchurch battle on safety grounds. But she'll be full of fire for this race, keen to put behind her two disappointing performances in 2009 and 2010 and regain the title she won back in 2007.

"It is going to be tough as always", said the British favourite. "I haven't had much luck with punctures in London the past three years, which is really gutting, so I'm just excited about racing again. I will be there in good shape and I always really enjoy racing on home soil."

Diane Roy from Canada will also have her eye on the podium. The 2006 world champion was third here in 2009 but didn't finish last year when she was forced out with a puncture. Overall, she had a good year in 2010, however, finishing second in Boston, third in Oita and fourth in New York.

Then there's the talented young American racer, Tatyana McFadden, who makes her first appearance in London only four days before celebrating her 22nd birthday. Better known as a sprinter, McFadden won four golds on the track in Christchurch but she also has two big marathon victories to her name. She won in Chicago on her debut in 2009 and took the honours in New York last November, so she certainly shouldn't be discounted.

There are seven entries in total in the women's wheelchair race.

VIRGIN LONDON MARATHON 2011

Biographies

Sandra Graf (Switzerland)

Born: 9 December 1969 Gais

Marathon best: 1:35:44 Padua 2008 (world record)

London Marathon record: 2008- 1st 1:48:04, 2009- 2nd 1:50:40, 2010- 2nd 1:52:34

Other major city marathons

Berlin: 2006- 1st 1:42:48, 2009- 1st 1:39:31, 2010- 2nd 1:46:16

Boston: 3rd 3 times

New York: 2004- 2nd 1:53:37, 2005- 6th 2:03:04, 2006- 5th 1:56:29, 2007- 5th 1:58:10, 2008- 6th 2:20:34, 2009- 5th 2:04:42, 2010- 5th 2:13:03

Oita: 2008- 2nd 1:44:20, 2010- 2nd 1:44:40

Padua: 2008- 1st 1:35:44

Schenkon: 2008- 2nd 1:42:17

Marathons in major championships

Paralympics: 2000- 5th 1:59:54, 2004- 5th 1:59:09, 2008- 3rd 1:40:01

Worlds: 2006- 2nd, 2007- 1st 1:44:22, 2011- 2nd 1:48:24



Career notes

Graf had a tremendous year in 2008. She broke Francesca Porcellato's world record in Padua by nearly three minutes, and destroyed the 11 year-old London course record by more than a minute. She also picked up a bronze medal at the Paralympics in Beijing and set a world half marathon record of 50:11 in Lisbon.

She won the World Championships marathon in 2006 and the Berlin marathon in 2006 and 2009, breaking the course record there two years ago. She was just beaten in London by McGrory in 2009 and suffered the same fate at Wakako Tsuchida's hands last year. She was also second in Berlin and at this year's World Championships, although she was ranked number one for 2010.

She set a 5000m world record in 2004 and was second to McGrory at that distance in Christchurch.

Personal notes

Graf lives in Gais, Switzerland, with her husband and coach, Martin, and two daughters, Melanie, 16, and Mara, 14. She became disabled when she fell from rocking rings in 1991. She's been racing for 15 years.

Shelly Woods (Great Britain & NI)

Born: 4 June 1986 Blackpool

Marathon best: 1:37:44 Padua 2008 (British record)

London Marathon record: 2005- 2nd 1:57:03, 2006- 2nd 2:04:37, 2007- 1st 1:50:40, 2008- 3rd 2:01:59, 2009- 6th 1:50:46, 2010- 6th 2:45:40

Other major city marathons

Berlin: 2009- 2nd 1:40:43

Chicago: 2009- 4th 1:50:50

New York: 2005- 3rd 1:56:51, 2006- 2nd 1:54:19, 2007- 2nd 1:54:19, 2008- 4th 2:16:09, 2009- 2nd 1:58:22, 2010- 7th 2:15:25

Oensing: 2007- 4th 1:40:20

Padua: 2008- 3rd 1:37:44

Los Angeles: 2007- 1st 1:50:51

Marathons in major championships

Paralympics: 2008- 4th 1:40:03

Worlds: 2006- 3rd 1:53:04



Career notes

Woods is the only woman to have won the London mini wheelchair marathon and then gone on to win at the full distance. She won the mini event twice. After twice finishing second, Woods won the London Marathon in 2007 just a month after winning in Los Angeles. Later in the year she broke the 10-year-old British marathon record held by Rose Hill, a London winner herself in 1992 and 1994.

In 2008, she was disappointed to finish third in London and was agonisingly short of a medal in Beijing when she was fourth, just five seconds behind the winner. By then she already had two medals – a 1500m silver and a 5000m bronze – and she also broke the British marathon record for the second time, clocking 1:37:44 in Padua.

She's had bad luck with punctures the last two years in London, finishing sixth both times. She was seventh in New York last year but otherwise concentrated on shorter distances breaking the world 5000m record last summer. She holds British records at 800m, 1500m, 5000m, 10km, half marathon and marathon, and took World 5000m bronze in Christchurch.

Personal notes

Coached by Jason Gill until the end of 2006, she's now with Andrew Dawes. Woods became a paraplegic aged 11 when she fell 20 feet (6m) from a tree.

VIRGIN LONDON MARATHON 2011

Amanda McGrory (USA)

Born: 9 June 1986 Kennett Square, PA

Marathon best: 1:39:20 Oensingen 2007

London Marathon record: 2008- 2nd 1:51:58, 2009- 1st 1:50:39, 2010- 3rd 1:39:20

Other major city marathons

Boston: 2009- 4th 2:10:44, 2010- 3rd 1:57:20

Chicago: 2007- 1st 1:45:27, 2008- 1st 1:55:12, 2009- 3rd 1:50:49, 2010- 1st 1:47:25

Colorado: 2007- 1st 1:55:32

New York: 2006- 1st 1:54:17, 2007- 3rd 1:56:09,

2008- 2nd 2:11:25, 2010- 3rd 2:09:42

Oensingen: 2007- 1st 1:39:20

Oita: 2008- 1st 1:43:33, 2010- 1st 1:44:38

Marathons in major championships:

Paralympics: 2008- 2nd 1:40:00

Worlds: 2011- 3rd 1:48:24



Career notes

McGrory missed Porcellato's world record by just 51 seconds in Switzerland in 2007, before Graf lowered it in 2008. Graf beat her in London that year, but McGrory got revenge in 2009, beating her Swiss rival by a second. It was a good year for McGrory as she also won the Grandma's marathon in Duluth, beat the course record to win the Great North Run and set a new 5000m world record.

She picked up a full set of medals at the Paralympic Games in Beijing, winning the 5000m, finishing second in the marathon and taking bronze in the 800m. She took world 5000m gold this January and bronze in the marathon.

She regained her Chicago marathon title last year and won the big race in Oita, while 2010 also brought a string of thirds – in London, Boston and New York.

Personal notes

McGrory was paralysed from the waist down at the age of five when an injection for an allergy damaged her spinal cord and left her with a rare condition called transverse myelitis.

She studies psychology at University of Illinois where she also plays wheelchair basketball alongside Tatyana McFadden. She entered her first marathon in 2005 following a bribe.

Diane Roy (Canada)

Born: 9 January 1971 Notre Dame du Lac, Quebec

Marathon best: 1:40:10 Oensingen 2007

London Marathon record: 2009- 3rd 1:50:41, 2010- dnf

Other major city marathons

Boston: 2007- 4th 2:04:13, 2008- 2nd 1:56:18,

2009- 2nd 2:01:27, 2010- 2nd 1:47:08

Chicago: 2009- 2nd 1:50:49

New York: 2006- 3rd 1:54:38, 2007- 6th 1:59:09,

2008- 5th 2:16:14, 2010- 4th 2:11:50

Oensingen: 2007- 3rd 1:40:10

Oita: 2004- 1st, 2005- 1st, 2006- 3rd 1:43:49,

2007- 3rd 1:41:01, 2008- 3rd 1:47:19,

2010- 3rd 1:44:44

Ottawa: 2007- 1st 1:58:45

Paris: 2009- 2nd 2:19:15

Schenkon: 2008- 3rd 1:44:07

Marathons in major championships

Paralympics: 2008- 8th 1:40:37

Worlds: 2006- 1st 1:44:23



Career notes

Roy became world marathon champion in 2006 but didn't defend her title in Christchurch where she took 1500m silver and 800m bronze. She also bagged a string of medals at the Paralympic Games in Beijing, including bronze in the 400m and 800m, and silver in the re-run 5000m final after initially being given the gold.

Her big city marathon victories have come in Oita, Japan, although her best time was set in Switzerland in 2007.

She was third on her London debut in 2009 but failed to finish last year a week after finishing second in Boston for the third year in a row just eight days after finishing runner-up in Paris. She was also fourth in New York and third in Oita.

Beijing was her fourth Paralympics – she competed in Atlanta and Sydney before winning two bronze medals in Athens. She also won a silver and bronze at 1500m and 5000m at the 2006 World Championships. In May 2008 she broke the Canadian 5000m record.

Personal notes

Roy is one of eight children. She was injured in a car accident at the age of 17.

VIRGIN LONDON MARATHON 2011

Tatyana McFadden (United States)

Born: 21 April 1989 St Petersburg, Russia

Marathon best: 1:50:47 Chicago 2009

London Marathon record: None

Other major city marathons

Chicago: 2009- 1st 1:50:47; 2010- 3rd 1:56:11

New York: 2009- 6th 2:08:05; 2010- 1st 2:02:22

Marathons in major championships: None



Career notes

Better known as a sprinter, McFadden made a breakthrough on her marathon debut in 2009 when she beat two-time Chicago champion Amanda McGrory in one of that race's closest ever finishes. She went on to finish sixth in New York before returning 12 months later to win the 2010 big apple race as the youngest woman wheelchair champion in NY history.

McFadden made her name on the track when she won two Paralympic medals in Athens at the age of 15. She broke her first world record, in the 100m, just two years later, and won four more Paralympic medals in Beijing 2008.

Still only 21, she returned from the IPC World Championships in Christchurch with four golds – at 200m, 400m, 800m and 1500m. She won gold in the 100m with a world record at her first world champs in 2006. She holds US records at distances from 100m to 1500m on the track.

Personal notes

Born with spina bifida, McFadden was left at a Russian orphanage as a baby. For her first six years she did not have a wheelchair and walked on her hands. She was adopted by an American family and grew up in Maryland where she was introduced to sports.

She competes for the University of Illinois wheelchair basketball team and their prestigious track racing squad. Her teammates call her "beast" because of her strength. She studies nutrition.

She was instrumental in getting a law passed in Maryland that requires public schools to provide equal access to sports for disabled students.

She has featured on 150 million McDonald's cups and is an ambassador for Hilton hotels.

Wheelchair Awards and Bonuses

Awards for place

	Men	Women
1st	\$15,000	\$15,000
2nd	\$5,000	\$5,000
3rd	\$2,500	\$2,500
4th	\$1,500	\$1,500
5th	\$1,000	\$1,000
6th	\$750	\$750
7th	\$500	\$500
8th	\$400	\$400
9th	\$300	\$300
10th	\$200	\$200

Course Record	\$1,000	\$1,000
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Britons outside top 10

1st	\$200	\$200
2nd	\$100	\$100
3rd	\$50	\$50

VIRGIN LONDON MARATHON 2011



VIRGIN MONEY GIVING MINI LONDON MARATHON

The Virgin Money Giving Mini London Marathon involves a series of races for children aged between 11 and 17 years, divided into girls and boys in three age categories.

It is run over the last three miles of the marathon course, starting at Old Billingsgate and finishing under the London Marathon gantry in The Mall. The runners pass along Victoria Embankment, through Parliament Square, down Birdcage Walk, and past Buckingham Palace.

Originally co-ordinated by John Herring, Martin Etchells and Norman Harris, the race started in 1986 involving children from all 33 London boroughs. In 2001, selected teams from English counties were invited, based on their performances at the English Schools Cross Country Championships. From 2005, teams representing Wales, Northern Ireland and Scotland were added.

In 2009, a new format was introduced. The English county teams were replaced by English regions, while the top finishers from the London boroughs scored points for a 'united London team'. This year for the first time the race is officially a UK road running championship for young athletes.

More than 2000 boys and girls will take part in three new age groups – under 13, under 15 and under 17.

They will represent the following London boroughs:

Barking and Dagenham, Barnet, Bexley, Brent, Bromley, Camden, Croydon, Ealing, Enfield, Greenwich, Hackney, Hammersmith & Fulham, Haringey, Harrow, Havering, Hillingdon, Hounslow, Islington, Kensington & Chelsea, Kingston upon Thames, Lambeth, Lewisham, City of London, Merton, Newham, Redbridge, Richmond upon Thames, Southwark, Sutton, Tower Hamlets, Waltham Forest, Wandsworth, City of Westminster.

The regional and home country teams are:

East England, East Midlands, London, North East, North West, South East, South West, West Midlands, Yorkshire & Humberside; Northern Ireland, Scotland, Wales.

Mini London Wheelchair Marathon

There are also two wheelchair races along the same course, open to youngsters under 14 and under 17 from all parts of the UK. There are usually about 40 wheelchair competitors.

The start times and t-shirt colours this year are:

08.55	wheelchair U17	royal blue
08.55	wheelchair U14	yellow
09.10	boys U17	black
09.17	boys U15	collegiate red
09.24	boys U13	true blue
09.31	girls U17	light blue
09.38	girls U15	pink
09.45	girls U13	white

Future stars

Over the years the Mini Marathon has unearthed a number of stars of British distance running. A quick glance through the list of medallists reveals some young runners who have gone on to gain international honours.

Mo Farah won gold medals in both 5000m and 10,000m at the European championships in Barcelona last summer. He went on to break the British indoor and outdoor 5000m records and recently retained his European indoor 3000m title in Paris. Farah was a Mini Marathon winner for Hounslow three years in a row between 1998 and 2000.

Stephanie Twell won the girls 15-17 race for Hampshire in 2006 and 2007. She went on to win three European Junior Cross Country titles and in 2008 became the world junior 1500m champion. Twell also represented Britain at the 2008 Olympic Games.

David Weir won the Mini Wheelchair Marathon seven times in his youth, and has since won the senior London Wheelchair Marathon four times and was a multi-medallist at the 2008 Paralympic Games.

Shelly Woods won the mini event twice in her youth before rising to become senior champion in 2007. She won two medals at the 2008 Paralympics.

Other notable names include:

Charlotte Purdue, who won the girls' 13-14 race for Hampshire in 2006. Last year she became European junior cross country champion two months after finishing fourth in the Commonwealth Games 10,000m.

Faye Fullerton, a six-time Mini Marathon winner for Havering, has represented Britain at European and World Cross Country Championships.

Adam Hickey, who won the boys 15-17 race for Essex three years in a row and has represented Britain at European and World Cross Country Championships.

Ronnie Sparke, who won the 15-17 boys' regional challenge in 2009 shortly after representing Britain at the IAAF World Cross Country Championships.

www.minimarathon.co.uk for more information and results.



VIRGIN LONDON MARATHON 2011

Mini Marathon Results

1996-2009: London Boroughs

	1st	Borough	2nd	Borough	3rd	Borough
1996						
11-13 Girls	Alexa Hunn	Lambeth	Layla Hall	Barnet	Nicola Delasalie	Hillingdon
14-15 Girls	Carolyn Walsh	Brent	Sophie Koehne	Barnet	Jane Oliver	Barnet
16-17 Girls	Lisa Middleton	Hounslow	Rebecca Dicker	Lambeth	Michelle Dawkins	Hillingdon
11-13 Boys	Richard Ward	Sutton	Matthew Hil	Bexley	William Bolton	Bromley
14-15 Boys	Ben Chapman	Richmond	Steven Edwards	Hillingdon	Robert Fisher	Harrow
16-17 Boys	Sam Haughian	Hounslow	Gavin Maley	Havering	Kevin Cadman	Merton
1997						
11-13 Girls	Faye Fullerton	Havering	Nicola De La Salte	Hillingdon	Olivia Hines	Lambeth
14-15 Girls	Jo Ankier	Barnet	Zoe Morrell	Bromley	Layla Hall	Barnet
16-17 Girls	Caroline Walsh	Brent	Jenny Hunt	Lewisham	Claire Colmer	Bexley
11-13 Boys	Terrance Dymond	Barking & Dagenham	Daniel Lewis	Barnet	Dean Nobel	Havering
14-15 Boys	Richard Ward	Sutton	Mo Farah	Hounslow	Richard Williams	Barnet
16-17 Boys	Chris Moss	Bromley	Sam Haughian	Hounslow	Stephen Holmes	Bromley
1998						
11-13 Girls	Faye Fullerton	Havering	Magdalena Powell	Hackney	Helen Lee	Harrow
14-15 Girls	Layla Hall	Barnet	Lauren Deadman	Havering	Katie Lucht	Croydon
16-17 Girls	Caroline Walsh	Brent	Jodie Swallow	Havering	Claire Colmer	Bexley
11-13 Boys	Chris Reynolds	Redbridge	Mark Binge	Enfield	Sam Hall	Barnet
14-15 Boys	Mo Farah	Hounslow	Richard Ward	Sutton	Joe Collins	Barnet
16-17 Boys	Stephen Holmes	Bromley	Andrew Franklin	Sutton	Steven Edwards	Hillingdon
1999						
11-12 Girls	Ella Fisher	Bromley	Lauren Houlihan	Enfield	Megan Foley	Havering
13-14 Girls	Faye Fullerton	Havering	Magdalena Powell	Hackney	Chloe Wilkinson	Barnet
15-17 Girls	Jo Ankier	Barnet	Jill Christie	Hillingdon	Lauren Deadman	Havering
11-12 Boys	Colin Norris	Bromley	Nathan Jones	Camden	Lee Bailey	Waltham Forest
13-14 Boys	Chris Reynolds	Redbridge	Carl Chaney	Kingston	Tom Snow	Newham
15-17 Boys	Mo Farah	Hounslow	Richard Ward	Sutton	Richard Williams	Barnet
2000						
11-12 Girls	Ella Fisher	Bromley	Linzi Snow	Newham	Charlotte Watkins	Havering
13-14 Girls	Sophie Cromie	Waltham Frst	Cara Smith	Barnet	Julia Baxter	Hillingdon
15-17 Girls	Faye Fullerton	Havering	Chloe Wilkinson	Barnet	Jill Christie	Hillingdon
11-12 Boys	Joe Ive	Kingston upon Thames	Enrique Melin	Newham	Jack Taylor	Kensington & Chelsea
13-14 Boys	Lee Bowron	Ealing	Tom Snow	Newham	Ahmed Ali	Newham
15-17 Boys	Mo Farah	Hounslow	Jermaine Mays	Lewisham	Scott Overall	Richmond upon Thames
2001						
11-12 Girls	Lara Clark	Barnet	Rebecca Taylor	Bromley	Katie Richardson	Havering
13-14 Girls	Megan Foley	Havering	Charlotte Watkins	Havering	Lindsey Barr	Barnet
15-17 Girls	Faye Fullerton	Havering	Chloe Wilkinson	Barnet	Juliet Walker	Redbridge
11-12 Boys	Christopher Place	Bromley	Alex Bodin	Merton	Paul Andrews	Havering
13-14 Boys	Lee Bailey	Waltham Frst	Abdi Igi	Ealing	Tim Haughian	Hounslow
15-17 Boys	Daniel Lewis	Barnet	Tom Snow	Newham	Lee Bowron	Ealing
2002						
11-12 Girls	Rebecca Taylor	Bromley	Katie Murray	Bromley	Lauren Clark	Havering
13-14 Girls	Linzi Snow	Newham	Charlotte Watkins	Havering	Megan Foley	Havering
15-17 Girls	Faye Fullerton	Havering	Chloe Wilkinson	Barnet	Juliet Walker	Redbridge
11-12 Boys	Paige Haines	Newham	Matthew Watkins	Havering	Jay Ryan	Havering
13-14 Boys	Mark Burgess	Redbridge	Abdi Igi	Ealing	George Clancy	Hounslow
15-17 Boys	Lee Bowron	Ealing	Sam Hall	Barnet	Tim Haughian	Hounslow
2003						
11-12 Girls	Katheryn Foy	Newham	Danielle Raymond	Havering	Michaela Roberts	Barking & D'ham
13-14 Girls	Megan Foley	Havering	Katie Richardson	Havering	Rebecca Taylor	Bromley
15-17 Girls	Catherine Conway	Waltham Frst	Ella Fisher	Bromley	Linzi Snow	Newham
11-12 Boys	Paige Haines	Newham	Gavin Lewis	Waltham Forest	Angus Hodder	Islington
13-14 Boys	Robert Rice	Harrow	Ashley Reece	Barking & Dagenham	Ian May	Hounslow
15-17 Boys	Lee Bowron	Ealing	Sam Hall	Barnet	Ben Hellmers	Newham
2004						
11-12 Girls	Ingrid Deane	Havering	Alexandra McKenna	Richmond upon Thames	Naha Dabhi	Newham
13-14 Girls	Katie Murray	Bromley	Jessica Ward	Waltham Forest	Sophie Cowper	Sutton
15-17 Girls	Katie Richardson	Havering	Megan Foley	Havering	Catherine Conway	Waltham Forest
11-12 Boys	Alfie Wright	Waltham Frst	Jonathon Burgess	Wandsworth	Niall Fleming	Barnet
13-14 Boys	Matthew Watkins	Havering	Bradley Tungatt	Havering	Shaun Collins	Enfield
15-17 Boys	Patrick Canavan	Sutton	Mark Burgess	Redbridge	Enrique Melin	Waltham Forest

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2005

11-12 Girls	Gemma Phillips	Havering	Danielle Critchley	Bromley	Georgina Bell	Ealing
13-14 Girls	Ingrid Deane	Havering	Leigh Lattimore	Harrow	Sophie Cowper	Sutton
15-17 Girls	Katie Richardson	Havering	Megan Foley	Havering	Linzi Snow	Newham
11-12 Boys	Niall Fleming	Barnet	Jonathon Burgess	Wandsworth	Philip Sesemann	Bromley
13-14 Boys	Matthew Bloy	Havering	Paige Haines	Newham	Gavin Lewis	Waltham Forest
15-17 Boys	George Clancy	Hounslow	Jama Hassain	Ealing	Ross Clarke	Havering

2006

11-12 Girls	Georgina Bell	Ealing	Neha Dabhi	Newham	Eleanor Bounds	Havering
13-14 Girls	Nadia Fidler	Richmond	Martha Reynolds	Ealing	Gemma Phillips	Havering
15-17 Girls	Katie Murray	Bromley	Katie Richardson	Havering	Georgie-Lou Sales	Havering
11-12 Boys	Richard Charles	Ealing	Jordan Stainer	Barnet	Kevin Stewart	Enfield
13-14 Boys	Omar Mansour	Waltham Forest	Niall Fleming	Barnet	Patrick Hannah	Hammersmith & Fulham
15-17 Boys	Nicolas Goolab	Ealing	Saningo Martyn	Camden	Ashley Reece	Barking & Dagenham

2007

11-12 Girls	Sky Draper	Hillingdon	Tiffany Kellaway	Bexley	Samara Williams	Camden
13-14 Girls	Martha Reynolds	Ealing	Georgia Bell	Ealing	Phillipa La Rossee	Southwark
15-17 Girls	Melissa Bennington	Hillingdon	Sophie Cowper	Sutton	Leigh Lattimore	Harrow
11-12 Boys	Elliott Veheary	Croydon	Jack Killip	Hounslow	Alex Cousins	Merton
13-14 Boys	Niall Fleming	Barnet	Philip Seseman	Bromley	Michael Jones	Havering
15-17 Boys	Nicolas Goolab	Ealing	Cameron Scott	Harrow	Ben Nagy	Enfield

2008

11-12 Girls	Sky Draper	Hillingdon	Georgina Kennedy	Bromley	Harriet Preedy	Kingston upon Thames
13-14 Girls	Eleanor Bounds	Havering	Georgia Bell	Ealing	Armanni Antoine	Waltham Forest
15-17 Girls	Martha Reynolds	Ealing	Melissa Newbery	Ken & Chelsea	Ella Waldman	Islington
11-12 Boys	Peter Chambers	Croydon	Duncan Pinder	Ealing	Luke Penney	Richmond upon Thames
13-14 Boys	Karnvir Hayer	Ealing	Richard Charles	Ealing	Hector Kurtyanek	Bromley
15-17 Boys	Jake Shelly	Barnet	Richard Goodman	Harrow	Alex Littlewood	Bromley

2009

11-12 Girls	Georgina Kennedy	Bromley	Georgia Tuckfield	Waltham Forest	Eleanor Smith-hahn	Sutton
13-14 Girls	Sky Draper	Hillingdon	Ruby Woolfe	Richmond upon Thames	Sasha Tory	Hammersmith & Fulham
15-17 Girls	Grace O'Leary	Sutton	Georgia Bell	Ealing	Martha Reynolds	Ealing
11-12 Boys	Freddy Keefe	Havering	Tom Holden	Sutton	Joshua Haasz	Croydon
13-14 Boys	Peter Chambers	Croydon	Jack Killip	Hounslow	Matthew Fayers	Richmond upon Thames
15-17 Boys	Richard Goodman	Harrow	Alex Cornwell	Redbridge	Niall Fleming	Barnet

2010

11-12 Girls	Rebecca Killip	Hounslow	Isobel Ives	Havering	Josie Savill	Richmond upon Thames
13-14 Girls	Georgia Tuckfield	Waltham Forest	Sophie Parkes	Lewisham	Grace De Rome	Southwark
15-17 Girls	Georgia Bell	Ealing	Grace O'Leary	Kensington & Chelsea	Katie Snowden	Southwark
11-12 Boys	Lascelles Hussey	Lambeth	Sam McGonigle	Ealing	Sam Lloyd	Hillingdon
13-14 Boys	Peter Chambers	Croydon	Tim Livingstone	Wandsworth	James Murdoch	Hammersmith & Fulham
15-17 Boys	Niall Fleming	Barnet	Tadhg Grant	Harrow	Liam White	Kensington & Chelsea

1998-2000: City Challenge

	1st	City	2nd	City	3rd	City
1998						
11-12 Girls	Keira Vogel	Liverpool	Emma Smith	Norwich	Lauren Capel	Derby
13-14 Girls	Sarah Wood	Derby	Jody Palmer	Norwich	Rhian Hole	Cardiff
15-17 Girls	Mandy Kemp	Nottingham	Jamie Ducas	Coventry	Andrea Bryan	Nottingham
11-12 Boys	Chris Sampson	Sheffield	Simon McGlone	Liverpool	Ross McIver	Sheffield
13-14 Boys	Matt Lole	Coventry	Daniel Jackson	Sheffield	David Brickman	Derby
15-17 Boys	Bruce Raeside	Nottingham	Martin Bishop	Sheffield	James Fry	Nottingham
1999						
11-12 Girls	Jade Bridson	Liverpool	Charlotte Oldfield	Birmingham	Helena Sellers	Portsmouth
13-14 Girls	Victoria Webster	St Albans	Helen Stevenson	Glasgow	Emma Smith	Norwich
15-17 Girls	Jodie Palmer	Norwich	Christina Millne	Newcastle	Jade Wright	St Albans
11-12 Boys	James Goode	Birmingham	John Lambert	Newcastle	Blake Ellis	Manchester
13-14 Boys	Carl Ridley	Newcastle	Gavin Broome	Manchester	Antony Gray	Glasgow
15-17 Boys	Matthew Lole	Coventry	Joe Collins	St Albans	Matthew Nicholson	Newcastle
2000						
11-12 Girls	Victoria Beck	Newcastle	Gillian Moss	Norwich	Hannah Light	Birmingham
13-14 Girls	Elizebeth Gerrard	Norwich	Victoria Webster	St Albans	Kerry O'Neill	Newcastle
15-17 Girls	Keira Vogel	Liverpool	Sian Bailey	Birmingham	Jade Wright	St Albans
11-12 Boys	Phillip Egan	Newcastle	Joseph Murray	Manchester	Craig Gowans	Edinburgh
13-14 Boys	Mark Ross	Manchester	Laurence Fanous	Nottingham	Stuart Smith	Birmingham
15-17 Boys	Stephen Murphy	St Albans	Tom Bedford	St Albans	Carl Hardman	Manchester





VIRGIN LONDON MARATHON 2011

2001-2008: Counties and Regions

	1st	County	2nd	County	3rd	County
2001						
11-12 Girls	Non Stanford	Wales	Hannah Jones	Hampshire	India Lee	Hampshire
13-14 Girls	Jill Scott	Durham	Sharon Lamont	Scotland	Nicola Sykes	Bedfordshire
15-17 Girls	Katrina Wootton	Bedfordshire	Charlotte Wickham	Northumberland	Bryony Frost	Hampshire
11-12 Boys	Jonathon Pepper	Hertfordshire	David Smith	Hampshire	Douglas Selman	Scotland
13-14 Boys	Oliver Holden	West Midlands	Ross Toole	Scotland	Andrew Friend	Hampshire
15-17 Boys	Mark Draper	Bedfordshire	Richard Kemp	Durham	Andrew Toward	Northumberland
2002						
11-12 Girls	Stacey Preston	Hampshire	Carys Davies	Wales	Kayleigh Brown	Wales
13-14 Girls	Jade Freeman	Bedfordshire	Non Stanford	Wales	Hannah Jones	Hampshire
15-17 Girls	Katrina Wootton	Bedfordshire	Anie Hoban	West Yorkshire	Charlotte Wickham	Northumberland
11-12 Boys	Khalil Thompson	Durham	Jonathon Cook	Northumberland	Derek Hawkins	Scotland
13-14 Boys	Adam Hickey	Essex	Laurence Cox	Hampshire	Terry Stanley	Bedfordshire
15-17 Boys	Christopher Parr	Durham	Jonathon Blackledge	Hampshire	Mark Buckingham	West Yorkshire
2003						
11-12 Girls	Louise Webb	Hampshire	Carys Davies	Wales	Lucy McLoughlin	Greater Manchester
13-14 Girls	Non Stanford	Wales	Stacey Preston	Hampshire	Stephanie Twell	Surrey
15-17 Girls	Leonie Smith	Surrey	Morag McLarthy	Scotland	Katie Goodhead	Gloucestershire
11-12 Boys	Mickey Reed	Surrey	Adam Lewis	Wales	Scott Evans	Greater Manchester
13-14 Boys	Sam Dalglish	Gloucestershire	Josh Bliss	Hampshire	Ben Wilson	Surrey
15-17 Boys	Mark Buckingham	West Yorkshire	Ben Harding	Hampshire	Christopher Lamb	Durham
2004						
11-12 Girls	Lucy McLoughlin	Grtr Manchester	Leah Kay	Grtr Manchester	Nicole Roberts	Northamptonshire
13-14 Girls	Racheal Punds	Grtr Manchester	Rebecca Gough	Hampshire	Jordan Kinney	West Midlands
15-17 Girls	Non Stanford	Wales	Jessica Sparke	Essex	Charlotte Browning	Sussex
11-12 Boys	Dale Platt	Grtr Manchester	Daniel Beckett	Grtr Manchester	Dewi Griffiths	Wales
13-14 Boys	Derek Hawkins	Scotland	Ross Millington	Grtr Manchester	James Shane	Essex
15-17 Boys	Adam Hickey	Essex	Oliver Holden	West Midlands	Laurence Cox	Hampshire
2005						
11-12 Girls	Hollie McGurk	Bedfordshire	Sarah Barker	Grtr Manchester	Monique Powell	West Midlands
13-14 Girls	Jessica Coulson	Grtr Manchester	Laura Condron	Essex	Olivia Larcombe	West Midlands
15-17 Girls	Non Stanford	Wales	Danielle Sale	Essex	Jessica Sparke	Essex
11-12 Boys	Thomas Moore	Dorset	Thomas Rollin	West Yorkshire	Callum Hawkins	Scotland
13-14 Boys	Simon Horsfield	Grtr Manchester	Ryan Parker	Bedfordshire	James Wilkinson	West Yorkshire
15-17 Boys	Adam Hickey	Essex	Laurence Cox	Hampshire	Myles Barrett	Staffordshire
2006						
11-12 Girls	Camilla Freeman	Kent	Chloe Cook	Sussex	Emily Wallbank	Bedfordshire
13-14 Girls	Charlotte Purdue	Hampshire	Elizabeth Potter	Scotland	Sarah Barker	Greater Manchester
15-17 Girls	Stephanie Twell	Hampshire	Non Stanford	Wales	Danielle Sale	Essex
11-12 Boys	Jack Goodwin	Bedfordshire	A Monaghan	Northern Ireland	Michael Smith	Greater Manchester
13-14 Boys	Dewi Griffiths	Wales	Matthew Graham	Scotland	Adam Bitchell	Wales
15-17 Boys	Adam Hickey	Essex	Ieuan Thomas	Wales	James Shane	Essex
2007						
11-12 Girls	Georgia Peel	Hampshire	Jessica Judd	Essex	Bethany Jones	Greater Manchester
13-14 Girls	Camilla Freeman	Sussex	Joanne Mills	Northern Ireland	Emelia Gorecka	Surrey
15-17 Girls	Stephanie Twell	Hampshire	Emma Pallant	Hampshire	Beth Potter	Scotland
11-12 Boys	Max Aitchison	Scotland	Jono Ketley	Sussex	Callum Short	Greater Manchester
13-14 Boys	Thomas Carson	Grtr Manchester	Callum Hawkins	Scotland	Jamie Crompton	Greater Manchester
15-17 Boys	Simon Horsfield	Grtr Manchester	David Forrester	Grtr Manchester	Craig Gundersen	Merseyside
2008						
11-12 Girls	Megan Withers	Wales	Kathryn Gillespie	Scotland	Tessa McCormick	Cheshire
13-14 Girls	Emelia Gorecka	Surrey	Ruth Haynes	Surrey	Emily Wallbank	Bedfordshire
15-17 Girls	Louise Small	Hampshire	Lauren Howarth	Grtr Manchester	Beth Carter	Kent
11-12 Boys	Matthew Arnold	Surrey	Richard Hindley	Grtr Manchester	Harrison Coldray	Gloucestershire
13-14 Boys	Tom Purnell	Gloucestershire	Andrew Monaghan	Northern Ireland	Adam Ingram	Northern Ireland
15-17 Boys	Jeremy Gilmore	Grtr Manchester	Ronnie Sparke	Hertfordshire	Dewi Griffiths	Wales



VIRGIN LONDON MARATHON 2011

2009- : Regional Challenge

	1st	Region	2nd	Region	3rd	Region
2009						
11-12 Girls	Abi Fittion	North West	Natalia Hackett	Yorkshire & Humberside	Sian Rainsley	West Midlands
13-14 Girls	Jessica Judd	East	Georgia Peel	South East	Beth Swords	South East
15-17 Girls	Ciara Mageean	Northern Ireland	Louise Small	South East	Emelia Gorecka	South East
11-12 Boys	Ben Everson	North West	Freddy Keefe	London	Conor Christie	Northern Ireland
13-14 Boys	Zac Seddon	South East	Michael McKeown	West Midlands	Hugo Hayes	South East
15-17 Boys	Ronnie Sparke	East	Andy Coombs	South East	Benjamin Norris	East Midlands
2010						
11-12 Girls	Connie Lewis	South East	Katie Shiel-Rankin	South East	Grace Goddard	South East
13-14 Girls	Sophie Riches	East	Katy Wood	Yorkshire & Humberside	Georgia Tuckfield	London
15-17 Girls	Jessica Judd	East	Georgia Peel	South East	Alice Wright	West Midlands
11-12 Boys	Dominic Bill	West Midlands	Lewis Byram	Yorkshire & Humberside	Ben Spencer	North East
13-14 Boys	Lewis Boyle	Scotland	Adam Howard	North West	Craig Young	Scotland
15-17 Boys	Jack Gray	West Midlands	Paul Thompson	West Midlands	Tom Curr	South West

Mini Wheelchair London Marathon

	1st		2nd		3rd	
2006						
14-17 Girls	Louise Hunt	Rotten Row	Jennifer Hill	Sutton Coldfield	Rebecca Harding	Brockley
11-13 Boys	Daniel Lucker	Abergavenny	Daniel Cook	Lower Parkstone	Jack Binstead	Chessington
14-17 Boys	Mickey Bushell	Ketley Bank	Andrew Tongue	Shustoke	Aiden Clarke	Harlow
2007						
11-13 Girls	Colette Martin	-	Louise Leigh	-	Grace Miller	-
14-17 Girls	Louise Hunt	Rotten Row	Rebecca Harding	Brockley	Rebekah Coleman	-
11-13 Boys	Jack Binstead	Chessington	Daniel Cook	Lower Parkstone	Jake Williamson	-
14-17 Boys	Aiden Clarke	Harlow	Daniel Lucker	Abergavenny	James Newton	-
2008						
11-13 Girls	Colette Martin	-	Louise Leigh	-	-	-
14-17 Girls	Rebecca Harding	Brockley	Louise Hunt	Rotten Row	Vicki Bell	-
11-13 Boys	Daniel Cook	Lower Parkstone	Jack Binstead	Chessington	Sheikh Sheikh	-
14-17 Boys	Daniel Lucker	Abergavenny	Mickey Bushell	Ketley Bank	James Newton	-
2009						
11-13 Girls	Jade Jones	-	Lucie Bouron	-	Louise Lee	-
14-17 Girls	Hannah Cockroft	-	Louise Hunt	Rotten Row	Rebecca Harding	Brockley
11-13 Boys	Sheikh Sheikh	-	Jack Binstead	Chessington	George Rogers	-
14-17 Boys	Daniel Lucker	Abergavenny	William Smith	-	Jake Williamson	-
2010						
11-13 Girls	Charlotte Moore	-	-	-	-	-
14-17 Girls	Hannah Cockroft	-	Jade Jones	-	Colette Martin	-
11-13 Boys	Jack Binstead	Chessington	Joshua James Lewis	-	Michael McCabe	-
14-17 Boys	Daniel Lucker	Abergavenny	William Smith	-	Sheikh Sheikh	-

2010 mini wheelchair competitors





VIRGIN LONDON MARATHON 2011

Team Results: London Borough Challenge

	1st	2nd	3rd
2006 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Havering Bromley Havering Bromley Havering Bromley	Richmond Richmond Barnet Enfield Sutton Havering	Bromley Havering Bexley Havering Bromley Harrow
2007 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Richmond upon Thames Bromley Harrow Croydon Sutton Bromley	Enfield (=2nd) Havering (=2nd) Havering Havering Bexley Havering Havering	 Harrow Barnet Richmond upon Thames Bexley Waltham Forest
2008 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Bromley Richmond upon Thames Havering Redbridge Enfield Waltham Forest	Wandsworth Bromley Barnet Havering Ealing Havering	Barnet Havering Bromley Richmond upon Thames Barnet Bromley
2009 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Bromley Richmond upon Thames Havering Havering Croydon Waltham Forest	Havering Redbridge Bromley Croydon Havering Sutton	Wandsworth Barnet Sutton Richmond upon Thames Barnet Merton
2010 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Bromley Wandsworth Bromley Havering Richmond upon Thames Barnet	Wandsworth Bromley Havering Sutton Bexley Hillingdon	Richmond upon Thames Lewisham Redbridge Richmond upon Thames Croydon Sutton

Team Results: County Challenge

	1st	2nd	3rd
2006 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Greater Manchester Greater Manchester Hampshire Northern Ireland Wales Essex	Scotland Hampshire Greater Manchester Greater Manchester Greater Manchester Greater Manchester	Hampshire Scotland Wales Scotland Sussex Hampshire
2007 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Hampshire Sussex Hampshire Essex Scotland Wales	Greater Manchester Surrey Scotland Sussex Greater Manchester Greater Manchester	Wales Greater Manchester Greater Manchester Greater Manchester Northern Ireland Hampshire
2008 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Scotland Surrey Greater Manchester Surrey Northern Ireland Greater Manchester	Greater Manchester Scotland Surrey Greater Manchester Greater Manchester Scotland	Surrey Wales Hertfordshire Hertfordshire Surrey Wales



VIRGIN LONDON MARATHON 2011

Team Results: Regional Challenge

	1st	2nd	3rd
2009 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	Yorkshire & Humberside South East South East London Yorkshire & Humberside Wales	Wales Wales North West South East South East South East	West Midlands North West London Yorkshire & Humberside West Midlands East
2010 11-12 Girls 13-14 Girls 15-17 Girls 11-12 Boys 13-14 Boys 15-17 Boys	South East Yorkshire & Humberside East Yorkshire & Humberside North West South West	North West South East South East North West South East West Midlands	London London Scotland South East London London

Overall Team Results

	1st	2nd	3rd
2006 London Boroughs Counties & Regions	Havering Greater Manchester	Bromley Wales	Barnet Scotland
2007 London Boroughs Counties & Regions	Havering Greater Manchester	Bromley Scotland	Richmond upon Thames Wales
2008 London Boroughs Counties & Regions	Bromley Greater Manchester	Richmond upon Thames Surrey	Havering Scotland
2009 London Boroughs Regions	Havering South East	Richmond upon Thames North West	Bromley Wales
2010 London Boroughs Regions	Richmond upon Thames South East	Bromley North West	Havering London



David James and Liz Yelling with 2010 Mini London Marathon winners

VIRGIN LONDON MARATHON 2011

VIRGIN LONDON MARATHON 2011

06

Statistics and Records

LONDON MARATHON STATISTICS

Champions and Course Records

Champions

Year	Men		Women	
1981	Dick Beardsley	USA	Joyce Smith	GBR
	Inge Simonsen	NOR		
1982	Hugh Jones	GBR	Joyce Smith	GBR
1983	Mike Gratton	GBR	Grete Waitz	NOR
1984	Charlie Spedding	GBR	Ingrid Kristiansen	NOR
1985	Steve Jones	GBR	Ingrid Kristiansen	NOR
1986	Toshihiko Seko	JPN	Grete Waitz	NOR
1987	Hiromi Taniguchi	JPN	Ingrid Kristiansen	NOR
1988	Henrik Jorgensen	DEN	Ingrid Kristiansen	NOR
1989	Douglas Wakiihuri	KEN	Veronique Marot	GBR
1990	Allister Hutton	GBR	Wanda Panfil	POL
1991	Yakov Tolstikov	URS	Rosa Mota	POR
1992	Antonio Pinto	POR	Katrin Dorre	GER
1993	Eamonn Martin	GBR	Katrin Dorre	GER
1994	Dionicio Ceron	MEX	Katrin Dorre	GER
1995	Dionicio Ceron	MEX	Malgorzata Sobanska	POL
1996	Dionicio Ceron	MEX	Liz McColgan	GBR
1997	Antonio Pinto	POR	Joyce Chepchumba	KEN
1998	Abel Anton	ESP	Catherina McKiernan	IRL
1999	Abdelkader El Mouaziz	MAR	Joyce Chepchumba	KEN
2000	Antonio Pinto	POR	Tegla Loroupe	KEN
2001	Abdelkader El Mouaziz	MAR	Derartu Tulu	ETH
2002	Khalid Khannouchi	USA	Paula Radcliffe	GBR
2003	Gezahegne Abera	ETH	Paula Radcliffe	GBR
2004	Evans Rutto	KEN	Margaret Okayo	KEN
2005	Martin Lel	KEN	Paula Radcliffe	GBR
2006	Felix Limo	KEN	Deena Kastor	USA
2007	Martin Lel	KEN	Zhou Chunxiu	CHN
2008	Martin Lel	KEN	Irina Mikitenko	GER
2009	Samuel Wanjiru	KEN	Irina Mikitenko	GER
2010	Tsegaye Kebede	ETH	Liliya Shobukhova	RUS

Course Records

Men	2009	Samuel Wanjiru	KEN	2:05:10
Women	2003	Paula Radcliffe	GBR	2:15:25 (mixed race)
Women	2005	Paula Radcliffe	GBR	2:17:42 (women only)

VIRGIN LONDON MARATHON 2011

Margins of Victory

Men

Year	Winner	Winning Margin (min:sec)	Runner-up
1981	Dick Beardsley/Inge Simonsen	1:05	Trevor Wright (3rd)
1982	Hugh Jones	2:57	Oyvind Dahl
1983	Mike Gratton	0:29	Gerry Helme
1984	Charlie Spedding	1:44	Kevin Forster
1985	Steve Jones	0:17	Charlie Spedding
1986	Toshihiko Seko	1:42	Hugh Jones
1987	Hiromi Tanighuchi	0:19	Nechadi El Mostafa
1988	Henrik Jorgensen	0:32	Kevin Forster
1989	Douglas Wakiihuri	0:03	Steve Moneghetti
1990	Allister Hutton	0:30	Salvatore Bettiol
1991	Yakov Tolstikov	1:04	Manuel Matias
1992	Antonio Pinto	0:05	Jan Huruk
1993	Eamonn Martin	0:03	Isidro Rico
1994	Dionicio Ceron	0:24	Abebe Mekonnen
1995	Dionicio Ceron	0:03	Steve Moneghetti
1996	Dionicio Ceron	0:26	Vincent Rousseau
1997	Antonio Pinto	0:02	Stefano Baldini
1998	Abel Anton	0:10	Abdelkader El Mouaziz
1999	Abdelkader El Mouaziz	1:03	Antonio Pinto
2000	Antonio Pinto	0:57	Abdelkader El Mouaziz
2001	Abdelkader El Mouaziz	1:04	Paul Tergat
2002	Khalid Khannouchi	0:10	Paul Tergat
2003	Gezahegne Abera	0:00	Stefano Baldini
2004	Evans Rutto	0:30	Sammy Korir
2005	Martin Lel	0:23	Jaouad Gharib
2006	Felix Limo	0:02	Martin Lel
2007	Martin Lel	0:03	Abderrahim Goumri
2008	Martin Lel	0:09	Sammy Wanjiru
2009	Sammy Wanjiru	0:10	Tsegaye Kebede
2010	Tsegaye Kebede	1:04	Emmanuel Mutai

Women

1981	Joyce Smith	9:00	Gillian Drake
1982	Joyce Smith	6:32	Lorraine Moller
1983	Grete Waitz	2:51	Mary O'Connor
1984	Ingrid Kristiansen	5:40	Priscilla Welch
1985	Ingrid Kristiansen	7:00	Sarah Rowell
1986	Grete Waitz	5:58	Mary O'Connor
1987	Ingrid Kristiansen	4:03	Priscilla Welch
1988	Ingrid Kristiansen	4:57	Ann Ford
1989	Veronique Marot	1:09	Wanda Panfil
1990	Wanda Panfil	1:30	Francie Larrieu-Smith
1991	Rosa Mota	1:21	Francie Larrieu-Smith
1992	Katrin Dorre	0:20	Renata Kokowska
1993	Katrin Dorre	0:18	Lisa Ondieki
1994	Katrin Dorre	0:43	Lisa Ondieki
1995	Malgorzata Sobanska	0:10	Manuela Machado
1996	Liz McColgan	2:55	Joyce Chepchumba
1997	Joyce Chepchumba	0:01	Liz McColgan
1998	Catherina McKiernan	0:28	Liz McColgan
1999	Joyce Chepchumba	0:44	Adriana Fernandez
2000	Tegla Loroupe	0:13	Lidia Simon
2001	Derartu Tulu	0:07	Svetlana Zakharova
2002	Paula Radcliffe	3:35	Svetlana Zakharova
2003	Paula Radcliffe	4:31	Catherine Ndereba
2004	Margaret Okayo	3:27	Lyudmila Petrova
2005	Paula Radcliffe	5:08	Constantina Tomescu-Dita
2006	Deena Kastor	1:53	Lyudmila Petrova
2007	Zhou Chunxiu	1:07	Gete Wami
2008	Irina Mikitenko	0:25	Svetlana Zakharova
2009	Irina Mikitenko	1:01	Mara Yamauchi
2010	Liliya Shobukhova	0:19	Inga Abitova



VIRGIN LONDON MARATHON 2011

Records Broken in London Marathons

Men

World Records

2:05:38	Khalid Khannouchi	USA	2002
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Area & Commonwealth Records

European	2:06:36	António Pinto	POR	2000
North American	2:05:38	Khalid Khannouchi	USA	2002
Commonwealth	2:05:48	Paul Tergat	KEN	2002

British Records: None

Current National Records set in London

Denmark	2:09:43	Henrik Jørgensen	1985
Lesotho	2:10:55	Thabiso Moqhali	1992
Morocco	2:05:27	Jaouad Gharib	2009
Norway	2:10:17	Geir Kvernmo	1987
Portugal	2:06:36	António Pinto	2000
Rwanda	2:09:55	Mathias Ntawalikura	2000
Slovakia	2:09:53	Róbert Stefko	1998
Tanzania	2:08:01	Samson Ramadhani	2003
Turkey	2:10:25	Mehmet Terzi	1987
USA	2:05:38	Khalid Khannouchi	2002

Women

World Records

2:25:29	Grete Waitz	NOR	1983
2:21:06	Ingrid Kristiansen	NOR	1985
2:18:56	Paula Radcliffe	GBR	2002 (women only)
2:15:25	Paula Radcliffe	GBR	2003
2:17:42	Paula Radcliffe	GBR	2005 (women only)

Area & Commonwealth Records

European	2:25:29	Grete Waitz	NOR	1983
European	2:24:26	Ingrid Kristiansen	NOR	1984
European	2:21:06	Ingrid Kristiansen	NOR	1985
Central American	2:24:06	Adriana Fernández	MEX	1999
European/C'wealth	2:15:25	Paula Radcliffe	GBR	2003
North American	2:21:16	Deena Drossin	USA	2003
North American	2:19:36	Deena Kastor (née Drossin)	USA	2006

British Records

2:29:57	Joyce Smith	1981
2:29:43	Joyce Smith	1982
2:28:06	Sarah Rowell	1985
2:26:51	Priscilla Welch	1987
2:25:56	Véronique Marot	1989
2:18:56	Paula Radcliffe	2002
2:15:25	Paula Radcliffe	2003

Current National Records set in London

Costa Rica	2:44:33	Vilma Peña	1992
Denmark	2:29:34	Dorthe Rasmussen	1989
Finland	2:28:00	Ritva Lemettinen	1995
Great Britain & NI	2:15:25	Paula Radcliffe	2003
Gibraltar	4:22:51	Anabel Felipes	1998
New Zealand	2:25:21	Kim Smith	2010
Norway	2:21:06	Ingrid Kristiansen	1985
Puerto Rico	2:44:58	Yolanda Mercado	2007



VIRGIN LONDON MARATHON 2011

Top 50 Performances in London

Men

Time	Name	Country	Position	Year
2:05:10	Sammy Wanjiru	KEN	1	2009
2:05:15	Martin Lel	KEN	1	2008
2:05:19	Tsegaye Kebede	ETH	1	2010
2:05:20	Kebede		2	2009
2:05:24	Wanjiru		2	2008
2:05:27	Jaouad Gharib	MAR	3	2009
2:05:30	Abderrahim Goumri	MAR	3	2008
2:05:38	Khalid Khannouchi	USA	1	2002
2:05:48	Paul Tergat	KEN	2	2002
2:06:15	Emmanuel Mutai	KEN	4	2008
2:06:17	Ryan Hall	USA	5	2008
2:06:18	Evans Rutto	KEN	1	2004
2:06:23	Mutai		2	2010
2:06:35	Haile Gebrselassie	ETH	3	2002
2:06:36	Antonio Pinto	POR	1	2000
2:06:38	Deriba Merga	ETH	6	2008
2:06:39	Felix Limo	KEN	1	2006
2:06:41	Lel		2	2006
2:06:48	Sammy Korir	KEN	2	2004
2:06:52	Abdelkader El Mouaziz	MAR	4	2002
2:06:53	Mutai		4	2009
2:06:55	Hendrick Ramaala	RSA	3	2006
2:06:55	Gharib		3	2010
2:07:04	Khannouchi		4	2006
2:07:06	Ian Syster	RSA	5	2002
2:07:11	El Mouaziz		1	2001
2:07:12*	Gharib		3	2004
2:07:22	Stefano Baldini	ITA	5	2006
2:07:26	Lel		1	2005
2:07:29	Baldini		6	2002
2:07:33	El Mouaziz		2	2000
2:07:33	Abderrahime Bouramdane	MAR	4	2010
2:07:34	Rodgers Rop	KEN	6	2006
2:07:41	Lel		1	2007
2:07:44	Goumri		2	2007
2:07:44	Ramaala		5	2009
2:07:47	Limo		3	2007
2:07:49	Gharib		2	2005
2:07:54	Gharib		4	2007
2:07:55	Pinto		1	1997
2:07:56	Gezahegne Abera	ETH	1	2003
2:07:56	Baldini		2	2003
2:07:56	Ramaala		5	2007
2:07:57	Baldini		2	1997
2:07:57	Abel Anton	ESP	1	1998
2:07:57	El Mouaziz		1	1999
2:07:57	Joseph Ngolepus	KEN	3	2003
2:07:59	Tergat		4	2003
2:07:59	Hicham Chatt	MAR	7	2006
2:08:01	Samson Ramadhani	TAN	5	2003

* Note: Gharib's time in the 2004 London Marathon was originally recorded as 2:07:02 but a re-examination of the race video shows that his time should be 2:07:12. This has now been accepted and officially verified by the chief timekeeper Dave Wilson.

VIRGIN LONDON MARATHON 2011

Women

Time	Name	Country	Position	Year
2:15:25	Paula Radcliffe	GBR	1	2003
2:17:42	Radcliffe		1	2005
2:18:56	Radcliffe		1	2002
2:19:36	Deena Kastor	USA	1	2006
2:19:55	Catherine Ndereba	KEN	2	2003
2:20:38	Zhou Chunxiu	CHN	1	2007
2:21:06	Ingrid Kristiansen	NOR	1	1985
2:21:16	Drossin (Kastor)		3	2003
2:21:29	Lyudmila Petrova	RUS	2	2006
2:21:45	Gete Wami	ETH	2	2007
2:21:46	Susan Chepkemei	KEN	3	2006
2:21:52	Berhane Adere	ETH	4	2006
2:21:58	Galina Bogomolova	RUS	5	2006
2:22:00	Liliya Shobukhova	RUS	1	2010
2:22:11	Irina Mikitenko	GER	1	2009
2:22:19	Inga Abitova	RUS	2	2010
2:22:31	Svetlana Zakharova	RUS	2	2002
2:22:33	Petrova		3	2002
2:22:35	Margaret Okayo	KEN	1	2004
2:22:38	Aselefech Mergia	ETH	3	2010
2:22:46	Reiko Tosa	JPN	4	2002
2:22:48	Kristiansen		1	1987
2:22:50	Constantina Tomescu-Dita	ROU	2	2005
2:23:12	Chepkemei		4	2003
2:23:12	Mara Yamauchi	GBR	2	2009
2:23:14	Petrova		5	2003
2:23:17	Bezunesh Bekele	ETH	4	2010
2:23:19	Chepkemei		5	2002
2:23:22	Joyce Chepchumba	KEN	1	1999
2:23:43	Tomescu-Dita		6	2003
2:23:55	Tomescu-Dita		3	2007
2:23:57	Derartu Tulu	ETH	1	2001
2:24:00	Chepkemei		3	2005
2:24:01	Jelena Prokopchuka	LAT	7	2003
2:24:04	Zakharova		2	2001
2:24:06	Adriana Fernandez	MEX	2	1999
2:24:12	Chepchumba		3	2001
2:24:13	Salina Kosgei	KEN	4	2007
2:24:14	Mikitenko		1	2008
2:24:15	Lidia Simon	ROU	4	2001
2:24:24	Shobukhova		3	2009
2:24:26	Kristiansen		1	1984
2:24:29	Elfenesh Alemu	ETH	5	2001
2:24:33	Tegla Loroupe	KEN	1	2000
2:24:39	Zakharova		2	2008
2:24:39	Askale Tafa	ETH	5	2010
2:24:46	Simon		2	2000
2:24:46	Lornah Kiplagat	NED	5	2007
2:24:54	Grete Waitz	NOR	1	1986
2:24:55	Yukiko Akaba	JPN	6	2010

VIRGIN LONDON MARATHON 2011

Top 20 Britons in London

Men

Time	Name	Position	Year
2:08:16	Steve Jones	1	1985
2:08:33	Charlie Spedding	2	1985
2:08:36	Richard Nerurkar	5	1997
2:09:16	Allister Hutton	3	1985
2:09:17	Mark Steinle	8	2002
2:09:18	Paul Evans	8	1997
2:09:24	Hugh Jones	1	1982
2:09:31	Jon Brown	6	2005
2:09:43	Mike Gratton	1	1983
2:09:54	Tony Milovsorov	6	1989
2:10:12	Gerry Helme	2	1983
2:10:30	Dave Long	4	1991
2:10:50	Eamonn Martin	1	1993
2:10:52	Kevin Forster	2	1988
2:11:05	Mike O'Reilly	5	1990
2:11:44	Jim Dingwall	5	1983
2:11:45	Steve Brace	7	1991
2:11:54	Martin McCarthy	7	1983
2:11:58	Mark Hudspith	11	1995
2:12:07	Mark Flint	11	1994

Women

Time	Name	Position	Year
2:15:25	Paula Radcliffe	1	2003
2:17:42	Paula Radcliffe	1	2005
2:23:12	Mara Yamauchi	2	2009
2:25:56	Veronique Marot	1	1989
2:26:51	Priscilla Welch	2	1987
2:26:52	Liz McColgan	2	1997
2:28:06	Sarah Rowell	2	1985
2:28:33	Liz Yelling	9	2008
2:28:38	Sally-Ann Hales	3	1985
2:29:18	Hayley Haining	12	2008
2:29:43	Joyce Smith	1	1982
2:30:38	Ann Ford	2	1988
2:31:06	Angie Pain	7	1989
2:31:33	Andrea Wallace	3	1992
2:31:45	Lynn Harding	8	1989
2:32:09	Susan Tooby	4	1988
2:32:14	Marian Sutton	10	1998
2:32:45	Paula Fudge	5	1986
2:33:04	Sheila Catford	11	1989
2:33:24	Sally Ellis	12	1989
2:33:38	Linda Bain	7	1985

VIRGIN LONDON MARATHON 2011

Top 20 Foreigners in London

Men

Time	Name	Country	Position	Year
2:05:10	Sammy Wanjiru	KEN	1	2009
2:05:15	Martin Lel	KEN	1	2008
2:05:19	Tsegaye Kebede	ETH	1	2010
2:05:27	Jaouad Gharib	MAR	3	2009
2:05:30	Abderrahim Goumri	MAR	3	2008
2:05:38	Khalid Khannouchi	USA	1	2002
2:05:48	Paul Tergat	KEN	2	2002
2:06:15	Emmanuel Mutai	KEN	4	2008
2:06:17	Ryan Hall	USA	5	2008
2:06:18	Evans Rutto	KEN	1	2004
2:06:35	Haile Gebrselassie	ETH	3	2002
2:06:36	Antonio Pinto	POR	1	2000
2:06:38	Deriba Merga	ETH	6	2008
2:06:39	Felix Limo	KEN	1	2006
2:06:48	Sammy Korir	KEN	2	2004
2:06:52	Abdelkader El Mouaziz	MAR	4	2002
2:06:55	Hendrick Ramaala	RSA	3	2006
2:07:06	Ian Syster	RSA	5	2002
2:07:22	Stefano Baldini	ITA	5	2006
2:07:33	Abderrahim Bouramdane	MAR	4	2010

Women

Time	Name	Country	Position	Year
2:19:36	Deena Kastor	USA	1	2006
2:19:55	Catherine Ndereba	KEN	2	2003
2:20:38	Zhou Chunxiu	CHN	1	2007
2:21:06	Ingrid Kristiansen	NOR	1	1985
2:21:29	Lyudmila Petrova	RUS	2	2006
2:21:45	Gete Wami	ETH	2	2007
2:21:46	Susan Chepkemei	KEN	3	2006
2:21:52	Berhane Adere	ETH	4	2006
2:21:58	Galina Bogomolova	RUS	5	2006
2:22:00	Liliya Shobukhova	RUS	1	2010
2:22:11	Irina Mikiyenko	GER	1	2009
2:22:19	Inga Abitova	RUS	2	2010
2:22:31	Svetlana Zakharova	RUS	2	2002
2:22:35	Margaret Okayo	KEN	1	2004
2:22:38	Aselefech Mergia	ETH	3	2010
2:22:46	Reiko Tosa	JPN	4	2002
2:22:50	Constantina Tomescu-Dita	ROU	2	2005
2:23:17	Bezunesh Bekele	ETH	4	2010
2:23:22	Joyce Chepchumba	KEN	1	1999
2:23:57	Derartu Tulu	ETH	1	2001

VIRGIN LONDON MARATHON 2011

WORLD MARATHON STATISTICS

World and Continental Records

Men

World	2:03:59	Haile Gebrselassie	ETH	Berlin	28 Sep 2008
Commonwealth	2:04:27	Duncan Kibet	KEN	Rotterdam	5 Apr 2009
	2:04:27	James Kwambai	KEN	Rotterdam	5 Apr 2009
African	2:03:59	Haile Gebrselassie	ETH	Berlin	28 Sep 2008
North American	2:05:38	Khalid Khannouchi	USA	London	14 Apr 2002
South American	2:06:05	Ronaldo da Costa	BRA	Berlin	20 Sep 1998
Asian	2:06:16	Toshinari Takaoka	JPN	Chicago	13 Oct 2002
European	2:06:36	António Pinto	POR	London	16 Apr 2000
	2:06:36	Benoît Zwierchlewski	FRA	Paris	6 Apr 2003
Central American	2:07:19	Andrés Espinosa	MEX	Boston	18 Apr 1994
Oceanian	2:07:51	Rob de Castella	AUS	Boston	21 Apr 1986
World Junior (U20)	2:06:15	Bazu Worku	ETH	Paris	5 Apr 2009
M35+	2:03:59	Haile Gebrselassie	ETH	Berlin	28 Sep 2008
M40+	2:08:46	Andrés Espinosa	MEX	Berlin	28 Sep 2003

Women

World	2:15:25	Paula Radcliffe	GBR	London	13 Apr 2003
Commonwealth	2:15:25	Paula Radcliffe	GBR	London	13 Apr 2003
European	2:15:25	Paula Radcliffe	GBR	London	13 Apr 2003
African	2:18:47	Catherine Ndereba	KEN	Chicago	7 Oct 2001
Asian	2:19:12	Mizuki Noguchi	JPN	Berlin	25 Sep 2005
North American	2:19:36	Deena Kastor	USA	London	23 Apr 2006
Oceanian	2:22:36	Benita Johnson	AUS	Chicago	22 Oct 2006
Central American	2:22:59	Madai Pérez	MEX	Chicago	22 Oct 2006
South American	2:27:41	Carmen de Oliveira	BRA	Boston	18 Apr 1994
World Junior (U20)	2:22:38	Zhang Yingying	CHN	Xiamen	5 Jan 2008
W35+	2:19:19	Irina Mikitenko	GER	Berlin	28 Sep 2008
W40+	2:25:43	Lyudmila Petrova	RUS	New York	2 Nov 2008

Note: best ever in women only race:

World	2:17:42	Paula Radcliffe	GBR	London	17 Apr 2005
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VIRGIN LONDON MARATHON 2011

World All-Time Top 50 (as at 20 March 2011)

Men

Time	Name	Country	Place	City	Date
2:03:59*	Haile Gebrselassie	ETH	1	Berlin	28 Sep 08
2:04:26*	Gebrselassie		1	Berlin	30 Sep 07
2:04:27	Duncan Kibet	KEN	1	Rotterdam	5 Apr 09
2:04:27	James Kwambai	KEN	2	Rotterdam	5 Apr 09
2:04:48	Patrick Makau	KEN	1	Rotterdam	11 Apr 10
2:04:53	Gebrselassie		1	Dubai	18 Jan 08
2:04:55*	Paul Tergat	KEN	1	Berlin	28 Sep 03
2:04:55	Geoffrey Mutai	KEN	2	Rotterdam	11 Apr 10
2:04:56	Sammy Korir	KEN	2	Berlin	28 Sep 03
2:04:57	Wilson Kipsang Kiprotich	KEN	1	Frankfurt	31 Oct 10
(10 performances by 8 men)					
2:05:04	Abel Kirui	KEN	3	Rotterdam	5 Apr 09
2:05:10	Sammy Wanjiru (10)	KEN	1	London	26 Apr 09
2:05:13	Vincent Kipruto	KEN	3	Rotterdam	11 Apr 10
2:05:15	Martin Lel	KEN	1	London	13 Apr 08
2:05:18	Tsegaye Kebede	ETH	1	Fukuoka	6 Dec 09
2:05:23	Feyisa Lelisa	ETH	4	Rotterdam	11 Apr 10
2:05:25	Bazu Worku	ETH	3	Berlin	26 Sep 10
2:05:27	Jaouad Gharib	MAR	3	London	26 Apr 09
2:05:30	Abderrahim Goumri	MAR	3	London	13 Apr 08
2:05:38*	Khalid Khannouchi	USA	1	London	14 Apr 02
2:05:39	Eliud Kiptanui	KEN	1	Prague	9 May 10
2:05:44	Getu Feleke (20)	ETH	1	Amsterdam	17 Oct 10
2:05:49	William Kipsang	KEN	1	Rotterdam	13 Apr 08
2:05:50	Evans Rutto	KEN	1	Chicago	12 Oct 03
2:05:52	Robert Kiprono Cheruiyot	KEN	1	Boston	19 Apr 10
2:06:05*	Ronaldo da Costa	BRA	1	Berlin	20 Sep 98
2:06:12	Wilson Chebet	KEN	2	Amsterdam	17 Oct 10
2:06:14	Felix Limo	KEN	1	Rotterdam	4 Apr 04
2:06:14	Gilbert Kirwa Too	KEN	1	Frankfurt	25 Oct 09
2:06:15	Titus Munji	KEN	3	Berlin	28 Sep 03
2:06:15	Emmanuel Mutai	KEN	4	London	13 Apr 08
2:06:16	Moses Tanui (30)	KEN	2	Chicago	24 Oct 99
2:06:16	Daniel Njenga	KEN	2	Chicago	13 Oct 02
2:06:16	Toshinari Takaoka	JPN	3	Chicago	13 Oct 02
2:06:17	Ryan Hall	USA	5	London	13 Apr 08
2:06:18	Gilbert Yegon	KEN	1	Amsterdam	18 Oct 09
2:06:23	Robert Cheboror	KEN	1	Amsterdam	17 Oct 04
2:06:25	Evans Cheruiyot	KEN	1	Chicago	12 Oct 08
2:06:26	David Kemboi Kiyeng	KEN	3	Paris	5 Apr 09
2:06:30	Yemane Tsegay	ETH	4	Paris	5 Apr 09
2:06:31	Tadesse Tola	ETH	2	Frankfurt	31 Oct 10
2:06:33	Gert Thys (40)	RSA	1	Tokyo	14 Feb 99
2:06:33	Michael Rotich	KEN	1	Paris	6 Apr 03
2:06:33	Chala Dechase	ETH	2	Dubai	22 Jan 10
2:06:35	Markos Geneti	ETH	1	Los Angeles	20 Mar 11
2:06:36	António Pinto	POR	1	London	16 Apr 00
2:06:36	Benoit Zwierzchlewski	FRA	2	Paris	6 Apr 03
2:06:38	Deriba Merga	ETH	6	London	13 Apr 08
2:06:41	Elijah Keitany	KEN	2	Amsterdam	18 Oct 09
2:06:44	Josephat Kiprono	KEN	1	Berlin	26 Sep 99
2:06:44	Paul Kirui	KEN	2	Rotterdam	9 Apr 06
2:06:45	Richard Limo (50)	KEN	2	Amsterdam	21 Oct 07

* World record

As at the end of 2010, 516 men had run a marathon faster than 2:10:00.

VIRGIN LONDON MARATHON 2011

Women

Time	Name	Country	Place	City	Date
2:15:25*	Paula Radcliffe	GBR	1	London	13 Apr 03
2:17:18*	Radcliffe		1	Chicago	13 Oct 02
2:17:42	Radcliffe		1	London	17 Apr 05
2:18:47*	Catherine Ndereba	KEN	1	Chicago	7 Oct 01
2:18:56	Radcliffe		1	London	14 Apr 02
2:19:12	Mizuki Noguchi	JPN	1	Berlin	25 Sep 05
2:19:19	Irina Mikitenko	GER	1	Berlin	28 Sep 08
2:19:26	Ndereba		2	Chicago	13 Oct 02
2:19:36	Deena Kastor	USA	1	London	23 Apr 06
2:19:39	Sun Yingjie	CHN	1	Beijing	19 Oct 03
(10 performances by 6 women)					
2:19:41	Yoko Shibui	JPN	1	Berlin	26 Sep 04
2:19:46*	Naoko Takahashi	JPN	1	Berlin	30 Sep 01
2:19:51	Zhou Chunxiu	CHN	1	Seoul	12 Mar 06
2:20:25	Liliya Shobukhova (10)	RUS	1	Chicago	10 Oct 10
2:20:42	Berhane Adere	ETH	1	Chicago	22 Oct 06
2:20:43	Tegla Loroupe	KEN	1	Berlin	26 Sep 99
2:20:43	Margaret Okayo	KEN	1	Boston	15 Apr 02
2:20:47	Galina Bogomolova	RUS	2	Chicago	22 Oct 06
2:21:06*	Ingrid Kristiansen	NOR	1	London	21 Apr 85
2:21:21	Joan Benoit	USA	1	Chicago	20 Oct 85
2:21:29	Lyudmila Petrova	RUS	2	London	23 Apr 06
2:21:30	Constantina Dita	ROU	2	Chicago	9 Oct 05
2:21:31	Svetlana Zakharova	RUS	4	Chicago	13 Oct 02
2:21:31	Askale Tafa (20)	ETH	2	Berlin	28 Sep 08
2:21:34	Gete Wami	ETH	1	Berlin	25 Sep 06
2:21:45	Uta Pippig	GER	1	Boston	18 Apr 94
2:21:45	Masako Chiba	JPN	2	Osaka	26 Jan 03
2:21:46	Susan Chepkemei	KEN	3	London	23 Apr 06
2:21:51	Naoko Sakamoto	JPN	3	Osaka	26 Jan 03
2:22:04	Atsede Baysa	ETH	1	Paris	11 Apr 10
2:22:12	Eri Yamaguchi	JPN	1	Tokyo	22 Nov 99
2:22:19	Inga Abitova	RUS	2	London	25 Apr 10
2:22:22	Lornah Kiplagat	KEN	4	Osaka	26 Jan 03
2:22:23	Catherina McKiernan (30)	IRL	1	Amsterdam	1 Nov 98
2:22:36	Benita Willis	AUS	3	Chicago	22 Oct 06
2:22:38	Zhang Yingying	CHN	1	Xiamen	5 Jan 08
2:22:38	Aselefech Mergia	ETH	3	London	25 Apr 10
2:22:43	Sharon Cherop	KEN	1	Toronto	26 Sep 10
2:22:44	Tirfe Tsegaye	ETH	2	Toronto	26 Sep 10
2:22:46	Reiko Tosa	JPN	4	London	14 Apr 02
2:22:54	Lidia Simon	ROU	1	Osaka	30 Jan 00
2:22:56	Harumi Hiroyama	JPN	2	Osaka	30 Jan 00
2:22:56	Jelena Prokopcuka	LAT	1	Osaka	30 Jan 05
2:22:59	Madai Pérez (40)	MEX	4	Chicago	22 Oct 06
2:23:01	Lydia Cheromei	KEN	2	Dubai	21 Jan 11
2:23:05	Marleen Renders	BEL	1	Paris	7 Apr 02
2:23:06	Merima Mohammed Hasen	ETH	3	Toronto	26 Sep 10
2:23:09	Bezunesh Bekele	ETH	2	Dubai	18 Jan 08
2:23:12	Wei Yanan	CHN	1	Seoul	18 Mar 07
2:23:12	Mara Yamauchi	GBR	2	London	26 Apr 09
2:23:17	Zhang Shujing	CHN	3	Beijing	20 Oct 02
2:23:21	Fatuma Roba	ETH	1	Boston	20 Apr 98
2:23:22	Joyce Chepchumba	KEN	1	London	18 Apr 99
2:23:22	Salina Kosgei (50)	KEN	2	Berlin	25 Sep 06

Drugs dq:

2:20:23	Wei Yanan	CHN	(1)	Beijing	20 Oct 02
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* World record

At the end of 2010, 525 women had run a marathon faster than 2:30:00.

VIRGIN LONDON MARATHON 2011

World Record Progression

Men

Time	Name	Country	Race	Date
2:55:19	Johnny Hayes	USA	London (OG)	24 Jul 08
2:52:46	Robert Fowler	USA	Yonkers	01 Jan 09
2:46:53	James Clark	USA	New York	12 Feb 09
2:46:05	Albert Raines	USA	New York	08 May 09
2:42:31	Fred Barrett	GBR	London	26 May 09
2:40:35	Thure Johansson	SWE	Stockholm	31 Aug 09
2:38:17	Harry Green	GBR	London	12 May 13
2:36:07	Alexis Ahlgren	SWE	London	31 May 13
2:32:36*	Hannes Kolehmainen	FIN	Antwerp (OG)	22 Aug 20
2:29:02	Albert Michelsen	USA	Port Chester	12 Oct 25
2:27:49	Fusashige Suzuki	JPN	Tokyo	31 Mar 35
2:26:44	Yasuo Ikenaka	JPN	Tokyo	03 Apr 35
2:26:42	Kitei Son**	JPN	Tokyo	03 Nov 35
2:25:39	Yun Bok Suh	KOR	Boston	19 Apr 47
2:20:43	Jim Peters	GBR	Chiswick	14 Jun 52
2:18:41	Peters		Chiswick	13 Jun 53
2:18:35	Peters		Turku	04 Oct 53
2:17:40	Peters		Chiswick	26 Jun 54
2:15:17	Sergey Popov	URS	Stockholm	24 Aug 58
2:15:17	Abebe Bikila	ETH	Rome (OG)	10 Sep 60
2:15:16	Toru Terasawa	JPN	Beppu	17 Feb 63
2:14:28	Buddy Edelen	USA	Chiswick	15 Jun 63
2:13:55	Basil Heatley	GBR	Chiswick	13 Jun 64
2:12:12	Bikila		Tokyo (OG)	21 Oct 64
2:12:00	Morio Shigematsu	JPN	Chiswick	12 Jun 65
2:09:37	Derek Clayton	AUS	Fukuoka	03 Dec 67
2:08:34	Clayton		Antwerp	30 May 69
2:08:18	Rob de Castella	AUS	Fukuoka	06 Dec 81
2:08:05	Steve Jones	GBR	Chicago	21 Oct 84
2:07:12	Carlos Lopes	POR	Rotterdam	20 Apr 85
2:06:50	Belayneh Dinsamo	ETH	Rotterdam	17 Apr 88
2:06:05	Ronaldo da Costa	BRA	Berlin	20 Sep 98
2:05:42	Khalid Khannouchi	MAR	Chicago	24 Oct 99
2:05:38	Khannouchi	USA	London	14 Apr 02
2:04:55	Paul Tergat	KEN	Berlin	28 Sep 03
2:04:26	Haile Gebrselassie	ETH	Berlin	30 Sep 07
2:03:59	Gebrselassie		Berlin	28 Sep 08

*42.75km

** Sohn Kee Chung (KOR)

VIRGIN LONDON MARATHON 2011

Women

Time	Name	Country	Race	Date
3:40:22	Violet Piercy	GBR	London	03 Oct 26
3:37:07	Merry Lepper	USA	Culver City	16 Dec 63
3:27:45	Dale Greig	GBR	Ryde	23 May 64
3:19:33	Mildred Sampson	NZL	Auckland	21 Jul 64
3:15:22	Maureen Wilton	CAN	Toronto	06 May 67
3:07:27	Anni Pede-Erdkamp	GER	Waldniel	16 Sep 67
3:02:53	Caroline Walker	USA	Seaside	28 Feb 70
3:01:42	Beth Bonner	USA	Philadelphia	09 May 71
2:55:22	Bonner		New York	19 Sep 71
2:49:40	Cheryl Bridges	USA	Culver City	05 Dec 71
2:46:36	Miki Gorman	USA	Culver City	02 Dec 73
2:46:24	Chantal Langlace	FRA	Neuf Brisach	27 Oct 74
2:43:55	Jacqueline Hansen	USA	Culver City	01 Dec 74
2:42:24	Lianne Winter	GER	Boston	21 Apr 75
2:40:16	Christa Vahlensieck	GER	Dulmen	03 May 75
2:38:19	Hansen		Eugene	12 Oct 75
2:35:16	Langlace		Oyarzun	01 May 77
2:34:48	Vahlensieck		West Berlin	10 Sep 77
2:32:30	Grete Waitz	NOR	New York	22 Oct 78
2:27:33	Waitz		New York	21 Oct 79
2:25:42	Waitz		New York	26 Oct 80
2:25:29	Waitz		London	17 Apr 83
2:22:43	Joan Benoit	USA	Boston	18 Apr 83
2:21:06	Ingrid Kristiansen	NOR	London	21 Apr 85
2:20:47	Tegla Loroupe	KEN	Rotterdam	19 Apr 98
2:20:43	Loroupe		Berlin	26 Sep 99
2:19:46	Naoko Takahashi	JPN	Berlin	30 Sep 01
2:18:47	Catherine Ndereba	KEN	Chicago	7 Oct 01
2:17:18	Paula Radcliffe	GBR	Chicago	13 Oct 02
2:15:25	Radcliffe		London	13 Apr 03

Women-only World Records since 1984 (approved courses only)

2:24:52	Joan Benoit	USA	Los Angeles (Oly)	08 Aug 84
2:23:51	Lisa Ondieki	AUS	Osaka	31 Jan 88
2:23:24	Lidia Simon	ROU	Osaka	31 Jan 99
2:23:22	Joyce Chepchumba	KEN	London	18 Apr 99
2:22:12	Eri Yamaguchi	JPN	Tokyo	21 Nov 99
2:18:56	Paula Radcliffe	GBR	London	14 Apr 02
2:17:42	Radcliffe		London	17 Apr 05

VIRGIN LONDON MARATHON 2011

World's Best in 2010

Men

Time	Name	Country	Place	City	Date
2:04:48	Patrick Makau	KEN	1	Rotterdam	11 Apr
2:04:55	Geoffrey Mutai	KEN	2	Rotterdam	11 Apr
2:04:57	Wilson Kipsang Kiprotich	KEN	1	Frankfurt	31 Oct
2:05:08	Makau		1	Berlin	26 Sep
2:05:10	Mutai		2	Berlin	26 Sep
2:05:13	Vincent Kipruto	KEN	3	Rotterdam	11 Apr
2:05:19	Tsegaye Kebede	ETH	1	London	25 Apr
2:05:23	Feyisa Lilesa	ETH	4	Rotterdam	11 Apr
2:05:25	Bazu Worku	ETH	3	Berlin	26 Sep
2:05:39	Eliud Kiptanui	KEN	1	Prague	9 May
(10 performances by 8 men)					
2:05:44	Getu Feleke	ETH	1	Amsterdam	17 Oct
2:05:52	Robert Kiprono Cheruiyot (10)	KEN	1	Boston	19 Apr
2:06:09	Haile Gebrselassie	ETH	1	Dubai	22 Jan
2:06:12	Wilson Chebet	KEN	2	Amsterdam	17 Oct
2:06:23	Emmanuel Mutai	KEN	2	London	25 Apr
2:06:24	Samuel Wanjiru	KEN	1	Chicago	10 Oct
2:06:31	Tadesse Tola	ETH	2	Frankfurt	31 Oct
2:06:33	Chala Dechase	ETH	2	Dubai	22 Jan
2:06:46	Eshetu Wondimu	ETH	3	Dubai	22 Jan
2:06:49	Sylvester Kimeli Teimet	KEN	1	Seoul	21 Mar
2:06:55	Jaouad Gharib	MAR	3	London	25 Apr
2:06:59	Gilbert Kirwa Too (20)	KEN	2	Seoul	21 Mar
2:07:01	Bernard Kipyego	KEN	2	Paris	11 Apr
2:07:04	Elias Kemboi Chelimo	KEN	3	Frankfurt	31 Oct
2:07:11	Alfred Kering	KEN	2	Paris	11 Apr
2:07:11	Yemane Tsegay Adhane	ETH	2	Prague	9 May
2:07:11	Philip Sanga Kimutai	KEN	4	Frankfurt	31 Oct
2:07:23	Tekeste Kebede	ETH	2	Boston	19 Apr
2:07:23	Nicholas Koech	KEN	3	Prague	9 May
2:07:29	Abraham Cherkos	ETH	4	Amsterdam	17 Oct
2:07:30	Jackson Kipkoech Kotut	KEN	1	Barcelona	7 Mar
2:07:33	Abderrahim Bouramdane (30)	MAR	4	London	25 Apr
2:07:35	Paul Kirui	KEN	3	Seoul	21 Mar
2:07:36	Felix Keny	KEN	2	Barcelona	7 Mar
2:07:37	Teshome Gelana	ETH	1	Houston	17 Jan
2:07:37	Hailu Mekonnen	ETH	5	Amsterdam	17 Oct
2:07:38	Charles Kamathi	KEN	1	Eindhoven	10 Oct
2:07:38	Nicholas Chelimo	KEN	2	Eindhoven	10 Oct
2:07:40	Paul Biwott	KEN	3	Eindhoven	10 Oct
2:07:54	Benjamin Kiptoo Kolum	KEN	1	Chuncheon	24 Oct
2:07:56	Shadrack Kiplagat	KEN	6	Amsterdam	17 Oct
2:07:58	Kenneth Mungara (40)	KEN	1	Toronto	26 Sep
2:08:04	Abel Kirui	KEN	5	London	25 Apr
2:08:10	Jafred Chirchir Kipchumba	KEN	2	Toronto	26 Sep
2:08:13	Yared Dagnaw	ERI	4	Eindhoven	10 Oct
2:08:14	Gebre-egziabher Gebremariam	ETH	1	New York	7 Nov
2:08:15	Daniel Rono	KEN	3	Toronto	26 Sep
2:08:15	David Kiyeng	KEN	1	Seoul	7 Nov
2:08:17	Mohamed El Hachimi	MAR	2	Seoul	7 Nov
2:08:22	Nixon Machichim	KEN	4	Toronto	26 Sep
2:08:24	Daniel Chepyegon	UGA	5	Frankfurt	31 Oct
2:08:25	Wegayehu Girma (50)	KEN	3	Seoul	7 Nov

VIRGIN LONDON MARATHON 2011

Women

Time	Name	Country	Place	City	Date
2:20:25	Liliya Shobukhova	RUS	1	Chicago	10 Oct
2:22:00	Shobukhova		1	London	25 Apr
2:22:04	Atsede Baysa	ETH	1	Paris	11 Apr
2:22:19	Inga Abitova	RUS	2	London	25 Apr
2:22:38	Aselefech Mergia	ETH	3	London	25 Apr
2:22:43	Sharon Cherop	KEN	1	Toronto	26 Sep
2:22:44	Tirfe Tsegaye	ETH	2	Toronto	26 Sep
2:23:06	Merima Mohammed Hasen	ETH	3	Toronto	26 Sep
2:23:17	Bezunesh Bekele	ETH	4	London	25 Apr
2:23:25	Caroline Cheptanui	KEN	1	Frankfurt	31 Oct
(10 performances by 9 women)					
2:23:44	Dire Tune (10)	ETH	2	Frankfurt	31 Oct
2:23:50	Mariya Konovalova	RUS	3	Chicago	10 Oct
2:23:53	Teyiba Erkesso	ETH	1	Houston	17 Jan
2:23:58	Aberu Kebede	ETH	1	Berlin	26 Sep
2:24:07	Agnes Kiprop	KEN	3	Frankfurt	31 Oct
2:24:13	Amane Gobena	ETH	1	Seoul	21 Mar
2:24:18	Mamitu Daska	ETH	1	Dubai	22 Jan
2:24:22	Christelle Daunay	FRA	2	Paris	11 Apr
2:24:33	Korene Jelila	ETH	4	Toronto	26 Sep
2:24:39	Askale Tafa Magarsa	ETH	5	London	25 Apr
2:24:54	Helena Kirop (20)	KEN	3	Dubai	22 Jan
2:24:55	Yukiko Akaba	JPN	6	London	25 Apr
2:25:00	Zhou Chunxiu	CHN	1	Guangzhou	27 Nov
2:25:03	Alice Timbilil	KEN	1	Amsterdam	17 Oct
2:25:10	Isabellah Andersson	SWE	4	Frankfurt	31 Oct
2:25:18	Bai Xue	CHN	7	London	25 Apr
2:25:21	Kim Smith	NZL	8	London	25 Apr
2:25:27	Mare Dibaba	ETH	5	Frankfurt	31 Oct
2:25:28	Firehiwot Dado	ETH	1	Rome	21 Mar
2:25:31	Haile Kebebus	ETH	2	Rome	21 Mar
2:25:34	Azalech Masresha (30)	ETH	4	Paris	11 Apr
2:25:35	Atsede Habtamu	ETH	1	Eindhoven	10 Oct
2:25:38dh	Edna Kiplagat	KEN	1	Los Angeles	21 Mar
2:25:43	Mari Ozaki	JPN	9	London	25 Apr
2:25:44	Marisa Barros	POR	2	Osaka	31 Jan
2:25:50	Asnakech Mengistu	ETH	1	Milan	11 Apr
2:26:05	Nailya Yulamanova	RUS	1	Shanghai	5 Dec
2:26:10	Tomo Morimoto	JPN	3	Berlin	26 Sep
2:26:13	Tatyana Aryasova	RUS	1	Dublin	25 Oct
2:26:14	Tatyana Pushkareva	RUS	2	Boston	19 Apr
2:26:16	Mara Yamauchi (40)	GBR	10	London	25 Apr
2:26:20dh	Teyba Naser	ETH	2	Los Angeles	21 Mar
2:26:20	Desiree Davila	USA	4	Chicago	10 Oct
2:26:21	Sabrina Mockenhaupt	GER	4	Berlin	26 Sep
2:26:22	Magdalena Lewy Boulet	USA	2	Rotterdam	11 Apr
2:26:23	Hilda Kibet	NED	6	Frankfurt	31 Oct
2:26:24	Tetyana Filonyuk	UKR	4	Rome	21 Mar
2:26:35	Zhu Xiaolin	CHN	2	Guangzhou	27 Nov
2:26:40	Irina Mikitenko	GER	5	Chicago	10 Oct
2:27:02	Priscah Jeptoo	KEN	1	Turin	14 Nov
2:27:04	Eyerusalem Kuma (50)	ETH	2	Amsterdam	17 Oct

VIRGIN LONDON MARATHON 2011

World's Best in 2011 (as at 20 March 2011)

Men

Time	Name	Country	Place	City	Date
2:06:13	Wilson Kipsang	KEN	1	Otsu	7 Mar
2:06:35	Markos Geneti	ETH	1	Los Angeles	20 Mar
2:07:04	Bekana Daba	ETH	1	Houston	30 Jan
2:07:18	David Barmasai	KEN	1	Dubai	21 Jan
2:07:31	Levi Matebo	KEN	1	Barcelona	6 Mar
2:07:35	Hailu Mekonnen	ETH	1	Tokyo	27 Feb
2:08:17	Robert Kipchumba	KEN	1	Xiamen	2 Jan
2:08:17	Evans Cheruiyot	KEN	2	Dubai	21 Jan
2:08:17	Paul Biwott	KEN	2	Tokyo	27 Feb
2:08:17	Hillary Kimaiyo	KEN	1	Torreón	6 Mar
2:08:37	Yuki Kawauchi	JPN	3	Tokyo	27 Feb
2:08:45	Dickson Chumba	KEN	1	Rome	20 Mar
2:08:54	Eshetu Wondimu	ETH	3	Dubai	21 Jan
2:09:03	Yoshinori Oda	JPN	4	Tokyo	27 Feb
2:09:08	Deresse Chimsa	ETH	4	Dubai	21 Jan
2:09:10	Cyrus Njui	KEN	5	Tokyo	27 Feb
2:09:11	Abderrahim Goumri	MAR	1	Seoul	20 Mar
2:09:13	Deriba Merga	ETH	2	Otsu	7 Mar
2:09:16	Albert Matebor	KEN	1	Verona	20 Feb
2:09:21	Siraj Amdabene	ETH	2	Rome	20 Mar
2:09:25	Hiroyuki Horibata	JPN	3	Otsu	7 Mar
2:09:27	Stephen Kibet	KEN	5	Dubai	21 Jan
2:09:28	Jeong Jin-hyeong	KOR	2	Seoul	20 Mar
2:09:31	Kentaro Nakamoto	JPN	4	Otsu	7 Mar
2:09:42	Abdullah Shami	ETH	3	Rome	20 Mar

Women

Time	Name	Country	Place	City	Date
2:22:45	Aselefech Mergia	ETH	1	Dubai	21 Jan
2:23:01	Lydia Cheromei	KEN	2	Dubai	21 Jan
2:23:41	Isabellah Andersson	SWE	3	Dubai	21 Jan
2:23:56	Yoshimi Ozaki	JPN	1	Yokohama	20 Feb
2:24:13	Firehiwot Dado	ETH	1	Rome	20 Mar
2:24:26	Atsede Habtamu	ETH	4	Dubai	21 Jan
2:24:29	Remi Nakazato	JPN	2	Yokohama	20 Feb
2:25:04	Marisa Barros	POR	3	Yokohama	20 Feb
2:25:08	Atsede Bayisa	ETH	5	Dubai	21 Jan
2:26:21	Goitetom Haftu	ETH	2	Rome	20 Mar
2:26:29	Yukiko Akaba	JPN	1	Osaka	30 Jan
2:26:33	Mamitu Deska	ETH	1	Houston	30 Jan
2:26:34	Bizunesh Deba	ETH	1	Los Angeles	20 Mar
2:26:51	Robe Guta	ETH	1	Seoul	20 Mar
2:26:53	Diana Chepkemai	KEN	6	Dubai	21 Jan
2:26:55	Mai Ito	JPN	2	Osaka	30 Jan
2:26:56	Korene Jelila	ETH	1	Mumbai	16 Jan
2:26:57	Merima Mohamed	ETH	2	Mumbai	16 Jan
2:26:58	Kaoru Nagao	JPN	4	Yokohama	20 Feb
2:27:03	Amy Hastings	USA	2	Los Angeles	20 Mar
2:27:13	Genet Getaneh	ETH	7	Dubai	21 Jan
2:27:13	Wei Yanan	CHN	2	Seoul	20 Mar
2:27:15	Worknesh Kidane	ETH	8	Dubai	21 Jan
2:27:16	Karolina Jarzynska	POL	5	Yokohama	20 Feb
2:27:19	Tatyana Aryasova	RUS	1	Tokyo	27 Feb

VIRGIN LONDON MARATHON 2011

World Record Pace Guide

Women's Record
PAULA RADCLIFFE
2:15:25 at London 03
(her actual mile splits)

Women's Only Record
Paula Radcliffe
2:17:42 at London 05
(her actual mile splits)

Men's Record
HAILE GEBRESELASSIE
2:03:59 at Berlin 08
(km splits; mile splits not taken)

Mile	Time	Time	Km	Time	Km split
1	5:10	5:03	1	3:05	3:05
2	10:18	10:15	2	5:57	2:52
3	15:15	15:13	3	8:48	2:51
4	20:22	20:28	4	11:44	2:56
5	25:32	25:50	5	14:34	2:50
6	30:54	31:08	6	17:30	2:56
7	36:06	36:24	7	20:23	2:53
8	41:17	41:38	8	23:18	2:55
9	46:35	46:53	9	26:16	2:58
10	51:48	52:06	10	29:13	2:57
11	56:58	57:20	11	32:09	2:56
12	1:02:14	1:02:38	12	35:06	2:57
13	1:07:30	1:07:53	13	38:12	2:54
13.1	1:08:02	1:08:27	14	41:10	2:58
14	1:12:38	1:13:04	15	44:02	2:52
15	1:17:48	1:18:16	16	46:59	2:57
16	1:23:01	1:23:30	17	49:57	2:58
17	1:28:08	1:28:45	18	52:56	2:59
18	1:33:19	1:34:01	19	55:52	2:56
19	1:38:26	1:39:24	20	58:50	2:58
20	1:43:33	1:44:35	21	1:01:46	2:56
21	1:48:44	1:49:59	22	1:04:46	3:00
22	1:53:50	1:55:26	23	1:07:44	2:58
23	1:59:03	2:00:43	24	1:10:42	2:58
24	2:04:06	2:05:54	25	1:13:40	2:58
25	2:09:14	2:11:13	26	*1:16:39	2:59
26.2	2:15:25	2:17:42	27	1:19:34	2:55
			28	1:22:36	3:02
			29	1:25:31	2:55
			30	1:28:25	2:54
			31	1:31:26	3:01
			32	1:34:18	2:52
			33	1:37:13	2:55
			34	1:40:06	2:53
			35	1:43:05	2:59
			36	1:46:00	2:55
			37	1:48:53	2:53
			38	1:51:48	2:55
			39	1:54:39	2:51
			40	1:57:33	2:54
			41	2:00:21	2:48
			42	2:03:18	2:57
			42.195	2:03:59	(Halves: 62:04/61:55)

* = taken from clock car

Gebrselassie's 5km splits were:

5km	14:34
10km	14:39
15km	14:49
20km	14:48
25km	14:50
30km	14:45
35km	14:40
40km	14:28
42.195km	6:26

VIRGIN LONDON MARATHON 2011

Mile and Kilometre Pace Charts

Here are two tables to convert a runner's pace to the time needed to cover a particular distance. To see the average race pace, look at the finish time and read the pace from the left-hand column. The table on this page is based on minutes per mile; the table on the following page on minutes per kilometre.

Mile Pace

1	5	10	Half	15	20	25	Mar
0:04:30	0:22:30	0:45:00	0:59:00	1:07:30	1:30:00	1:52:30	1:58:00
0:04:40	0:23:20	0:46:40	1:01:11	1:10:00	1:33:20	1:56:40	2:02:22
0:04:45	0:23:45	0:47:30	1:02:16	1:11:15	1:35:00	1:58:45	2:04:32
0:04:50	0:24:10	0:48:20	1:03:22	1:12:30	1:36:40	2:00:50	2:06:44
0:05:00	0:25:00	0:50:00	1:05:33	1:15:00	1:40:00	2:05:00	2:11:06
0:05:10	0:25:50	0:51:40	1:07:44	1:17:30	1:43:20	2:09:10	2:15:28
0:05:15	0:26:15	0:52:30	1:08:50	1:18:45	1:45:00	2:11:15	2:17:39
0:05:20	0:26:40	0:53:20	1:09:55	1:20:00	1:46:40	2:13:20	2:19:51
0:05:30	0:27:30	0:55:00	1:12:06	1:22:30	1:50:00	2:17:30	2:24:13
0:05:40	0:28:20	0:56:40	1:14:17	1:25:00	1:53:20	2:21:40	2:28:35
0:05:45	0:28:45	0:57:30	1:15:23	1:26:15	1:55:00	2:23:45	2:30:46
0:05:50	0:29:10	0:58:20	1:16:29	1:27:30	1:56:40	2:25:50	2:32:57
0:06:00	0:30:00	1:00:00	1:18:40	1:30:00	2:00:00	2:30:00	2:37:19
0:06:10	0:30:50	1:01:40	1:20:51	1:32:30	2:03:20	2:34:10	2:41:42
0:06:15	0:31:15	1:02:30	1:21:56	1:33:45	2:05:00	2:36:15	2:43:53
0:06:20	0:31:40	1:03:20	1:23:02	1:35:00	2:06:40	2:38:20	2:46:04
0:06:30	0:32:30	1:05:00	1:25:13	1:37:30	2:10:00	2:42:30	2:50:26
0:06:40	0:33:20	1:06:40	1:27:24	1:40:00	2:13:20	2:46:40	2:54:48
0:06:45	0:33:45	1:07:30	1:28:30	1:41:15	2:15:00	2:48:45	2:56:59
0:06:50	0:34:10	1:08:20	1:29:35	1:42:30	2:16:40	2:50:50	2:59:10
0:07:00	0:35:00	1:10:00	1:31:46	1:45:00	2:20:00	2:55:00	3:03:33
0:07:10	0:35:50	1:11:40	1:33:57	1:47:30	2:23:20	2:59:10	3:07:55
0:07:15	0:36:15	1:12:30	1:35:03	1:48:45	2:25:00	3:01:15	3:10:06
0:07:20	0:36:40	1:13:20	1:36:08	1:50:00	2:26:40	3:03:20	3:12:17
0:07:30	0:37:30	1:15:00	1:38:20	1:52:30	2:30:00	3:07:30	3:16:39
0:07:40	0:38:20	1:16:40	1:40:31	1:55:00	2:33:20	3:11:40	3:21:01
0:07:45	0:38:45	1:17:30	1:41:36	1:56:15	2:35:00	3:13:45	3:23:12
0:07:50	0:39:10	1:18:20	1:42:42	1:57:30	2:36:40	3:15:50	3:25:24
0:08:00	0:40:00	1:20:00	1:44:53	2:00:00	2:40:00	3:20:00	3:29:46
0:08:10	0:40:50	1:21:40	1:47:04	2:02:30	2:43:20	3:24:10	3:34:08
0:08:15	0:41:15	1:22:30	1:48:10	2:03:45	2:45:00	3:26:15	3:36:19
0:08:20	0:41:40	1:23:20	1:49:15	2:05:00	2:46:40	3:28:20	3:38:30
0:08:30	0:42:30	1:25:00	1:51:26	2:07:30	2:50:00	3:32:30	3:42:52
0:08:40	0:43:20	1:26:40	1:53:37	2:10:00	2:53:20	3:36:40	3:47:15
0:08:45	0:43:45	1:27:30	1:54:43	2:11:15	2:55:00	3:38:45	3:49:26
0:08:50	0:44:10	1:28:20	1:55:48	2:12:30	2:56:40	3:40:50	3:51:37
0:09:00	0:45:00	1:30:00	1:58:00	2:15:00	3:00:00	3:45:00	3:55:59
0:09:05	0:45:25	1:30:50	1:59:05	2:16:15	3:01:40	3:47:05	3:58:10
0:09:10	0:45:50	1:31:40	2:00:11	2:17:30	3:03:20	3:49:10	4:00:21

VIRGIN LONDON MARATHON 2011

Kilometre Pace

1k	1M	5km	10km	15km	20km	Half	25km	30km	35km	40k	Mar
0:02:45	0:04:26	0:13:45	0:27:30	0:41:15	0:55:00	0:58:01	1:08:45	1:22:30	1:36:15	1:50:00	1:56:02
0:02:50	0:04:34	0:14:10	0:28:20	0:42:30	0:56:40	0:59:47	1:10:50	1:25:00	1:39:10	1:53:20	1:59:33
0:02:55	0:04:42	0:14:35	0:29:10	0:43:45	0:58:20	1:01:32	1:12:55	1:27:30	1:42:05	1:56:40	2:03:04
0:03:00	0:04:50	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35
0:03:05	0:04:58	0:15:25	0:30:50	0:46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06
0:03:10	0:05:06	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37
0:03:15	0:05:14	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08
0:03:20	0:05:22	0:16:40	0:33:20	0:50:00	1:06:40	1:10:19	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39
0:03:25	0:05:30	0:17:05	0:34:10	0:51:15	1:08:20	1:12:05	1:25:23	1:42:30	1:59:35	2:16:40	2:24:10
0:03:30	0:05:38	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41
0:03:35	0:05:46	0:17:55	0:35:50	0:53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12
0:03:40	0:05:54	0:18:20	0:36:40	0:55:00	1:13:20	1:17:21	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43
0:03:45	0:06:06	0:18:45	0:37:30	0:56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:25	2:30:00	2:38:14
0:03:50	0:06:10	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45
0:03:55	0:06:18	0:19:35	0:39:10	0:58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16
0:04:00	0:06:26	0:20:00	0:40:00	1:00:00	1:20:00	1:24:23	1:40:00	2:00:00	2:20:00	2:40:00	2:48:47
0:04:05	0:06:34	0:20:25	0:40:50	1:01:15	1:21:40	1:26:09	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18
0:04:10	0:06:42	0:20:50	0:41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49
0:04:15	0:06:50	0:21:15	0:42:30	1:03:45	1:25:00	1:29:40	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20
0:04:20	0:06:58	0:21:40	0:43:30	1:05:00	1:26:40	1:31:25	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51
0:04:25	0:07:06	0:22:05	0:44:10	1:06:15	1:28:20	1:33:11	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22
0:04:30	0:07:14	0:22:30	0:45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53
0:04:35	0:07:23	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24
0:04:40	0:07:31	0:23:20	0:46:40	1:10:00	1:33:20	1:38:27	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55
0:04:45	0:07:39	0:23:45	0:47:30	1:11:15	1:35:00	1:40:13	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26
0:04:50	0:07:47	0:24:10	0:48:20	1:12:30	1:36:40	1:41:58	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57
0:04:55	0:07:55	0:24:35	0:49:10	1:13:45	1:38:20	1:43:43	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28
0:05:00	0:08:03	0:25:00	0:50:00	1:15:00	1:40:00	1:45:29	2:05:00	2:30:00	2:55:00	3:20:00	3:30:58
0:05:05	0:08:11	0:25:25	0:50:50	1:16:15	1:41:40	1:47:15	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29
0:05:10	0:08:19	0:25:50	0:51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00
0:05:15	0:08:27	0:26:15	0:52:30	1:18:45	1:45:00	1:50:46	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31
0:05:20	0:08:35	0:26:40	0:53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02
0:05:25	0:08:43	0:27:05	0:54:10	1:21:15	1:48:20	1:54:17	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33
0:05:30	0:08:51	0:27:30	0:55:00	1:22:30	1:50:00	1:56:02	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04
0:05:35	0:08:59	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35
0:05:40	0:09:07	0:28:20	0:56:40	1:25:00	1:53:20	1:59:33	2:21:40	2:50:00	3:18:20	3:36:40	3:59:06
0:05:45	0:09:15	0:28:45	0:57:30	1:26:15	1:55:00	2:01:19	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37
0:05:50	0:09:23	0:29:10	0:58:20	1:27:30	1:56:40	2:03:04	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08

VIRGIN LONDON MARATHON 2011

30km Records

Paula Radcliffe was timed at 1:21:03 (25km) and 1:37:27 (30km) during the 2005 London Marathon, but no records were applied for in either case. In 2005 there were only Champion Chip times at 25km and 30km but since then there have been official time keepers at the 30km mark to ratify any times for IAAF world record purposes.

There are no time keepers at the 25km point because, at 8.5m above sea level, this is more than a 25-metre drop from the start (39.459m asl) so 25km times are not eligible for official records. The 30km mark (10.794m on the north side of the road, 10.558m on the south side) is within the limit for records.

World records

Men					
30km	1:27:49 +	Haile Gebrselassie	ETH	Berlin	20 Sep 2009

Women					
30km	1:38:49 +	Mizuki Noguchi	JPN	Berlin	25 Sep 2005

The fastest 30km times recorded in 2010 were:

Men					
30km	1:28:46 +	Tsegaye Kebede	ETH	London	25 Apr
	1:28:46 +	Abel Kirui	KEN	London	25 Apr

Women					
30km	1:39:28 +	Atsede Baysa	ETH	Chicago	10 Oct

Area records

Men					
Africa	1:27:49 +	Haile Gebrselassie	ETH	Berlin	20 Sep 2009
Asia	1:28:00	Takayuki Matsumiya	JPN	Kumamoto	27 Feb 2005
Europe	1:29:00 +	António Pinto	POR	London	14 April 2002
NACAC	1:28:38 +	Ryan Hall	USA	London	13 April 2008
South America	1:29:23 +	Marilson dos Santos	BRA	London	25 April 2010

Women					
Africa	1:39:21 +	Catherine Ndereba	KEN	Chicago	13 Oct 2002
Asia	1:38:49 +	Mizuki Noguchi	JPN	Berlin	25 Sep 2005
Europe	1:39:22 +	Paula Radcliffe	GBR	Helsinki	14 Aug 2005
NACAC	1:40:12 +	Madaí Pérez	MEX	Chicago	22 Oct 2006
Oceania	1:40:12 +	Benita Johnson (Willis)	AUS	Chicago	22 Oct 2006
South America	1:44:57	Martha Tenorio	ECU	Boston	19 April 1999

+ = en route to longer distance

VIRGIN LONDON MARATHON 2011

BRITISH MARATHON STATISTICS

British All-Time Top 20

Men

Time	Name	Place	City	Time
2:07:13	Steve Jones	1	Chicago	20 Oct 85
2:08:33	Charlie Spedding	2	London	21 Apr 85
2:08:36	Richard Nerurkar	5	London	13 Apr 97
2:08:52	Paul Evans	1	Chicago	20 Oct 96
2:09:08	Geoff Smith	2	New York	23 Oct 83
2:09:12	Ian Thompson	1	Christchurch	31 Jan 74
2:09:16	Allister Hutton	3	London	21 Apr 85
2:09:17	Mark Steinle	8	London	14 Apr 02
2:09:24	Hugh Jones	1	London	9 May 82
2:09:28	Ron Hill (10)	1	Edinburgh	23 Jul 70
2:09:28	John Graham	1	Rotterdam	23 May 81
2:09:31	Jon Brown	7	London	17 Apr 05
2:09:43	Mike Gratton	1	London	17 Apr 83
2:09:54	Tony Milovsorov	6	London	23 Apr 89
2:10:12	Gerry Helme	2	London	17 Apr 83
2:10:30	David Long	4	London	21 Apr 91
2:10:35	Steve Brace	2	Houston	21 Jan 96
2:10:37	Tomas Abyu	2	Dublin	29 Oct 07
2:10:39	Mike O'Reilly	4	Fukuoka	5 Dec 93
2:10:48	Bill Adcocks (20)	1	Fukuoka	8 Dec 68

No. of British men under 2:11:00 – 24; 2:12:00 – 37; 2:13:00 – 53

Women

Time	Name	Place	City	Time
2:15:25	Paula Radcliffe	1	London	13 Apr 03
2:23:12	Mara Yamauchi	2	London	26 Apr 09
2:25:56	Véronique Marot	1	London	23 Apr 89
2:26:51	Priscilla Welch	2	London	10 May 87
2:26:52	Liz McColgan	2	London	13 Apr 97
2:28:06	Sarah Rowell	2	London	21 Apr 85
2:28:33	Liz Yelling	9	London	13 Apr 08
2:28:38	Sally-Ann Hales	3	London	21 Apr 85
2:28:39	Kathy Butler	9	Chicago	22 Oct 06
2:28:42	Marian Sutton (10)	7	Chicago	24 Oct 99
2:29:18	Hayley Haining	12	London	13 Apr 08
2:29:29	Sally Eastall	1	Sacramento	8 Dec 91
2:29:43	Joyce Smith	1	London	9 May 82
2:29:47	Paula Fudge	3	Chicago	30 Oct 88
2:30:38	Ann Ford	2	London	17 Apr 88
2:30:51	Angela Pain/Hulley	10	Seoul	23 Sep 88
2:30:53	Yvonne Danson	5	Boston	17 Apr 95
2:31:33	Susan Tooby	12	Seoul	23 Sep 88
2:31:33	Andrea Wallace	3	London	12 Apr 92
2:31:45	Lynn Harding (20)	8	London	23 Apr 89

Note: best in women only race

2:17:42	Paula Radcliffe	1	London	17 Apr 05
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No. of British women under 2:32:00 – 20; 2:35:00 – 36

VIRGIN LONDON MARATHON 2011

British Record Progression

Men

Time	Name	Club	Race	Date
3:16:08.6	William Clarke	Sefton H	White City (OG)	24 July 1908
2:42:31	Harry Barrett	Poly H	Polytechnic	26 May 1909
2:38:16.2 t	Harry Green		Stamford Bridge	12 May 1913
2:37:40.4	Bobby Mills	Leics H	Polytechnic	17 July 1920
2:35:58.2	Sam Ferris	RAF	Polytechnic	30 May 1925
2:35:27	Ferris		Liverpool	28 Sep 1927
2:34:34	Harry Payne	Woodford G	Polytechnic	6 July 1928
2:33:00	Ferris		Liverpool	26 Sep 1928
2:30:57.6	Payne		Polytechnic	5 July 1929
2:29:24	Jim Peters	Essex Beagles	Polytechnic	16 Jun 1951
2:20:42.2	Peters		Polytechnic	14 Jun 1952
2:18:40.2	Peters		Polytechnic	13 Jun 1953
2:18:34.8	Peters		Turku	4 Oct 1953
2:17:39.4	Peters		Polytechnic	26 Jun 1954
2:14:43	Brian Kilby	Coventry G	Port Talbot	6 July 1963
2:13:55	Basil Heatley	Coventry G	Polytechnic	13 Jun 1964
2:13:45	Alastair Wood	Aberdeen AAC	Inverness	9 July 1966
2:12:16.8	Bill Adcocks	Coventry G	Karl Marx Stadt	19 May 1968
2:10:47.8	Adcocks		Fukuoka	8 Dec 1968
2:10:30	Ron Hill	Bolton U H	Boston	20 Apr 1970
2:09:28	Hill		Edinburgh (CG)	23 July 1970
2:09:12	Ian Thompson	Luton	Christchurch (CG)	31 Jan 1974
2:09:08	Geoff Smith	Liverpool	New York	23 Oct 1983
2:08:05	Steve Jones	Newport	Chicago	21 Oct 1984
2:07:13	Jones		Chicago	20 Oct 1985

t = track race

Women

Time	Name	Club	Race	Date
3:40:22	Violet Piercy		Polytechnic	2 Oct 1926
3:27:45	Dale Greig		IoW	23 May 1964
3:11:54	Anne Clarke	Highgate H	Guildford	19 Oct 1975
3:07:47	Margaret Thompson	Luton	Korso, Finland	26 Oct 1975
2:50:55	Christine Readdy (Kilkenny)	Stoke	Feltham	4 Apr 1976
2:50:54	Rosemary Cox (Harrold)	Enfield	Rugby	3 Sep 1978
2:41:37	Joyce Smith	Barnet	Sandbach	6 July 1979
2:41:03	Gillian Adams (Horowitz)	Kent	Eugene, USA	9 Sep 1979
2:36:27	Smith		Waldniel, GER	22 Sep 1979
2:33:32	Smith		Sandbach	22 July 1980
2:30:27	Smith		Tokyo	16 Nov 1980
2:29:57	Smith		London	29 Mar 1981
2:29:43	Smith		London	9 May 1982
2:28:54	Priscilla Welch	Ranelagh	LA (OG)	5 Aug 1984
2:28:06	Sarah Rowell	Dartford	London	21 Apr 1985
2:28:04	Veronique Marot	Leeds	Chicago	20 Oct 1985
2:26:51	Welch		London	10 May 1987
2:25:56	Marot		London	23 Apr 1989
2:18:56	Paula Radcliffe	Bedford	London	14 Apr 2002
2:17:18	Radcliffe		Chicago	13 Oct 2002
2:15:25	Radcliffe		London	13 Apr 2003

VIRGIN LONDON MARATHON 2011

WHEELCHAIR MARATHON STATISTICS

London Wheelchair Champions

Men

Year	Name	Country	Time
1983	Gordon Perry	GBR	3:20:07 (back start)
1984	Kevin Breen	IRL	2:38:40
1985	Chris Hallam	GBR	2:19:53
1986	Gerry O'Rourke	IRL	2:26:38
1987	Chris Hallam	GBR	2:08:34
1988	Ted Vince	CAN	2:01:37
1989	David Holding	GBR	1:59:31
1990	Hakan Ericsson	SWE	1:57:12
1991	Farid Amarouch	FRA	1:52:52
1992	Daniel Wesley	CAN	1:51:42
1993	George Vandamme	BEL	1:44:10
1994	David Holding	GBR	1:46:06
1995	Heinz Frei	SUI	1:39:14
1996	David Holding	GBR	1:43:48
1997	David Holding	GBR	1:42:15
1998	Heinz Frei	SUI	1:35:18
1999	Heinz Frei	SUI	1:35:27
2000	Kevin Papworth	GBR	1:41:50
2001	Denis Lemeunier	FRA	1:42:37
2002	David Weir	GBR	1:39:44
2003	Joel Jeannot	FRA	1:32:02
2004	Saul Mendoza	MEX	1:36:56 (Course deviation)
2005	Saul Mendoza	MEX	1:35:51
2006	David Weir	GBR	1:29:48
2007	David Weir	GBR	1:30:49
2008	David Weir	GBR	1:33:56
2009	Kurt Fearnley	AUS	1:28:56
2010	Josh Cassidy	CAN	1:35:21

Women

1983	Denise Smith	GBR	4:29:03 (back start)
1984	Kay McShane	IRL	3:10:04
1985	Kay McShane	IRL	2:47:12
1986	Kay McShane	IRL	3:02:40
1987	Karen Davidson	GBR	2:45:30
1988	Karen Davidson	GBR	2:41:45
1989	Josie Cidhockyj	GBR	3:03:54
1990	Connie Hansen	DEN	2:10:25
1991	Connie Hansen	DEN	2:04:40
1992	Tanni Grey	GBR	2:17:23
1993	Rose Hill	GBR	2:03:05
1994	Tanni Grey	GBR	2:08:26
1995	Rose Hill	GBR	2:17:02
1996	Tanni Grey	GBR	2:00:10
1997	Monica Wetterstrom	SWE	1:49:09
1998	Tanni Grey	GBR	2:02:01
1999	Monica Wetterstrom	SWE	1:57:38
2000	Sarah Piercy	GBR	2:23:30
2001	Tanni Grey-Thompson	GBR	2:13:55
2002	Tanni Grey-Thompson	GBR	2:22:51
2003	Francesca Porcellato	ITA	2:04:21
2004	Francesca Porcellato	ITA	2:04:58
2005	Francesca Porcellato	ITA	1:57:00
2006	Francesca Porcellato	ITA	1:59:57
2007	Shelly Woods	GBR	1:50:40
2008	Sandra Graf	SUI	1:48:04
2009	Amanda McGrory	USA	1:50:39
2010	Wakako Tsuchida	JPN	1:52:33

VIRGIN LONDON MARATHON 2011

Best Times in London

Men

Time	Name	Country	Year
1:28:56	Kurt Fearnley	AUS	2009
1:28:57	David Weir	GBR	2009
1:28:58	Ernst van Dyk	RSA	2009
1:29:48	David Weir	GBR	2006
1:30:13	Masazumi Soejima	JPN	2009
1:30:15	Heinz Frei	SUI	2009
1:30:49	David Weir	GBR	2007
1:30:50	Kurt Fearnley	AUS	2007
1:32:02	Joel Jeannot	FRA	2003
1:32:40	Denis Lemeunier	FRA	2009
1:33:47	Saul Mendoza	MEX	2007
1:33:47	Ernst Van Dyk	RSA	2007
1:33:51	Choke Yasuoka	JPN	2007
1:33:56	David Weir	GBR	2008
1:34:00	Kurt Fearnley	AUS	2008
1:34:01	Denis Lemeunier	FRA	2008
1:34:02	Krige Schabort	RSA	2008
1:34:03	Heinz Frei	SUI	2008
1:34:25	Ernst Van Dyk	RSA	2008
1:34:46	Joshua George	USA	2008
1:34:48	David Weir	GBR	2003
1:34:50	Denis Lemeunier	FRA	2003
1:35:18	Heinz Frei	SUI	1998
1:35:21	Josh Cassidy	CAN	2010
1:35:27	Heinz Frei	SUI	1999
1:35:28	Joel Jeannot	FRA	1999
1:35:51	Saul Mendoza	MEX	2005
1:35:54	Jeff Adams	CAN	2005
1:36:03	David Weir	GBR	2005
1:36:03	Tushar Patel	GBR	2005
1:36:03	Eric Teurnier	FRA	2005
1:36:04	Denis Lemeunier	FRA	2005
1:36:04	Alain Fuss	FRA	2005
1:36:07	Marcel Hug	SUI	2010
1:37:01	David Weir	GBR	2010
1:37:12	Saul Mendoza	MEX	2009
1:37:23	Brian Alldis	GBR	2008
1:37:26	Rafael Botello Jimenez	ESP	2008
1:37:38	Rafael Botello Jimenez	ESP	2009
1:37:52	Saul Mendoza	MEX	2006
1:39:14	Heinz Frei	SUI	1996
1:39:17	Jose Antonio Iniguez	USA	2009
1:39:37	Alain Fuss	FRA	2006
1:39:44	David Weir	GBR	2002
1:39:50	Choke Yasuoka	JPN	2008
1:40:15	Brian Alldis	GBR	2009
1:40:59	Kota Hokinoue	JPN	2010
1:41:17	Charles Tolle	FRA	2003
1:41:17	Tushar Patel	GBR	2002
1:41:17	Denis Lemeunier	FRA	2002
1:41:17	Paul Nunnari	AUS	2002

The time of 1:36:56 by Saul Mendoza in 2004 is not included as there was a course deviation.

VIRGIN LONDON MARATHON 2011

Women

Time	Name	Country	Year
1:48:04	Sandra Graf	SUI	2008
1:49:09	Monica Wetterstrom	SWE	1997
1:50:39	Amanda McGrory	USA	2009
1:50:40	Shelly Woods	GBR	2007
1:50:40	Sandra Graf	SUI	2009
1:50:41	Diane Roy	USA	2009
1:50:42	Edith Hunkeler	SUI	2009
1:50:43	Christie Dawes	AUS	2009
1:50:46	Shelly Woods	GBR	2009
1:51:58	Amanda McGrory	USA	2008
1:52:33	Wakako Tsuchida	JPN	2010
1:52:34	Sandra Graf	SUI	2010
1:52:36	Amanda McGrory	USA	2010
1:57:00	Francesca Porcellato	ITA	2005
1:57:03	Shelly Woods	GBR	2005
1:57:38	Monica Wetterstrom	SWE	1999
1:59:46	Francesca Porcellato	ITA	2007
1:59:57	Francesca Porcellato	ITA	2006
2:00:06	Tanni Grey	GBR	1997
2:00:10	Tanni Grey	GBR	1996
2:01:59	Shelly Woods	GBR	2008
2:02:01	Tanni Grey	GBR	1998
2:02:39	Tanni Grey-Thompson	GBR	2005
2:03:05	Rose Hill	GBR	1993
2:03:56	Rose Hill	GBR	1997
2:04:21	Francesca Porcellato	ITA	2003
2:04:37	Shelly Woods	GBR	2006
2:04:40	Connie Hansen	DEN	1991
2:04:48	Francesca Porcellato	ITA	2008
2:04:54	Tanni Grey-Thompson	GBR	2003
2:04:58	Francesca Porcellato	ITA	2004
2:06:54	Paula Craig	GBR	2003
2:07:52	Paula Craig	GBR	2004
2:08:26	Tanni Grey	GBR	1994
2:08:30	Rose Hill	GBR	1994
2:09:16	Lily Anggreny	GER	1993
2:10:09	Rose Hill	GBR	1996
2:11:10	Tanni Grey	GBR	1999
2:12:16	Rachel Potter	GBR	2003
2:12:25	Tanni Grey	GBR	1993
2:12:46	Sophie Dettman	GER	1996

VIRGIN LONDON MARATHON 2011

World and British Records

World Records

Men				
1:20:14	Heinz Frei	SUI	Oita	1999
Women				
1:35:44	Sandra Graf	SUI	Padua	2008

British Records

Men				
1:27:46	David Weir	GBR	Los Angeles	2007
Women				
1:37:44	Shelly Woods	GBR	Padua	2008

London Records

Men				
1:28:56	Kurt Fearnley	AUS		2009
Women				
1:48:04	Sandra Graf	SUI		2008

World's Fastest Times

Men				
1:18:27	Ernst Van Dyk	RSA	Boston	2004
Women				
1:34:22	Jean Driscoll	USA	Boston	1994

Boston course not accepted for world records.

Starters and Finishers

Year	Entrants	Starters	Finishers
1983	21	19	17
1984	28	26	26
1985	37	33	32
1986	48	42	37
1987	46	42	41
1988	51	48	43
1989	57	50	49
1990	77	63	60
1991	52	44	42
1992	66	52	50
1993	68	53	47
1994	59	49	48
1995	69	52	51
1996	64	45	45
1997	69	54	54
1998	60	49	48
1999	58	41	40
2000	55	42	40
2001	42	32	31
2002	59	46	44
2003	51	45	43
2004	42	31	29
2005	48	40	40
2006	35	28	26
2007	40	33	31
2008	39	37	35
2009	44	39	38
2010	48	39	34

VIRGIN LONDON MARATHON 2011

VETERAN STATISTICS

Top 10 Veterans All Time (40+)

Men

Time	Name	Country	Place	Year
2:08:46	Andres Espinosa	MEX	Berlin	2003
2:10:32	Mohamed Ezzher	FRA	Paris	2001
2:10:47	Jonathan Cherono	KEN	Beijing	2001
2:11:04a	John Campbell	NZL	Boston	1990
2:11:18	Jack Foster	NZL	Christchurch	1974
2:11:45	Joshua Kipkemboi	KEN	St. Paul	2002
2:11:51	Jackson Kipgnok	KEN	St. Paul	2002
2:12:22	Nelson Chirchir	KEN	Paris	2000
2:12:33	Kjell Erik Stahl	SWE	Stockholm	1986
2:12:44	Ahmed Saleh	DJI	Monaco	1997

Women

Time	Name	Country	Place	Year
2:25:43	Lyudmila Petrova	RUS	New York	2008
2:26:51	Priscilla Welch	GBR	London	1987
2:27:05a	Firaya Sultanova Zhdanova	RUS	Duluth	2003
2:28:06	Irina Bogacheva	KGZ	Nashville	2003
2:28:31	Madina Biktagirova	RUS	Istanbul	2006
2:28:36	Helena Javornik	SLO	Treviso	2008
2:28:40	Colleen De Reuck	USA	Chicago	2005
2:29:25	Tatyana Pozdniakova	UKR	Chicago	1998
2:29:43	Joyce Smith	GBR	London	1982
2:29:43	Carla Beurskens	NED	Rotterdam	1994

Top Veterans in London (40+)

Men

Time	Name	Country	Year
2:16:00	Kjell-Erik Stahl	SWE	1986
2:17:22	Eamonn Martin	GBR	1999
2:17:22	John Campbell	NZL	1991

Women

Time	Name	Country	Year
2:26:51	Priscilla Welch	GBR	1987
2:27:42	Lyudmila Petrova	RUS	2009
2:29:43	Joyce Smith	GBR	1982

Note: from 1981 to 2008, women of 35 and over were considered veterans at the London Marathon. From 2009 the veteran categories were changed to 40+ for both men and women.

Awards and Bonuses (men and women 40+)

1	\$1,000
2	\$500
3	\$250

Veteran age groups

40-44
45-49
50-54
55-59
60-64
65-69
70+

VIRGIN LONDON MARATHON 2011

07

The Mass Event

Starters and Finishers year-by-year

Year	Total applicants	Accepted applicants	Starters	Finishers
1981	20,000	7,747	7,055	6,255
1982	90,000	18,059	16,350	15,116
1983	60,000	19,735	16,500	15,776
1984	70,000	21,142	16,992	15,649
1985	83,000	22,274	17,500	15,841
1986	80,000	25,566	19,261	18,030
1987	80,000	28,364	21,485	19,545
1988	73,000	29,979	22,469	20,889
1989	72,000	31,772	24,452	22,652
1990	73,000	34,882	26,500	24,953
1991	79,000	33,485	24,500	23,393
1992	83,000	34,250	24,500	23,783
1993	68,000	35,820	25,000	24,448
1994	72,000	37,379	26,000	25,194
1995	79,000	39,097	27,000	25,326
1996	68,000	39,173	27,134	26,761
1997	78,000	39,813	29,500	29,135
1998	96,000	42,228	30,663	29,924
1999	87,000	43,774	31,582	30,809
2000	93,000	42,596	32,620	31,658
2001	92,000	43,517	31,156	30,314
2002	99,000	46,083	33,297	32,899
2003	111,000	45,629	32,746	32,067
2004	108,000	45,219	32,746	32,174
2005	132,000	47,969	35,557	35,256
2006	119,000	47,020	33,578	33,222
2007	128,000	50,039	36,396	35,694
2008	120,000	48,630	35,037	34,497
2009	155,000	49,995	35,884	35,375
2010	163,000	51,378	36,956	36,550
2011	125,000	46,698		

VIRGIN LONDON MARATHON 2011

Runners by Age

Age Group	Men	Women	All
18-19	279	138	417
20-29	5,348	4,136	9,484
30-39	10,463	6,215	16,678
40-49	9,040	4,507	13,547
50-59	3,586	1,467	5,053
60-69	957	342	1,299
70-79	168	40	208
80-89	11	1	12
Totals	29,852	16,846	46,698

Oldest Runners

The oldest man is
Paul Freedman, age 86, born 17 April 1924

The oldest woman is
Iva Barr, age 83, born 23 October 1927

Youngest Runners

The youngest man is
Michael Bennett, age 18, born 17 April 1993

The youngest woman is
Helen Nutter, age 18, born 17 April 1993

Runners who have birthdays on race day

Men	Women	Total
108	74	182

VIRGIN LONDON MARATHON 2011

Runners by Occupation

Occupation	Men	Women	Total
Accountant	1,011	532	1,543
Actor	108	49	157
Administrator	645	960	1,605
Advertising	165	102	267
Agriculture	92	19	111
Airline Pilot	52	21	73
Airline-Cabin Crew	20	43	63
Ambulance Service	70	23	93
Architect	140	46	186
Artist	58	44	102
Banker	543	258	801
Banker (City of London)	488	183	671
Beautician / Hairdresser	73	113	186
Building Society	23	21	44
Building Trade	475	69	544
Business Owner	715	310	1,025
Catering	178	130	308
Chairman/President of Company	140	48	188
Clergy	34	17	51
Civil Servant	525	330	855
Clerical	152	223	375
Communications	360	132	492
Construction	446	106	552
Consultant	968	372	1,340
Data Processing-Engineer	147	19	166
Data Processing-M.I.S. Manager	126	30	156
Data Processing-Manager	161	51	212
Data Processing-Programmers	210	34	244
Data Processing-Systems Analyst	325	81	406
Dental Assistant	8	27	35
Dentist	68	43	111
Designer	303	111	414
Doctor-GP	164	94	258
Doctor-Specialist	251	164	415
Driver	210	33	243
Economist	49	12	61
Editor	46	40	86
Electrician	197	30	227
Engineer-Civil	216	39	255
Engineer-Electrical	399	43	442
Engineer-Mechanical	667	87	754
Filmmaker	32	12	44
Financial Analyst	353	166	519
Fire Brigade	281	31	312
Forestry/Game Keeper	20	2	22
Haulage	64	14	78
Health Service	302	362	664
Hotel	69	45	114
Housewife	185	674	859
Insurance	409	191	600
Investment Banker	91	13	104
Labourer	42	6	48
Lecturer	159	90	249
Legal Profession	610	441	1,051
Librarian	28	39	67
Local Government	355	212	567
Machinist	34	6	40
Manufacturing-Product Management	205	24	229
Manufacturing-Shop Floor	332	63	395
Marketing	597	486	1,083

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Mechanic	76	7	83
Military Services	382	111	493
Musician	87	41	128
Newsperson	49	28	77
Nurse	201	506	707
Pharmacist	63	57	120
Photographer	53	29	82
Physiotherapist	106	159	265
Police	597	270	867
Politician	14	6	20
Postal Worker	217	35	252
Printer	89	17	106
Psychiatrist	4	8	12
Public Relations	127	90	217
Public Transport	95	13	108
Publishing	80	63	143
Radio/TV	134	86	220
Recreation Worker	23	16	39
Restaurants	67	46	113
Retail Trade	535	279	814
Retired	520	189	709
Sales Person	499	217	716
Sales Manager	885	328	1213
Scientist	230	184	414
Secretary	84	278	362
Shop Worker	78	83	161
Social Worker	65	77	142
Sportsperson	156	83	239
Stock Exchange	12	7	19
Stockbroker	54	20	74
Student	814	553	1367
Surveyor	353	127	480
Taxi Driver	58	12	70
Teacher/Education	1,206	1,283	2,489
Travel	132	53	185
Unemployed	117	47	164
Waiter/Waitress	31	29	60
Writer/Journalist	127	73	200
Youth/Community Worker	74	73	147
Other	6,162	3,297	9,459
Totals	29,852	16,846	46,698

VIRGIN LONDON MARATHON 2011

Runners by Nationality

Name	Code	Men	Women	Total
Afghanistan	AFG	4	6	10
Albania	ALB	1	0	1
Angola	ANG	0	1	1
Australia	AUS	49	44	93
Austria	AUT	57	13	70
Bahamas	BAH	0	1	1
Bangladesh	BAN	1	0	1
Barbados	BRB	0	2	2
Belgium	BEL	67	14	81
Bermuda	BER	7	4	11
Bolivia	BOL	0	1	1
Brazil	BRA	23	6	29
British Virgin Islands	IVB	20	31	51
Brunei Darussalam	BRN	2	2	4
Canada	CAN	33	22	55
Cayman Islands	CAY	0	1	1
Central African Republic	CAF	1	0	1
Chile	CHI	9	3	12
China	CHN	4	3	7
Colombia	COL	8	2	10
Croatia	CRO	0	1	1
Cyprus	CYP	0	1	1
Czech Republic	CZE	1	0	1
Denmark	DEN	51	15	66
Ecuador	ECU	2	0	2
Egypt	EGY	1	0	1
Ethiopia	ETH	2	0	2
France	FRA	467	128	595
Gabon	GAB	1	0	1
Georgia	GEO	0	1	1
Germany	GER	239	81	320
Ghana	GHA	3	0	3
Gibraltar	GIB	7	2	9
Great Britain & N. Ireland	GBR	27,414	15,839	43,253
Greece	GRE	9	4	13
Grenada	GRN	5	3	8
Guam	GUM	0	2	2
Guinea	GUI	3	0	3
Guyana	GUY	1	1	2
Haiti	HAI	0	1	1
Hong Kong	HKG	10	5	15
Hungary	HUN	2	0	2
Iceland	ISL	14	6	20
India	IND	4	0	4
Ireland	IRL	134	57	191
Israel	ISR	8	1	9
Italy	ITA	324	53	377
Japan	JPN	13	30	43
Kenya	KEN	4	1	5
Korea	KOR	18	2	20
Latvia	LAT	1	0	1
Liechtenstein	LIE	0	1	1
Luxembourg	LUX	3	0	3
Malaysia	MYS	1	0	1
Malta	MLT	3	6	9
Mexico	MEX	53	15	68
Monaco	MON	0	1	1
Morocco	MAR	0	1	1
Netherlands	NED	80	45	125
Netherlands Antilles	AHO	1	0	1

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New Zealand	NZL	12	22	34
Norway	NOR	58	33	91
Pakistan	PAK	1	0	1
Palestine	PLE	1	0	1
Panama	PAN	0	1	1
Peru	PER	1	0	1
Poland	POL	2	1	3
Portugal	POR	2	2	4
Puerto Rico	PUR	10	12	22
Romania	ROU	0	3	3
Russia	RUS	2	0	2
Saudi Arabia	KSA	2	1	3
Senegal	SEN	15	4	19
Singapore	SIN	9	2	11
Slovakia	SVK	1	0	1
Slovenia	SLO	2	2	4
South Africa	RSA	87	57	144
Spain	ESP	111	18	129
Sweden	SWE	69	39	108
Switzerland	SUI	83	33	116
Thailand	THA	2	0	2
Trinidad and Tobago	TRI	1	0	1
Turkey	TUR	0	1	1
Uganda	UGA	3	3	6
Ukraine	UKR	4	5	9
United Arab Emirates	UAE	8	9	17
United States of America	USA	183	135	318
Uruguay	URY	1	1	2
Uzbekistan	UZB	1	0	1
Venezuela	VEN	10	3	13
Yemen	YEM	3	0	3
Zambia	ZAM	1	0	1
Zimbabwe	ZIM	2	0	2
Totals		29,852	16,846	46,698

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Interesting Facts

Finishers' medals – main race	37,500
Finishers' medals - mini marathon	2,500
Finishers' bags for runners – main race	37,500
Finishers' bags for runners –mini marathon	2,500
Goody bag items	600,000
Pink Lady apples	40,000 (in finishers' bags)
Zero-emission vehicles	100
TNT lorries transporting runners' kit	40
Renault Espace cars carrying media, VIPs and staff	14
Portable toilets (incl. start, course, mini marathon and finish)	1,250
Urinal bays at start	400
Blue line paint marking the course	300 litres – 3-stripe line
Barriers in metres	28,000 metres
Barrier Tape	100 kilometres
Roadside signs	200
Ball bearings in finish cones	3.2 million
Marshals at the start	1,100
Marshals at the finish	2,500
Marshals on the course, including drinks stations	3,050
Volunteers	6,000
St John Ambulance volunteers	1,500 (including 20 cycle response specialists)
Ambulances	50
First aid stations	47
First aid kits	100
Stretchers	500
Petroleum jelly	250 tubs; 100lbs
Baby oil	200 bottles
Plasters	2,000
Treatment centres	59
Foil blankets	40,000
Water stations	23, one every mile from three miles
Special drink stations	8 - for the elite runners where their chosen drinks are placed if required
Lucozade Sport stations	5 - isotonic energy drink is available to runners at 5, 10, 15, 19 and 23 miles; 200,000 100% recyclable 330ml bottles
Lucozade Sport (isotonic energy drink)	36,000 bottles of isotonic drink are distributed at the start and 36,000 in finishers' bags. Cherry flavoured.
Lucozade Sport Carbo Gels	60,000 at miles 14 and 21
Tables at drink stations	650
Bottles of Nestlé Pure Life	Around 750,000 bottles in total are distributed at the start, on the course and at the finish
Pubs on the course	81
Pubs hosting charities	51
Rubbish bags filled after the race	3,450
Runners' blogs	7,200 – about 20 per cent of runners write a blog

VIRGIN LONDON MARATHON 2011

Temperature and Humidity

Temperature (°C)

Race Date	09:00	10:00	11:00	12:00
29 Mar 81	10.1	10.2	10.2	10.9
09 May 82	10.5	11.1	13.4	14.0
17 Apr 83	10.1	10.0	10.4	10.0
13 May 84	8.6	10.4	12.2	13.0
21 Apr 85	6.0	6.9	8.0	8.6
20 Apr 86	8.1	10.2	15.6	17.0
10 May 87	10.0	10.6	12.0	12.4
17 May 88	10.6	13.2	14.6	16.4
23 Apr 89	8.4	8.5	8.7	10.1
22 Apr 90	9.4	10.0	10.2	10.9
21 Apr 91	5.8	7.1	9.4	9.1
12 Apr 92	11.3	12.1	13.2	13.8
18 Apr 93	11.8	12.2	13.1	13.8
17 Apr 94	5.9	6.6	7.5	7.6
02 Apr 95	8.3	9.6	12.0	14.1
21 Apr 96	17.6	20.3	20.1	21.0
13 Apr 97	9.9	11.2	12.0	13.3
26 Apr 98	11.1	11.2	13.0	12.7
18 Apr 99	5.9	6.8	7.6	8.4
16 Apr 00	6.6	8.7	9.9	11.3
22 Apr 01	7.6	8.4	8.6	10.4
14 Apr 02	7.6	9.2	10.6	11.2
13 Apr 03	9.5	11.5	15.0	16.4
18 Apr 04	9.6	10.2	10.3	11.2
17 Apr 05	7.7	9.4	10.9	12.3
23 Apr 06	11.1	11.3	12.1	12.7
22 Apr 07	16.3	18.6	20.5	21.7
13 Apr 08	10.4	12.1	8.9	9.5
26 Apr 09	14.1	14.9	16.1	16.2
25 Apr 10	11.8	13.8	14.4	15.6

Relative Humidity (%)

29 Mar 81	89	91	94	94
09 May 82	65	56	52	51
17 Apr 83	87	87	87	79
13 May 84	70	56	45	30
21 Apr 85	75	74	68	65
20 Apr 86	96	94	93	71
10 May 87	65	61	56	50
17 May 88	80	64	62	57
23 Apr 89	92	88	88	75
22 Apr 90	93	91	91	88
21 Apr 91	62	58	50	51
12 Apr 92	82	78	64	60
18 Apr 93	81	82	73	64
17 Apr 94	84	78	66	54
02 Apr 95	78	72	61	54
21 Apr 96	51	36	33	28
13 Apr 97	58	56	47	43
26 Apr 98	72	71	61	67
18 Apr 99	83	74	65	57
16 Apr 00	75	65	57	51
22 Apr 01	68	63	80	46
14 Apr 02	58	49	38	31
13 Apr 03	77	69	55	50
18 Apr 04	89	88	90	85
17 Apr 05	64	54	46	44
23 Apr 06	78	81	78	81
22 Apr 07	48	43	35	30
13 Apr 08	65	54	80	73
26 Apr 09	55	49	46	42
25 Apr 10	82	79	80	77

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Guinness World Records

Guinness World Records, the global authority on record-breaking, has supported many individuals who have attempted records while running the marathon. Since 2007 Guinness has officially partnered the London Marathon to adjudicate record attempts in the mass event and present the successful record-breakers with certificates once they have crossed the finish line.

A team of eight Guinness officials are on the course throughout the day to judge any records and provide immediate news of successful efforts.

More Guinness World Records were broken at the 2010 London Marathon than at any previous race in the marathon's history. No fewer than 74 runners took part in 29 official record attempts and 18 Guinness World Records were set.

Among the official record breakers in 2010 were:

Ian Young who became the fastest marathon runner dressed as a book character when he finished in 4:01:47 in full Sherlock Holmes outfit. No elementary, that.

Jill Christie who broke the record as the fastest marathoner in a colourful superhero costume. Christie crossed the line as Super Girl in an attractive time of 3:08:55.

David Ross was almost as fast despite being dressed as Fred Flinstone. Ross clubbed in at 3:07:34 to take the record as fastest cartoon character.

Tony Audenshaw was the fastest baby over 26.2 miles. The Emmerdale actor finished in 3:13:30, less than 20 minutes outside his best.

Gill Begnor donned a bottle of beer costume and smashed the record for completing a marathon dressed as a bottle, finishing in 4:54:36.

Paul Franks exterminated the existing record for running as a television character. Franks' Dalek fired home in 4:01:46.

Kevin Robins' tiger proved that stripes are best as he became the fastest animal, padding home in 3:30:01, while **Jean Paul de Lacy** stretched belief (and credibility) by trotting around in the tallest costume ever worn to complete a marathon. De Lacy carried his 7.04 metre giraffe suit from Greenwich to Westminster in less than six hours – 5:55:11.

Louise Winstanley was the fastest runner in a school uniform, passing her exam in a testing 4:14:46, while **Andrew White** was the quickest nurse in 3:46:27, **Tom Solomon** the speediest doctor, 4:21:09, and **Nigel Addison-Evans** the fastest firefighter, in 5:32:55.

Susie Hewer crocheted 77.4 metres, the longest crochet chain completed by a marathon runner, and royalty entered the record books thanks to **Princess Beatrice and her 33 friends**, including Holly and Sam Branson, who broke the record for the most linked runners to complete a marathon course.

The **London Marathon** holds its own Guinness World Record as the largest annual fundraising event in the world. In 2010 runners raised £50.6 million for charities meaning that a total of more than half a billion pounds has been raised for charities by London Marathon runners since it started in 1981.



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Jill 'Super Girl' Christie certified as the fastest superhero



This year

Guinness officials will provide a similar service at this year's race as more entrants than ever attempt to break as many world records as possible.

Runners who want to go for a record can register their intent on the Virgin London Marathon section of the Guinness website:

www.guinnessworldrecords.com/virgin

Everyone who registers an attempt will receive a response from Guinness, including guidelines on how to try to break their record.

However, runners have been told that Guinness cannot accept every proposal they receive. Guinness has various record categories for marathons.

This year's marathon is set to be the biggest ever, with more than 100 runners attempting Guinness world records.

Categories for record-breaking attempts include:

- most money raised for charity by a marathon runner (record to beat: £1,841,138)
- tallest costume worn while running a marathon (record to beat: 7.04m or 23.1ft)
- most linked runners to complete a marathon (record to beat: 34)
- fastest marathon in a fireman's uniform (record to beat: 4:45:16)
- fastest marathon dressed as a vegetable (record to beat: 3:09:21)
- fastest marathon carrying a 40lb pack (record to beat: 4:42:44)
- fastest marathon run by a married couple – aggregated time (current record: 5:59:20).

Others records being attempted this year include: fastest marathon by a parent and child; fastest dressed as a cartoon character; fastest dribbling a football; and most Rubik's cubes solved while running a marathon.

If you are looking for a compelling story or a new angle on the Virgin London Marathon 2011, get in touch with the Guinness World Records press office. They will give you the stories behind various record-breaking runners – their motivations, the charities they support, and what drives them to attempt such a challenging feat.

For more information and a full list of the record attempts planned this year, please contact: **press@guinnessworldrecords.com or 020 7891 4516** and a member of the Guinness World Records press team will be happy to help.

On the day of the race, staff from Guinness World Records will be located in the media tent near the finish, confirming new records as runners cross the line and awarding certificates on site.

To interview a record breaker or find out the latest record results, please contact the PR manager Amarilis Espinoza on 07725 429807 or press@guinnessworldrecords.com

Look out for details of this year's record breakers on the Guinness World Records website and via official announcements after the race.



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Sustainability at the London Marathon

As a high profile international event, the London Marathon has a responsibility to be as sustainable as possible. To this end, the organisation measures its impact and reports on key sustainability indicators each year with the following objectives in mind:

- to demonstrate concern for sustainability
- to minimise the environmental impact of the event
- to engage key stakeholders (such as sponsors, contractors, charities, competitors and spectators) in taking up sustainability issues.

Race day

While sustainability is embedded into all aspects of the London Marathon, it is on race day when these initiatives have most effect:

- **Toilets** at the start, finish and along the course are eco friendly where possible. Portable Toilets Ltd provide units of four urinals with the same carbon footprint as one portaloo, reducing the carbon footprint at the start. Tanks are made in the UK; only formaldehyde-free chemicals and recycled loo rolls are used.
- **DLR and the London Underground** offer free travel to runners with running numbers. This encourages most runners to travel by train.
- **Spectators** are encouraged to travel to the event by public transport.
- **Town and Country Catering Limited** use FairTrade goods, compostible and biodegradable material to serve food and drink at the start, and recyclable containers.
- ADI offsets each **ICONIC mobile LED screen** hired for use at the start through Carbon Clear by pledging to plant trees and invest in projects that offset global carbon and improve living standards.
- **Recycling** is already implemented along the course, with particular attention to water bottles and Lucozade bottles. The London Marathon work with each borough to ensure that waste is collected and recycled effectively:
 - Lewisham* – Recycling is implemented where possible in the Lewisham area; bottles and other recyclable materials were collected and taken to a recycling point. A local Scout group assisted with the collection of recyclable materials. In total 7.3 tonnes of rubbish was collected using trillos.
 - Greenwich* – 50 people collected 10 tonnes of recyclable rubbish at seven points.
 - Southwark* – 12 tonnes of recyclable waste was taken to Southwark's Transfer Station at Manor Place.
 - Tower Hamlets* – 12.86 tonnes were collected and 5.1 tonnes recycled, including four tonnes of water bottles and one tonne of Lucozade bottles.
 - City of London* – 3.14 tonnes of cardboard, water and Lucozade bottles were recycled.
 - Westminster* – 1.7 tonnes of plastic bottles were recycled from 20 bins, approximately 55,000 bottles.
- **Bywaters** are in charge of cleansing at the finish and in 2010 they recycled 73% of waste collected. They have put in place the following:
 - wheeled recycling bins provided for the public
 - all waste is collected from the finish area and put into compactors at the finish
 - the waste from the compactor is divided through a material recovery facility and recycled correctly.
- **Lucozade's** 330ml bottles are made from 100% PET which is recycled effectively.
- **TNT** delivers the largest fleet of zero emission vehicles in the world thanks to a deal with US company Tanfield. Three zero emission vehicles were used for the set-up of the 2010 course.
- **The finisher t-shirts** are produced in a WRAP (World Responsible Apparel Production) certified factory. They are 100% cotton. More than 90% of packaging is recycled.

Communications

- Entries are now handled online which has reduced the carbon footprint of the event.
- E-newsletters are used to communicate with runners which has reduced the number of mail-outs.

Branding

- The London Marathon encourages sponsors to retain their logos so that branding can be re-used.
- Toblerones and other signs are re-used where possible at other running events.
- In 2010, all 23,000 banneroles were re-processed into textiles and other products.

Tower Hotel

- Plastic bottles, paper, card, printer and toner cartridges are taken to a local materials recovery facility.
- The Tower Hotel is a member of Considerate Hoteliers. Old furniture is donated to re-use schemes.

Marathon Expo, ExCel

- ExCel is a sustainable building with combined heat and power, waste management, an onsite wormery and materials recycling facility, and colour-coded bins. 85% of all waste generated in 2010 was recycled.
- Very few visitors travel by car: only 3,900 cars for 72,000 people in 2010.



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08 Celebrities and Politicians

Celebrities Running in 2011

Tom Aikens

Charity: Marine Conservation Society
Predicted time: 3:30:00



Aikens became the youngest Michelin-starred chef at 26 for his restaurant, Tom Aikens. He now also has Tom's Kitchen, Tom's Terrace and Tom's Deli.



Jonathan Ansell

Charity: Breast Cancer Care
Predicted time: 5:00:00



Ansell is a singer who came to public attention with the pop opera group G4 on X Factor. G4 split in 2007 and Ansell's two best-selling solo albums have topped the classical charts.



Luke Allen-Gale

Charity: Brain Tumour UK
Predicted time: 4:30:00



Allen-Gale has appeared in TV dramas such as The Promise and Wallander. Most recently he played a doctor in Monroe, ITV's series about patients with brain tumours which made him want to run for Brain Tumour UK.



Sarah Anthony

Charity: Leukaemia & Lymphoma Research
Predicted time: tbc



Anthony has been in The Bill, Casualty, Where the Heart Is, and Days That Shook the World, plus many stage productions and adverts.



Ronni Ancona

Charity: Trinity Hospice
Predicted time: 4:30:00



Ancona is an impressionist, comedian and writer as well as a trained designer and teacher. She won the Time Out Hackney Empire Act of the Year for comedy in 1993 and has worked in TV and radio. She won a British Comedy Award and Variety Club award for Big Impression.



Jay Aston

Charity: Alzheimer's Society
Predicted time: 5:30:00



Aston is a singer, dancer and songwriter, most famous for being a member of Bucks Fizz who won the Eurovision Song Contest in 1981.



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Tony Audenshaw

Charity: Leukaemia & Lymphoma Research

Best time: 2:55:06

Predicted time: 3:10:00



Audenshaw plays Bob Hope in ITV1's soap, Emmerdale. He has appeared in several other TV dramas, and he is lead singer in a band, White Van Man. He holds the record for the best time ever run by a celebrity in a London Marathon.



Calum Best

Charity: The Children's Trust, Tadworth

Predicted time: 5:30:00



Son of legendary footballer George, Best is a model and TV presenter who trekked to Vietnam in aid of The Children's Trust last year.



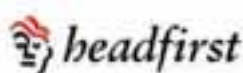
Cheryl Baker

Charity: Headfirst

Predicted time: 4:30:00



Baker is a TV presenter and singer most famous for being a member of Bucks Fizz who won the Eurovision Song Contest in 1981.



Charlie Brooks

Charity: Marie Curie Cancer Care, Sparks

Predicted time: 4:45:00



Brooks plays Janine Butcher on Eastenders for which she has won Inside Soap and British Soap awards as Best Bitch, Villain of the Year and Best Exit. She signed a new three-year contract in June 2009.



Jamie Baulch

Charity: Barnardo's

Predicted time: 3:45:00



A former international 400m runner, Baulch was world indoor champion in 1999 and still holds the British indoor record. He won 11 individual and relay medals at Olympic and Commonwealth Games, World and European Championships.



Chris Chittell

Charity: Leukaemia & Lymphoma Research

Best time: 4:15:20

Predicted time: 5:10:00



Chittell has played Eric Pollard in Emmerdale since 1986. He previously appeared in several TV series and films, such as To Sir, With Love in 1967, and Zulu Dawn in 1979.



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Chris Cogill

Charity: Leukaemia & Lymphoma Research

Best time: 3:39:00

Predicted time: 4:15:00



Cogill has had several roles in TV series such as Shameless, Waterloo Road and Burn It, and made guest appearances on Hotel Babylon, The Bill and Doctors. He played Tony King on Eastenders for three months and was in The Royal.



Emma Crosby

Charity: Wellbeing of Women

Predicted time: 6:00:00



Crosby co-presents GMTV with Andrew Castle. She was previously a producer on BBC News 24, a news-reader on London's Radio News Direct and LCBC and the Money Channel before moving to London Tonight and Meridian Tonight. She's also worked for CNBC.



John Conroy

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:00:00



Conroy has appeared on stage in Porridge and Dirty Dancing and on TV and film in Hollyoaks and Indiana Jones.



Jonny Davies

Charity: Coram

Predicted time: tbc



Davies is the lead singer in the band New Vinyl and the boyfriend of Gail Porter.



Danny Crates

Charity: Sports Aid

Predicted time: 3:30:00



Crates was T46 Paralympic 800m champion in 2004. He was also European champion, won the Paralympic World Cup and a world record breaker. He won a 400m bronze at the Paralympics in 2000 and was European 400m champion in 2001.



Rob Deering

Charity: Parkinson's UK

Predicted time: 4:30:00



Deering is a stand-up comedian with numerous tours and half a dozen Edinburgh Fringe shows behind him. He won a comedians' edition of the Weakest Link in 2007. He's on Comedy Rocks and Celebrity Total Wipeout in 2011.



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Tim Delap

Charity: Motor Neurone Disease Association

Predicted time: 3:25:00



Delap has appeared in *Silent Witness* and *Foyle's War*, and in the *History Boys* on stage. Most recently he played Laertes in *Hamlet* at the Crucible in Sheffield.



Stella English

Charity: NSPCC

Predicted time: 5:00:00



English is a businesswoman who won series 6 of *The Apprentice*. She left school with no qualifications but became head of business management on the trading floor of a Japanese investment bank.



Agyness Deyn

Charity: Oxfam

Predicted time: 4:00:00



Deyn is a model, actress and singer. She has been on the cover of many magazines, including *Style*, *Vogue Italia* and *Grazia*, is the face of Burberry's fragrance and a vocalist on a *Five o'Clock Heroes* single. She played Aphrodite in the film, *Clash of the Titans*.



David Gandy

Charity: Oxfam

Predicted time: 4:20:00



Gandy is a model who got his break on ITV's *This Morning*. In 2006 he was spotted by Dolce and Gabbana and became the face of their 'Light Blue' fragrance adverts. He was featured on a 50-foot billboard in Times Square.



Mikyla Dodd

Charity: Sparks

Predicted time: 4:50:00



Dodd played Chloe Bruce in *Hollyoaks* from 2000 to 2004 and appeared in *Celebrity Fit Club* in 2006. In 2007 she posed naked on the cover of *First* magazine and published her memoir, *Playing The Fat Girl*. She presented *When Diets Go Wrong* on BBC3.



Craig Gazey

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:00:00



Gazey plays Graeme Proctor in *Coronation Street*.



VIRGIN LONDON MARATHON 2011

Andy Gomarsall

Charity: Army Benevolent Fund; Royal Marines Charitable Trust Fund
Predicted time: 4:30:00



Gomarsall is a rugby union player who plays at scrum-half for Leeds Carnegie and England. He previously played for Gloucester Rugby, Bedford, Wasps and Worcester Warriors. He led the 1992 England Schools U18 team to their first Grand Slam in 11 years.



Henry Holland

Charity: Oxfam
Predicted time: 4:00:00



Holland is a fashion designer who came to prominence with a range of t-shirts in 2006. He has his own fashion line called House of Holland and co-presented T4's series Frock Me.



Monty Halls

Charity: Whale and Dolphin Conservation Society
Predicted time: 4:00:00



A former Marine and accomplished diver, Halls won Channel 4's Superhuman and now presents TV programmes, such as Beachcomber Cottage on BBC2.



Aneirin Hughes

Charity: Leukaemia & Lymphoma Research
Predicted time: 4:00:00



Hughes has appeared in Casualty, Family Affairs, Spooks, Take Me and John Deed.



Richard Harrington

Charity: Leukaemia & Lymphoma Research
Predicted time: 3:30:00



Harrington has appeared in TV series Spooks, Casualty, Holby Blue, Dalziel & Pascoe and Silent Witness.



Muzzy Izzet

Charity: Wishes 4 Kids
Predicted time: 4:00:00



Izzet played football for Leicester City from 1996 until 2004 and for Turkey, including at the 2002 World Cup when they lost to Brazil in the semi-finals. London-born, he was eligible for Turkey because of his Turkish father. He retired in 2006.



VIRGIN LONDON MARATHON 2011

Derek Jelley

Charity: Sparks

Best time: 4:56:00

Predicted time: 4:15:00



Jelley was a rugby player with Leicester Tigers – he played loose head prop. His eldest daughter was in intensive care when she was six months old. This is his fourth London Marathon.



Sally Kettle

Charity: The Children's Trust, Tadworth

Predicted time: 4:00:00



Kettle was the first woman to row across the Atlantic east to west twice. She is the author of *Sally's Odd at Sea* and is planning to make a feature film.



Ben Jones

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:00:00



Jones has appeared in several TV shows but his main role is in BBC1's *Doctors*.



Andrew Knott

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:10:00



Knott began his film career at a young age in *The Secret Garden* and *Black Beauty*. He has also been in *The History Boys* and *Sex, Drugs and Rock and Roll*, as well as *Spooks* and *Gavin and Stacey*.



Greg Kelly

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:50:00



Kelly has appeared in *Hollyoaks*, *Emmerdale*, *Occupation* and *All the Small Things*.



Jo-Emma Larvin

Charity: Breakthrough Breast Cancer

Predicted time: 4:00:00



Larvin was on the TV show, *The Generation Game*, before acting in the movies *Calcium Kid* and *Goal 3*. She also had a role in a *McFly* video and on *Celebrity Mr & Mrs*.



VIRGIN LONDON MARATHON 2011

Dani Lawrence

Charity: Anthony Nolan Trust

Predicted time: 5:00:00



Lawrence is a model who appeared on Britain's Next Top Model in 2007. She met Liverpool and Australia goalkeeper Brad Jones in 2008. Brad's son Luca was diagnosed with leukaemia last year and had a blood stem cell transplant from a donor found by Anthony Nolan.



Mark Lewis-Jones

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:40:00



Lewis-Jones has appeared in the TV series 55 Degrees North and the films Master and Commander, The Far Side of the World, and Troy.



Russell Leetch

Charity: Oxfam

Predicted time: tbc



Leetch is the bass guitarist for Birmingham-based indie rock band Editors. The Editors' album, The Back Room, went to number two in the charts while their single, An End has a Start, reached number one.



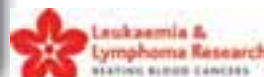
Tom Lister

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:45:00



Lister plays Carl King on Emmerdale.



Nadine Lewington-Malarkey

Charity: Great Ormond Street Hospital

Predicted time: 4:45:00



Lewington-Malarkey has been in Family Affairs and Dream Team, as well as playing Sasha Ryman in Casualty and Maddy Young in Holby City. She is married to actor Michael Malarkey.



Cal Macaninch

Charity: Leukaemia & Lymphoma Research

Best time: 3:55:20

Predicted time: 3:00:00



Macaninch appears in the TV series Holby Blue and was in the film Domsday.



VIRGIN LONDON MARATHON 2011

Neil Madden

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:45:00



Madden had appeared in Holby, Heartbeat, Doctors and The Bill.



Ray Macallan

Charity: Leukaemia & Lymphoma Research

Best time: 4:05:20

Predicted time: tbc



Macallan has appeared in several TV series including The Bill, Holby City and Emmerdale.



Louis Marriette

Charity: The Children's Trust, Tadworth

Predicted time: 4:00:00



Marriette designs headwear and hats for celebrities such as Rihanna, Dannii Minogue, Kate Moss and Lady Gaga. He is official milliner for the Derby.



Shauna McDonald

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:30:00



McDonald is an actress who has appeared in Spooks and the horror film The Descent.



Nell McAndrew

Charity: Cancer Research UK

Best time: 3:10:52

Predicted time: 3:09:00



McAndrew is a model and TV presenter, having appeared on Big Breakfast, It's a Knockout and I'm a Celebrity Get Me Out of Here. Her time in 2005 was close to the British championship race entry standard. She is a running ambassador for Cancer Research.



Iain McKee

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:50:00



McKee played Frank Gadney in Lilies on BBC1 and Michael in the BBC sitcom The Visit.



VIRGIN LONDON MARATHON 2011

John Michie

Charity: Leukaemia & Lymphoma Research

Predicted time: 5:10:00



Michie plays DI Robbie Ross in Taggart. He has also appeared in Casualty, Lovejoy, Poirot, Bugs and Heartbeat.



Chris Newton

Charity: The National Autistic Society

Predicted time: 3:00:00



Newton has won silver and bronze cycling medals at the last three Olympic Games and is a former world track champion in the points race and team pursuit. He is an integral part of British Cycling.



Richard Moore

Charity: Leukaemia & Lymphoma Research

Predicted time: 5:30:00



Moore spent 10 years with the Royal Shakespeare Company, and has appeared in TV shows such as Band of Gold, McCallum and Emmerdale.



Lyndon Ogbourne

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:40:00



Ogbourne plays Nathan Wilde in Emmerdale.



Johnny Mowlem

Charity: CLIC Sargent

Predicted time: 3:30:00



Mowlem is a sportscar racing driver who currently works for Lotus Motorsport. He currently races a 'hybrid' car.



Joe Pasquale

Charity: Diabetes UK

Predicted time: 5:30:00



Pasquale is a comedian who won I'm a Celebrity Get Me Out of Here in 2004. He's appeared in five Royal Variety performances and provided voiceovers for children's films and TV series.



VIRGIN LONDON MARATHON 2011

Jonathan Pearce

Charity: The Lily Foundation

Best time: 5:30:00



Pearce is a football commentator for the BBC. Known for his loud, passionate style, he works for Radio 5 Live and Match of the Day. He was sports editor at Radio West in Bristol and is a long-time Bristol City fan.



Emma Pierson

Charity: Oxfam

Predicted time: 4:30:00



Pierson is best known for playing Anna Thornton-Wilton on Hotel Babylon. She was also in Little Dorrit and the TV adaptation of Martin Amis' Money. Nancy, Sid and Sergio will be out later this year.



Chris Perry

Charity: Motor Neurone Disease Association

Predicted time: 4:00:00



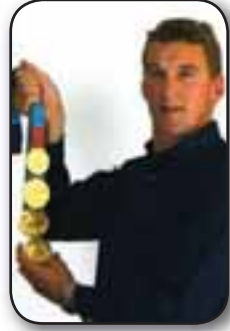
Perry made 582 appearances in his professional football career for Wimbledon, Tottenham Hotspur, Charlton Athletic and Southampton.



Matthew Pinsent

Charity: Alzheimer's Society

Predicted time: 4:00:00



A former rower who won four Olympic golds between 1992 and 2004, plus 11 World Championships. He was awarded an MBE in 1993, CBE in 2001 and a knighthood in 2005. He now works as a sports broadcaster for the BBC.



Gilles Peterson

Charity: The Steve Reid Foundation

Predicted time: tbc



Peterson has been a DJ on BBC Radio 1 for the last 12 years. He also syndicates a programme to 14 stations around the world, works for Japan's J-Wave and is a leading club DJ. He runs a record label, Brownswood Music, a publishing company and an artist management company.



Gail Porter

Charity: Coram

Predicted time: tbc



Porter is a TV presenter who has worked on The Movie Chart Show, Top of the Pops, Live & Kicking, the Big Breakfast and Gail Porter's Big 90s.



VIRGIN LONDON MARATHON 2011

Katie Price

Charity: Vision; The Pituitary Foundation

Predicted time: 5:45:00



A former glamour model, Price appeared on I'm a Celebrity Get Me Out of Here. She has her own lingerie, swimwear, jewelry, electrical, bed-linen and perfume ranges, and has authored several novels and children's books. This is her second London Marathon.



Roberto

Charity: Help a Capital Child

Predicted time: tbc



Roberto is a DJ on Capital FM. He started at his local radio station Town FM. His interview with teen star Justin Bieber was viewed by millions on You Tube.



Sophie Raworth

Charity: Cancer Research UK

Predicted time: 4:30:00



Raworth presents BBC's One O'Clock News as well as documentaries and other programmes. A keen runner at school, she recently returned to the sport when she entered the Great North Run.



Natalie Robb

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:00:00



Robb has appeared in Silent Witness, Emmerdale and Waterloo Road. She spent three years on Doctors after working on The Bill.



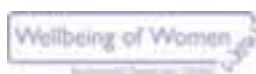
Elen Rivas

Charity: Wellbeing of Women

Predicted time: 5:30:00



Rivas is a Spanish model and the former fiancée of footballer Frank Lampard, with whom she has two children. She is now the partner of Peter Andre.



Michel Roux

Charity: Victa; The Dispossessed Fund

Predicted time: 3:35:00



A keen marathon runner, Roux owns Le Gavroche and Roux at Parliament Square restaurants. He has been a professional guest and judge on BBC2's Masterchef. His series, Michel Roux's Service, recently finished on BBC2. This will be his 19th marathon in 15 years.



VIRGIN LONDON MARATHON 2011

Nadia Sawalha

Charity: Cystic Fibrosis Trust

Predicted time: 5:00:00



Sawalha works in TV, film and theatre. She is best known for playing Annie Palmer in Eastenders and for presenting daytime shows Loose Women and Live Talk.



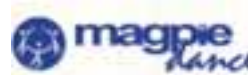
Kellie Shirley

Charity: Magpie Dance

Predicted time: 5:00:00



Best known for playing Carly Wicks in Eastenders, Shirley has appeared in the films Venus, Dr Jekyll & Mr Hyde, Wimbledon, The Baseline, Heidi and The Sick House. She is in Girl on a Bicycle and Frank, due for release this year.



Chris Simmons

Charity: Leukaemia & Lymphoma Research;

Rhys Daniels Trust

Best time: 3:30:00

Predicted time: 3:40:00



Simmons plays DC Mickey Webb in The Bill. He has had guest roles in Casualty and Doctors.



Tom Smith

Charity: Oxfam

Predicted time: tbc



Smith is lead singer, lyricist, keyboardist and rhythm guitarist with the band Editors. Editors are currently working on their fourth album.



Tuuli Shipster

Charity: Oxfam

Predicted time: 4:22:00



Shipster is a model with the agency Storm. Married to the photographer Rankin, she has organised the 'Oxglam' team from the fashion industry for this year's race.



Irwin Sparks

Charity: Samaritans

Predicted time: 4:30:00



Sparks is lead singer and guitarist with pop rock band The Hoosiers.



VIRGIN LONDON MARATHON 2011

Gary Speed

Charity: The Bobby Robson Foundation

Predicted time: 3:50:00



The most capped outfield footballer for Wales, Speed is now the manager of the Welsh national side. He played in the top flight for 21 years for Leeds United, Everton and Newcastle United.



Jack Tweed

Charity: Macmillan

Predicted time: 4:00:00



Tweed married Jade Goody in 2009 when she was terminally ill with cervical cancer. They met on Celebrity Big Brother in 2007. He is running with his brother Luke and friend Mark Wright.



Ben Thapa

Charity: Mental Health Foundation

Predicted time: 4:50:00



Thapa was a tenor in the group G4, the original X Factor success story. After their debut in 2004 they had a number one LP, two sell-out UK tours, and sold 1.2 million albums. They split after their 2007 tour and Thapa is now a post graduate student at the Royal College of Music.



Chris Villiers

Charity: Leukaemia & Lymphoma Research

Best time: 4:12:10

Predicted time: 4:40:00



Villiers plays Grayson Sinclair in Emmerdale. He also appeared as Captain Nigel Croker on Mile High between 2004 and 2005, and has starred in films such as Bloody Sunday, First Knight and Top Secret. In 2003 he wrote and produced the British film Two Men Went to War.



Iwan Thomas

Charity: Macmillan

Predicted time: 3:40:00



Thomas was European and Commonwealth Games 400m champion, an IAAF World Cup winner and is still the British 400m record holder. He won relay medals at World Championships and Olympic Games. He was awarded an MBE in 1998.



Charlie Webster

Charity: Women's Aid

Predicted time: 3:35:00



Webster presented live coverage of the GP2 motor racing series on ITV4. She has also presented MTV, Real Madrid International TV and ESPN Asia. She has worked for Sky Sports, ITV and BBC.



VIRGIN LONDON MARATHON 2011

Nicola Wheeler

Charity: Leukaemia & Lymphoma Research

Best time: 4:20:12

Predicted time: 4:45:00



Wheeler made her TV debut in Coronation Street and began playing the role of Nicola Blackstock in Emmerdale in 2000.



Nick Woodman

Charity: Leukaemia & Lymphoma Research

Predicted time: 3:30:00



Woodman plays Jack Hollins in Doctors. He previously appeared in Nearly Famous and Teenage Kicks.



Ricky Wilson

Charity: Alzheimer's Society

Predicted time: 4:00:00



Wilson is front man in the band The Kaiser Chiefs who have sold more than six million albums and won numerous awards. Their second album Yours Truly, Angry Mob, and the single Ruby were both at number one at the same time in 2007. Other singles include I Predict a Riot and Never Miss a Beat.



Mark Wright

Charity: Macmillan

Predicted time: 4:00:00



Wright is a club promoter who appears on ITV2's The Only Way is Essex. He is running in memory of Jade Goody with her widower Jack Tweed.



Matthew Wolfenden

Charity: Leukaemia & Lymphoma Research

Predicted time: 4:30:00



Wolfenden plays David Metcalfe in Emmerdale. He has also appeared in Let Loose, a spin-off in Hollyoaks. He was a member of the British gymnastics squad before he started acting.



Dwight Yorke

Charity: Vision

Predicted time: 3:00:00



Yorke played football for five English Premier League clubs making 480 appearances and scoring 147 goals. He became assistant manager for Trinidad and Tobago on their 2010 World Cup qualifying campaign.



VIRGIN LONDON MARATHON 2011

Will Young

Charity: Catch 22

Predicted time: 3:30:00



Young's singing career began when he won Pop Idol in 2002. He has since sold nine million records worldwide and worked with a wide variety of artists, from Groove Armada to James Brown, Elton John and Burt Bacharach.



VIRGIN LONDON MARATHON 2011

MPs and the Marathon

The Parliamentary record

The following pages present the times that Members of Parliament, the compiler and certain other runners connected with the UK Parliament have recorded when completing the London Marathon. All the following are or have been MPs apart from Lord Meston, the compiler Mike Steele, David Cornock, a lobby correspondent, and the two women listed in 1989 who were the wife and daughter of MPs. If serving MPs when they ran this is indicated in the first instance by the name of their party and constituency, and subsequently by the initials MP.

Matthew Parris holds the record as the fastest MP, a fact of which he is enormously and rightly proud. His five London Marathon times (1981-85) are all faster than the best of the runner-up Doug Henderson. Dick Douglas and Gary Waller jointly hold the record (10) for the highest number of London Marathons completed as an MP, although that will be equalled this year by Alistair Burt. Dick Douglas (born 4 January 1932) went on to run a further 11 London Marathons, then at the age of 70 told the compiler that his 21st in 2002 would be his last.

Alistair Burt first ran in 1984 and thus holds the record among MPs for the longest time between his first and his most recent London Marathon – 1984-2011, 27 years – previously held by David Heathcoat-Amory 1987-2002, 15 years. Heathcoat-Amory ran only two minutes 33 seconds slower in 2002 than he did in 1987. Chris Pond has been running since 1988 but his first and latest (in 2007) were not as an MP.

One of this year's entrants, Jo Swinson, will be the second woman MP to run. The first was the late Patsy Calton who ran in 2002 and 2003. She died of cancer in 2005.

Last year (2010) was the only year since the race started when there have been no MPs running the London Marathon. Three MPs were entered but did not run because of the general election on 6 May.

1981	Matthew Parris	(Con, Derbyshire W.)	2:46:20
	Gary Waller	(Con, Keighley)	4:35:48
	Doug Henderson		3:00:21
1982	Matthew Parris	MP	2:43:25
	Gary Waller	MP	4:42:23
	Jonathan Aitken	(Con, Thanet East)	3:43 approx.
	Dick Douglas	(Lab, Dunfermline W)	5:09:23
	Keith Best	(Con, Anglesey)	5:12:25
	Doug Henderson		3:11:42
1983	Matthew Parris	(Lobby correspondent Newspoint)	3:26:35
	Matthew Parris	MP	2:38:56
	Dick Douglas	MP	4:44:39
	Les Huckfield	(Lab, Nuneaton)	4:18:38
	Mike Steele		3:23:08
1984	Matthew Parris	MP	2:37:33
	Gary Waller	MP	4:27:18
	Dick Douglas	MP	5:07:42
	Jonathan Aitken	(Con, now Thanet South)	3:47:23
	Dennis Canavan	(Lab, Falkirk W)	3:33:52
	Alistair Burt	(Con, Bury N)	4:14:48
	Edward Leigh	(Con, Gainsborough)	5:05:55
	Doug Henderson		2:51 approx.
	Mike Steele		3:21:52
1985	Matthew Parris	MP	2:32:57
	Gary Waller	MP	4:09:08
	Dick Douglas	MP	5:19:58
	Dennis Canavan	MP	3:19:04
	Alan Howarth	(Con, Stratford-on-Avon)	3:41:41
	Alistair Burt	MP	4:26:47
	Rob Hayward	MP	4:39:15
	Edward Leigh	MP	4:57:37
	Mike Steele		3:38:20

VIRGIN LONDON MARATHON 2011

1986	Gary Waller	MP	4:36:57
	Dennis Canavan	MP	3:23:19
	Dick Douglas	MP	5:23:55
	John Watson	[Con, Skipton & Ripon]	4:31:24
	Gerald Howarth	[Con, Cannock & Burntwood]	5:23:46
	Mike Steele		3:25:30
1987	Gary Waller	MP	4:38:37
	Dick Douglas	MP	5:02:01
	Dennis Canavan	MP	3:25:18
	Alistair Burt	MP	4:22:00
	David Heathcoat-Amory	[Con, Wells]	3:55:45
	Mike Steele		3:30:48
1988	Gary Waller	MP	4:36:24
	Dick Douglas	MP	5:18:50
	Dennis Canavan	MP	3:28:03
	Doug Henderson	[now Lab, Newcastle-upon-Tyne N]	2:57:51
	John McFall	[Lab, Dumbarton]	3:08:24
	Rhodri Morgan	[Lab, Cardiff W]	3:14:44
	Alun Michael	[Lab, Cardiff S & Penarth]	4:11:35
	Chris Pond	[not yet an MP]	3:19:13
	Mike Steele		3:24:24
1989	Gary Waller	MP	4:38:29
	Dick Douglas	MP	5:23:00
	Doug Henderson	MP	2:52:24
	Alistair Burt	MP	6:20:29
	Mike Steele		3:29:59
	Christina Davies	[wife of Ron, Lab, Caerphilly]	3:29:59
	Sian Williams	[daughter of Alan, Lab, Swansea W]	3:23:30
1990	Gary Waller	MP	4:48:36
	Dick Douglas	MP	5:31:19
	Dennis Canavan	MP	3:49:23
	Doug Henderson	MP	2:59:14
	Alun Michael	MP	4:27:38
	Mike Steele		3:22:32
	Christina Davies		3:30:21
	David Cornock		3:31:42
1991	Dick Douglas	MP	5:11:10
	Dennis Canavan	MP	3:28:13
	Alistair Burt	MP	4:50:02
	Alun Michael	MP	4:35:29
	Sebastian Coe	[not yet an MP]	2:56:20
	Mike Steele		3:34:17
	David Cornock		3:37:54
1992	Gary Waller	MP	4:54:27
	Dick Douglas	[defeated in General Election three days earlier]	5:27:55
	Alun Michael	MP	4:25:31
	Mike Steele		3:28:58
1993	Dennis Canavan	MP	3:57:44
	Alun Michael	MP	5:21:02
	John Austin-Walker	[Lab, Woolwich]	4:44:40
	Lord (James) Meston		4:54:44
	Dick Douglas		4:50:00
1994	Alan Simpson	[Lab, Nottingham South]	4:26:46
	Dick Douglas		4:53:48
	Chris Pond		3:35:44

VIRGIN LONDON MARATHON 2011

1995	Alistair Burt Robert Spink Dick Douglas David Cornock	MP (Con, Castle Point)	5:04:37 3:31:15 5:04:50 3:53:19
1996	John Austin-Walker Dick Douglas	MP	5:33:10 5:18:48
1997	Dick Douglas		5:09:46
1998	Chris Pond Howard Stoate David Lock Lord Meston Dick Douglas	(Lab, Gravesham) (Lab, Dartford) (Lab, Wyre Forest)	4:01:41 3:42:19 3:44:36 4:35:18 5:07:29
1999	John Austin Chris Pond Howard Stoate Paul Marsden Dick Douglas Les Huckfield Patsy Calton	(Lab, Erith and Thamesmead) MP MP (Lab, Shrewsbury & Atcham) (not yet an MP)	5:01:10 3:37:54 3:40:02 3:57:14 5:44:34 5:53:13 5:46:16
2000	John Austin Chris Pond Howard Stoate Dennis McShane Dick Douglas Robert Spink	MP MP MP (Lab, Rotherham) (defeated in 1997)	5:21:21 4:06:20 3:36:28 4:45:15 5:42:34 4:25:02
2001	Chris Pond Paul Marsden Dick Douglas Patsy Calton	MP MP 	3:58:46 3:38:33 6:02:11 5:59:00
2002	David Heathcoat-Amory Chris Pond Howard Stoate Paul Marsden Robert Spink Patsy Calton Bill Wiggin Dick Douglas	MP MP MP (Lib Dem, Shrewsbury & Atcham) (Con, Castle Point) (Lib Dem, Cheadle) (Con, Leominster)	3:55:45 3:57:42 3:57:32 3:26:34 4:31:37 6:05:49 6:32:43 6:06:56
2003	Denis McShane Bob Russell Paul Marsden Chris Pond Patsy Calton	(Lab, Europe Minister) (Lab, Colchester) MP MP MP	4:51:46 6:20:22 3:24:00 4:01:41 6:13:34
2004	Ian Duncan Smith Martin Linton Howard Stoate Chris Pond	(Con, former leader Con Party) (Lab, Battersea) MP MP	4:46:18 4:37:03 3:57:32 4:01:41
2005	Rt Hon Richard Caborn Sir Archy Kirkwood Chris Pond Albert Owen Howard Stoate	(Lab, Sheffield Central) (Lib Dem, Roxburgh & Berwickshire) MP (Lab, Ynys Môn) MP	4:51:31 did not run, on doctor's advice 4:13:42 6:17:47 3:59:41

VIRGIN LONDON MARATHON 2011

2006	Howard Stoate Alistair Burt James Purnell Philip Hollobone	MP (now Con, Bedfordshire NE) (Lab, Stalybridge & Hyde) (Con, Kettering)	4:04:20 4:43:15 4:37:47 4:41:20
2007	Howard Stoate Alistair Burt Chris Bryant Stephen Crabb Daniel Kawczynski Kevin Barron	MP MP (Lab, Rhonda) (Con, Preseli Pembrokeshire) (Con, Shrewsbury & Atcham) (Lab, Rother Valley)	4:46:29 5:18:35 3:34:19 5:13:41 5:45:28 5:16:47
2008	Alistair Burt Martin Linton Chris Bryant	MP MP MP	4:39:17 4:29:08 3:35:58
2009	Chris Bryant Howard Stoate Edward Timpson	MP MP (Con, Crewe and Nantwich)	3:50:09 4:10:07 3:58:36
2010	-		
2011	Alistair Burt Stephen Crabb Jo Swinson Edward Timpson	MP MP (Lib Dem, East Dunbartonshire) MP	PB 4:14:48 (1984); 10th time 5:13:41 (2007); 2nd time debut (2nd woman MP) 3:58:36 (2009); 2nd time

The fastest MPs

Matthew Parris	Con, Derbyshire West	2:32:57	1985
Doug Henderson	Lab, Newcastle upon Tyne North	2:52:24	1989
John McFall	Lab, Dumbarton	3:08:24	1988
Rhodri Morgan	Lab, Cardiff West	3:14:44	1988
Paul Marsden	Lib Dem, Shrewsbury & Atcham	3:18:01	2004
Dennis Canavan	Lab, Falkirk West	3:19:04	1985
Robert Spink	Con, Castle Point	3:31:15	1995
Chris Bryant	Lab, Rhondda	3:34:19	2007
Howard Stoate	Lab, Dartford	3:36:28	2000
Chris Pond	Lab, Gravesham	3:37:54	1999
Alan Howarth	Con, Stratford-on-Avon	3:41:41	1985
Jonathan Aitken	Con, Thanet East	3:43:00	1982
David Lock	Lab, Wyre Forest	3:44:36	1998
David Heathcoat-Armory	Con, Wells	3:55:45	1987
Michael Jack	Con, Fylde	3:57:31	2004
Edward Timpson	Con, Crewe and Nantwich	3:58:36	2009
Gary Waller	Con, Keighley	4:09:08	1985
Alun Michael	Lab, Cardiff South & Penarth	4:11:35	1988
Alistair Burt	Con, Bury North	4:14:48	1984
Les Huckfield	Lab, Nuneaton	4:18:38	1983
Alan Simpson	Lab, Nottingham South	4:26:46	1994

MPs by numbers

Sitting MPs who have run	14	[9 Conservative, 4 Labour, 1 Liberal Democrat]
Former MPs no longer at Westminster	26	
Former MPs now peers	1	
Former MP, now deceased	1	
Total	42	

VIRGIN LONDON MARATHON 2011



VIRGIN

Virgin Money and the world's largest annual fundraising event

2010 was a landmark year for the London Marathon, as it successfully celebrated its 30th anniversary. It was also the first year of Virgin Money's sponsorship of the world famous race – part of an exclusive five-year deal. Inspired by the thousands of runners who take part every year, with the majority running for good causes and raising funds online, Virgin Money saw a way of making online fundraising even better.

In October 2009 Virgin Money launched its new initiative, virginmoneygiving.com, an independently run, 100% not-for-profit business – and the official fundraising website of the London Marathon.

With Virgin Money Giving, fundraisers and donors can be 100 per cent confident that the company they're dealing with isn't making a profit on their donation and that more of their hard-earned cash is going to the cause they're passionate about.

Together we've pledged to help runners raise £250 million for charity over the next five years. To our great delight we're already off to a flying start as, for the first time in its history, the London Marathon broke the £50 million fundraising barrier.

The results from 2010 that we're particularly proud of:

- Virgin Money Giving fundraisers running the Marathon raised £8.2 million for charity
- fundraisers raised £347,000 more using Virgin Money Giving over other fundraising websites*
- a typical Virgin Money Giving fundraiser was able to pass on £61 more to their charity.*

We hope to build on these fantastic results year-on-year and are working hard to make the 2011 race an even greater success.

* compared to JustGiving, based on donations made by Visa debit card with Gift Aid reclaimed.

Virgin Money

At Virgin Money we want to do things in a way that's not just good for our business and our customers, but benefits others too. We call this principle 'Everyone's better off'.

An example of what we mean is our sponsorship of the Virgin London Marathon. We have committed to invest more than £17m over five years so the biggest annual fundraising event on the planet and the charities it supports can continue their great work. In return, we become that little bit more famous.

We have also developed a credit card especially for runners. The Virgin London Marathon credit card offers the opportunity to earn 'marathon miles' and the chance to win a place in the London, Amsterdam, Chicago and Paris marathons.

It also offers 0.8 per cent cashback with Gift Aid, increasing the donation to 1.02 per cent and a low balance transfer for life. You can choose and change your nominated charity and it is the only credit card in the UK with Gift Aid.

The Virgin touch

We love the fact that the London Marathon is both a massive fundraising event and a world-famous sporting occasion. The atmosphere and camaraderie at the London Marathon is like nothing else. We're really excited about being part of the celebrations and plan to help make 2011 the best yet. London Marathon runners, charities, supporters, people of London and Virgin Money – together, everyone's better off.

For more information about Virgin Money or Virgin Money Giving contact Scott Mowbray: 07834 843 384; scott.mowbray@virginmoney.com, or Grant Bather: 07834 844 427; grant.bather@virginmoney.com

For more information on Virgin Money Giving or the Virgin London Marathon Credit Card please visit www.virginmoney.com

VIRGIN LONDON MARATHON 2011



adidas

adidas and the world's no1 marathon

Adidas is celebrating its 12th year in partnership with the London Marathon by offering a unique charity donation to anyone who completes the race in adidas footwear.

Charity donation

Adidas is offering £40 to the charity of every runner who completes the Virgin London Marathon wearing adidas trainers. All a runner needed to do was register online at www.adidas.com/londonmarathon and ensure they had an active Virgin Money Giving sponsorship page.

To qualify, runners have to cross the finish line wearing adidas running trainers. We recommend runners get a full gait analysis to make sure they choose the right shoe from our range. When the chips are removed all those taken from adidas trainers will be placed into a separate bin and adidas will donate to those runners' sponsorship pages within eight weeks. This is the first time an incentive like this has ever been done on this scale and adidas is proud to support the runners in this way.

Official marathon range

This year's official Virgin London Marathon 2011 clothing range is in white, black and intense green. Whether runners are first-timers or seasoned marathoners, the official range offers comfort and style. When going the distance, the kit runners wear can make all the difference. The adidas VLM range includes unique technologies such as Climacool ventilation and ForMotion muscle support to help keep you cool, dry and comfortable.

There's also a VLM training range in red, white and blue. The VLM clothing and training range is available through adidas performance stores, London Marathon stores and online at: www.virginlondonmarathon.com.

Running shoes

Adidas produce a range of shoes featuring the latest innovative technology to suit all styles of running. ForMotion is a unique de-coupled heel which slows down your transition from heel to toe reducing strain on the knee and surrounding muscles.

AdiPRENE® is a highly absorbent material that cushions and protects the heel at impact and adiPRENE®+ is an elastic cushioning material used in the forefoot to provide a responsive, dynamic push-off.

All shoes are designed for slightly different needs so it is vital to get expert advice to ensure runners wear the correct ones for marathon training. The adidas performance store has a footscan system while the London Marathon store in Covent Garden has a full adidas gait analysis system. Both measure a runner's unique footstrike to make sure they are getting the right shoes for them. The gait analysis system will also be available at the London Marathon Expo.

miCoach

MiCoach is an interactive training system, which will inspire and motivate athletes to reach their individual training goals, whatever they may be. Available as a full device (including heart rate monitor and shoe sensor) and as a free phone app, the real-time audible training system features sports-specific training programmes to help you improve performance.

The free miCoach app allows smartphone users to turn their phone into a personal coach with GPS pace-triggered voice coaching, personalised and sports-specific training plans, workout calendars and workout feedback. The miCoach app syncs automatically with the website www.micoach.com where users can create personalised conditioning programmes tailored to their own fitness level and even download the voices of their favourite sports stars to provide motivation. It is like having their own personal coach with them on every run. The miCoach app is available from iTunes and the miCoach pacer device from adidas stores, on adidas.com and at selected Sweatshop stores and sweatshop.com (RRP £123).

For more information contact:

adidas@ktbpr.com, or call 020 7924 7214.

For product specific information and personal enquiries call the adidas customer care line on 0870 240 4204.

VIRGIN LONDON MARATHON 2011

FULLER'S Pride and passion

Fuller's London Pride is delighted to once again be the official beer of the London Marathon. The 2011 race will be the fifth year in which these two London icons have come together to show the world everything that is great about our capital city.

Every competitor should be very proud of their achievement at even getting to the start line. Their supporters will be encouraged to show their pride by joining in at one of the London Pride cheering stations along the route of the course.

These include a double-decker bus where live broadcasts from BBC London 94.9FM will be heard, and there will be plenty of opportunities for the thousands of spectators to try some London Pride while shouting encouragement to the runners. They will be aided by special supporters' items handed out on the day and also available from the London Pride stand at the Marathon Expo in the Docklands Excel Centre during the week leading up to the race. Supporters accompanying runners to the Expo will also be able to pick up a spectators' guide, which includes details of all the cheering stations and Fuller's pubs along the route.

Team Fuller's – a team of runners comprising brewery employees, publicans, customers and friends – will once again embark on the 26.2 mile journey joined by the now-famous giant London Pride bottle.

This year, selected Fuller's pubs will also be giving away limited edition London Pride medal boxes, the perfect way to store the hard-earned memory of the day. There are only 500 boxes in total, and details of how to secure one have been on the London Pride Facebook page from the middle of March.

John Roberts, managing director of The Fuller's Beer Company, said: "The Virgin London Marathon 2011 will be an amazing day where the eyes of the world will be on our great city. I am delighted to continue our involvement with this fantastic race.

"London Pride and the London Marathon are two of our capital's icons and we would encourage every proud Londoner to take to the streets on 17 April to



support the runners – if they are not running themselves, of course. The Fuller's business is all about pride and passion, and the marathon is a perfect reflection of these values."

Fuller's agreement with the London Marathon gives London Pride official beer status and the rights to use the Virgin London Marathon logo at points of sale and in advertising material. London Pride logos will be seen by millions of television viewers and spectators on perimeter boards at the start and finish points, at key locations throughout the race, and through advertisements in *Marathon News*, which is distributed to every person who registers for the race.

London Pride is the UK's number one premium cask ale, brewed at the historic Griffin Brewery in Chiswick, west London, less than six miles from the marathon finish line.

**For further information contact Fuller's press office:
telephone: 020 8996 2048/2175; fax: 020 8996 2079
email: pr@fullers.co.uk; website: www.fullers.co.uk**

VIRGIN LONDON MARATHON 2011



INTERCONTINENTAL HOTELS GROUP

InterContinental Hotels Group commits to the long run

InterContinental Hotels Group (IHG) is the official hotel sponsor of the London Marathon for the sixth year running.

Holiday Inn, Crowne Plaza and InterContinental hotels, which are operated by IHG, will offer marathon runners special packages at selected hotels in London which include:

- Bed and breakfast per night from £65 based on two people sharing a standard room to help runners get off to a flying start
- Coach transfers to the start of the race
- Post-marathon pampering at selected Holiday Inn hotels in London such as complementary physiotherapy and a soothing foot massage.

To find out more about these offers visit:
www.holidayinngreenroom.co.uk/running

Florence Eavis, a spokesperson for Holiday Inn, said: "We know that this year's marathon runners are going to be both nervous and excited about the race. They will need to be well rested and get a good night's sleep before they set off to run 26 miles.

"By providing a great night's sleep, our Holiday Inn, Crowne Plaza and InterContinental hotels will make sure that they'll be in peak condition before they start the race."

For more information please contact:
Natalie Ashworth on 01895 512 239 or
Natalie.ashworth@ihg.com

IHG offers information and online reservations for all its hotel brands at www.ihg.com and information for the Priority Club Rewards programme at www.priorityclub.com.

For our latest news visit www.ihg.com/media, Twitter [www.twitter.com/ihgplc](https://twitter.com/ihgplc) or YouTube.

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VIRGIN LONDON MARATHON 2011



LUCOZADE SPORT

Official sports nutrition partner of the 2011 Virgin London Marathon

Lucozade, the UK's leading sports drink, is celebrating its 10th year as a sponsor of the London Marathon, helping runners of all abilities experience something amazing in the build up to and during the race. This year is even more special however as it marks a significant step-change in the brand's positioning.

Our mission

To fuel 36,500 runners as they take on the race of their lives - the Virgin London Marathon.

Lucozade and running

It's that moment when everything clicks, when the energy flows. There's a word for it: "yes".

Lucozade gives energy to thousands of people; energy to break the mould and achieve anything. The Virgin London Marathon is, for many, a once in a lifetime challenge. Together with Lucozade, running the race will create memories which will live for a lifetime. Lucozade will engage both new and old runners and support them via a host of media channels. Maintaining our links with the best people in running, including the excellent Lucozade Sport Science Team, we have the tools and advice to help runners throughout their training, on race day and beyond.

More details can be found at lucozade.com/vlm, facebook.com/lucozadesportrunning and twitter.com/lucozaderunning.

Fuel stations

Supplying approximately 200,000 bottles of Lucozade Sport Orange Body Fuel in recyclable, easy to carry 330ml sport bottles at miles 5, 10, 15, 19 and 23.

Lucozade Sport Carbo Gels

Following their huge success last year, we will again be offering runners Lucozade Sport Carbo Gels at miles 14 and 21. We've doubled the quantity to 60,000 gels in 2011 providing concentrated carbohydrate for easy and effective refuelling.

Start and finish line support

There will be Lucozade Sport Body Fuel available for all runners at the start of the race and a cherry flavoured version in every runner's finishing pack.

London Marathon Expo

The Lucozade Zone at the London Marathon Expo will look and feel more engaging and deliver a totally new experience for runners and spectators:

- Sport science support – our sports scientists are on hand with interactive iPads to answer any burning questions and offer final pieces of advice.
- Motivation stations – ask anyone who's run the race and they'll tell you that it's the crowds who bring the race to life. We have an area dedicated to them with information, advice and collateral.
- Lucozade pace bands - wrapped around runners' wrists, these simple but highly effective tools help keep runners on track by maintaining a steady pace throughout the race.
- Sampling stations – offering access to our signature products, including New Lucozade Sport Cherry Body Fuel.
- Course information – including a map, information about the Lucozade cheering zones and much more.
- Expert speakers – including Olympic and Paralympic athletes Liz Yelling and David Weir, Lucozade sport scientists, celebrity runners and other fantastic running experts.

Lucozade Sport shop

The chance to try out and purchase specially selected products at discounted prices. For the full product range please visit lucozadeshop.com/running.

Lucozade supports 25 of the biggest and best running events in the UK and grassroots running through the parkrun 5km series. For more information please visit lucozade.com/running.

Lucozade and Lucozade Sport are registered trademarks of the GlaxoSmithKline group of companies. To find out more about Lucozade Sport's products, visit www.lucozadeshop.com.

For further information and images, please contact Edd Hood at Fast Track: tel. 020 7593 5200; email: edward.hood@fasttrackagency.com

VIRGIN LONDON MARATHON 2011



realbuzz.com Official online partner of the Virgin London Marathon

Realbuzz.com, the UK's largest healthy active living website, is delighted to continue as official online partner to the Virgin London Marathon.

Realbuzz.com ensures runners receive the best information and advice to help them run the Virgin London Marathon and events, and accomplish the personal goals that they have set themselves.

The website contains thousands of articles packed with information and advice for improving training techniques and increasing motivation, as well as invaluable training tools to help users achieve their health and fitness goals.

Realbuzz.com is also home to the official blogs of the Virgin London Marathon, where entrants can become part of the hugely popular running community – sharing their training ups and downs by keeping an online diary. This year it is expected that more than 20 per cent of runners will write a blog.

Realbuzz.com is the essential running companion, offering training plans – specifically tailored to a runner's ability – and fundraising advice on how to get the most out of the event. It offers a wide range of helpful features on topics ranging from getting started to recovery programmes and how to organise marathon training.

Tim Rogers, founder of realbuzz.com and a veteran of more than 60 marathons, said: "Each year thousands of people triumph in the mammoth feat of running 26.2 miles in the London Marathon. We always look forward to supporting them by providing dedicated, professional advice for each and every one. For some, it is the fulfilment of a lifetime's ambition and for others a way to raise money for a worthy charity. No matter what their running level, realbuzz.com helps people achieve their marathon goals."

The site offers a hugely successful community where like-minded users can come together. It provides fantastic tools, applications and advice to help people meet their healthy active living goals.

You can follow realbuzz.com on Facebook: www.facebook.com/realbuzzcom, and on twitter: www.twitter.com/realbuzzcom.

Realbuzz.com Ltd is an online publishing company, publishing its own website, www.realbuzz.com, as well as hosting, managing and partnering health, fitness and mass participation sports event sites.

Realbuzz.com designs, maintains and hosts the Virgin London Marathon website and online ballot entry system: www.virginlondonmarathon.com.

For more information on realbuzz.com please contact Carly Allen on 01244 505862 or email carly@realbuzz.com

VIRGIN LONDON MARATHON 2011

RENAULT Renault leads the field



On 17 April, Renault will once again head the pack at the Virgin London Marathon. The now-familiar sight of the Renault lead vehicle crossing the finish line first heralds the approach of the winning male athlete.

As official vehicle supplier to the Virgin London Marathon, Renault supplies Master Vans and Grand Espaces to the UK's number one road race.

Renault provides 14 Grand Espaces to carry media, VIPs and the organising committee. Additionally four specially-converted Renault Master vans fulfil the crucial role of lead vehicles and photographers' transport for each event.

Based on the existing Renault Master chassis cab, the purpose-designed bodywork was made specifically to the requirements of the London Marathon team, with rear-facing seats for officials and media, and internal storage for timing and communications equipment. A Renault Grand Espace will also lead the wheelchair race.

The London Marathon is one of the highlights on the Renault sponsorship 'VIP Fleet' calendar, which includes the Edinburgh International Festival, the London Film Festival, the London to Brighton Veteran Car Run and, among other sports events in 2011, the Royal International Horse Show at Hickstead, the World Badminton Championships at Wembley and the Trampoline and Tumbling World Championships in Birmingham.

2011 will mark Renault's 16th year as proud sponsor of the world-famous London Marathon. Renault will field an elite team of staff runners, raising money for the company's headline charity, Barnardo's.

RUNNER'S WORLD

RUNNER'S WORLD

At the heart of the running community

Runner's World is the world's and the UK's best-selling running magazine with a strong heritage dating back to the 1960s.

The title has evolved significantly since its launch and has developed into a truly multimedia platform for all things running. The brand now encompasses not only a magazine but an award-winning website and online race entry system as well as stand-alone running books and guides.

Runner's World, the magazine, recently recorded its largest sales figure to date and also took top slot as the UK's No1 best-selling sports title.

We sell an average of 96,352 copies in the UK (ABC Jan-Dec 2009) and reach more than 297,000 readers a month (NRS Oct '08 – Sep '09), which was the 15th consecutive annual increase in our circulation.

Although the *Runner's World* brand has changed over the years in line with consumer needs and demands the mission has remained the same: to help educate, motivate and inspire runners of all ages and abilities to achieve their health, fitness or performance goals.

To that end the magazine is packed every month with indispensable training, health and nutrition advice, tips and articles, the very latest gear and product reviews, and the most up-to-date and comprehensive running calendar in the UK.

Running events are also at the heart of our website – www.runnersworld.co.uk – which is the UK's largest, most active and vocal online running community. The site currently has more than 560,000 members who post over 3,800 forum messages a day, review all the latest kit and products, and offer their opinion on thousands of events each month.

If you want to know what's happening in the world of running, if you need advice, or if you're looking for your next race, then runnersworld.co.uk is the destination.

If you want to take running to the next level *Runner's World* also publishes another website – www.fetch-everyone.com – which is a huge resource of useful information on dozens of running-related subjects. It operates as a virtual running club and, with 35,000 registered users, is by far the UK's most popular online running site after www.runnersworld.co.uk.

In addition to the print and online entities, *Runner's World* continues to offer its much coveted pace programme. Established for more than 11 years, the *Runner's World* Pace Team offers a completely free service at the London Marathon and key pre-London Marathon races. The objective – to get you around your race in your target time.

The team will be out in force again this year at the Virgin London Marathon. There will be six different pace groups setting-out from the red and blue starts. They'll be running at seven, eight, nine, 10, 11 and 12-minute mile paces, which is roughly equivalent to sub-3:00, 3:30, 4:00, 4:30, 5:00 and 5:30 finish times. To date thousands of runners have benefited from this free service.

For more information about *Runner's World* contact Group Publishing Director, Alun Williams:
alun.williams@natmag-rodale.co.uk

VIRGIN LONDON MARATHON 2011

TIMEX®

TIMEX

Official timing sponsor of the Virgin London Marathon 2011

Timex is proud to be the official timekeeper of the Virgin London Marathon, for the 13th successive year.

Timex is the leading authority in sports watches. Since 1854, Timex has done more than produce watches that keep time. We've kept our promise of undaunted innovation and authenticity. Our heritage is founded on bringing innovation and reliability to our watches through our core values of design, durability and performance.

In 1985 Timex introduced the Ironman Triathlon, the first multi-function, performance sports watch. With a full complement of athletic timing features and a striking profile, the watch quickly became the best selling sport timepiece in the world and has remained at the forefront of technological design.

Timex keeps working with top athletes to create the ultimate collection of sports watches, and will continue to keep on proving there is no compromise when it comes to form versus function.

Whether you're a world class athlete or a recreational runner, the Timex Ironman Sports collection includes technical features that can help improve your training, fitness levels and overall performance.

Key products for 2011

- GPS training comes down to earth. Introducing the Timex Ironman Global Trainer, the first GPS-enabled watch worthy of the Timex Ironman name.
- Timex 150-lap Sleek with Tapscreen™ technology. Timex gives you the next generation of performance tools. Revolutionary TapScreen™ technology helps you log your lap times without breaking your stride. Designed for athletes by athletes, the labelled interval timers, audible pacing alarms and a dynamic design help make this the ideal product for any runner or triathlete.

- Timex Race Trainer HRM Kit with ANT+ Sport technology, which eliminates cross-talk and interference, and a USB stick to transfer data from the watch to a computer.

"I am delighted that Timex continues to work with us as official timekeeper, and provides the final race times for all our participants," says David Bedford, race director of the Virgin London Marathon.

"Timing is one of the most crucial factors in road running. With thousands of people crossing the line, all keen to find out if their months of training and hard work have paid off, it's good to know that one of the world's most established and reputable watch brands is providing this information."

Runner's World pacing team powered by Timex

Your pace or mine? A free pacing service from the world's biggest-selling running magazine and the world's leading sports watch brand. For the first time ever, Timex have teamed up with *Runner's World* to offer a unique pacing service at the Virgin London Marathon and various selected warm-up events. Up your pacing game in 2011 and get your marathon goals in sight with the help of the experts.

Dan Calvert, UK Marketing Manager for Timex said, "Timex are delighted to be powering the *Runner's World* pacing team this year. Using the Timex Ironman Global Trainer GPS product, the team offers a completely free and accurate service. From seven-minute to 11-minute miles, we take care of the pace so you don't have to."

The Timex brand is also associated with other great mass participation events in the UK, including the Virgin Active London Triathlon and the Human Race series of events.

**For further information please contact
Dan Calvert, UK Marketing Manager, Timex UK
dcalvert@timex.com or 020 8326 6900**

VIRGIN LONDON MARATHON 2011



TNT

Celebrating 21 years of marathon support

TNT has been a key support for the London Marathon for over two decades but on 17 April it truly comes of age as a company that always goes the distance.

TNT is synonymous with the 26.2 mile trek around the capital city and this year sees it lend its logistical expertise for the 21st time.

Challenged to deliver a million drinks and 650 tables to 30 strategically located water and Lucozade stations, TNT rolls up its sleeves and gets on with it – just as it has done each year since 1990.

A refreshing can-do attitude is part of TNT's DNA and that will be self evident when the company picks up the pace to deliver a refreshing solution for all the runners in the Virgin London Marathon.

A 40-strong fleet of TNT articulated vehicles will bring in 750,000 bottles of Vittel water and 200,000 Lucozade isotonic drinks pouches to Kent in the run-up to the event before producing a personal best on the day by getting it all into London and strategically deployed around the course in a breathtaking, heart-pounding 90 minutes.

Preparation is everything and TNT will also be going flat out picking and packing the 600,000 items – including snack bars, pieces of fruit, t-shirts and other treats – that make up the 37,500 entrants' goody bags. On a smaller scale altogether, TNT will also cater for the fulfilment needs of 2,500 junior runners in the Mini Marathon event.

If that isn't enough, TNT also ensures safe delivery of 37,500 foil blankets to keep runners warm after their race is run, plus 100 first aid kits, 200 signs and 3,450 rubbish bags.

As the runners make their way around the gruelling course, it's down to TNT to follow in their slipstream managing the major clean-up operation, collecting empty water bottles and other debris, so the streets of London can be re-opened as quickly as possible.

It's a big ask, but from TNT there is only one answer – "sure we can".

It's the same response TNT gives to its customers, especially when asked to go the proverbial extra mile. It might be delivering a time-critical package from London to Edinburgh or bringing in a container of business-critical freight from the Far East.

Their 'can-do' approach means if something is important to the well being of their customer's business then it's equally as important to TNT.

Steve Brown, Divisional General Manager of TNT Special Services, sees the company's integral role in the ongoing success of the Virgin London Marathon as a reflection of TNT's unrivalled expertise when it comes to delivering that extra special something.

He said: "The marathon is a fantastic showcase for us to demonstrate that TNT Special Services excels in the handling of any project, irrespective of size."

For further information please contact:
David Walker, Head of Communications on
01827 303030 (ext 3325) or
email: david.john.walker@tnt.co.uk

Or you can go to our on-line press office at
www.tntpressoffice.co.uk or our general website
at www.tnt.co.uk, or call 08451 247 365 for all your
urgent delivery requirements.

VIRGIN LONDON MARATHON 2011

NESTLÉ PURE LIFE

Proud to sponsor the 2011 Virgin London Marathon

Nestlé Pure Life is proud to be continuing its partnership with the Virgin London Marathon, as official water sponsor for a second year.

Hydration is key to running a marathon. Keeping well hydrated not only helps maintain physical fitness and endurance, but also helps maintain concentration and alertness – all of which are critical when training for and running a marathon.

Runners can lose up to half a litre of water every half hour they jog and in order to remain hydrated, they should aim to drink 0.5 litres of water per hour. On race day, we are providing Nestlé Pure Life Spring Water at 23 drinking stations to ensure the marathon runners keep regularly hydrated.

We are especially delighted this year to welcome Olympian Matthew Pinsent to the Nestlé Pure Life team. Matthew will be running with all our runners and is looking forward to his second London Marathon.

Volunteers will be placed all over London handing out the 33cl bottles of Nestlé Pure Life to hydrate the 36,000 runners and cheer on everyone who crosses the finishing line – including the 50 runners of the Nestlé Pure Life 2011 running team who are raising money for the Alzheimer's Society.

Rebecca White, Head of Marketing for Nestlé Pure Life, said: "We are delighted to be able to support the marathon and the Alzheimer's Society. Myself and the Nestlé Pure Life 2011 running team are already training hard and looking forward to completing the 2011 Virgin London Marathon."

For more information or images contact:
Jo Seymour-Taylor on 020 7025 7550 or
Hannah Hayes on 020 7025 7567, or
email: jo.seymour-taylor@grayling.com or
hannah.hayes@grayling.com



VIRGIN LONDON MARATHON 2011



BBC SPORT AND BBC 5 LIVE

Live and exclusive coverage

The BBC is proud to bring all the action live from the 2011 London Marathon, one of the nation's most iconic sporting events. Audiences can follow the whole event on television, radio, online and via the red button.

BBC cameras will be based at some of the capital's most iconic landmarks, including Tower Bridge, Big Ben, Embankment, The Mall and Buckingham Palace, capturing the efforts of the 35,000 runners who take part – from the elite athletes, many of whom have London 2012 firmly in their sights, to the vast number of amateur runners challenging themselves for a wide variety of causes.

Sue Barker presents the live coverage along with Jonathan Edwards. Denise Lewis and Sonali Shah join the team of reporters for the first time this year. They will be bringing all the action from around the course along with Katharine Merry, Colin Jackson and Phil Jones. Commentary comes from Steve Cram, Brendan Foster, Paul Dickenson and Dame Tanni Grey-Thompson.

TV coverage begins on BBC Two from 8.30am, moving to BBC One from 10.15am through to 2.00pm on Sunday 17 April. Digital viewers can choose which race they watch via the red button with a choice of commentaries and the action will also be streamed live online. To re-cap on any of the day's events there is a highlights show on BBC Two at 6.00pm and it is all available to watch again on BBC iPlayer.

John Inverdale presents BBC Radio 5 live's coverage of the 2011 London Marathon. John will be on air from 9.30am with reporters Helen Skelton, George Riley and Anna Foster around the course capturing the unique atmosphere of the race and hearing the personal stories of those taking part.

Expert commentary and analysis of the elite race comes from former British London Marathon winner Charlie Spedding. In addition listeners can leave their good luck messages for runners, a selection of which will be played out on air.

VIRGIN LONDON MARATHON 2011



BBC LONDON 94.9 **From start to finish with** **BBC London 94.9**

BBC London 94.9 is the official radio station for the Virgin London Marathon.

From the élite athletes to fun runners, we'll have live broadcasts from every part of the course. Look out for the BBC London 94.9 outside broadcast units on the route, as well as our reporters throughout the course.

And in the build up to the big event we'll be bringing you stories of the greatest event in London's athletic calendar.

We are London's radio station for breaking news. When the Docklands Light Railway (DLR) failed on marathon day BBC London 94.9 responded with immediate travel updates to help get runners to the race on time.

When a gas leak during the live race meant a change to the marathon route within minutes the marathon organisers were live on our programme updating listeners on the latest position.

We want to hear your stories, about the charities you're supporting and, most importantly, we'll be cheering you along and willing you to succeed. Log on to our award winning website – www.bbc.co.uk/london – and you'll be able to read the diaries of Londoners who are preparing themselves for their big challenge. We guarantee you'll find something to inspire you.

We won't just be reporting, we'll be running too: many of the team from BBC London 94.9 are taking part in this year's race and we'll be following their progress as they spend evenings and lunch-breaks limbering up. We'll also be hearing from our runners on the day as they make their way round the course.

BBC London 94.9. London's radio station

For more information about BBC London 94.9's coverage, go to bbc.co.uk/london or tune in to BBC London 94.9 on 94.9FM, DAB Digital Radio or Sky Channel 0152.

VIRGIN LONDON MARATHON 2011



ST. JOHN AMBULANCE With you every step of the way

The streets of London will be filled with thousands of athletes again this year for the 2011 Virgin London Marathon and St John Ambulance's volunteers will be providing care for both runners and spectators.

Volunteers from the nation's leading first aid charity have been preparing for the event by organising to deploy hundreds of highly trained staff and specialist vehicles.

About 5,000 runners seek help at the St John Ambulance treatment centres each year, and with approximately one volunteer for every 35 metres of the course, the charity can provide crucial first aid wherever it is needed.

St John Ambulance will have treatment centres set up around the marathon course, with response teams, motorbikes and cycle responder units on hand to react as swiftly and efficiently as possible. Specialist crewed ambulances will also be ready to transport anyone needing further treatment to hospital.

St John Ambulance's experienced personnel will come to London from all over the country to make sure first aid treatment is available to everyone who needs it. Injuries ranging from blisters and cramp to sprains and strains will be treated, helping the runners who can finish get back on their feet.

The charity has been providing first aid support to the London Marathon since its launch in 1981, providing logistics, administrative support and highly trained and experienced medics, nurses and first aiders every year.

Ann Cable, Commissioner of St John Ambulance London (Prince of Wales's) District, said: "We are delighted to be supporting the London Marathon team again this year.

"St John Ambulance is determined to be the difference between a life lost and a life saved, and that's why we're here to ensure the safety of competitors and those who turn out to support them.

St John Ambulance

"One of the most satisfying things is being able to help runners who are struggling with minor ailments or injuries to reach the finish line and often raise so much money for deserving charities."

Please do not hesitate to contact our press office for further details about St John Ambulance's support for the London Marathon, high resolution images, top first aid tips, and a behind the scenes look at the logistics of such a huge first aid contingent, including statistics, facts and interviews with informed and engaging spokespersons.

To contact our press office, telephone 07860 711679.

VIRGIN LONDON MARATHON 2011



OXFAM

Official charity of the 2011 Virgin London Marathon

Oxfam is delighted to be the official charity of this year's race. We're the first international development organisation to be given that honour. Thanks to the 600 runners who are donning a green Oxfam vest and joining our team, we're on the way to raising a life-changing £1 million for Oxfam projects in Ethiopia, Honduras, Sri Lanka and Tanzania.

About Oxfam

We're a global movement passionate about putting an end to poverty. We respond quickly to emergencies and stay to help people rebuild their lives. We work on long-term projects with people determined to shape a better future. And we campaign for genuine, lasting change.

Working in more than 70 countries, we're driven by the certainty that change is possible – whether that's helping people rebuild their lives after the Haiti earthquake, ensuring orphaned children in Zambia get a decent education, or pushing the UK government to help countries tackle climate change.

We're supported by an amazing range of people: thousands of volunteers who run our high street shops; schoolchildren who fundraise across the UK; music fans who organise events every year for Oxfam; and, of course, runners whose unstoppable determination to achieve their goals matches that of millions of people we work with worldwide.

Belaynesh's story

Belaynesh lives in Ethiopia, birthplace of Haile Gebrselassie and a country synonymous with distance running. But it's also known for its poverty, a country where 39% of people live on less than \$1 a day.

Belaynesh's husband passed away and she now ploughs a small piece of land alone and by hand before walking three hours several times a week carrying 20-30kg of grain to market. "My shoes are plastic," she says. "With the heat, the heavy load and the long distance, it feels like walking on fire."

Belaynesh's situation could feel hopeless. But vital funds raised by Oxfam's runners are already helping

turn lives around, enabling people to earn a decent and sustainable living, not only in Ethiopia, but Honduras, Sri Lanka and Tanzania too.

In Ethiopia, our runners support the Assosa Farmers' Enterprise. They're helping more than 6,000 farmers earn 30% more from their vegetable and seed oil by funding better processing machines and training in business management and marketing.

In Honduras, runners support the Aproalce co-operative, helping 400 families earn 40% more from vegetable farming by providing supplies from machinery to seeds, and funding training in crop collection, packaging, accounting and marketing.

In Sri Lanka, our runners support the Vavuniya District Livestock Breeders' co-operative. They're helping 1,500 people earn 20% more from their dairy products, providing machinery, training and mentoring, and helping people introduce new products such as pasteurised and sterilised milk.

In Tanzania, our runners support Katani Limited, helping 8,000 farmers of sisal (a type of fibre) earn 20% more by building processing plants, providing machinery and training.

The Oxfam Squad

The fashion and portrait photographer Rankin and his wife Tuuli have recruited a model team to run the Virgin London Marathon for Oxfam. The 'Oxfam Squad' includes models David Gandy and Agyness Deyn plus designer Henry Holland. In March they travelled to Tanzania to meet some of those helped by Oxfam's London Marathon runners. The Oxfam Squad also held a star-studded fundraising evening to massively boost their fundraising efforts.

Singer Tom Smith and bassist Russell Leetch from the band Editors will also be running for Oxfam, while Olympic marathon runner Liz Yelling is sharing tips and advice with all Oxfam's runners.

For media enquiries contact Rose Marsh on:
01865 473164 / 07881594370 or
email: rmarsh@oxfam.org.uk
www.oxfam.org.uk/running

VIRGIN LONDON MARATHON 2011

The London Marathon Charitable Trust

The London Marathon Charitable Trust, a registered charity number 283813, was created in 1981, the inaugural year of the London Marathon, to meet one of the six objectives set by Chris Brasher and John Disley, the race founders: "to raise money for the provision of recreational facilities in London."

Since then, the Trust's objects, which are "to provide or assist in the provision of facilities for recreation or other leisure time occupation", have been widened to enable grants to be made for projects in any area where the London Marathon Limited stages an event.

The London Marathon Ltd is the operating subsidiary of the London Marathon Charitable Trust. Every year the surplus from the company is transferred under Gift Aid to the Trust and the trustees award grants to further its objectives. In 2010, it allocated grants of more than £5.3 million from the record surplus made by the London Marathon Ltd. This brings the total grants made by the Trust to date to more than £40 million aiding more than 900 projects.

This year 59 projects across 24 London Boroughs have been allocated grants of between £1,852 and £235,000. The largest award was made towards the construction of a new changing and community sports building in Victoria Park, Tower Hamlets, while £1,852 paid for a twin hulled canoe, known as a katakanu, at Hillingdon Outdoor Activities Centre.

Other large grants included: £215,000 to upgrade the athletics track and run-ups at the Lee Valley Athletics Centre in Enfield; £190,000 to redevelop Haggerston Baths in Hackney; and £150,000 to Samuel Montague Youth Centre to replace an old floodlit playing area with a new full-size multi-sports pitch. In addition, the Dudley Winterbottom Memorial Hall in Hackleton, Northamptonshire, site of the adidas Silverstone half Marathon, received £80,000 to build a new two-storey annexe.

Numerous smaller grants were also made, such as £7,000 for outdoor gym equipment at Kenton Recreation Ground in Harrow; £7,500 for new gym equipment at St John's Church Hall at the Hanlon Centre in Enfield; £20,000 for improvements to Brittons Skate Plaza at Havering; £25,000 to upgrade Brockwell Park BMX track in Lambeth; and £25,000 to refurbish basketball and football pitches at Eleanor Smith Special School in Newham.

In addition, the Trust has set aside a further £1 million towards its commitment to support community legacy facilities after the London 2012 Olympics.

In March, the Trust confirmed an award of £300,000 to two historic sports clubs to buy the 12-acre Earlsfield ground in Wandsworth, south west London. Between them the Spencer Club and the Battersea Ironsides Sports Club run numerous rugby, football, cricket, tennis, hockey, squash and lacrosse teams at their grounds, providing opportunities to hundreds of people to play organised sport every week.

By enabling them to purchase the site, renamed the London Marathon Playing Fields Earlsfield, the Trust has helped secure the clubs' long-term futures. Earlsfield is the seventh playing field to be saved for sport and recreation since the Trust was established.

The Trust announced in February that Prince Harry is to become its Patron from 2012 for three years.

John Disley, President of the London Marathon Charitable Trust, said: "We are delighted that His Royal Highness has agreed to become Patron of the London Marathon Charitable Trust. The Prince's love of sport and commitment to young people's leisure and well-being is widely known."

"The Trust has been helping maintain and improve sport and leisure facilities for the people of London and further afield since it was founded 30 years ago. Prince Harry will be a fantastic patron for the charity and supporter of its aims as we move into our fourth decade."

President

John Disley CBE

Board of Trustees

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John Austin
James Clarke OBE BEM
Simon Cooper
Ruth Dombey
John Graves
Richard Lewis
Dame Mary Peters DBE
Joyce Smith MBE
John Spurling OBE
Sir Rodney Walker

David Golton LLB FCA
(Treasurer/Company Secretary)

VIRGIN LONDON MARATHON 2011

The London Marathon Ltd

Board of Directors

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Nick Bitel
Hugh Brasher
Colin Myers
Nicola Okey
Lisa Thompson
Andrew Torr

Staff

Chief Executive: Nick Bitel
Race Director: David Bedford
Deputy Race Director: Hugh Brasher
Assistant Race Director/Finance: Colin Myers
Assistant Race Director/Operations: Lisa Thompson
Assistant Race Director/Media Relations: Nicola Okey
Pasta Party Co-ordinator: Brian Webber
Media Assistant: Hannah Finch
Media Consultant: Matthew Brown
Finance Assistants: Mary Manning, Angela Andrews & Lianne Hogan
Publications & Branding Manager: Andrew Torr
Print & Publications Assistant Manager: Jason Ochoa
Print & Publications: Ben Whitworth
Hospitality: Louise Abbott
Wheelchair Co-ordinator: Michelle Weltman
Entry Co-ordinator: Laura Samuels
Start Co-ordinator: Mark Griffith
Finish Co-ordinator: Andrew Smith
Information Team: Louise Abbott, Elaine Murty, Ben Craddock & Samantha Carpanini
Facilities Manager: Paul Coles
Course Measurement: Hugh Jones
International Administrator: Glenn Latimer
Mini Marathon Co-ordinators: Katie Ray & Martin Mashford
Medical Director: Dr Sanjay Sharma

Race officials

Referees: David Littlewood MBE (men); Lynda Lenton (women)

Start officials

Men: John Freeman (chief), Keith Davies, Chris Haxell, Peter Lenton, John Lofts, David Middleton, David Ralph, Peter Shilling

Women: Susan Deaves (chief), Gilien Davison, Brenda Ford, Gina Halls, Janet Honour

Finish Judges

Men: Malcolm Charlish (chief), Wendy Haxell, John How, Roz Randle

Women: Jeanne Coker

Timekeepers

Men: David Wilson (chief), John Batty, Ken Littlejohns, David Lindsey, Ian Murdoch

Women: Lorraine Vidler (chief), Nick Folwell, Mike Scoggins

30km: Sharon Herbert (chief), Sarah How, Geoff Canton, Eddie Gutteridge

Elite Medical Team: Dr Adam Cooper, Roy Hunte, Rory Brown

Chief Physiotherapist: Susie Jones

Assistant Physiotherapist: Sue Gaastra

Chief Podiatrist/Chiropodist: Michal Graham

Announcers: Geoff Wightman, Bryan Burnett, Karsten Holland, Steve Trew

IAAF Course Measurers: Dave Cundy, John Disley, Hugh Jones

Statistician: Dave Walsh