

LIST OF WORLD ATHLETICS CERTIFIED STANDARD-DISTANCE & WORLD RANKINGS ROAD RACES (As per Technical Rule 55.1)

Updated 13 October 2025

IMPORTANT:

This list only displays the races that have their course certified. Races which expiry date ends with an * are planning to be remeasured before this year's edition.

 For an event to have its results processed, it needs to be part of the World Athletics Label Programme or to be listed on the World Athletics Global Calendar (to apply please visit <https://globalcalendar.worldathletics.org/>).

Country	City/Place	Course Name	Distance	Drop and Separation	Expiry Date
ALB	Berat	Berat Green Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ALB	Elibasan	Skampa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ALB	Pogradec	Night Half Marathon Enkelana	Half Marathon	Separation >50%	2027
ALB	Tirana	Tirana 10KM	10KM	Comp. Rule 31.21 compliant	2028
ALB	Tirana	Tirana Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
ALB	Tirana	Tirana Marathon	Marathon	Comp. Rule 31.21 compliant	2030
ALB	Vlora	Vlora Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ALB	Vlora	Vlora Run 10K	10KM	Comp. Rule 31.21 compliant	2028
ALG	Ain Oulmene Setif	Semi Marathon Sekrine	Half Marathon	Comp. Rule 31.21 compliant	2028
ALG	Alger	Semi Marathon des Jeux Méditerranéens	Half Marathon	Comp. Rule 31.21 compliant	2026
ALG	Batna	Marathon international de Medghacen	Marathon	Downhill (-3.83 m/km), Separation >50%	2027
ALG	Bejaia	Semi marathon international de la ville de Bejaia	Half Marathon	Comp. Rule 31.21 compliant	2025
ALG	Jijel	Semi Marathon de la Corniche de Jijel	Half Marathon	Comp. Rule 31.21 compliant	2026
ALG	Melbou Bejaia	Coupe d'Algerie de Marche 2025 (1km lap)	20KM	Comp. Rule 31.21 compliant	2029
ALG	Tipaza	Championnat d'Algerie de Marathon 2025	Marathon	Comp. Rule 31.21 compliant	2029
ANG	Luanda	5KM da Paz	5KM	Separation >50%	2026
ANG	Luanda	Meia maratona internacional da Paz	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Autómoma	Under Armour 21K Olímpicos	Half Marathon	Comp. Rule 31.21 compliant	2027
ARG	Bereategui	Prueba Atlética 10K Día del Vidriero	10KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	10K Bimbo Global Race	10KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	10K Fila Race	10KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	10K Supernova - Buenos Aires Corre	10KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	15K Buenos Aires New Balance Race Series	15KM	Comp. Rule 31.21 compliant	2029
ARG	Buenos Aires	15K Under Armour	15KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	21K Buenos Aires	Half Marathon	Comp. Rule 31.21 compliant	2025
ARG	Buenos Aires	21K New Balance	Half Marathon	Comp. Rule 31.21 compliant	2027
ARG	Buenos Aires	30K Buenos Aires New Balance Race Series	30KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	Corré por Racing - 10KM (5km lap)	10KM	Comp. Rule 31.21 compliant	2026
ARG	Buenos Aires	Corré por Racing - 5KM	5KM	Comp. Rule 31.21 compliant	2026
ARG	Buenos Aires	Fiestas Mayas 10K	10KM	Comp. Rule 31.21 compliant	2028
ARG	Buenos Aires	Maratón Int'l de la Ciudad de Buenos Aires	Marathon	Comp. Rule 31.21 compliant	2027
ARG	Buenos Aires	Medio Maratón de Buenos Aires	Half Marathon	Comp. Rule 31.21 compliant	2027
ARG	Buenos Aires	Prueba Atlética 10K Día del Vidriero	10KM	Comp. Rule 31.21 compliant	2026
ARG	Centenario Neuquén	10K Corrida "Centenario" Nocturna	10KM	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Córdoba	10K Córdoba New Balance Race Series	10KM	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Córdoba	21K Córdoba New Balance Race Series	Half Marathon	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Córdoba	42K Córdoba New Balance Race Series	Marathon	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Corrientes	10K A.C.C.T.	10KM	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Corrientes	Medio Maratón A.C.C.T.	Half Marathon	Comp. Rule 31.21 compliant	2029
ARG	Ciudad de Florencio Varela	Maratón Nocturna "Ricardo Castro" 10KM	10KM	Comp. Rule 31.21 compliant	2024*
ARG	Ciudad de Henderson	10K Henderson	10KM	Comp. Rule 31.21 compliant	2028
ARG	Ciudad de la Plata	10K Ciudad de la Plata	10KM	Comp. Rule 31.21 compliant	2028
ARG	Ciudad de la Plata	Media Maratón Ciudad de la Plata	Half Marathon	Comp. Rule 31.21 compliant	2028
ARG	Ciudad de Posadas	Maratón Posadas	Marathon	Comp. Rule 31.21 compliant	2029
ARG	Comodoro Rivadavia	21K Comodoro Rivadavia New Balance Race Series	Half Marathon	Comp. Rule 31.21 compliant	2027
ARG	Garin, Buenos Aires	Milla Urbana Garin 2021	Mile	Comp. Rule 31.21 compliant	2025
ARG	General Pico	10K de General Pico	10KM	Comp. Rule 31.21 compliant	2026
ARG	General Pico	Media Maratón de General Pico	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	General Rodriguez	Addegro 10 Años - 10K	10KM	Comp. Rule 31.21 compliant	2027
ARG	General Rodriguez	Maratón Atitra 10 KM	10KM	Comp. Rule 31.21 compliant	2026
ARG	General Rodriguez	Nacional Master Milla Urbana General Rodriguez 2021	Mile	Comp. Rule 31.21 compliant	2025
ARG	Junín	21K Ciudad de Junín	Half Marathon	Comp. Rule 31.21 compliant	2027
ARG	La Pedrera	Media Maratón La Pedrera	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	La Pedrera	Media Maratón La Pedrera - 10KM	10KM	Comp. Rule 31.21 compliant	2026
ARG	La Pedrera	Media Maratón La Pedrera - 5KM	5KM	Comp. Rule 31.21 compliant	2026
ARG	Leandro N. Alem	Media Maratón 25 de Mayo	Half Marathon	Separation >50%	2029
ARG	Mar del Plata	10K Open Sports Verano	10KM	Comp. Rule 31.21 compliant	2029
ARG	Mendoza	10K Maratón Nocturna Ciudad de Mendoza	10KM	Comp. Rule 31.21 compliant	2028
ARG	Mercedes, Buenos Aires	Medio Maratón Aniversario de Mercedes	Half Marathon	Comp. Rule 31.21 compliant	2028
ARG	Nuevo de Julio	Medio Maratón de Nuevo de Julio	Half Marathon	Comp. Rule 31.21 compliant	2029
ARG	Pergamino	Medio Maratón La Merced Pergamino	Half Marathon	Comp. Rule 31.21 compliant	2029
ARG	Posadas City	10K Masters XLIII Campeonato Nacional	10KM	Comp. Rule 31.21 compliant	2027
ARG	Rosario City	10K Ciudad de Rosario 2022	10KM	Comp. Rule 31.21 compliant	2026
ARG	Rosario City	10K Mercedes Benz by Stern	10KM	Comp. Rule 31.21 compliant	2026
ARG	Rosario City	15K Rosario - New Balance Race Series	15KM	Comp. Rule 31.21 compliant	2027
ARG	Rosario City	21K Mercedes Benz by Stern	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Rosario City	42K Ciudad de Rosario 2022 - 20th Maraton Int'l de la Bandera	Marathon	Comp. Rule 31.21 compliant	2026
ARG	Rosario City	XXI Medio Maratón Asics 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Rosario City	XXI Medio Maratón Asics 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Saladillo	10K Aniversario Ciudad de Saladillo	10KM	Comp. Rule 31.21 compliant	2027
ARG	Salta City	21K Salta New Balance Race Series	Half Marathon	Comp. Rule 31.21 compliant	2028
ARG	San Juan	Maratón Internacional de San Juan	Marathon	Downhill (-7.2 m/km), Separation >50%	2026
ARG	Santa Rosa	29º Campeonato Nacional de Ruta 10 km	10KM	Comp. Rule 31.21 compliant	2027
ARG	Santa Rosa	5K Santa Rosa 2021	5KM	Comp. Rule 31.21 compliant	2025
ARG	Santiago del Estero	10K La Ciudad Corre	10KM	Comp. Rule 31.21 compliant	2029
ARG	Santiago del Estero	10K La Ciudad Corre-Nocturna	10KM	Comp. Rule 31.21 compliant	2028
ARG	Santiago del Estero	15K La Ciudad Corre-Nocturna	15KM	Comp. Rule 31.21 compliant	2028
ARG	Santiago del Estero	Medio Maratón SDE "La Ciudad Corre Mc"	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Stanley, Falklands	Standard Chartered Bank Stanley Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ARG	Trenque Lauquen	10K de Trenque Lauquen	10KM	Comp. Rule 31.21 compliant	2026
ARG	Trenque Lauquen	Media Maratón de Trenque Lauquen	Half Marathon	Comp. Rule 31.21 compliant	2026
ARG	Villa María Córdoba	21K Villa María	Half Marathon	Comp. Rule 31.21 compliant	2028
ARG	Vincente López	10K Vincente López	10KM	Comp. Rule 31.21 compliant	2027
ARM	Yerevan	Yerevan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ARU	Aruba	Cavaller Aruba 5KM	5KM	Comp. Rule 31.21 compliant	2027
ARU	Aruba	Hilton Aruba Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ARU	Aruba	KLM Aruba Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ARU	Aruba	Power Ride Aruba 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Adelaide	Adelaide Marathon Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Adelaide	Adelaide Marathon Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Adelaide	Adelaide Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Adelaide	Adelaide Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Adelaide	City Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Adelaide	Fitzy's 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Airlie Beach, Queensland	Airlie Beach Marathon Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUS	Airlie Beach, Queensland	Airlie Beach Marathon Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUS	Airlie Beach, Queensland	Airlie Beach Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Airlie Beach, Queensland	Airlie Beach Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2025
AUS	Alexandra Headland	Sunshine Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Alexandra Headland	Sunshine Coast Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
AUS	Alexandra Headland	Sunshine Coast Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029

AUS	Ballarat	Ballarat 15K	15KM	Comp. Rule 31.21 compliant	2029
AUS	Ballarat	Ballarat Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Ballarat	Ballarat Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Ballarat	Ballarat Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Ballarat	Ballarat Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Ballarat	Ballarat Marathon - Street Mile	Mile	Comp. Rule 31.21 compliant	2029
AUS	Berrinba	Logan Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Berrinba	Logan Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Bibra Lake	Bibra Lake Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Bibra Lake	Bibra Lake Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
AUS	Blacktown	Westlink M7 Blacktown Running Festival 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Blacktown	Westlink M7 Blacktown Running Festival 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Blacktown	Westlink M7 Blacktown Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Blacktown	Westlink M7 Blacktown Running Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Brighton	Brighton Beach Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brighton	Brighton Beach Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
AUS	Brighton	Brighton Beach Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
AUS	Brighton	Brighton Beach Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brighton	Sandy Point Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
AUS	Brisbane	Australian Masters Athletics Walks Championships	10KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Brisbane Marathon Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Brisbane Marathon Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Brisbane Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Brisbane Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Brisbane Run 2 Cure Neuroblastoma - 10K	10KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Brisbane Run 2 Cure Neuroblastoma - 5K	5KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Brisbane Run 2 Cure Neuroblastoma - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Brisbane Ultra - Run the River - 100K	100KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Brisbane Ultra - Run the River - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Moggill Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Moggill Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Riven Run 100 - 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUS	Brisbane	River Run - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Brisbane	River Run - 50KM	50KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	River Run - 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Brisbane	River Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Brisbane	River Run - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Brisbane	River Run 100 - 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Brisbane	River Run 100 - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Brisbane	Run Army 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Run Army 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Run the River Half Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Run the River Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
AUS	Brisbane	Run the River Half Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
AUS	Bunbury	Bunbury 3 Waters Running Festival 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Bunbury	Bunbury 3 Waters Running Festival 50KM	50KM	Comp. Rule 31.21 compliant	2026
AUS	Bunbury	Bunbury 3 Waters Running Festival 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Bunbury	Bunbury 3 Waters Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Bunbury	Bunbury 3 Waters Running Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Burnie	Strait Link Burnie 10	10KM	Comp. Rule 31.21 compliant	2028
AUS	Burnie	Strait Link Burnie 10 - 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Busseton	Busseton Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
AUS	Busseton	Busseton 10KM	10KM	Comp. Rule 31.21 compliant	2024*
AUS	Busseton	Busseton 5KM	5KM	Comp. Rule 31.21 compliant	2024*
AUS	Busseton	Busseton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
AUS	Cairns	Cairns Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Cairns	Cairns Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Cairns	Cairns Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Cairns	Cairns Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Canberra	Canberra Marathon Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Canberra	Canberra Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Canberra	Canberra Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Canberra	Sri Chinmoy 100km Road Relays and Solo Run	100KM	Comp. Rule 31.21 compliant	2028
AUS	Canberra	The Canberra Times Fun Run - 10K	10KM	Comp. Rule 31.21 compliant	2029
AUS	Canberra	The Canberra Times Fun Run - 5K	5KM	Comp. Rule 31.21 compliant	2029
AUS	Canberra	The Canberra Times Fun Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Cleve	Cleve Running Festival - 10KM	10KM	Downhill (-17.60m/km), Separation >50%	2028
AUS	Cleve	Cleve Running Festival - 5KM	5KM	Downhill (-17.60m/km), Separation >50%	2028
AUS	Cleve	Cleve Running Festival - Half Marathon	Half Marathon	Downhill (-4.17m/km), Separation >50%	2028
AUS	Clontarf	Jetty2Jetty 10k	10KM	Comp. Rule 31.21 compliant	2025
AUS	Clontarf	Jetty2Jetty 5k	5KM	Comp. Rule 31.21 compliant	2025
AUS	Clontarf	Jetty2Jetty Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Coolangatta	Gold Coast 50KM	50KM	Comp. Rule 31.21 compliant	2029
AUS	Coolangatta	Gold Coast 50KM - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Darwin	Macca's Mile	Mile	Comp. Rule 31.21 compliant	2028
AUS	Devonport	Bluff to Boat Ramp - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Devonport	Bluff to Boat Ramp - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Dubbo	Dubbo Stampede - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Dubbo	Dubbo Stampede - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Dubbo	Dubbo Stampede - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Dubbo	Dubbo Stampede - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Fremantle	Fremantle Running Festival 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUS	Fremantle	Fremantle Running Festival 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Fremantle	Fremantle Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Fremantle	Harbour Master Classic - 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUS	Fremantle	Harbour Master Classic - 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Gosford	Bay to Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Hobart	Cadbury Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Hobart	Cadbury Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Hobart	Cadbury Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Hobart	Hobart Airport 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Hobart	Hobart Airport 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Hobart	Hobart Airport Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Hobart	Hobart Airport Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Hobart	Hobart Run the Bridge 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Hobart	Hobart Run the Bridge 5KM	5KM	Downhill (-2.13m/km), Separation >50%	2029
AUS	Hobart	Roll Hobart Fun Run	5KM	Comp. Rule 31.21 compliant	2026
AUS	Homebush	Sydney Half Marathon (ANSW)	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Homebush	Sydney Half Marathon (ANSW) - 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUS	Inverloch	Inverloch Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Inverloch	Inverloch Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Ipswich	Park 2 Park 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUS	Ipswich	Park 2 Park 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUS	Ipswich	Park 2 Park Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Joondalup	Joondalup Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Joondalup	Joondalup Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Joondalup	Joondalup Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Langford	Canning River Runinworks Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Langford	Canning River Runinworks Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2025

AUS	Launceston	Launceston Five	5KM	Comp. Rule 31.21 compliant	2026
AUS	Launceston	Launceston Mile	Mile	Comp. Rule 31.21 compliant	2024*
AUS	Launceston	Launceston Mile	Mile	Comp. Rule 31.21 compliant	2024*
AUS	Launceston	Launceston Ten	10KM	Comp. Rule 31.21 compliant	2026
AUS	Launceton	Launceston Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Launceton	Launceston Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Launceton	Launceston Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Launceton	Launceton Half Marathon	Half marathon	Comp. Rule 31.21 compliant	2026
AUS	Launceton	Launceton Mile	Mile	Comp. Rule 31.21 compliant	2024*
AUS	Lovedale	Winery Run Hunter Valley - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Lovedale	Winery Run Hunter Valley - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Lovedale	Winery Run Hunter Valley - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Manly	The Sun Run	10KM	Comp. Rule 31.21 compliant	2025
AUS	McLaren Vale	McLaren Vale Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	McLaren Vale	McLaren Vale Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	McLaren Vale	McLaren Vale Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	McLaren Vale	McLaren Vale Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	McLaren Vale	Richard Hamilton Wines Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	McLaren Vale	Richard Hamilton Wines Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Melbourne	Lakeside 10	10KM	Comp. Rule 31.21 compliant	2028
AUS	Melbourne	Lakeside 5	5KM	Comp. Rule 31.21 compliant	2028
AUS	Melbourne	Melbourne 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Melbourne	Melbourne Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Melbourne	Melbourne Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Melbourne	Melbourne Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Melbourne	Melbourne Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Melbourne	RunPrix 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Melbourne	RunPrix 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Melbourne	RunPrix Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Mooloolaba	Sunshine Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2028
AUS	Mooloolaba	Sunshine Coast Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUS	Mooloolaba	Sunshine Coast Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUS	Mooloolaba	Sunshine Coast Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUS	Mosman	MiniMos Community Fun Run - 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Mosman	MiniMos Community Fun Run - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Narrabeen, NSW	Sydney International 100KM	100KM	Comp. Rule 31.21 compliant	2026
AUS	Newcastle	Newcastle Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Newcastle	Newcastle Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Noosa	Asics Noosa Bolt	5KM	Comp. Rule 31.21 compliant	2026
AUS	Noosa	Runaway Noosa 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Noosa	Runaway Noosa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Noosa	Runaway Noosa Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Orange	Orange Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Orange	Orange Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Orange	Orange Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Orange	Orange Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Orange	Orange Running Festival - Mile	Mile	Comp. Rule 31.21 compliant	2027
AUS	Penguin	Penguin Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Penguin	Penguin Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Penrith	Southern Cross Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Penrith	Sydney International 100KM	100KM	Comp. Rule 31.21 compliant	2026
AUS	Penrith	Wattle 50KM	50KM	Comp. Rule 31.21 compliant	2026
AUS	Penrith Regatta Center, NSW	Tokyo Olympic Marathon Qualifier	Marathon	Comp. Rule 31.21 compliant	2025
AUS	Perth	Asics Bridges 10KM Fun Run	10KM	Comp. Rule 31.21 compliant	2027
AUS	Perth	Asics Bridges 5KM Fun Run	5KM	Comp. Rule 31.21 compliant	2027
AUS	Perth	HBF Run for a Reason Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Perth	MAWA Club Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	MAWA Club Half Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perron Institute Bridges Fun Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perron Institute Bridges Fun Run - 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Perth	Perth Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perth Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perth Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perth Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	Perth Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	Rottnest Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Rottnest Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Perth	Rottnest Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	Rottnest Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Perth	The Great World Race - Perth	Marathon	Comp. Rule 31.21 compliant	2028
AUS	Perth	Ultra Perth 50KM	50KM	Comp. Rule 31.21 compliant	2026
AUS	Perth	Ultra Perth Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Perth	World Marathon Challenge - Perth	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Port Fairy	Port Fairy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Port Fairy	Port Fairy Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Port Fairy	Port Fairy Marathon & Community Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Port Fairy	Port Fairy Marathon & Community Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Port Fairy	Port Fairy Marathon & Community Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Port Fairy	Port Fairy Marathon & Community Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Richmond NSW	TRT 50KM Classic	50KM	Comp. Rule 31.21 compliant	2024*
AUS	Richmond NSW	TRT Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
AUS	Richmond NSW	TRT Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
AUS	Rottnest Island, West Australia	RunFun Travel Rottnest Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUS	Rottnest Island, West Australia	RunFun Travel Rottnest Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUS	Shepparton	Shepparton Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Shepparton	Shepparton Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Shepparton	Shepparton Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Southport	Gold Coast 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUS	Southport	Gold Coast Airport Fun Run	5KM	Comp. Rule 31.21 compliant	2025
AUS	Southport	Gold Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Southport	Gold Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Sydney	Australia Day 5k	5KM	Comp. Rule 31.21 compliant	2025
AUS	Sydney	BlackMores Sydney Running Festival - 10KM	10KM	Downhill (-1.23m/km)	2026
AUS	Sydney	BlackMores Sydney Running Festival - Half Marathon	Half Marathon	Downhill (-2.60m/km)	2026
AUS	Sydney	BlackMores Sydney Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Sydney	Run2Cure 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Run2Cure 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Run2Cure Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Runaway Sydney Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Runaway Sydney Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Sydney 10	10KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Sydney Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Sydney Harbour 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Sydney Harbour 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUS	Sydney	Sydney Morning Herald Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Sydney	TCS Sydney Marathon	Marathon	Downhill (-1.82m/km)	2028
AUS	Sydney	TCS Sydney Marathon - 10KM	10KM	Downhill (-7.70m/km)	2028
AUS	Sydney	TCS Sydney Marathon - Mini Marathon	5KM	Downhill (-5.40m/km)	2029
AUS	Sydney	Western Sydney 10KM	10KM	Comp. Rule 31.21 compliant	2025

AUS	Sydney	Western Sydney 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUS	Tanunda	Barossa Marathon Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Tanunda	Barossa Marathon Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Tanunda	Barossa Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Tanunda	Barossa Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Toowoomba	Toowoomba Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Toowoomba	Toowoomba Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Toowoomba	Toowoomba Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Toowoomba	Toowoomba Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Toowoomba	Toowoomba Marathon - Wellcamp Airport Mile	Mile	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Run Army Townsville - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Run Army Townsville - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Townsville Running Festival - 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Townsville Running Festival - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Townsville Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Townsville Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUS	Townsville	Townsville's Magnetic 30 Marathons in 30 Days	Marathon	Comp. Rule 31.21 compliant	2027
AUS	Tumbarumba	Tumbarumba to Rosewood Rail Trail 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Tumbarumba	Tumbarumba to Rosewood Rail Trail Half Marathon	Half Marathon	Separation >50%	2026
AUS	Tumbarumba	Tumbarumba to Rosewood Rail Trail Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUT	Althofen	Althofner Stadtlau 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Althofen	Althofner Stadtlau 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUT	Attnang	Attnanger Sparkassen Stadtlau 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUT	Attnang	Attnanger Sparkassen Stadtlau 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Bad Ischl	Bad Ischl Kaiserslauf 2021	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Bad Vöslau	Badsoosbrunn Lauf Half Marathon	Half marathon	Comp. Rule 31.21 compliant	2027
AUT	Bad Waltersdorf	Bad Waltersdorf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Bludenz	Bludenz-Lauf Half Marathon	Half marathon	Comp. Rule 31.21 compliant	2024*
AUT	Bregenz	3-Länder Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUT	Bregenz	3-Länder Marathon	Marathon	Comp. Rule 31.21 compliant	2029
AUT	Bregenz	Skirft Half Marathon Bregenz	Half Marathon	Comp. Rule 31.21 compliant	2027
AUT	Brixlegg	Brixlegg 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Brixlegg	Brixlegg 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Furstenfeld	S7 Half Marathon - Your final call to Tokyo	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Furstenfeld	S7 Marathon - Your final call to Tokyo	Marathon	Comp. Rule 31.21 compliant	2025
AUT	Gmunden	Traunsee Half Marathon	Half Marathon	Separation >50%	2028
AUT	Graz	"Die Woche" Halfmarathon Graz	Half Marathon	Comp. Rule 31.21 compliant	2026
AUT	Graz	Graz 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Graz	Graz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Graz	Graz Marathon	Marathon	Comp. Rule 31.21 compliant	2028
AUT	Graz	Graz Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUT	Graz	Graz Winter Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Graz	Graz Winter Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Grosspetersdorf	Charity Night Run 10KM Grosspetersdorf	10KM	Comp. Rule 31.21 compliant	2028
AUT	Innsbruck	Innsbruck City Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Innsbruck	Innsbruck City Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUT	Innsbruck	Innsbruck Nightrun Halfmarathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUT	Klagenfurt	Altstadtlau Klagenfurt 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Klagenfurt	Altstadtlau Klagenfurt 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Klagenfurt	International Halfmarathon Karnten Lauf	Half Marathon	Separation >50%	2026
AUT	Klagenfurt	KLC Adventlauf 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUT	Klagenfurt	KLC Adventlauf 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUT	Kobersdorf	Waldquelle Lauf 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Kobersdorf	Waldquelle Lauf 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUT	Königstetten	Herbstlauf Königstetten 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Königstetten	Herbstlauf Königstetten 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Krems	International Wachau Half Marathon	Half Marathon	Separation >50%	2029
AUT	Krems	International Wachau Marathon	Marathon	Separation >50%	2029
AUT	Langenfeld	Langenfeld Aqua Dome Thermenlauf Halbmarathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUT	Leitersdorf	Vulkanland-Fruhlinglauf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Linz	Borealis Linz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
AUT	Linz	Linz 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Linz	Linz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Linz	Linz Marathon	Marathon	Comp. Rule 31.21 compliant	2028
AUT	Linz	Linz Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUT	Linz	Oberbank Linz Marathon	Marathon	Comp. Rule 31.21 compliant	2027
AUT	Nattermbach	Nattermbach Rundum Bewegungslauf 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Nattermbach	Nattermbach Rundum Bewegungslauf 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUT	Nattermbach	Neumarkt 5KM	5KM	Comp. Rule 31.21 compliant	2029
AUT	Nussdorf am Haunsberg	Ochtental Lauf 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Nussdorf am Haunsberg	Ochtental Lauf 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Nussdorf am Haunsberg	Ochtental Lauf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Ottensheim	Oberbank Donaulauf 10KM	10KM	Comp. Rule 31.21 compliant	2029
AUT	Ottensheim	Oberbank Donaulauf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
AUT	Puchheim	International Attnang-Puchheim "Spitz" One Mile race	Mile	Comp. Rule 31.21 compliant	2026
AUT	Salzburg	International Salzburg 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Salzburg	International Salzburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
AUT	Salzburg	International Salzburg Marathon	Marathon	Comp. Rule 31.21 compliant	2028
AUT	Salzburg	Jedermannlauf Austrian Half Marathon Championships 2020	Half Marathon	Comp. Rule 31.21 compliant	2024*
AUT	Salzburg	Obendorfer Inklusions Friedenslauf - 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUT	Salzburg	Obendorfer Inklusions Friedenslauf - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Salzburg	Salzburg 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	St. Völten an der Glan	Sonnenlauf St. Völten an der Glan - 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUT	St. Völten an der Glan	Sonnenlauf St. Völten an der Glan - 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUT	St. Völten an der Glan	Sonnenlauf St. Völten an der Glan - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Stogersdorf	Austrian Championships 10KM	10KM	Comp. Rule 31.21 compliant	2024*
AUT	Stogersdorf	Austrian U18 Championships	5KM	Comp. Rule 31.21 compliant	2024*
AUT	Tattendorf	St. Laurent Run 10KM - Tattendorf	10KM	Comp. Rule 31.21 compliant	2027
AUT	Tattendorf	St. Laurent Run 5KM - Tattendorf	5KM	Comp. Rule 31.21 compliant	2029
AUT	Tattendorf	Windparkrun Tattendorf 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUT	Tattendorf	Windparkrun Tattendorf 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUT	Velden am Wörthersee	KLC Rosentaler Abstimmungslauf 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Velden am Wörthersee	KLC Rosentaler Abstimmungslauf 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Vienna	26 Wiener Feuerwehrlauf	5KM	Comp. Rule 31.21 compliant	2027
AUT	Vienna	Alfredslauf	5KM	Comp. Rule 31.21 compliant	2027
AUT	Vienna	Austrian Women's Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Vienna	Österreichischer Frauenlauf - 10KM	10KM	Comp. Rule 31.21 compliant	2027
AUT	Vienna	Österreichischer Frauenlauf - 5KM	5KM	Comp. Rule 31.21 compliant	2025
AUT	Vienna	Tierschutzlauf 5KM	5KM	Comp. Rule 31.21 compliant	2027
AUT	Vienna	VCM 21KM	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Vienna	VCM 5KM Ringrunde	5KM	Comp. Rule 31.21 compliant	2027
AUT	Vienna	VCM Winterlaufserie - 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Vienna	VCM Winterlaufserie - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUT	Vienna	Vienna City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Vienna	Vienna City Marathon	Marathon	Comp. Rule 31.21 compliant	2025
AUT	Vienna	Vienna City Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2025
AUT	Vorchdorf	Vorchdorfer Pfingstlauf 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUT	Vorchdorf	Vorchdorfer Pfingstlauf 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Wels	Half Marathon Wels	Half Marathon	Comp. Rule 31.21 compliant	2029

AUT	Wels	Silvesterlauf Wels 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Wels	Wels 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Wolfsberg	Der LAC Wolfsberg bewegt 10KM	10KM	Comp. Rule 31.21 compliant	2028
AUT	Wolfsberg	Der LAC Wolfsberg bewegt 5KM	5KM	Comp. Rule 31.21 compliant	2028
AUT	Wolfsberg	Der LAC Wolfsberg bewegt Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BAH	Nassau	Bahamas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BAH	Nassau	Bahamas Half Marathon Race Series - 10KM	10KM	Comp. Rule 31.21 compliant	2028
BAH	Nassau	Bahamas Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BAH	Nassau	Nassau Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BAN	Aftabnagar, Dhaka	Aftabnagar 5KM Laps	5KM	Comp. Rule 31.21 compliant	2029
BAN	Argagaan, Dhaka	Argagaan 5K Lap	5KM	Comp. Rule 31.21 compliant	2029
BAN	Dhaka	Bangabandhu Sheikh Mujib Dhaka 10KM	10KM	Comp. Rule 31.21 compliant	2027
BAN	Dhaka	Bangabandhu Sheikh Mujib Dhaka Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BAN	Dhaka	Bangabandhu Sheikh Mujib Dhaka Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BAN	Dhaka	Dhaka 25KM	25KM	Comp. Rule 31.21 compliant	2028
BAN	Dhaka	Jolshiri RunBangla Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BAN	Dhaka	Jolshiri RunBangla Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
BAN	Hatirjheel, Dhaka	Hatirjheel 15K	15KM	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel 30K	30KM	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel 5K	5KM	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel Amphitheatre 10K	10KM	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel BFDC 10K	10KM	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BAN	Hatirjheel, Dhaka	Hatirjheel Secondary Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BAN	Sylhet	Sylhet 25K	25KM	Comp. Rule 31.21 compliant	2027
BAN	Sylhet	Sylhet 25K - 10KM	10KM	Comp. Rule 31.21 compliant	2027
BAN	Uttara, Dhaka	Uttara 5K Lap	5KM	Comp. Rule 31.21 compliant	2029
BEL	Alost	Halve Marathon Aalst	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Andenne	Corrida Artes Andenne Fast Race	5KM	Comp. Rule 31.21 compliant	2028
BEL	Antwerp	Antwerp Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Antwerp	Antwerp Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Antwerp	Port of Antwerp Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BEL	Antwerp	Port of Antwerp Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BEL	Antwerp	Walls Linker Oevert Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BEL	Arlon	Qbuilt 10KM Arlon	10KM	Comp. Rule 31.21 compliant	2029
BEL	Arlon	Qbuilt Half Marathon Arlon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Braine le Châteeau	Fast And Fun 10KM	10KM	Comp. Rule 31.21 compliant	2029
BEL	Braine le Châteeau	Fast And Fun 5KM	5KM	Comp. Rule 31.21 compliant	2029
BEL	Bruges	Bruges Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Bruges	Bruges Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Brussels	Brussels Airport Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BEL	Brussels	Brussels Airport Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BEL	Brussels	Brussels Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BEL	Brussels	Brussels Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BEL	Brussels	DHL Brussels Ekiden 2022	Marathon	Comp. Rule 31.21 compliant	2026
BEL	Brussels-Leuven	European Running Championships - Marathon	Marathon	Separation >50%	2029
BEL	Brussels-Leuven	European Running Championships – 10KM	10KM	Comp. Rule 31.21 compliant	2029
BEL	Brussels-Leuven	European Running Championships – Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Buggenhout	Bosmarathon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BEL	Charleroi	Marathon International de Charleroi Metropole	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Charleroi	Semi Marathon International de Charleroi Metropole	Half Marathon	Downhill (-1.91 m/km)	2029
BEL	Gent	Bashir's Run Runners Lab - 10KM	10KM	Comp. Rule 31.21 compliant	2028
BEL	Gent	Bashir's Run Runners Lab - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BEL	Gent	Road 2 Tokyo - Gent Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
BEL	Gent	Sofico Gent Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Gent	Sofico Gent Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Hamme	Endurance Day Hamme - 10KM	10KM	Comp. Rule 31.21 compliant	2027
BEL	Hamme	Endurance Day Hamme - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BEL	Hamme	Endurance Day Hamme - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BEL	Hamme	Endurance day Hamme 100 KM	100KM	Comp. Rule 31.21 compliant	2027
BEL	Hamme	Endurance day Hamme 50KM	50KM	Comp. Rule 31.21 compliant	2027
BEL	Hamond Achel	Groene halve marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Knokke	Energy Vision Knokke Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
BEL	Knokke	Energy Vision Knokke Run Halve Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Lier	PK Halve Marathon Powerplus Natuurlopen van Lier	Half Marathon	Comp. Rule 31.21 compliant	2028
BEL	Loberen	BK 10K Loberen	10KM	Comp. Rule 31.21 compliant	2027
BEL	Malmedy	Championnat LBFA 10KM sur route	10KM	Comp. Rule 31.21 compliant	2029
BEL	Namur	Baloise Namur Half Marathon	Half Marathon	Separation >50%	2029
BEL	Namur	Baloise Namur Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Nieuwpoort	Nieuwpoort Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Nieuwpoort	Nieuwpoort Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Nivelles	Semi Marathon de Nivelles	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Poperinge	Mondirun Poperinge Flanders Championships - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BEL	Sint Gillis	Sint Gillis Loopt Rodan Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
BEL	Sint Gillis	Sint Gillis Loopt Rodan Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
BEL	Sint Pieters Woluwe	Brussels Corrida Fast Race	5KM	Comp. Rule 31.21 compliant	2028
BEL	Tongere	Runners Lab Ekiden	Marathon	Comp. Rule 31.21 compliant	2026
BEL	Vise	Half Marathon de la Basse Meuse	Half Marathon	Comp. Rule 31.21 compliant	2029
BEL	Vise	Marathon de la Basse Meuse	Marathon	Comp. Rule 31.21 compliant	2029
BEL	Zwevezele	VDW metaal Pinksterlopen 100KM	100KM	Comp. Rule 31.21 compliant	2026
BER	Devon	Bermuda 10K	10KM	Comp. Rule 31.21 compliant	2027
BER	Devonshire	Bermuda 5K	5KM	Comp. Rule 31.21 compliant	2029
BER	Devonshire	Bermuda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BER	Hamilton	Bermuda Day Half Marathon	Half Marathon	Separation >50%	2029
BER	Hamilton	Bermuda Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
BER	Hamilton	Front Street Mile	Mile	Comp. Rule 31.21 compliant	2027
BHU	Paro	Coronation Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BHU	Paro	Coronation Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BIH	Banja Luka	Banja Luka 10KM	10KM	Comp. Rule 31.21 compliant	2028
BIH	Banja Luka	Banja Luka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BIH	Banja Luka	Banja Luka Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BIH	Banja Luka	m.tel Banja Luka RMC Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2027
BIH	Banja Luka	RMC 10KM	10KM	Comp. Rule 31.21 compliant	2029
BIH	Bihac	Bihacka nocna 10ka	10KM	Comp. Rule 31.21 compliant	2028
BIH	Bihac	Bihacka novogodisnja 5ica	5KM	Comp. Rule 31.21 compliant	2028
BIH	Bosanska Krupa	Bosanska Krupa - 5KM	5KM	Comp. Rule 31.21 compliant	2027
BIH	Bosanska Krupa	Bosanska Krupa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BIH	Brcko	Brcko Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BIH	Capljina	Capljina 5K	5KM	Comp. Rule 31.21 compliant	2029
BIH	Capljina	Capljinska Desetka	10KM	Comp. Rule 31.21 compliant	2029
BIH	Derventa	Derventa 10KM Run	10KM	Comp. Rule 31.21 compliant	2029
BIH	Gracanica	Ulica utrka Gracanica 10KM	10KM	Comp. Rule 31.21 compliant	2027
BIH	Gracanica	Ulica utrka Gracanica 5KM	5KM	Comp. Rule 31.21 compliant	2027
BIH	Ilidza	Ilidza Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
BIH	Ilidza	Ilidza Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
BIH	Ilidza	Ilidza Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BIH	Jablanica	Jablanicki Polumaraton	Half Marathon	Downhill (-22.3 m/km), Separation >50%	2025
BIH	Kiseljak	SARA 5K Kiseljak	5KM	Comp. Rule 31.21 compliant	2029
BIH	Konjic	Konjic 10K	10KM	Comp. Rule 31.21 compliant	2028

BIH	Modrica	Road Raced Modrica 10KM	10KM	Comp. Rule 31.21 compliant	2026
BIH	Mostar	Mostar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BIH	Prnjavor	Road Race Prnjavor 5KM	5KM	Comp. Rule 31.21 compliant	2028
BIH	Rama	Ramski Polumaraton	Half Marathon	Downhill (-29.5 m/km), Separation >50%	2025
BIH	Sarajevo	Memorijalna utrka "Osman Junuzovic"	5KM	Downhill, Separation >50%	2025
BIH	Sarajevo	Sarajevo Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BIH	Sarajevo	Sarajevo Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
BIH	Sarajevo	Sarajevo Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
BIH	Sarajevo	Sarajevo Marathon - Half Marathon	Half Marathon	Downhill (-1.56 m/km)	2029
BIH	Sarajevo	Sarajevo Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2029
BIH	Sarajevo	Sarajevski Cener	10KM	Comp. Rule 31.21 compliant	2029
BIH	Sarajevo	Sarajevski Cener - Team Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
BIH	Sarajevo	TCM Sarajevo 21K	Half Marathon	Comp. Rule 31.21 compliant	2026
BIH	Sarajevo	Two Cities Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
BIH	Srebrenik	Kraljevska desetka - 10KM	10KM	Comp. Rule 31.21 compliant	2027
BIH	Srebrenik	Kraljevska desetka - 5KM	5KM	Comp. Rule 31.21 compliant	2027
BIH	Srebrenik	Stazama Bosne Srebrene	10KM	Comp. Rule 31.21 compliant	2025
BIH	Stolac	Stolacka 5ica	5KM	Comp. Rule 31.21 compliant	2028
BIH	Stolac	Stolacki Cener	10KM	Comp. Rule 31.21 compliant	2028
BIH	Tomislavgrad	Duvanjska Desetka	10KM	Comp. Rule 31.21 compliant	2026
BIH	Travnik	Travnik Night Race	5KM	Comp. Rule 31.21 compliant	2028
BIH	Tuzla	Tuzla Noćni Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2028
BIH	Tuzla	Tuzlanska Cener	10KM	Comp. Rule 31.21 compliant	2028
BIH	Tuzla	Tuzlanska Petica	5KM	Comp. Rule 31.21 compliant	2028
BIH	Tuzla	Tuzlanski Maraton	Marathon	Comp. Rule 31.21 compliant	2028
BIH	Zaluzani	Turbo Race 10KM Zaluzani	10KM	Comp. Rule 31.21 compliant	2028
BLR	Minsk	Minsk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BOL	Cochabamba	10K de la Concordia	10KM	Comp. Rule 31.21 compliant	2025
BOL	Cochabamba	10K Santa Vera Cruz	10KM	Comp. Rule 31.21 compliant	2028
BOL	Santa Cruz	10K Corrida Internacional Santa Cruz de la Sierra	10KM	Comp. Rule 31.21 compliant	2026
BOL	Santa Cruz	Maratón de Santa Cruz de la Sierra	Marathon	Comp. Rule 31.21 compliant	2028
BOL	Santa Cruz	Media Maraton de Cotoca	Half Marathon	Separation >50%	2025
BOL	Santa Cruz	Milla Urbana New Balance	Mile	Comp. Rule 31.21 compliant	2026
BOT	Francistown	Bubungano Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Francistown 10KM	10KM	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Francistown 5KM	5KM	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Francistown Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Francistown Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Gubungano 10KM	10KM	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Gubungano 5KM	5KM	Comp. Rule 31.21 compliant	2027
BOT	Francistown	Gubungano Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BOT	Gaborone	Gaborone Striders 10KM	10KM	Comp. Rule 31.21 compliant	2027
BOT	Gaborone	Gaborone Striders Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BOT	Gaborone	Gaborone Striders Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BOT	Gaborone	University of Botswana 10KM	10KM	Comp. Rule 31.21 compliant	2028
BOT	Gaborone	University of Botswana 5KM	5KM	Comp. Rule 31.21 compliant	2028
BOT	Gaborone	University of Botswana Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BOT	Gaborone	University of Botswana Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BOT	Kazungula	Kazungula 10KM	10KM	Comp. Rule 31.21 compliant	2029
BOT	Kazungula	Kazungula 5KM	5KM	Comp. Rule 31.21 compliant	2029
BOT	Kazungula	Kazungula Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BOT	Kazungula	Kazungula Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BOT	Orapa	Orapa 10KM	10KM	Comp. Rule 31.21 compliant	2027
BOT	Orapa	Orapa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BOT	Phikwe	Phikwe 10KM	10KM	Comp. Rule 31.21 compliant	2027
BOT	Phikwe	Phikwe Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BOT	Phikwe	Phikwe Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Araçatuba	Corrida José dos Santos Primo - Araçatuba	5KM	Comp. Rule 31.21 compliant	2027
BRA	Belo Horizonte	Breaking 100 2024	5KM	Comp. Rule 31.21 compliant	2028
BRA	Belo Horizonte	Campeonato Miniero de Corrida de Rua 2025 - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Belo Horizonte	Campeonato Miniero de Corrida de Rua 2025 - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Brasilia	BSB City Half Marathon Brasilia	Half Marathon	Downhill (-6.3 m/km)	2027
BRA	Brasilia	Circuito Corridas Caixa - Etapa Brasilia	10KM	Comp. Rule 31.21 compliant	2028
BRA	Brasilia	Corrida de Reis	10KM	Comp. Rule 31.21 compliant	2028
BRA	Brasilia	Maratona Monumental de Brasilia	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Brasilia	Meia Maratona Live! Run XP	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Brasilia	Meia Maratona Monumental de Brasilia	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Brusque	Corrida de Bem SESI 5KM - Brusque	5KM	Comp. Rule 31.21 compliant	2028
BRA	Brusque	Corridas do Bem	10KM	Comp. Rule 31.21 compliant	2028
BRA	Campinas	Proworld/Maratona Campinas	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Campo Grande	Circuito Caixa 2024 - Etapa Campo Grand MS	10KM	Comp. Rule 31.21 compliant	2028
BRA	Campo Grande	Circuito Caixa Etapa Campo Grande MS 5KM	5KM	Comp. Rule 31.21 compliant	2028
BRA	Campo Grande	Corrida da Caixa - 2024	10KM	Comp. Rule 31.21 compliant	2028
BRA	Campo Grande	Corrida Nocturna 190 - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Campo Grande	Corrida Nocturna 190 - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Campo Grande	Maratona de Campo Grande 2025	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Coriábá	Corrida de Reis - Cuiabá - MT	10KM	Separation >50%	2029
BRA	Criciúma	Maratona de Criciúma	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Cuiabá	3ª Corrida Estadual de Combate ao Trabalho Escravo	10KM	Comp. Rule 31.21 compliant	2028
BRA	Cuiabá	Campeonato Ibero-Americano de Atletismo - Cuiabá	10KM	Comp. Rule 31.21 compliant	2028
BRA	Cuiabá	Corrida de Reis	10KM	Downhill (-6.40 m/km), Separation >50%	2026
BRA	Curitiba	Maratona de Curitiba 2023	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Feira de Santana	Meia Maratona União Médica	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Florianópolis	Maratona de Jurerê	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Florianópolis	Maratona Internacional de Florianópolis	Marathon	Separation >50%	2028
BRA	Florianópolis	Meia Maratona Internacional de Florianópolis	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Florianópolis	Meia Maratona SSCS21K	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Goiania	Marathon in Motion	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Goiania	Maratona Internacional de Goiânia	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Goiania	Meia Maratona de Goiânia em Movimento	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Guarulhos	Meia Maratona Internacional de Guarulhos	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Guarulhos	Meia Maratona Internacional de Guarulhos - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Guarulhos	Meia Maratona Internacional de Guarulhos - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Ibiporã	Prova Pedestre de Ibiporã	5KM	Comp. Rule 31.21 compliant	2028
BRA	Itajaí	Corrida Casa Biel - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Itajaí	Corrida Casa Biel - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Ji-Paraná	Corrida Internacional Marco Zero Ji-Paraná	10KM	Separation >50%	2029
BRA	João Pessoa	1ª Meia Maratona Internacional de João Pessoa	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	João Pessoa	5KM de João Pessoa	5KM	Comp. Rule 31.21 compliant	2027
BRA	João Pessoa	Maratona Internacional de João Pessoa	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Lages	Corrida e Caminhada Sest Senat Primeira Etapa	5KM	Comp. Rule 31.21 compliant	2028
BRA	Lages	Corrida e Caminhada Sest Senat Segunda Etapa	5KM	Comp. Rule 31.21 compliant	2028
BRA	Londrina	Maratona de Londrina	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Londrina	Meia Maratona 21 km GO3 - Londrina	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Maringá	48ª Prova Rústic Tiradentes - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Maringá	48ª Prova Rústica Tiradentes - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Natal	Meia Maratona do Sol 2025	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Navegantes	Meia Maratona de Navegantes	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Nova Trento	Corrida da Apae de Nova Trento 5KM	5KM	Comp. Rule 31.21 compliant	2028

BRA	Olinda	2ª Maratona Internacional FMO	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Parana	Maratona Litoral do Parana	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Parque do Mirim, Indaiatuba	Ultramaratona Indaiatuba	5KM	Comp. Rule 31.21 compliant	2024*
BRA	Pelotas	Maratona SESC de Pelotas	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Petrolina	10KM River Shopping	10KM	Comp. Rule 31.21 compliant	2028
BRA	Petrolina	5KM River Shopping	5KM	Comp. Rule 31.21 compliant	2028
BRA	Petrolina	Corrida Rústica Internacional do Agronegócio - 15KM	15KM	Comp. Rule 31.21 compliant	2029
BRA	Petrolina	Corrida Rústica Internacional do Agronegócio - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Piracicaba	Maratona Internacional de Piracicaba	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Pomerode	Maratona Internacional de Pomerode	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Pomerode	Meia Maratona Internacional de Pomerode	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Porto Alegre	Circuito de Corridas Caixa Porto Alegre	10KM	Comp. Rule 31.21 compliant	2028
BRA	Porto Alegre	Meia Maratona do Mercado Público	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Porto Alegre	New Balance 21K Porto Alegre	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Porto Alegre	New Balance 42K Porto Alegre	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Porto Seguro	Meia Maratona do Descobrimento	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	Praia Grande	Maratona Internacional da Praia Grande	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Praia Grande	Meia Maratona Tribuna da Praia Grande	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Praia Grande	Meia Maratona Tribuna da Praia Grande - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Ribeirão Preto	Maratona Oficial Ribeirão Preto	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Ribeirão Preto	Meia Maratona Internacional de Ribeirão Preto	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Ribeirão Preto	Meia Maratona Internacional de Ribeirão Preto - 5KM Tribuna Ribeirão	5KM	Comp. Rule 31.21 compliant	2028
BRA	Rio de Janeiro	Asics Golden Run Rio de Janeiro - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Asics Golden Run Rio de Janeiro - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Corrida de Sao Sebastião	10KM	Comp. Rule 31.21 compliant	2027
BRA	Rio de Janeiro	Desafio da Ponte	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Maratona da Cidade do Rio de Janeiro	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Maratona da Cidade do Rio de Janeiro - 10 KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Meia Maratona Internacional do Rio de Janeiro	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Meia Maratona Internacional do Rio de Janeiro - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Meia Maratona Internacional do Rio de Janeiro - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Rio 21K	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Rio de Janeiro	Rio City Half Marathon	Half Marathon	Separation >50%	2026
BRA	Rio de Janeiro	Rio de Janeiro International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BRA	Salvador	21K Salvador 2025	Half Marathon	Downhill (-2.80 m/km), Separation >50%	2029
BRA	Salvador	Circuito de Corrida Caixa	10KM	Comp. Rule 31.21 compliant	2028
BRA	Salvador	Corrida Live Run 2025 Salvador	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	Salvador	Maratona de Salvador	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Salvador	Meia Maratona de Salvador	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	Santa Maria	Maratona de Santa Maria	Marathon	Comp. Rule 31.21 compliant	2028
BRA	Santos	5K Tribuna	5KM	Separation >50%	2027
BRA	Santos	Corrida 10KM Tribuna FM 2023	10KM	Comp. Rule 31.21 compliant	2028
BRA	Santos	Meia de Santos VTV/SBT	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	São Bernardo do Campo	Meia Maratona de São Bernardo	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	São Carlos	Corrida UNICEP São Carlos 2023 - 5KM	5KM	Comp. Rule 31.21 compliant	2027
BRA	São João de Miriti	10 Milhas Internacional de São João de Miriti	10 Mile	Comp. Rule 31.21 compliant	2029
BRA	São Paulo	10KM Asics Golden Run - São Paulo	10KM	Comp. Rule 31.21 compliant	2027
BRA	São Paulo	Athethas Faster Run São Paulo	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	São Paulo	Corrida New Balance 15KM	15KM	Comp. Rule 31.21 compliant	2029
BRA	São Paulo	Maratona de Revezamento Pila - São Paulo	Marathon	Comp. Rule 31.21 compliant	2028
BRA	São Paulo	Meia Maratona Asics Golden Run São Paulo	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	São Paulo	Meia Maratona Internacional da Cidade de São Paulo	Half Marathon	Comp. Rule 31.21 compliant	2025
BRA	São Paulo	São Paulo City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BRA	São Paulo	São Paulo City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BRA	São Paulo	São Paulo International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BRA	São Paulo	Seven Run - São Paulo, 2023 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	São Paulo	Sorocaba Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BRA	São Paulo	Venus Women's Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	Torres	Maratona de Torres	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Vitória	10 Milhas Garoto	10 Mile	Comp. Rule 31.21 compliant	2027
BRA	Vitória	Corrida Capixaba de Ferro - 10KM	10KM	Comp. Rule 31.21 compliant	2027
BRA	Vitória	Corrida Capixaba de Ferro - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BRA	Vitória	Corrida Capizaba de Ferro - Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BRA	Vitória	Maratona de Vitória	Marathon	Comp. Rule 31.21 compliant	2029
BRA	Vitória	Maratona de Vitória - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BRA	Vitória	Maratona de Vitória - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BRA	Vitória	Meia Maratona de Vitória	Half Marathon	Comp. Rule 31.21 compliant	2029
BRN	Manama	Bahrain Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BRU	Bandar Seri Begawan	Brunei Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BRU	Bandar Seri Begawan	Brunei Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BUL	Burgas	Burgas Marathon	Marathon	Comp. Rule 31.21 compliant	2029
BUL	Plovdiv	Plovdiv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
BUL	Plovdiv	Plovdiv Marathon	Marathon	Comp. Rule 31.21 compliant	2027
BUL	Plovdiv	Sri Chinmoy Self-Transcendence 10KM Race	10KM	Comp. Rule 31.21 compliant	2028
BUL	Plovdiv	Sri Chinmoy Self-Transcendence Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BUL	Plovdiv	Sri Chinmoy Self-Transcendence Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BUL	Sofia	Sri Chinmoy 100KM Sofia	100KM	Comp. Rule 31.21 compliant	2025
BUL	Sofia	Sri Chinmoy 50KM Sofia	50KM	Comp. Rule 31.21 compliant	2025
BUL	Sofia	Vazrazhdane 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
BUL	Sofia	Wizz Air Sofia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
BUL	Sofia	Wizz Air Sofia Marathon	Marathon	Comp. Rule 31.21 compliant	2028
BUL	Sozopol	Sozopol Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
BUL	Sozopol	Sozopol Run - 5KM	5KM	Comp. Rule 31.21 compliant	2029
BUL	Sozopol	Sozopol Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
BUL	Sozopol	Sozopol Run - Mile	Mile	Comp. Rule 31.21 compliant	2029
BUL	Stara Zagora	Beroe 5KM Road Race	5KM	Comp. Rule 31.21 compliant	2029
BUL	Stara Zagora	Stara Zagora Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BUL	Stara Zagora	Stara Zagora Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BUL	Varna	Half Marathon Varna	Half Marathon	Comp. Rule 31.21 compliant	2027
BUL	Varna	Marathon Varna	Marathon	Comp. Rule 31.21 compliant	2027
CAM	Phnom Penh	Phnom Penh International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CAM	Phnom Penh	Phnom Penh International Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
CAM	Siem Reap	Angkor Empire Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Empire Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Empire Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Wat Indochine Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Wat Indochine Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Wat International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Wat International Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
CAM	Siem Reap	Angkor Wat Indochine Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
CAM	Sihanoukville	Sihanoukville 10KM	10KM	Comp. Rule 31.21 compliant	2027
CAM	Sihanoukville	Sihanoukville Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CAN	Brampton	Heart Lake Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
CAN	Calgary	Calgary 10KM	10KM	Comp. Rule 31.21 compliant	2027
CAN	Calgary	Calgary Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CAN	Calgary	Calgary Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CAN	Edmonton	Edmonton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CAN	Hamilton	Hamilton Marathon Road2Hope 5K	5KM	Comp. Rule 31.21 compliant	2027
CAN	Kelowna	Kelowna Apple Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028

CAN	Kelowna	Kelowna Apple Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAN	Langley	2023 Bell Canadian Track and Field Championships 10K Race Walk	10KM	Comp. Rule 31.21 compliant	2027
CAN	Langley	2023 Bell Canadian Track and Field Championships 20K Race Walk	20KM	Comp. Rule 31.21 compliant	2027
CAN	London	Forest City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CAN	Mill Bay	Cobble Hill 10K	10KM	Comp. Rule 31.21 compliant	2027
CAN	Moncton	Medavie Canadian 5K Championship	5KM	Comp. Rule 31.21 compliant	2026
CAN	Montréal	10KM du Marathon Beneva de Montréal	10KM	Comp. Rule 31.21 compliant	2026
CAN	Montréal	5KM du Marathon Beneva de Montréal	5KM	Comp. Rule 31.21 compliant	2026
CAN	Montréal	Demimaratathon du Marathon Beneva de Montréal	Half Marathon	Comp. Rule 31.21 compliant	2026
CAN	Montréal	Marathon Beneva de Montréal - Le Mile	Mile	Comp. Rule 31.21 compliant	2028
CAN	Ottawa	Ottawa 10K	10KM	Comp. Rule 31.21 compliant	2026
CAN	Ottawa	Ottawa 5K	5KM	Comp. Rule 31.21 compliant	2027
CAN	Ottawa	Ottawa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CAN	Ottawa	Run to Empower	5KM	Comp. Rule 31.21 compliant	2029
CAN	Ottawa	Tartan Ottawa International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CAN	Port Elgin	Canadian Paralympic Marathon Qualifier	Marathon	Comp. Rule 31.21 compliant	2025
CAN	Saskatoon	Whiteswan Mile	Mile	Downhill (6.94 m/km), Separation >50%	2028
CAN	Shannon	Demi-Marathon Duchesnay	Half Marathon	Separation >50%	2029
CAN	Shannon	Marathon Duchesnay	Marathon	Comp. Rule 31.21 compliant	2029
CAN	Shannon	Marathon Duchesnay - 10KM	10KM	Comp. Rule 31.21 compliant	2029
CAN	Shannon	Marathon Duchesnay - 5KM	5KM	Comp. Rule 31.21 compliant	2029
CAN	Sidney, BC	Bazan Bay 5K	5KM	Comp. Rule 31.21 compliant	2026
CAN	Toronto	TCS Toronto Waterfront 5K	5KM	Comp. Rule 31.21 compliant	2026
CAN	Toronto	TCS Toronto Waterfront Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CAN	Toronto	TCS Toronto Waterfront Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAN	Toronto	Toronto Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CAN	Toronto	Toronto Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2026
CAN	Toronto	Toronto Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
CAN	Toronto	Toronto Marathon - Half Marathon	Half Marathon	Downhill (-4.41 m/km), Separation >50%	2026
CAN	Vancouver	"First Half" Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CAN	Vancouver	BMO Vancouver Half Marathon	Half Marathon	Downhill (-2.75 m/km)	2026
CAN	Vancouver	BMO Vancouver Marathon	Marathon	Downhill (-1.37 m/km)	2026
CAN	Vancouver	Canada Running Series Vancouver Half Marathon	Half Marathon	Downhill (-3.27 m/km)	2026
CAN	Vancouver	Canada Running Series Vancouver Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
CAN	Vancouver	St. Patrick's Day 5K	5KM	Comp. Rule 31.21 compliant	2028
CAN	Vancouver	Vancouver Eastside 10K	10KM	Comp. Rule 31.21 compliant	2027
CAN	Vancouver	Vancouver Sun Run 10 KM Alternate	10KM	Downhill (-2.5 m/km)	2026
CAN	Vernon	Winter Carnival 1 Mile Road Race	Mile	Downhill (-7.64 m/km), Separation >50%	2029
CAN	Victoria	Royal Victoria Marathon - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CAN	Victoria	Royal Victoria Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CAN	Victoria	TC 10K	10KM	Comp. Rule 31.21 compliant	2026
CAN	Winnipeg	2024 Canadian Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2028
CAN	Winnipeg	Manitoba Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAN	Winnipeg	Runkeeper Half Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CAN	Winnipeg	World Police & Fire Games Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CAY	Georgetown	Cayman Islands Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CAY	Georgetown	Cayman Islands Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CGO	Brazzaville	Half Marathon International Brazzaville	Half Marathon	Comp. Rule 31.21 compliant	2029
CGO	Kinshasa	Jeux de la Francophonie - Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CGO	Kinshasa	River Congo 10KM	10KM	Comp. Rule 31.21 compliant	2027
CGO	Kinshasa	River Congo Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CGO	Kinshasa	River Congo Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CGO	Pointe Noire	10KM Run in Pointe Noire	10KM	Comp. Rule 31.21 compliant	2028
CGO	Pointe Noire	5KM La Pointe Negrine	5KM	Comp. Rule 31.21 compliant	2028
CHI	Chillán	10K de Chillán	10KM	Comp. Rule 31.21 compliant	2026
CHI	Chillán	Medio Maratón de Chillán	Half Marathon	Comp. Rule 31.21 compliant	2026
CHI	Concepcion	Medio Maraton Estilo Runner	Half Marathon	Comp. Rule 31.21 compliant	2028
CHI	Limache	10K de Limache	10KM	Comp. Rule 31.21 compliant	2029
CHI	Los Muermos	Media Maratón Internacional Ruta de Los Ulmos	Half Marathon	Comp. Rule 31.21 compliant	2029
CHI	Los Muermos	Media Maratón Internacional Ruta de Los Ulmos - 10K	10KM	Comp. Rule 31.21 compliant	2029
CHI	San Felipe	Medio Maraton Orgullo Aconcagua	Half Marathon	Comp. Rule 31.21 compliant	2028
CHI	San Fernando	10K San Fernando	10KM	Comp. Rule 31.21 compliant	2027
CHI	Santiago	Maratón de los XIX Juegos Panamericanos Santiago 2023	Marathon	Comp. Rule 31.21 compliant	2027
CHI	Santiago	Maratón de Santiago	Marathon	Comp. Rule 31.21 compliant	2028
CHI	Santiago	Medio Maratón de Santiago	Half Marathon	Comp. Rule 31.21 compliant	2029
CHI	Temuco	Maraton de Temuco 2023	Marathon	Comp. Rule 31.21 compliant	2027
CHI	Viña del Mar	Maraton de Viña del Mar	Marathon	Comp. Rule 31.21 compliant	2029
CHI	Viña del Mar	Medio Maraton de Viña del Mar	Half Marathon	Comp. Rule 31.21 compliant	2026
CHN	Bayuquan	2024 Bayuquan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Bayuquan	2024 Bayuquan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Beijing	Beijing E-TOWN Half-Marathon & Humanoid Robot Half-Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Beijing	Beijing Half Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Beijing	Beijing Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Beijing	BOB Beijing MC Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Beijing	Chinese Athletics Association 10K Elite Series Haidian	10KM	Comp. Rule 31.21 compliant	2029
CHN	Beijing	Chinese Athletics Association 10K Elite Series Mentougou	10KM	Comp. Rule 31.21 compliant	2029
CHN	Beijing	Half Marathon for Houshayu in Shunyi& the 63rd Beijing Open Half Marathon Park Run	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Beijing	Miyun Eco Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Beijing	Miyun Eco Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Beijing	Tongzhou Canal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Bengbu	Chinese Athletics Association 10K Elite Series Bengbu	10KM	Comp. Rule 31.21 compliant	2029
CHN	Changchun	Changchun Half Marathon	Half Marathon	Separation >50%	2029
CHN	Changchun	Changchun Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Changde	Changde International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Changde	Changde International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Changsha	Changsha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Changsha	Changsha International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Changzhou	Changzhou West Taihu Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Chengdu	Chengdu Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Chengdu	Chengdu Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Chengdu	Chinese Athletics Association 10KM Elite Series - Xinjin Chengdu	10KM	Comp. Rule 31.21 compliant	2028
CHN	Chengdu	FISU World University Games Summer (Chengdu) Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Chizhou	Chizhou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Chizhou	Chizhou Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Chongqing	Chinese Athletics Association 10KM Elite Series - Chongqing	10KM	Comp. Rule 31.21 compliant	2028
CHN	Chongqing	Chongqing Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Dalian	Dalian International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CHN	Dalian	Dalian International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Danzhou	Danzhou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Danzhou	Danzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Dongguan	Dongguan International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Dongying	Dongying International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CHN	Dongying	Yellow River Estuary International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Duolun	Duolun International Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
CHN	Fang Cheng Gang City	China-Asean Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Fang Cheng Gang City	China-Asean Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Fuyang	Chinese Athletics Association 10KM Elite Series - Fuyang	10KM	Comp. Rule 31.21 compliant	2029
CHN	Fuzhou	Fuzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Fuzhou	Fuzhou Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028

CHN	Gaochun	Gaochun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Gaochun	Gaochun Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guangzhou	Guangzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guangzhou	Guangzhou Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Guangzhou	Huangpu Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guangzhou	Huangpu Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Gulin	Gulin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Gulin	Gulin Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guiyang	Guiyang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guiyang	Guiyang Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Guizhou Zhenning	Guizhou Zhenning Huangguoshu Half Marathon	Half Marathon	Downhill (-11.18 m/km), Separation >50%	2027
CHN	Hainan	Hainan Sanya Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Hainan	Hainan Sanya Marathon - Half Marathon	Half Marathon	Separation >50%	2027
CHN	Hangzhou	Hangzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Hangzhou	Hangzhou Qiantang Women's Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Hangzhou	The 19th Asian Games Hangzhou 2022 Athletics Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CHN	Harbin	Harbin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Harbin	Harbin Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Hefei	Hefei Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Hefei	Hefei Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Hengshui	Hengshui Lake Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Huaian	Huaian Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Huangshi	Huangshi Cihu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Jiamsui	Chinese Athletics Association 10KM Elite Series - Jiamsui	10KM	Comp. Rule 31.21 compliant	2029
CHN	Jiashan Dayun	Chinese Athletics Association 10KM Elite Series - Jiashan Dayun	10KM	Comp. Rule 31.21 compliant	2028
CHN	Jiaxing	Jiaxing Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Jiexi	Chinese Athletics Association 10KM Elite Series - Jiexi	10KM	Comp. Rule 31.21 compliant	2028
CHN	Jilin City	Jilin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Jilin City	Jilin Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Jingzhou	Jingzhou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Jingzhou	Jingzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Jinjiang	Jinjiang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Jinjiang	Jinjiang Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Kuitun	Chinese Athletics Association 10KM Elite Series - Kuitun	10KM	Comp. Rule 31.21 compliant	2029
CHN	Kunming	SCO Kunming Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Kunming	SCO Kunming Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Lanzhou	Lanzhou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Lanzhou	Lanzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Lihu	Round Lihu Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CHN	Liupanshui	Liupanshui 10KM	10KM	Comp. Rule 31.21 compliant	2029
CHN	Liupanshui	Liupanshui Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Liupanshui	Liupanshui Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Liupanshui	Liupanshui Summer Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Ma'Anshan	Chinese Athletics Association 10KM Elite Series - Ma'Anshan	10KM	Comp. Rule 31.21 compliant	2028
CHN	Mershan Renshou	Mershan Renshou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Nanchang	Nanchang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Nanchang	Nanchang Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Nanjing	Nanjing Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Nanjing	Nanjing Marathon & Nanjing Marathon Championships 2020	Marathon	Comp. Rule 31.21 compliant	2024*
CHN	Nanjing	Nanjing Pukou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Nanjing	Nanjing Pukou Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Nanjing	Nanjing Pukou Women's Half Marathon (National Women's Half Marathon Championships)	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Nanjing	Xianlin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Nanjing Gaochun	Gaochun Cittaslow Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Nanjing Gaochun	Gaochun Cittaslow Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Putian	Putian Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Putian	Putian Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Qingdao	Qingdao Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Qingdao	Qingdao Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Qujing	Chinese Athletics Association 10KM Elite Series - Qujing	10KM	Comp. Rule 31.21 compliant	2029
CHN	Quzhou	Quzhou Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Quzhou	Quzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Renshou	Renshou International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shanghai	Shanghai Elite 10KM Race	10KM	Comp. Rule 31.21 compliant	2028
CHN	Shanghai	Shanghai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Shanghai	Shanghai International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Shangyu	Cao'e River Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Shaoxing	Shaoxing Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Shaoxing	Shaoxing Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Shenyang	Shenyang Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shenyang	Shenyang Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shenzhen	Shenzhen Baoan Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shenzhen	Shenzhen Baoan Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shenzhen	Shenzhen Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Shenzhen	Shenzhen Nanshan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Shenzhen	The 15th Game of People's Republic of China Athletics Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Shijiazhuang	Shijiazhuang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Shijiazhuang	Shijiazhuang Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Suzhou	Suzhou Jinji Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Suzhou	Suzhou Taihu Half Marathon	Half Marathon	Separation >50%	2028
CHN	Suzhou	Suzhou Taihu Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Taiyuan	Taiyuan Half Marathon	Half Marathon	Downhill (-1.09 m/km)	2028
CHN	Taiyuan	Taiyuan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Wuhan	Wuhan International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Wuhu	Chinese Athletics Association 10Km Elite Series - Wuhu	10KM	Comp. Rule 31.21 compliant	2029
CHN	Wuxi	Round Lihu Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Wuxi	Wuxi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Wuxi	Wuxi Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Wuxi	Wuxi Taihu Women Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	X'ian	Shaanxi 2021 National Games for Persons with Disabilities & Special Olympic Games	Marathon	Comp. Rule 31.21 compliant	2025
CHN	X'ian	The 14th Game of People's Republic of China Athletics Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	X'ian	X'ian Half Marathon	Half Marathon	Separation >50%	2028
CHN	X'ian	X'ian Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Xiamen	Haicang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Xiamen	Xiamen International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CHN	Xianlin	Xianlin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Xichang	Xichang Qionghai Lake Wetland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Xichang	Xichang Qionghai Lake Wetland Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Xuzhou	Xuzhou Marathon & National Championships Olympic Marathon Trials	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Yangcheng	Yangcheng Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CHN	Yangcheng	Yangcheng Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CHN	Yangling	Yangling Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Yangling	Yangling Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Yangzhou	Chinese Athletics Association 10KM Elite Series - Yangzhou	10KM	Comp. Rule 31.21 compliant	2028
CHN	Yangzhou	Yangzhou Jianzhen International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Yantai	2020 Welcome to the New Year Yantai 50K Ultramarathon	50KM	Comp. Rule 31.21 compliant	2025
CHN	Yantai	2020-2021 Run Across the Years for Yantai Ultramarathon	100KM	Comp. Rule 31.21 compliant	2025
CHN	Yichang	Yichang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028

CHN	Yichang	Yichang Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CHN	Yiwu	Yiwu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CHN	Zhengzhou	Zheng-Kai Marathon	Marathon	Comp. Rule 31.21 compliant	2027
CHN	Zhengzhou	Zhengzhou Longhu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Zhenning	Guizhou Zhenning Huangyushu Half Marathon	Half Marathon	Downhill (-11.42 m/km), Separation >50%	2028
CHN	Zhoushan	Daishan Headlands Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CHN	Zhoushan	Zhoushan Half Marathon	Half Marathon	Separation >50%	2028
CHN	Zhoushan	Zhoushan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
COL	Barranquilla	Maratón de Barranquilla	Marathon	Comp. Rule 31.21 compliant	2029
COL	Barranquilla	Medio Maratón de Barranquilla	Half Marathon	Comp. Rule 31.21 compliant	2029
COL	Bogotá	Medio Maratón de Bogotá	Half Marathon	Comp. Rule 31.21 compliant	2026
COL	Bogotá	10KM Carrera por la Policía	10KM	Comp. Rule 31.21 compliant	2027
COL	Bogotá	42K Vchallenge	Marathon	Comp. Rule 31.21 compliant	2028
COL	Bogotá	5KM Carrera por la Policía	5KM	Comp. Rule 31.21 compliant	2027
COL	Bogotá	Medio Maraton Carrera por la Policía	Half Marathon	Comp. Rule 31.21 compliant	2027
COL	Bogotá	XX Campeonato Sudamericano de Atletismo Máster - 10KM	10KM	Comp. Rule 31.21 compliant	2026
COL	Bogotá	XX Campeonato Sudamericano de Atletismo Máster - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
COL	Bolivar	Maratón XXII Juegos Deportivos Nacionales y Paranaconales 2023	Marathon	Comp. Rule 31.21 compliant	2027
COL	Cali	15K Maratón de Cali	15KM	Comp. Rule 31.21 compliant	2029
COL	Cali	Cali 10K - la Carrera del Pacífico	10KM	Comp. Rule 31.21 compliant	2028
COL	Cali	Maratón de Cali	Marathon	Comp. Rule 31.21 compliant	2029
COL	Cali	Maratón del Valle	Marathon	Comp. Rule 31.21 compliant	2028
COL	Cali	Medio Maratón del Valle	Half Marathon	Comp. Rule 31.21 compliant	2028
COL	Cartagena	The Great Race Marathon Cartagena	Marathon	Comp. Rule 31.21 compliant	2028
COL	La Ceja	Medio Maratón La Ceja del Tambo	Half Marathon	Comp. Rule 31.21 compliant	2028
COL	Rio Cali	Rio Cali 10KM	10KM	Downhill (-2.6 m/km)	2027
COL	San Andrés Islas	Maratón 7 Colores	Marathon	Comp. Rule 31.21 compliant	2029
COL	Tunel de la Linea	Medio Maratón Túnel de la Linea	Half Marathon	Comp. Rule 31.21 compliant	2026
COL	Valledupar	Half Marathon XIX Juegos Deportivos Bolivarianos Valledupar 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
COL	Zipaquirá	Medio Maratón de Cundinamarca	Half Marathon	Comp. Rule 31.21 compliant	2028
CRC	Cartago	Clasica Carrera Internacional la Candelaria	10KM	Downhill (-9.10m/km), Separation >50%	2029
CRC	Cartago	Maraton de Cartago	Marathon	Downhill (-7.44 m/km)	2026
CRC	Cartago	Medio Maraton de Cartago	Half Marathon	Downhill, Separation >50%	2026
CRC	San José	Maratón Municipalidad de San Jose	Marathon	Comp. Rule 31.21 compliant	2025
CRC	San José	Medio Maratón Municipalidad de San José	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Cakovec	CK10 – Cakovecki nocni cener	10KM	Comp. Rule 31.21 compliant	2029
CRO	Cakovec	Zrinski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Crikvenica	Adri Advent 5KM	5KM	Comp. Rule 31.21 compliant	2025
CRO	Crikvenica	Adri Advent Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Crikvenica	Adri Advent Maraton	Marathon	Comp. Rule 31.21 compliant	2025
CRO	Dubrovnik	Du Motion Dubrovnik Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CRO	Duga Resa	Grin Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
CRO	Gilna	Gilna 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Gilna	Gilna 5KM	5KM	Comp. Rule 31.21 compliant	2026
CRO	Jasenovac	Jasenovacka utrka	10KM	Comp. Rule 31.21 compliant	2028
CRO	Jastrebarsko	Jaskanski Polumaraton Memorijal Predrag Bosnjak	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Karlovac	Karlovački Cener powered by Karlovacko	10KM	Comp. Rule 31.21 compliant	2028
CRO	Kopacki Rit	Baranjski Ferivi Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Lug	Baranjski Ferivi Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Makarska	Apfel Arena Makarska Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Maslenica	Polumaraton Maslenica	Half Marathon	Downhill (-2.7 m/km)	2026
CRO	Omis	Omis Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Osijek	Je! trcis lega	5KM	Comp. Rule 31.21 compliant	2029
CRO	Osijek	Osijek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Otocac	Gacka Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Otocac	Gacka Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
CRO	Otocac	Gacka Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
CRO	Plitvice	Plitvice Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
CRO	Plitvice	Plitvice Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
CRO	Pula	Pula Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Pula	Pulska Xica	10KM	Comp. Rule 31.21 compliant	2027
CRO	Rijeka	Rijeka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Sibenik	Sibenik 10KM	10KM	Comp. Rule 31.21 compliant	2027
CRO	Sibenik	Sibenik 5KM	5KM	Comp. Rule 31.21 compliant	2027
CRO	Sibenik	Sibenik Half Marathon RUNESCO	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Slavonska Brod	Polojska Ultra - 100KM	100KM	Comp. Rule 31.21 compliant	2029
CRO	Slavonska Brod	Polojska Ultra - 50KM	50KM	Comp. Rule 31.21 compliant	2029
CRO	Slavonska Brod	Slavonska trka 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Slavonska Brod	Slavonska trka 5KM	5KM	Comp. Rule 31.21 compliant	2026
CRO	Slavonska Brod	Slavonska trka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Split	Split 10KM	10KM	Comp. Rule 31.21 compliant	2029
CRO	Split	Split Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Split	Split Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CRO	Srbinec	Srakovsko-Svibovecki Cener	10KM	Comp. Rule 31.21 compliant	2028
CRO	Strizivojna	Nocna Petica Strizivojna 5KM	5KM	Comp. Rule 31.21 compliant	2026
CRO	Strizivojna	Nocni Cener Strizivojna 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Varadzin	Ledena Petica	5KM	Comp. Rule 31.21 compliant	2029
CRO	Varadzin	Mrzli Cener	10KM	Comp. Rule 31.21 compliant	2029
CRO	Varadzin	Novogodisnja Utrka	5KM	Comp. Rule 31.21 compliant	2029
CRO	Varadzin	Varadzinski Polumarathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CRO	Varadzin	Varadzinski Maraton	Marathon	Comp. Rule 31.21 compliant	2029
CRO	Varadzin	Zimski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Vis	Viski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Vukovar	Bauder Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
CRO	Vukovar	Vukovar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Zadar	Nin-Zadar Polumaraton	Half Marathon	Separation >50%	2026
CRO	Zadar	Zadarske 5-ICE	5KM	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	CRWT Home Track	Half Marathon	Comp. Rule 31.21 compliant	2024*
CRO	Zagreb	Garmin 10KM	10KM	Comp. Rule 31.21 compliant	2028
CRO	Zagreb	Half Marathon Ivan Starek	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Hodacko-trkacki krug Rotor (1,0000 km lap) - Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Zagreb	Hodacko-trkacki krug Rotor (1,0000 km lap) - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CRO	Zagreb	Hodacko-trkacki krug Rotor (1,5000 km lap) - Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Zagreb	Hodacko-trkacki krug Rotor (1,5000 km lap) - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CRO	Zagreb	Holjevka	10KM	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Jarunska Desetka 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Jarunska Petica 5KM	5KM	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Nocna 10KM Zagreb	10KM	Comp. Rule 31.21 compliant	2027
CRO	Zagreb	Nocna 10KM Zagreb - 5KM	5KM	Comp. Rule 31.21 compliant	2027
CRO	Zagreb	Nocna 10KM Zagreb - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CRO	Zagreb	Zagreb Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CRO	Zagreb	Zagreb Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CRO	Zagreb	Zagreb21 Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CRO	Zagreb	Zagrebacni nocni cener	10KM	Comp. Rule 31.21 compliant	2025
CRO	Zapresic	Atletska utrka za grb grada Zapresica 10KM	10KM	Comp. Rule 31.21 compliant	2024*
CRO	Zapresic	Atletska utrka za grb grada Zapresica 5KM	5KM	Comp. Rule 31.21 compliant	2024*
CRO	Zdenci Brdovecki	CRO5RUN	5KM	Comp. Rule 31.21 compliant	2028
CRO	Zdenci Brdovecki	Zdenci Brdovecki 10 km	10KM	Comp. Rule 31.21 compliant	2028
CRO	Zeljava	Zeljava Air Base Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2027

CUB	Havana	Marabana 10K	10KM	Comp. Rule 31.21 compliant	2026
CUB	Havana	Marabana Maratón	Marathon	Comp. Rule 31.21 compliant	2026
CUB	Havana	Marabana Media Maratón	Half Marathon	Comp. Rule 31.21 compliant	2026
CUB	Varadero	Maratón de Varadero	Marathon	Comp. Rule 31.21 compliant	2026
CUB	Varadero	Maratón y Media Maratón de Varadero 10KM	10KM	Comp. Rule 31.21 compliant	2026
CUB	Varadero	Media Maratón de Varadero	Half Marathon	Comp. Rule 31.21 compliant	2026
CYP	Ayia Napa	Run for Autism - 10KM	10KM	Comp. Rule 31.21 compliant	2028
CYP	Ayia Napa	Run for Autism - 5KM	5KM	Comp. Rule 31.21 compliant	2028
CYP	Ayia Napa	Run for Autism - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CYP	Larnaka	KOEAS Larnaka Grand Prix 10KM	10KM	Comp. Rule 31.21 compliant	2027
CYP	Larnaka	KOEAS Larnaka Grand Prix 5KM	5KM	Comp. Rule 31.21 compliant	2027
CYP	Larnaka	Radisson Blu Larnaka International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CYP	Larnaka	Radisson Blu Larnaka International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CYP	Limassol	KOEAS Limassol Grand Prix - 10KM	10KM	Comp. Rule 31.21 compliant	2029
CYP	Limassol	KOEAS Limassol Grand Prix - 5KM	5KM	Comp. Rule 31.21 compliant	2029
CYP	Limassol	Limassol 10KM Energy Run	10KM	Comp. Rule 31.21 compliant	2028
CYP	Limassol	Muskita Limassol Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CYP	Limassol	OPAP Limassol Marathon	Marathon	Comp. Rule 31.21 compliant	2028
CYP	Nicosia	Cyprus National Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
CYP	Nicosia	International Nicosia 10K Race	10KM	Comp. Rule 31.21 compliant	2027
CYP	Nicosia	International Nicosia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
CYP	Nicosia	KOEAS Nicosia Grand Prix 10KM	10KM	Comp. Rule 31.21 compliant	2028
CYP	Nicosia	KOEAS Nicosia Grand Prix 5KM	5KM	Comp. Rule 31.21 compliant	2028
CYP	Nicosia	KOEAS Nicosia Grand Prix Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CYP	Nicosia	Nicosia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
CYP	Nicosia	Nicosia Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
CYP	Nicosia	Quantum Nicosia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CYP	Nicosia	Quantum Nicosia Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CYP	Paphos	KOEAS Paphos Grand Prix 10KM Race	10KM	Comp. Rule 31.21 compliant	2027
CYP	Paphos	KOEAS Paphos Grand Prix 5KM Race	5KM	Comp. Rule 31.21 compliant	2027
CYP	Paphos	Logicom Cyprus Marathon	Marathon	Separation >50%	2025
CYP	Protaras	KOEAS Protaras Grand Prix 10KM	10KM	Comp. Rule 31.21 compliant	2027
CYP	Protaras	KOEAS Protaras Grand Prix 5KM	5KM	Comp. Rule 31.21 compliant	2027
CZE	Ceske Budejovice	Mattoni Half Marathon Ceske Budejovice	Half Marathon	Comp. Rule 31.21 compliant	2029
CZE	Karlovy Vary	Mattoni Half Marathon Karlovy Vary	Half Marathon	Comp. Rule 31.21 compliant	2029
CZE	Karlovy Vary	Mattoni Karlovy Vary 10KM	10KM	Comp. Rule 31.21 compliant	2028
CZE	Olomouc	Mattoni Half Marathon Olomouc	Half Marathon	Comp. Rule 31.21 compliant	2029
CZE	Olomouc	Santovka 5KM Run	5KM	Comp. Rule 31.21 compliant	2029
CZE	Ostrava	Emil Zatopek Ostrava Golden Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CZE	Pardubice	Pardubice Wine Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
CZE	Prague	Adidas Women's 5KM Race	5KM	Comp. Rule 31.21 compliant	2027
CZE	Prague	Bechovice - Praha (Czech 10KM Road Championships)	10KM	Comp. Rule 31.21 compliant	2028
CZE	Prague	Birrell 10KM Race	10KM	Comp. Rule 31.21 compliant	2027
CZE	Prague	Prague Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
CZE	Prague	Prague International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
CZE	Prague	Volkswagen Prague Marathon - Battle of the Teams	Marathon	Comp. Rule 31.21 compliant	2025
CZE	Satalice	Race Walking Prague - Brandys - 10KM	10KM	Comp. Rule 31.21 compliant	2027
CZE	Satalice	Race Walking Prague - Brandys - 5KM	5KM	Comp. Rule 31.21 compliant	2027
CZE	Usti nad Labem	Mattoni Usti nad Labem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CZE	Zittau	Zittau Half Marathon Race Walks	Half Marathon	Comp. Rule 31.21 compliant	2029
CZE	Zittau	Zittau Marathon Race Walks	Marathon	Comp. Rule 31.21 compliant	2029
DEN	Aalborg	Danish 5KM Championships Aalborg	5KM	Comp. Rule 31.21 compliant	2029
DEN	Aarhus	1900 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
DEN	Aarhus	Danish Championships 10KM	10KM	Comp. Rule 31.21 compliant	2028
DEN	Aarhus	Frederiksbjerg 5KM Run	5KM	Comp. Rule 31.21 compliant	2029
DEN	Aarhus	Frederiksbjerg Mile Run	Mile	Comp. Rule 31.21 compliant	2029
DEN	Copenhagen	Carlsberg Nordic Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Copenhagen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Copenhagen Half Marathon - 10KM Split	10KM	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Copenhagen Marathon	Marathon	Comp. Rule 31.21 compliant	2029
DEN	Copenhagen	Copenhagen Mile	Mile	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Havnelobet 10KM	10KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Havnelobet 5KM	5KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	New Year's Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	New Year's Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	New Year's Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Nike Spring 10KM	10KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Nike Spring 5KM	5KM	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Nike Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
DEN	Copenhagen	Royal Run Copenhagen - 10KM	10KM	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Royal Run Copenhagen - 5KM	5KM	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Royal Run Copenhagen - Mile	Mile	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Strandvejslobet 5KM	5KM	Comp. Rule 31.21 compliant	2028
DEN	Copenhagen	Strandvejslobet Mile	Mile	Comp. Rule 31.21 compliant	2028
DEN	Esbjerg	Esbjerg City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
DEN	Herning	Danish 5KM Championships	5KM	Comp. Rule 31.21 compliant	2028
DEN	Hillerod	Hillerod 10KM	10KM	Comp. Rule 31.21 compliant	2029
DEN	Hillerod	Hillerod Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
DEN	Kolding	Danish Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2029
DEN	Odense	Danish Athletics Winter Tournament - 5KM	5KM	Comp. Rule 31.21 compliant	2028
DEN	Odense	Danish Athletics Winter Tournament - Mile	Mile	Comp. Rule 31.21 compliant	2028
DEN	Odense	H C Andersen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
DEN	Odense	H C Andersen Marathon	Marathon	Comp. Rule 31.21 compliant	2029
DEN	Torshavn	Torshavn Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
DEN	Torshavn	Torshavn Marathon	Marathon	Comp. Rule 31.21 compliant	2028
DJI	Djibouti	10KM Air Djibouti	10KM	Comp. Rule 31.21 compliant	2025
DJI	Djibouti	10KM Djibouti Telecom	10KM	Comp. Rule 31.21 compliant	2025
DJI	Djibouti	10KM International Gateway to Africa	10KM	Comp. Rule 31.21 compliant	2025
DJI	Djibouti	5KM International Gateway to Africa	5KM	Comp. Rule 31.21 compliant	2025
DJI	Djibouti	Semi Marathon International Gateway to Africa	Half Marathon	Comp. Rule 31.21 compliant	2025
DOM	Santiago	10KM Monumental Primer Santiago de América	10KM	Comp. Rule 31.21 compliant	2028
DOM	Santiago	Maratón Monumental Primer Santiago de América - Maratón	Marathon	Comp. Rule 31.21 compliant	2028
DOM	Santiago	Maratón Monumental Primer Santiago de América - Media Maratón	Half Marathon	Comp. Rule 31.21 compliant	2026
DOM	Santo Domingo	10 KM Claro de Santo Domingo	10KM	Comp. Rule 31.21 compliant	2024*
DOM	Santo Domingo	JCC Santo Domingo Maratón de Marcha	Marathon	Comp. Rule 31.21 compliant	2030
DOM	Santo Domingo	JCC Santo Domingo Media Maratón	Half Marathon	Comp. Rule 31.21 compliant	2030
DOM	Santo Domingo	JCC Santo Domingo Media Maratón de Marcha	Half Marathon	Comp. Rule 31.21 compliant	2030
DOM	Santo Domingo	Maratón de Santo Domingo	Marathon	Comp. Rule 31.21 compliant	2027
DOM	Santo Domingo	Media Maratón de Santo Domingo	Half Marathon	Comp. Rule 31.21 compliant	2029
DOM	Santo Domingo	Media Maratón de Santo Domingo - 10KM	10KM	Comp. Rule 31.21 compliant	2029
DOM	Santo Domingo	Media Maratón de Santo Domingo - 5KM	5KM	Comp. Rule 31.21 compliant	2029
ECU	Ambato	Ruta de Los Tres Jaunes 10K	10KM	Comp. Rule 31.21 compliant	2026
ECU	Cuenca	Media Maratón Ciudad de Cuenca	Half Marathon	Comp. Rule 31.21 compliant	2028
ECU	Cuenca	Ruta de los Puentes	10KM	Comp. Rule 31.21 compliant	2029
ECU	Guayaquil	10K Expo Deporte Guayaquil	10KM	Comp. Rule 31.21 compliant	2026
ECU	Guayaquil	Maratón de Guayaquil	Marathon	Comp. Rule 31.21 compliant	2029
ECU	Guayaquil	Media Maratón de Salinas	Half Marathon	Comp. Rule 31.21 compliant	2024*
ECU	Guayaquil	Media Maratón Expo Deporte Guayaquil	Half Marathon	Comp. Rule 31.21 compliant	2026
ECU	Guayaquil	Media Maratón Guayaquil	Half Marathon	Comp. Rule 31.21 compliant	2027

ECU	Loja	Campeonato Nacional Media Maraton Loja	Half Marathon	Comp. Rule 31.21 compliant	2028
ECU	Loja	Campeonato Nacional Milla Urbana Loja	Mile	Comp. Rule 31.21 compliant	2028
ECU	Loja	Circuito Campeonato Nacional 5KM Loja	5KM	Comp. Rule 31.21 compliant	2028
ECU	Manta	Maratón Ciudad de Manta	Marathon	Comp. Rule 31.21 compliant	2026
ECU	Manta	Media Maratón Ciudad de Manta	Half Marathon	Comp. Rule 31.21 compliant	2026
ECU	Portoviejo	Media Maratón Portoviejo	Half Marathon	Comp. Rule 31.21 compliant	2026
ECU	Quito	Maratón de Quito	Marathon	Comp. Rule 31.21 compliant	2026
ECU	Quito	Quito Ultimas Noticias 15K Adidas Edición	15KM	Downhill, Separation >50%	2027
ECU	Quito	Tenorio Run 10K	10KM	Comp. Rule 31.21 compliant	2028
ECU	Salinas	Media Maraton de Salinas	Half Marathon	Comp. Rule 31.21 compliant	2027
ECU	Sucua	Ruta de la Origa 10K Sucua	10KM	Comp. Rule 31.21 compliant	2028
EGY	El Gouna	El Gouna Int'l Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
EGY	El Shorouk City	Great Egyptian River Nile 10KM Run	10KM	Comp. Rule 31.21 compliant	2026
EGY	El Shorouk City	Great Egyptian River Nile 5KM Run	5KM	Comp. Rule 31.21 compliant	2025
EGY	El Shorouk City	Great Egyptian River Nile Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
EGY	El Shorouk City	Great Egyptian River Nile Marathon	Marathon	Comp. Rule 31.21 compliant	2026
EGY	El Shorouk City	Great Freedom Run Egypt's Fastest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
EGY	El Shorouk City	Great Victory Run	10KM	Comp. Rule 31.21 compliant	2025
EGY	Giza	Marakez Pyramids 10KM	10KM	Comp. Rule 31.21 compliant	2027
EGY	Giza	Marakez Pyramids Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ESA	San Salvador	Media Maratón Juegos CAC San Salvador 2023	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Albacete	10KM Nocturna Albaceta	10KM	Comp. Rule 31.21 compliant	2027
ESP	Albacete	5K Albacete	5KM	Comp. Rule 31.21 compliant	2028
ESP	Albacete	Medio Maraton Ciudad de Albacete	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Albacete	Milla Albacete	Mile	Comp. Rule 31.21 compliant	2028
ESP	Alcobendas	10KM Alcobendas	10KM	Downhill (-9.50m/km)	2026
ESP	Alicante	10KM Internacional Aguas de Alicante	10KM	Comp. Rule 31.21 compliant	2027
ESP	Alicante	Media Maraton Internacional de Aguas de Alicante	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Azpetitia	Media Maraton Internacional Azkoitia Azpetitia 2024	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Barcelona	Cursa dels Nassos 2021 5KM	5KM	Comp. Rule 31.21 compliant	2025
ESP	Barcelona	Cursra dels Nassos	10KM	Comp. Rule 31.21 compliant	2024*
ESP	Barcelona	Edreams Mitja Marato Barcelona	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Barcelona	Zurich Marato de Barcelona	Marathon	Comp. Rule 31.21 compliant	2029
ESP	Benidorm	10KM de Benidorm	10KM	Comp. Rule 31.21 compliant	2024*
ESP	Benidorm	Media Maraton de Benidorm	Half Marathon	Comp. Rule 31.21 compliant	2024*
ESP	Bilbao	10KM internacional Villa de Bilbao	10KM	Comp. Rule 31.21 compliant	2029
ESP	Bilbao	Bilbao Bizkaia 10 KM	10KM	Downhill (-1.10m/km)	2026
ESP	Bilbao	Bilbao Bizkaia Maraton	Marathon	Comp. Rule 31.21 compliant	2026
ESP	Bilbao	EDP Bilbao Night 10KM 2022	10KM	Downhill (-2.20 m/km)	2026
ESP	Bilbao	Total Energies Bilbao Night Maraton	Marathon	Comp. Rule 31.21 compliant	2028
ESP	Bilbao	Total Energies Bilbao Night Media Maraton	Half Marathon	Downhill (-1/04 m/km)	2028
ESP	Burgos	Carrera Cajaviva 10KM	10KM	Comp. Rule 31.21 compliant	2028
ESP	Camargo	10KM Camargo Pedro Velarde	10KM	Comp. Rule 31.21 compliant	2029
ESP	Castellon	10K Fasca	10KM	Comp. Rule 31.21 compliant	2026
ESP	Castellon	Maraton BP Castellon	Marathon	Comp. Rule 31.21 compliant	2026
ESP	Cayon	Milla real valle de Cayon	Mile	Comp. Rule 31.21 compliant	2028
ESP	Cordoba	Carrera nocturna de la Fuensanta	5KM	Comp. Rule 31.21 compliant	2028
ESP	Crevillent	Campeonato de Espana 10KM en ruta	10KM	Comp. Rule 31.21 compliant	2028
ESP	Crevillent	San Silvestre Crevillentina	10KM	Comp. Rule 31.21 compliant	2028
ESP	Eivissa	Cursa Patrimoni de l'Ajuntament d'Eivissa	10KM	Comp. Rule 31.21 compliant	2029
ESP	Elche	Media Maraton Internacional ciudad de Elche	Half Marathon	Comp. Rule 31.21 compliant	2024*
ESP	Gandia	10KM Ciudad de Gandia 2023	10KM	Comp. Rule 31.21 compliant	2027
ESP	Gandia	Media Maraton Ciudad de Gandia 2023	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Gijon	Media Maraton Gijon	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Granada	Media Maraton Ciudad de Granada	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Granollers	Mitja Marato Internacional Granollers	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Huelva	10KM Puerta del Descubrimiento	10KM	Comp. Rule 31.21 compliant	2024*
ESP	Huelva	21KM Ciudad de Huelva	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Ibiza	10K Ibiza Platja d'en Bossa	10KM	Comp. Rule 31.21 compliant	2029
ESP	Ibiza	Ibiza Media Maraton	Half Marathon	Downhill (-9.38m/km), Separation >50%	2028
ESP	La Coruña	Medio Maraton Coruña 21	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	La Roda	Milla Urbana Memorial Lozano Jareno	Mile	Comp. Rule 31.21 compliant	2027
ESP	Laredo	10KM en ruta Laredo	10KM	Comp. Rule 31.21 compliant	2026
ESP	Madrid	Campeonato de Espana de Marcha Atletica (1000m loop)	10KM	Comp. Rule 31.21 compliant	2027
ESP	Madrid	Madrid Vintage Run by Total Energies - 10KM	10KM	Downhill (-11.4m/km), Separation >50%	2028
ESP	Madrid	Maraton Zurich Rock'n'Roll Madrid	Marathon	Comp. Rule 31.21 compliant	2029
ESP	Madrid	Medio Maraton de la Mujer	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Madrid	Medio Maraton Zurich Rock'n'Roll Madrid	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Madrid	Movistar Medio Maratón de Madrid	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Madrid	NN San Silvestre Vallecana	10KM	Downhill (-3.70m/km), Separation >50%	2026
ESP	Madrid	Zara Athletics Speed Run	10KM	Downhill (-15.4m/km), Separation >50%	2028
ESP	Malaga	Campeonato de Espana 100KM (2500m lap)	100KM	Comp. Rule 31.21 compliant	2029
ESP	Malaga	Campeonato de Espana 50KM (2500m lap)	50KM	Comp. Rule 31.21 compliant	2029
ESP	Malaga	Generali Maraton de Malaga	Marathon	Comp. Rule 31.21 compliant	2028
ESP	Malaga	Total Energies Medio Maraton Malaga	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Maspalomas	Gran Canaria Maspalomas Marathon	Marathon	Comp. Rule 31.21 compliant	2026
ESP	Motril	Media Maraton Ciudad de Motril	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Murcia	Total Energies 10KM Costacalida	10KM	Comp. Rule 31.21 compliant	2029
ESP	Murcia	Total Energies Maraton Costacalida	Marathon	Comp. Rule 31.21 compliant	2029
ESP	Murcia	Total Energies Medio Maraton Costacalida	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	O Barco de Valdeorras	Campeonato de Espana de 10KM en ruta	10KM	Comp. Rule 31.21 compliant	2026
ESP	Oliva Nova	5KM de Oliva Nova	5KM	Comp. Rule 31.21 compliant	2029
ESP	Oliva Nova	Media Maraton de Oliva	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Pamplona	Campeonato Navarro de Milla en Ruta	Mile	Comp. Rule 31.21 compliant	2027
ESP	Parla	XWE Run 10KM Ciudad de Parla	10KM	Comp. Rule 31.21 compliant	2028
ESP	Pollenca	Carrera 5K Colonya Correm per la Igualtat	5KM	Comp. Rule 31.21 compliant	2029
ESP	Pollenca	Milla Map Hotels Playa Mar Spa	Mile	Comp. Rule 31.21 compliant	2029
ESP	Pollenca	Mitja Marato Pollenca	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	San Sebastian	Zurich Maraton internacional de San Sebastian	Marathon	Comp. Rule 31.21 compliant	2026
ESP	San Sebastian	Zurich Media Maraton de San Sebastian	Half Marathon	Comp. Rule 31.21 compliant	2026
ESP	Sant Josep Eivissa	10KM Eivissa Platja d'Embossa	10KM	Comp. Rule 31.21 compliant	2027
ESP	Sant Josep Eivissa	5KM Eivissa Platja d'Embossa	5KM	Comp. Rule 31.21 compliant	2027
ESP	Santa Pola	Media Maraton Internacional de Santa Pola	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Santander	10KM Ciudad de Santander	10KM	Comp. Rule 31.21 compliant	2026
ESP	Santander	5KM de Santander	5KM	Comp. Rule 31.21 compliant	2027
ESP	Santander	Media maraton de Santander	Half Marathon	Comp. Rule 31.21 compliant	2027
ESP	Santander	Milla de Santander	Mile	Comp. Rule 31.21 compliant	2027
ESP	Seville	Medio Maraton de Sevilla	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Seville	Zurich Maraton de Sevilla	Marathon	Comp. Rule 31.21 compliant	2027
ESP	Seville	Zurich Maraton de Sevilla - 5KM Breakfast Run	5KM	Comp. Rule 31.21 compliant	2029
ESP	Sotillo de la Adrada	European IAU Championships - 50KM (5KM Lap)	50KM	Comp. Rule 31.21 compliant	2026
ESP	Torre vieja	10K Torre vieja	10KM	Comp. Rule 31.21 compliant	2029
ESP	Torre vieja	Campeonato de Espana de Medio Maraton	Half Marathon	Comp. Rule 31.21 compliant	2024*
ESP	Torre vieja	Media Maraton Torre vieja	Half Marathon	Comp. Rule 31.21 compliant	2029
ESP	Ulia	10KM Gimnastica de Ulia	10KM	Comp. Rule 31.21 compliant	2028
ESP	Valencia	10K Valencia Ibercaja	10KM	Comp. Rule 31.21 compliant	2029
ESP	Valencia	10KM Valencia Trinidad Alfonso	10KM	Comp. Rule 31.21 compliant	2024*
ESP	Valencia	15K Nocturna Valencia	15KM	Comp. Rule 31.21 compliant	2029
ESP	Valencia	Maraton Valencia Trinidad Alfonso EDP	Marathon	Comp. Rule 31.21 compliant	2027

ESP	Valencia	Media Maraton Valencia Trinidad Alfonso Zurich	Half Marathon	Comp. Rule 31.21 compliant	2028
ESP	Valladolid	10K en ruta - Carrera de las familias Valladolid	10KM	Comp. Rule 31.21 compliant	2028
ESP	Vitoria	Total Energies Maraton Martin Fiz	Marathon	Comp. Rule 31.21 compliant	2027
ESP	Zaragoza	Mannfilter Maraton de Zaragoza 2023	Marathon	Comp. Rule 31.21 compliant	2027
EST	Kuressaare	Kuressaare Linnajooks 10KM	10KM	Comp. Rule 31.21 compliant	2028
EST	Kuressaare	Saaremaa Kolme Paeva Jooks	10KM	Comp. Rule 31.21 compliant	2027
EST	Kuressaare	Ultima Thule Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
EST	Kuressaare	Ultima Thule Marathon	Marathon	Comp. Rule 31.21 compliant	2026
EST	Narva	Narva Linna Jooks 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
EST	Narva	Narva Linna Jooks 10KM	10KM	Comp. Rule 31.21 compliant	2029
EST	Narva	Narva Linna Jooks 5KM	5KM	Comp. Rule 31.21 compliant	2029
EST	Narva	Narva Linna Jooks Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
EST	Pärnu	Juri Jaanson Kahe Silla Jooks 10KM	10KM	Comp. Rule 31.21 compliant	2029
EST	Rakvere	Lammasmae Eesti Ojooks - Rakvere	Half Marathon	Comp. Rule 31.21 compliant	2029
EST	Tallinn	Estonian Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2024*
EST	Tallinn	Narva Linna Jooks Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
EST	Tallinn	Tallinn 10KM	10KM	Comp. Rule 31.21 compliant	2028
EST	Tallinn	Tallinn Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
EST	Tallinn	Tallinn Marathon	Marathon	Comp. Rule 31.21 compliant	2028
EST	Tallinn	Tallinn Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
EST	Tallinn	Tallinn Marathon - 21.1KM	Half Marathon	Comp. Rule 31.21 compliant	2027
EST	Tallinn	Viking Line Eesti Ojooks-Ülemiste Eri 10KM	10KM	Comp. Rule 31.21 compliant	2024*
EST	Tallinn	Viking Line Eesti Ojooks-Ülemiste Eri 5KM	5KM	Comp. Rule 31.21 compliant	2024*
EST	Tartu	Tartu Linnajooks	Half Marathon	Comp. Rule 31.21 compliant	2028
EST	Turi	Viking Window Paide-Turi Rahvajooks (start on road)	5KM	Comp. Rule 31.21 compliant	2026
EST	Turi	Viking Window Paide-Turi Rahvajooks (start on track)	5KM	Comp. Rule 31.21 compliant	2026
EST	Valga	Valga Valka City Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
EST	Valga	Valga Valka City Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
FUJ	Suva	Suva Marathon	Marathon	Comp. Rule 31.21 compliant	2028
FUJ	Suva	Suva Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
FIN	Helsinki	FIN-SWE Athletics International Road Race	10KM	Comp. Rule 31.21 compliant	2026
FIN	Helsinki	Helsinki City Running Day - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
FIN	Helsinki	Helsinki City Running Day - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
FIN	Helsinki	Helsinki City Running Day 5KM	5KM	Comp. Rule 31.21 compliant	2029
FIN	Helsinki	Helsinki Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
FIN	Helsinki	Helsinki Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
FIN	Helsinki	Helsinki Marathon / 10KM	10KM	Comp. Rule 31.21 compliant	2024*
FIN	Helsinki	Helsinki Marathon / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
FIN	Helsinki	Ruotsi-Otellu 10KM	10KM	Comp. Rule 31.21 compliant	2028
FIN	Lahti	Finnish National 10KM Championships	10KM	Comp. Rule 31.21 compliant	2028
FIN	Lahti	Finnish National 5KM Championships	5KM	Comp. Rule 31.21 compliant	2028
FIN	Lahti	Finnish National Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2028
FIN	Pyhtää	Finnish Road Running Championships 10KM	10KM	Comp. Rule 31.21 compliant	2030
FIN	Pyhtää	Finnish Road Running Championships 5KM	5KM	Comp. Rule 31.21 compliant	2030
FIN	Pyhtää	Finnish Road Running Championships Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
FIN	Rapla	Rapla Selveri Suurjooks 10KM	10KM	Comp. Rule 31.21 compliant	2029
FIN	Rauma	National Road Running Championships 10KM	Marathon	Comp. Rule 31.21 compliant	2026
FIN	Rauma	National Road Running Championships Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
FIN	Salo	Finnish National Championships 10KM	10KM	Comp. Rule 31.21 compliant	2029
FIN	Salo	Finnish National Championships 5KM	5KM	Comp. Rule 31.21 compliant	2029
FIN	Salo	Finnish National Championships Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
FIN	Turku	Paavo Nurmi 10KM	10KM	Comp. Rule 31.21 compliant	2028
FIN	Turku	Paavo Nurmi 5KM	5KM	Comp. Rule 31.21 compliant	2028
FIN	Turku	Paavo Nurmi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
FIN	Turku	Paavo Nurmi Marathon	Marathon	Comp. Rule 31.21 compliant	2028
FIN	Vantaan	Vantaan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
FIN	Vantaan	Vantaan 10KM	10KM	Comp. Rule 31.21 compliant	2028
FIN	Vantaan	Vantaan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
FRA	Abbeville	Memorial Willecoq	10KM	Comp. Rule 31.21 compliant	2026
FRA	Albi	Championnats de France 2022 des 5KM	5KM	Comp. Rule 31.21 compliant	2026
FRA	Albi	Championnats de France 2023 de 10KM Marche	10KM	Comp. Rule 31.21 compliant	2027
FRA	Amiens	100KM de la Somme	100KM	Comp. Rule 31.21 compliant	2027
FRA	Annecy	Marathon d'Annecy	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Annecy	Semi Marathon d'Annecy	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Arras	10KM d'Arras	10KM	Comp. Rule 31.21 compliant	2027
FRA	Arras	5KM d'Arras	5KM	Comp. Rule 31.21 compliant	2027
FRA	Baie Mahault	10KM Chrono Univers	10KM	Comp. Rule 31.21 compliant	2024*
FRA	Bailleul	10KM du Ravensberg	10KM	Comp. Rule 31.21 compliant	2029
FRA	Basse Terre	10KM Association Espoir EDT	10KM	Downhill (-3.50 m/km)	2024*
FRA	Basse Terre	La Jogger's de Basse Terre	5KM	Comp. Rule 31.21 compliant	2027
FRA	Bayonne	100KM du Pays Basque	100KM	Comp. Rule 31.21 compliant	2026
FRA	Bayonne	50KM du Pays Basque	50KM	Comp. Rule 31.21 compliant	2026
FRA	Belfort	Semi du Lion Montbéliard-Belfort	Half Marathon	Separation >50%	2029
FRA	Biarritz	Marathon de Biarritz	Marathon	Comp. Rule 31.21 compliant	2027
FRA	Biarritz	Semi Marathon de Biarritz	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Blagnac	10KM de Blagnac	10KM	Comp. Rule 31.21 compliant	2027
FRA	Blagnac	Semi Marathon de Blagnac	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Bordeaux	10KM des Quais de Bordeaux	10KM	Comp. Rule 31.21 compliant	2029
FRA	Bordeaux	Semi Marathon de Bordeaux	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Boulogne Billancourt	Semi Marathon de Boulogne Billancourt	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Caen	10 KM Crédit Agricole Normandie	10KM	Comp. Rule 31.21 compliant	2026
FRA	Caen	Marathon de la Liberté	Marathon	Comp. Rule 31.21 compliant	2027
FRA	Caen	Semi Marathon Pegasus	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Cannes	10KM de Cannes	10KM	Comp. Rule 31.21 compliant	2029
FRA	Cannes	Semi Marathon de Cannes	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Cassis	Marseille-Cassis	20KM	Separation >50%	2027
FRA	Cavalaire Sur Mer	Marathon du Golfe de St Tropez	Marathon	Comp. Rule 31.21 compliant	2028
FRA	Chinon	10KM de Chinon	10KM	Comp. Rule 31.21 compliant	2027
FRA	Cholet	10KM de Cholet	10KM	Comp. Rule 31.21 compliant	2029
FRA	Cogolin	Golfe de Saint Tropez 10KM	10KM	Comp. Rule 31.21 compliant	2029
FRA	Colin (Guadeloupe)	5KM Defi Market	5KM	Comp. Rule 31.21 compliant	2024*
FRA	Deauville	10 KM de Deauville	10KM	Comp. Rule 31.21 compliant	2025
FRA	Deauville	5 KM de Deauville	5KM	Comp. Rule 31.21 compliant	2025
FRA	Deauville	Marathon de Deauville	Marathon	Comp. Rule 31.21 compliant	2025
FRA	Deauville	Semi Marathon de Deauville	Half Marathon	Comp. Rule 31.21 compliant	2025
FRA	Elbeuf	10 KM des boucles de la Seine	10KM	Comp. Rule 31.21 compliant	2024*
FRA	Elbeuf	Semi Marathondes boucles de la Seine	Half Marathon	Comp. Rule 31.21 compliant	2024*
FRA	Fleurbaix	10KM de Fleurbaix	10KM	Comp. Rule 31.21 compliant	2027
FRA	Fondettes	Les Foulées de Fondettes	10KM	Comp. Rule 31.21 compliant	2027
FRA	Fontenay le Comte	Championnat de France 2024 de Marche 20KM (1000m loop)	20KM	Comp. Rule 31.21 compliant	2028
FRA	Fort de France	Les foulées Foyalaises	10KM	Comp. Rule 31.21 compliant	2026
FRA	Fort de France	Semi Marathon de Fort de France	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Fréjus	5KM de Fréjus	5KM	Comp. Rule 31.21 compliant	2025
FRA	Gosier	10KM du Gosier	10KM	Comp. Rule 31.21 compliant	2027
FRA	Houilles	Corrida de Houilles	10KM	Comp. Rule 31.21 compliant	2027
FRA	Hyères	5KM Prom Hyères	5KM	Comp. Rule 31.21 compliant	2026
FRA	Issy les Moulineaux	Corrida 10KM d'Issy les Moulineaux	10KM	Comp. Rule 31.21 compliant	2026
FRA	Jaunay Marigny	Marathon Poitiers Futuroscope	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Jaunay Marigny	Semi Marathon de Poitiers Futuroscope	Half Marathon	Downhill (-1.32 m/km)	2026

FRA	La Rochelle	Marathon de La Rochelle Serge Vigot	Marathon	Comp. Rule 31.21 compliant	2028
FRA	La Rochelle	Semi Marathon de La Rochelle	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	La Ville aux Dames	Courir Santé 10KM	10KM	Comp. Rule 31.21 compliant	2026
FRA	La Ville aux Dames	Courir Santé 5KM	5KM	Comp. Rule 31.21 compliant	2026
FRA	Lacq	10KM de Lacq	10KM	Comp. Rule 31.21 compliant	2027
FRA	Langueux	Corrida de Langueux	10KM	Comp. Rule 31.21 compliant	2025
FRA	Le Plessis Grammoire	Le Mile du Mail	Mile	Comp. Rule 31.21 compliant	2027
FRA	Le Puy en Velay	15KM du Puy en Velay	15KM	Comp. Rule 31.21 compliant	2028
FRA	Le Puy en Velay	5KM du Puy en Velay	5KM	Comp. Rule 31.21 compliant	2025
FRA	Lens	Marathon du Louvre Lens	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Les Abymes	10KM des Abymes	10KM	Comp. Rule 31.21 compliant	2026
FRA	Les Abymes	Course des Guépards - 10KM	10KM	Comp. Rule 31.21 compliant	2027
FRA	Les Abymes	La Jogger's - 5KM	5KM	Comp. Rule 31.21 compliant	2027
FRA	Les Abymes	Les Foulées du Crédit Agricole - 10KM	5KM	Comp. Rule 31.21 compliant	2027
FRA	Les Abymes	Les foulées du Crédit Agricole - 5KM	10KM	Comp. Rule 31.21 compliant	2027
FRA	Les Abymes	Semi Marathon des Abymes	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Les Sables d'Olonne	10KM Les Sables d'Olonne	10KM	Comp. Rule 31.21 compliant	2027
FRA	Les Sables d'Olonne	5KM Les Sables d'Olonne	5KM	Comp. Rule 31.21 compliant	2027
FRA	Les Sables d'Olonne	Semi Marathon International Les Sables d'Olonne	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Lieusaint	10KM Grand Paris Sud	10KM	Comp. Rule 31.21 compliant	2027
FRA	Lieusaint	Semi Marathon Grand Paris Sud	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Lille	10KM de Lille Métropole	10KM	Comp. Rule 31.21 compliant	2027
FRA	Lille	10KM Kiprun Race de Lille 2022	10KM	Comp. Rule 31.21 compliant	2026
FRA	Lille	5KM Kiprun Race de Lille 2022	5KM	Comp. Rule 31.21 compliant	2026
FRA	Lille	Semi Marathon de Lille Métropole	Half Marathon	Comp. Rule 31.21 compliant	2028
FRA	Lyon	Run in Lyon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
FRA	Lyon	Run in Lyon - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Lyon	Run in Lyon - Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Malakoff	Foulées de Malakoff - 10KM	10KM	Comp. Rule 31.21 compliant	2027
FRA	Malakoff	Foulées de Malakoff - 5KM	5KM	Comp. Rule 31.21 compliant	2027
FRA	Marchiennes	10KM de Marchiennes	10KM	Comp. Rule 31.21 compliant	2027
FRA	Montbelliard	Semi Marathon du Lion Belfort Montbelliard	Half Marathon	Comp. Rule 31.21 compliant	2028
FRA	Montereau	10KM du Confluent des Foulées Monterealaises	10KM	Comp. Rule 31.21 compliant	2027
FRA	Morton	Asics beat your personal best 10KM	10KM	Comp. Rule 31.21 compliant	2025
FRA	Morton	Asics beat your personal best 5KM	5KM	Comp. Rule 31.21 compliant	2025
FRA	Nancy	10KM de la Saint Nicolas	10KM	Comp. Rule 31.21 compliant	2028
FRA	Nancy	Semi Marathon de la Métropole du Grand Nancy	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Nantes	Abalone Marathon de Nantes	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Neuville de Poitou	Foulées Neuviolaises 10KM	10KM	Comp. Rule 31.21 compliant	2026
FRA	Neuville de Poitou	Foulées Neuviolaises 5KM	5KM	Comp. Rule 31.21 compliant	2026
FRA	Nice	10KM de Nice	10KM	Comp. Rule 31.21 compliant	2026
FRA	Nice	5KM Chrono de Nice	5KM	Comp. Rule 31.21 compliant	2026
FRA	Nice	Marathon des Alpes Maritimes Nice-Cannes	Marathon	Separation >50%	2028
FRA	Nice	Mile sur Route - Meeting Nikaia	Mile	Comp. Rule 31.21 compliant	2027
FRA	Nice	Prom' Classic	10KM	Comp. Rule 31.21 compliant	2028
FRA	Nice	Semi Marathon International de Nice	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Niort	Semi Marathon de la Coulée Verte	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Paris	10KM Adidas Paris	10KM	Comp. Rule 31.21 compliant	2029
FRA	Paris	10KM Asics Speed Paris	10KM	Comp. Rule 31.21 compliant	2028
FRA	Paris	20KM Vredestein Paris	20KM	Comp. Rule 31.21 compliant	2027
FRA	Paris	5KM Asics Speed Paris	5KM	Comp. Rule 31.21 compliant	2028
FRA	Paris	Harmonie Mutuelle Semi de Paris	Half Marathon	Comp. Rule 31.21 compliant	2024*
FRA	Paris	MAIF Ekiden Paris	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Paris	Marathon Olympique Paris 2024	Marathon	Comp. Rule 31.21 compliant	2028
FRA	Paris	Marathon Paralympique Paris 2024	Marathon	Comp. Rule 31.21 compliant	2028
FRA	Paris	Schneider Electric Marathon de Paris	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Pleslin Trigavou	Circuit du Vélodrome Lande de Reine (909m lap)	100KM	Comp. Rule 31.21 compliant	2029
FRA	Redon	10KM Les Marronnaises	10KM	Comp. Rule 31.21 compliant	2026
FRA	Redon	5KM Les Marronnaises	5KM	Comp. Rule 31.21 compliant	2026
FRA	Reims	Run in Reims 10KM	10KM	Comp. Rule 31.21 compliant	2025
FRA	Reims	Run in Reims Marathon	Marathon	Comp. Rule 31.21 compliant	2025
FRA	Reims	Run in Reims Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
FRA	Rennes	10KM CMB Rennes	10KM	Comp. Rule 31.21 compliant	2026
FRA	Rennes	10KM Lamotte Rennes	10KM	Comp. Rule 31.21 compliant	2029
FRA	Rennes	10KM Match Interligues Rennes	10KM	Comp. Rule 31.21 compliant	2027
FRA	Rennes	5KM France Bleue Sécurité Routière Rennes	5KM	Comp. Rule 31.21 compliant	2026
FRA	Rennes	Marathon Vert de Rennes	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Rennes	Semi Ouest France Rennes	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Roanne	Championnat de France de 10KM 2024	10KM	Comp. Rule 31.21 compliant	2028
FRA	Rouvroy	Dampicourt Speed Race 10K	10KM	Comp. Rule 31.21 compliant	2029
FRA	Royan	10KM de Royan	10KM	Comp. Rule 31.21 compliant	2026
FRA	Royan	Marathon de Royan	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Royan	Semi Marathon de Royan	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Saint Denis	10KM de la Voie Royale	10KM	Comp. Rule 31.21 compliant	2027
FRA	Saint Grégoire	10KM Blot de Saint Grégoire	10KM	Comp. Rule 31.21 compliant	2029
FRA	Saint Jean de Luz	Semi Marathon Saint Jean de Luz Hondarribia	Half Marathon	Separation >50%	2026
FRA	Saint Malo	EKIDEN de Bretagne	Marathon	Comp. Rule 31.21 compliant	2024*
FRA	Saint Medard en Jalles	10KM de Saint Medard en Jalles	10KM	Comp. Rule 31.21 compliant	2028
FRA	Saint Omer	10KM de Saint Omer	10KM	Comp. Rule 31.21 compliant	2026
FRA	Saint Omer	5KM de Saint Omer	5KM	Comp. Rule 31.21 compliant	2025
FRA	Saint Omer	Championnats de France de 5KM	5KM	Comp. Rule 31.21 compliant	2028
FRA	Saint Omer	Semi Marathon de Saint Omer - Championnat de France 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Saint Pierre des Corps	Corrida de Saint Pierre des Corps	5KM	Comp. Rule 31.21 compliant	2026
FRA	Saint Poi de Leon	La Saintpollitaine 10KM	10KM	Comp. Rule 31.21 compliant	2027
FRA	Saint Poi de Leon	La Saintpollitaine 5KM	5KM	Comp. Rule 31.21 compliant	2027
FRA	Salaise sur Sanne	Championnats AURA de Marche 10KM (1000m Lap)	10KM	Comp. Rule 31.21 compliant	2029
FRA	Salaise sur Sanne	Championnats AURA de Marche 5KM (1000m Lap)	5KM	Comp. Rule 31.21 compliant	2029
FRA	Salaise sur Sanne	Championnats AURA de Marche Marathon (1000m Lap)	Marathon	Comp. Rule 31.21 compliant	2029
FRA	Salaise sur Sanne	Championnats AURA de Marche Semi Marathon (1000m Lap)	Half Marathon	Comp. Rule 31.21 compliant	2029
FRA	Saumur	Marathon de la Loire	Marathon	Comp. Rule 31.21 compliant	2027
FRA	Saumur	Semi Marathon de la Loire	Half Marathon	Comp. Rule 31.21 compliant	2027
FRA	Selestat	10KM de Selestat	10KM	Comp. Rule 31.21 compliant	2028
FRA	Steenwerck	100KM championnats de France 2023	100KM	Comp. Rule 31.21 compliant	2027
FRA	Strasbourg	10KM Strasbourg Europe	10KM	Comp. Rule 31.21 compliant	2025
FRA	Strasbourg	5KM Strasbourg Europe	5KM	Comp. Rule 31.21 compliant	2025
FRA	Strasbourg	Semi Marathon Strasbourg Europe	Half Marathon	Comp. Rule 31.21 compliant	2025
FRA	Tours	Les Foulées de l'Arche 10KM	10KM	Comp. Rule 31.21 compliant	2026
FRA	Tours	Les Foulées de l'Arche 5KM	5KM	Comp. Rule 31.21 compliant	2026
FRA	Troyes	10KM de Troyes	10KM	Comp. Rule 31.21 compliant	2028
FRA	Troyes	Semi Marathon de Troyes	Half Marathon	Comp. Rule 31.21 compliant	2028
FRA	Valenciennes	10KM de Valenciennes	10KM	Comp. Rule 31.21 compliant	2028
FRA	Vannes	Marathon de Vannes	Marathon	Comp. Rule 31.21 compliant	2025
FRA	Vichy	10KM des foulées Vichyssoises	10KM	Comp. Rule 31.21 compliant	2027
FRA	Vichy	Semi Marathon des foulées Vichyssoises	Half Marathon	Comp. Rule 31.21 compliant	2027
GAB	Libreville	10KM de Libreville	10KM	Comp. Rule 31.21 compliant	2027
GAB	Libreville	Marathon du Gabon	Marathon	Comp. Rule 31.21 compliant	2027
GAB	Libreville	Semi Marathon du Gabon	Half Marathon	Comp. Rule 31.21 compliant	2027
GAB	Port Gentil	10KM de Port Gentil	10KM	Comp. Rule 31.21 compliant	2028
GBR	Aintree	Top Flight 5K Aintree	5KM	Comp. Rule 31.21 compliant	2028

GBR	Bamburgh	Bamburgh 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Bamburgh	Run Northumberland Bamburgh 10KM	10KM	Downhill (-1.40 m/km)	2025
GBR	Belfast	Belfast 5KM	5KM	Comp. Rule 31.21 compliant	2028
GBR	Belfast	Belfast City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GBR	Belfast	Belfast City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GBR	Belfast	Belfast Mile	Mile	Comp. Rule 31.21 compliant	2028
GBR	Birmingham	XXII Commonwealth Games Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GBR	Boddington	British 100KM Championships	100KM	Comp. Rule 31.21 compliant	2024*
GBR	Boddington	British 50KM Championships	50KM	Comp. Rule 31.21 compliant	2024*
GBR	Bottrop	Bottröper Ultralauf Festival 100KM	100KM	Comp. Rule 31.21 compliant	2028
GBR	Bottrop	Bottröper Ultralauf Festival 50KM	50KM	Comp. Rule 31.21 compliant	2028
GBR	Brighton	Brighton 10KM	10KM	Comp. Rule 31.21 compliant	2025
GBR	Brighton	Brighton Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GBR	Bristol	The Great Bristol Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Capesthorpe Hall	Cheshire Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Cardiff	Cardiff Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GBR	Cheshire	Cheshire Elite Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GBR	Dorney	Dorney Lake Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
GBR	Douglas, Isle of Man	Isle of Man 20KM Walk National Championships	20KM	Comp. Rule 31.21 compliant	2028
GBR	Edinburgh	Edinburgh Marathon	Marathon	Downhill (-1.86 m/km)	2026
GBR	Elgin	Moray Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GBR	Fulham	Fulham 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Glasgow	Glasgow (Shettleston) 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	Glasgow	Great Scottish Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	Glasgow	Great Scottish Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Inverness	Loch Ness Marathon	Marathon	Downhill (-6.80 m/km), Separation >50%	2026
GBR	Jarrow	Jarrow 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Larne	Antrim Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Leicester	Podium 5KM Leicester	5KM	Comp. Rule 31.21 compliant	2028
GBR	Linlithgow	Linlithgow 5KM	5KM	Comp. Rule 31.21 compliant	2029
GBR	Liverpool	Everton 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	London	Battersea Park 5KM Run Through	5KM	Comp. Rule 31.21 compliant	2028
GBR	London	TCS London Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GBR	London	The BIG Half	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	London	Top Flight Battersea 5KM	5KM	Comp. Rule 31.21 compliant	2028
GBR	London	Top Flight Battersea Park 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	London	Top Flight Battersea Park 5KM	5KM	Comp. Rule 31.21 compliant	2029
GBR	London	Vitality 10000m	10KM	Comp. Rule 31.21 compliant	2026
GBR	London, Kew Gardens	UKA Olympic Marathon Trials 2021	Marathon	Comp. Rule 31.21 compliant	2025
GBR	Manchester	Adidas Manchester Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GBR	Manchester	Great Manchester Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	Manchester	Great Manchester Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Manchester	Manchester Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GBR	Manchester	Tommy's Manchester Half	Half Marathon	Comp. Rule 31.21 compliant	2024*
GBR	Milton Keynes	Milton Keynes Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GBR	Milton Keynes	Milton Keynes Marathon	Marathon	Comp. Rule 31.21 compliant	2028
GBR	Nantwich	Nantwich 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Newcastle-Upon-Tyne	Great North Run	Half Marathon	Downhill (-2.00m/km)	2025
GBR	Newcastle-Upon-Tyne	Newcastle Quayside 10KM	10KM	Comp. Rule 31.21 compliant	2029
GBR	Newcastle-Upon-Tyne	Newcastle Quayside 10KM - B Race	10KM	Comp. Rule 31.21 compliant	2029
GBR	Newcastle-Upon-Tyne	Newcastle Quayside 5KM	5KM	Comp. Rule 31.21 compliant	2029
GBR	Newport	ABP Newport Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Newport	ABP Newport Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GBR	Portsmouth	Great South Run 5KM	5KM	Comp. Rule 31.21 compliant	2025
GBR	Poulton	Cheshire Elite 10KM	10KM	Comp. Rule 31.21 compliant	2027
GBR	Runcorn	Jubilee Bridge 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	South Shields	A J Bell Great North Run	Half Marathon	Comp. Rule 31.21 compliant	2028
GBR	South Shields	A J Bell Great North Run (Contingency)	Half Marathon	Downhill (-2.00m/km), Separation >50%	2029
GBR	Swansea	Swansea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GBR	Warrington	Warrington Festival 10KM	10KM	Comp. Rule 31.21 compliant	2028
GBR	Wigan	Fast 5KM	5KM	Comp. Rule 31.21 compliant	2024*
GBR	Wilmslow	Wilmslow Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Woking	Surrey Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GBR	Wrexham	Helena Tipping Wrexham 10KM	10KM	Comp. Rule 31.21 compliant	2027
GBR	Wrexham	Wrexham Elite Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GBR	York	The Yorkshire Marathon	Marathon	Comp. Rule 31.21 compliant	2028
GEO	Batumi	Great Batumi Night Race 10KM	10KM	Comp. Rule 31.21 compliant	2024*
GEO	Batumi	Great Batumi Night Race Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
GEO	Tbilisi	Tbilisi 10KM	10KM	Comp. Rule 31.21 compliant	2028
GEO	Tbilisi	Tbilisi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GER	Bad Liebenzell	German Championships 10KM Road	10KM	Comp. Rule 31.21 compliant	2027
GER	Bensheim	Jogandrock Bensheim 10KM	10KM	Comp. Rule 31.21 compliant	2025
GER	Bensheim	Jogandrock Bensheim 5KM	5KM	Comp. Rule 31.21 compliant	2025
GER	Bergisch Gladbach	Strundelauf Bergisch Gladbach	5KM	Comp. Rule 31.21 compliant	2028
GER	Berlin	adidas Runners City Night Berlin 10KM	10KM	Comp. Rule 31.21 compliant	2027
GER	Berlin	adidas Runners City Night Berlin 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Berlin	Berlin Invitational V (10KM)	10KM	Comp. Rule 31.21 compliant	2026
GER	Berlin	Berlin Invitational V (5KM)	5KM	Comp. Rule 31.21 compliant	2026
GER	Berlin	Berlin Lauf 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Berlin	Berlin Lauf 21.1KM	Half Marathon	Comp. Rule 31.21 compliant	2028
GER	Berlin	BMW Berlin Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GER	Berlin	Degewo Great 10KM Berlin	10KM	Comp. Rule 31.21 compliant	2028
GER	Berlin	Generali 5K & R5K	5KM	Comp. Rule 31.21 compliant	2028
GER	Berlin	Generali Berlin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Berlin	mas. 5k by BFL - 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
GER	Berlin	mas.5k by BFL	5KM	Comp. Rule 31.21 compliant	2029
GER	Bochum	FISU World University Games 20KM Racewalk	20KM	Comp. Rule 31.21 compliant	2029
GER	Bochum	FISU World University Games Half Marathon Summer	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Bochum	FISU World University Games Summer 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Chemnitz	Invitational RUN Chemnitz 10KM	10KM	Comp. Rule 31.21 compliant	2025
GER	Chemnitz	Invitational RUN Chemnitz 5KM	5KM	Comp. Rule 31.21 compliant	2025
GER	Dresden	Internationaler Citylauf Invitational RUN Dresden - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Dresden	Internationaler Citylauf Invitational RUN Dresden - Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GER	Dresden	Laufszene Invitational Run Dresden - 10KM	10KM	Comp. Rule 31.21 compliant	2024*
GER	Dresden	NTT Data Citylauf Dresden 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Dresden	NTT Data Dresden Citylauf 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Düsseldorf	Düsseldorf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Düsseldorf	Düsseldorf Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GER	Düsseldorf	KO-Lauf 5KM	5KM	Comp. Rule 31.21 compliant	2026
GER	Düsseldorf	KO-Lauf Meile	Mile	Comp. Rule 31.21 compliant	2028
GER	Eschweiler	Eschweiler Citylauf	10KM	Comp. Rule 31.21 compliant	2028
GER	Essen	Westenergie Marathon "Rund Um den Baldeneysee"	Marathon	Comp. Rule 31.21 compliant	2025
GER	Frankfurt	Frankfurt Mainova Halbmarathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Frankfurt	German 5KM Road Walk Championship	5KM	Comp. Rule 31.21 compliant	2025
GER	Frankfurt	Mainova Frankfurt Marathon	Marathon	Comp. Rule 31.21 compliant	2028
GER	Freiburg	Freiburg Half Marathon (German Championships)	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Freiburg	Freiburg Marathon	Marathon	Comp. Rule 31.21 compliant	2027
GER	Freiburg	Mein Freiburg 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Freiburg	Mein Freiburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029

GER	Freiburg	Mein Freiburg Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GER	Hamburg	Alsterlauf 10KM	10KM	Comp. Rule 31.21 compliant	2026
GER	Hamburg	Barmer Alsterlauf Hamburg 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Hamburg	Haspa Half Marathon Hamburg	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Hamburg	Haspa Marathon Hamburg	Marathon	Comp. Rule 31.21 compliant	2025
GER	Hamburg	Hella Hamburg halbmarathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GER	Hamburg	NN Mission Marathon hamburg	Marathon	Comp. Rule 31.21 compliant	2025
GER	Hamburg	PSD Bank Half Marathon Hamburg	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Hamburg	REWE Women's Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
GER	Hamburg	REWE Women's Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
GER	Hannover	ADAC Hannover 10KM	10KM	Comp. Rule 31.21 compliant	2027
GER	Hannover	ADAC Hannover Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Hannover	ADAC Hannover Marathon	Marathon	Comp. Rule 31.21 compliant	2027
GER	Hasbergen	Nacht von Hasbergen - 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Hasbergen	Nacht von Hasbergen - 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Herzogenaurach	Adizero Road to Records 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Herzogenaurach	Adizero Road to Records 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Herzogenaurach	Adizero Road to Records Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Herzogenaurach	Adizero Road to Records Mile	Mile	Comp. Rule 31.21 compliant	2029
GER	Herzogenaurach	Ready for the Restart 10KM (1.85KM lap)	10KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Ready for the Restart 10KM (2.5KM lap)	10KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Ready for the Restart 5KM (1.85KM lap)	5KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Ready for the Restart 5KM (2.5KM lap)	5KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Ready for the Restart Half Marathon (1.85KM lap)	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Ready for the Restart Half Marathon (2.5KM lap)	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Hockenheim	Ring Running Series 2021	Marathon	Comp. Rule 31.21 compliant	2025
GER	Hockenheim	Ring Running Series Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Kempten	Seitz Laufsporttag 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Kempten	Seitz Laufsporttag 5KM	5KM	Comp. Rule 31.21 compliant	2028
GER	Köln	Generali Köln Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Köln	Generali Köln Half Marathon - Split Start	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Köln	Generali Köln Marathon	Marathon	Comp. Rule 31.21 compliant	2027
GER	Köln	Generali Köln Marathon - Split Start	Marathon	Comp. Rule 31.21 compliant	2027
GER	Köln	Rund in Refrath	5KM	Comp. Rule 31.21 compliant	2026
GER	Korschenbroich	Internationaler Korschenbroicher City Lauf - 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Korschenbroich	Internationaler Korschenbroicher City Lauf - 5KM	5KM	Comp. Rule 31.21 compliant	2028
GER	Leverkusen	Strassenlauf Rund um das Bayerkreuz - 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Leverkusen	Strassenlauf Rund um das Bayerkreuz - 5KM	5KM	Comp. Rule 31.21 compliant	2028
GER	Mainz	Gutenberg Halbmarathon Mainz	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Mainz	Gutenberg Mainz 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Mainz	Gutenberg Marathon Mainz	Marathon	Comp. Rule 31.21 compliant	2027
GER	Munich	European Championships Munich 2022 Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GER	Munich	European Championships Munich 2022 Triathlon - Elite Individual Run Course	10KM	Comp. Rule 31.21 compliant	2026
GER	Munich	Kolner Fruhlings & Nikolauslauf	10KM	Comp. Rule 31.21 compliant	2029
GER	Munich	München 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Munich	München Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Munich	München Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GER	Munich	Rückenwindlauf 10KM (1000m Lap)	10KM	Comp. Rule 31.21 compliant	2030
GER	Munich	Rückenwindlauf 5KM (1000m Lap)	5KM	Comp. Rule 31.21 compliant	2030
GER	Munster	Munster Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GER	Munster	ZSF City Run Munster - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GER	Munster	ZSF City Run Munster - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GER	Nordkirchen	Nordkirchen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GER	Oelde	Oelder Citylauf 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Oelde	Oelder Citylauf 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Oranienburg	BLN21098 Bernowe in Oranienburg	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Oranienburg	BLN42915 Bernowe in Oranienburg	Marathon	Comp. Rule 31.21 compliant	2025
GER	Paderborn	Paderborner Osterlauf	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Paderborn	Paderborner Osterlauf - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GER	Paderborn	Paderborner Osterlauf - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GER	Rodenbach	Harry Arndt Gedenklauf 50KM - 5KM Lap	5KM	Comp. Rule 31.21 compliant	2028
GER	Schwabisch Hall	Dreikönigslauf Schwabisch Hall 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Schwabisch Hall	Dreikönigslauf Schwabisch Hall 5KM	5KM	Comp. Rule 31.21 compliant	2029
GER	Schwindegg	Schwindegger 50KM	50KM	Comp. Rule 31.21 compliant	2029
GER	Schwindegg	Schwindegger Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GER	Siegburg	Citylauf Siegburg 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Siegburg	Citylauf Siegburg 5KM	5KM	Comp. Rule 31.21 compliant	2028
GER	Trier	Silvesterlauf Trier 5KM	5KM	Comp. Rule 31.21 compliant	2028
GER	Ubstadt Weiher	HaWei100 German Championships (5KM lap)	5KM	Comp. Rule 31.21 compliant	2027
GER	Ubstadt Weiher	Ubstadt-Weiher 5KM Lap	5KM	Comp. Rule 31.21 compliant	2029
GER	Wolfrathausen	23 Wolfrathäuser Stadtlauf 10KM	10KM	Comp. Rule 31.21 compliant	2028
GER	Wurzburg	Residenzlauf Wurzburg	10KM	Comp. Rule 31.21 compliant	2026
GER	Wurzburg	Wurzburg 10KM	10KM	Comp. Rule 31.21 compliant	2029
GER	Wurzburg	Wurzburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GER	Wurzburg	Wurzburg Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GHA	Accra	eTV Ghana & Japan Motors Corporate Run and Walk 5KM	5KM	Comp. Rule 31.21 compliant	2027
GHA	Accra	Millennium Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
GHA	Accra	Millennium Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GHA	Accra	Millennium Marathon - 5KM (Black Star Monument finish)	5KM	Comp. Rule 31.21 compliant	2028
GHA	Accra	Millennium Marathon - 5KM (Black Star Square finish)	5KM	Comp. Rule 31.21 compliant	2028
GHA	Accra	Millennium Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GMB	Banjul	Banjul 10KM	10KM	Comp. Rule 31.21 compliant	2024*
GMB	Banjul	Banjul 5KM	5KM	Comp. Rule 31.21 compliant	2024*
GMB	Banjul	Banjul Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
GMB	Banjul	Banjul Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
GRE	Aegina	Kapodistrias 10KM	10KM	Comp. Rule 31.21 compliant	2028
GRE	Aegina	Kapodistrias 5KM	5KM	Comp. Rule 31.21 compliant	2028
GRE	Aegina	Kapodistrias Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Aegio	Aegialia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Agrinio	Kousis Half Marathon	Half Marathon	Separation >50%	2026
GRE	Alexandroupolis	Run Greece Alexandroupolis 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Alexandroupolis	Run Greece Alexandroupolis 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Alykes Drosias Chalkida	Sea Run Chalkida 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Alykes Drosias Chalkida	Sea Run Chalkida 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Amfissa	Amfissa Night Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Amfissa	Amfissa Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Amfissa	Inichos Race 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Amfissa	Inichos Race Half Marathon	Half Marathon	Downhill (-8.10 m/km), Separation >50%	2025
GRE	Ano Doliana	Doliana Mountain 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Antikyra	Xenodamios Dromos Antikyras 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Antikyra	Xenodamios Dromos Antikyras Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Arkalochori	Crete Arkalochori 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Arkalochori	Crete Arkalochori 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Arkalochori	Crete Arkalochori Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Arta	Dromos tou Glofyriou ARTA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
GRE	Arta	Epirus Marathon "King Pyrrhus"	Marathon	Comp. Rule 31.21 compliant	2030
GRE	Arta	Epirus Marathon "King Pyrrhus" - 10K	10KM	Comp. Rule 31.21 compliant	2030
GRE	Arta	Epirus Marathon "King Pyrrhus" - 5K	5KM	Comp. Rule 31.21 compliant	2030
GRE	Athens	Athens 5KM	5KM	Comp. Rule 31.21 compliant	2029

GRE	Athens	Athens Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Athens	Athens Marathon The Authentic	Marathon	Separation >50%	2026
GRE	Athens	Athens Marathon The Authentic - 10K	10KM	Comp. Rule 31.21 compliant	2027
GRE	Athens	Athens Marathon The Authentic - 5K	5KM	Comp. Rule 31.21 compliant	2027
GRE	Athens	Eirinodromia Ag Dimitrios 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Athens	Eirinodromia Ag Dimitrios 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Athens	No Finish Line Athens - 5K	5KM	Comp. Rule 31.21 compliant	2028
GRE	Athens	No Finish Line Athens - Mile	Mile	Comp. Rule 31.21 compliant	2028
GRE	Athens	Poseidon Athens 5 KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Athens	Poseidon Athens Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Chalkida	Liladeios 10KM Vasiliko Chalkida	10KM	Downhill (-3.2 m/km), Separation >50%	2026
GRE	Chalkida	Liladeios Half Marathon Eretria Chalkida	Half Marathon	Separation >50%	2026
GRE	Chalkidona	Axios Running Festival - 10KM	10KM	Downhill (-7.2 m/km), Separation >50%	2027
GRE	Chalkidona	Axios Running Festival - 5KM	5KM	Separation >50%	2027
GRE	Chalkidona	Axios Running Festival - Mile	Mile	Separation >50%	2027
GRE	Chania	Crete Marathon	Marathon	Separation >50%	2028
GRE	Chania	Crete Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
GRE	Chania	Crete Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
GRE	Delphi	Delphi - 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
GRE	Delphi	Delphi - Mile Road Race	Mile	Comp. Rule 31.21 compliant	2028
GRE	Drama	Drama 10KM	10KM	Comp. Rule 31.21 compliant	2029
GRE	Drama	Drama Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Elefsina	Sta ichni tis Ieras Odou Elefsina Half Marathon	Half Marathon	Downhill (-2.23 m/km), Separation >50%	2026
GRE	Farsala	Achilleios Athlos Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Filothoi	Kyriahideia Filothoi 10k Road Race	10KM	Comp. Rule 31.21 compliant	2024*
GRE	Galatas Trizinias	Trizinia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Giannitsa	Pella Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Heraklion	Run Greece Heraklion 10K	10KM	Comp. Rule 31.21 compliant	2028
GRE	Heraklion	Run Greece Heraklion 5K	5KM	Comp. Rule 31.21 compliant	2028
GRE	Ierapetra	Coast to Coast Race 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Ierapetra	Coast to Coast Race Half Marathon	Half Marathon	Separation >50%	2026
GRE	Ioannina	"All Terrain Ultra Race" (1,2836km lap) - 100KM	100KM	Comp. Rule 31.21 compliant	2030
GRE	Ioannina	"All Terrain Ultra Race" (1,2836km lap) - 50KM	50KM	Comp. Rule 31.21 compliant	2030
GRE	Ioannina	"All Terrain Ultra Race" (1,3304km lap) - 100KM	100KM	Comp. Rule 31.21 compliant	2030
GRE	Ioannina	"All Terrain Ultra Race" (1,3304km lap) - 50KM	50KM	Comp. Rule 31.21 compliant	2030
GRE	Ioannina	Ioannina Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Ioannina	Ioannina Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Ioannina	Ioannina Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Ioannina	Ioannina Lake Run - 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Ioannina	Ioannina Lake Run - 30KM	30KM	Comp. Rule 31.21 compliant	2026
GRE	Ioannina	Ioannina Lake Run - 5KM	5KM	Comp. Rule 31.21 compliant	2029
GRE	Ioannina	Run Greece Ioannina 10K	10KM	Comp. Rule 31.21 compliant	2027
GRE	Ioannina	Run Greece Ioannina 5K	5KM	Comp. Rule 31.21 compliant	2027
GRE	Kalamaria	Kalamaria Coast 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Kalamaria	Kalamaria Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Kalamaria	Kalamaria Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GRE	Kalamaria	Kalamaria Coast Road Race 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Kalamata	Kalamata Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Kalitheia	Kalitheia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Kalitheia	Kalitheia night run 10KM2022	10KM	Comp. Rule 31.21 compliant	2026
GRE	Kalitheia	Kalitheia night run 5k	5KM	Comp. Rule 31.21 compliant	2026
GRE	Kalitheia	Kalitheia run 10k	5KM	Comp. Rule 31.21 compliant	2026
GRE	Kalitheia	Kalitheia Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Karavostasi Perdika	Thesprotia 10K	10KM	Comp. Rule 31.21 compliant	2029
GRE	Karavostasi Perdika	Thesprotia 5K	5KM	Comp. Rule 31.21 compliant	2029
GRE	Karavostasi Perdika	Thesprotia Mile	Mile	Downhill (-1.24 m/km)	2029
GRE	Karpenisi	Karpenisi Night Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Karpenisi	Karpenisi Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Karteros Irakleiou	Karteros Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Karteros Irakleiou	Karteros Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Kastoria	Run Greece Kastoria - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Kastoria	Run Greece Kastoria - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Kastoria	Run Greece Kastoria - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Katerini	Katerini Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Kiato	Klithenios Night Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Kiato	Klithenios Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Kifissia	Kifissia - 10K Road Race	10KM	Comp. Rule 31.21 compliant	2028
GRE	Kifissia	Kifissia - 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
GRE	Kifissia	Kifissia Run 10KM	10KM	Comp. Rule 31.21 compliant	2024*
GRE	Kifissia	Kifissia Run 5KM	5KM	Comp. Rule 31.21 compliant	2024*
GRE	Kremasti	10K Fast.Fun.Flat	10KM	Comp. Rule 31.21 compliant	2028
GRE	Kremasti	5K Fast.Fun.Flat	5KM	Comp. Rule 31.21 compliant	2028
GRE	Lagadas	Run in Lagadas 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Lagadas	Run in Lagadas 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Lamia	Lamia Night Run 10 KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Lamia	Lamia Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Larissa	Ippokrateios race	10KM	Comp. Rule 31.21 compliant	2026
GRE	Larissa	Pelasegiolos Larissa 10KM	10KM	Comp. Rule 31.21 compliant	2024*
GRE	Larissa	Run Greece Larissa 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Larissa	Run Greece Larissa 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Larissa	Run Greece Panellenic Road Championship 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Larissa	Tyrnavos Larissa Half Marathon	Half Marathon	Separation >50%	2024*
GRE	Lefkada	Lefkada - 10K Road Race	10KM	Comp. Rule 31.21 compliant	2028
GRE	Lefkada	Lefkada - 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
GRE	Lefkada	Lefkada Green Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Livadeia	Livadia Night Run - 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Livadeia	Livadia Night Run - 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Livadeia	Trofonios 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Livadeia	Trofonios Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Marathon	Marathon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Messini	Messini Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GRE	Messolonghi	The Sacred Town of Messolonghi's 5K Lagoon Run	5KM	Comp. Rule 31.21 compliant	2024*
GRE	Messolonghi	The Sacred Town of Messolonghi's Half Marathon Lagoon Run	Half Marathon	Comp. Rule 31.21 compliant	2024*
GRE	Metamorfosi Attikis	Arvanitia 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Mykonos	Mykonos Running Festival 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Mykonos	Mykonos Running Festival Half Marathon	Half Marathon	Downhill (-4.17 m/km)	2026
GRE	Nafplio	Nafplio Castle Run 10k	10KM	Comp. Rule 31.21 compliant	2025
GRE	Nafplio	Nafplio Castle Run 5k	5KM	Comp. Rule 31.21 compliant	2025
GRE	Nafplio	Nafplio Castle Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GRE	Nafplio	Nafplio Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Nafplio	Nafplio Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GRE	Nafplio	Run Greece Nafplio - 10K	10KM	Comp. Rule 31.21 compliant	2028
GRE	Nafplio	Run Greece Nafplio - 5K	5KM	Comp. Rule 31.21 compliant	2028
GRE	Nea Ionia	10KM Nea Ionia "Blokio Kalogrezas"	10KM	Comp. Rule 31.21 compliant	2028
GRE	Olympia	Olympia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Olympia	Olympia Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GRE	Paleo Faliro	Poseidon Athens 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
GRE	Paleo Faliro	Poseidon Athens Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Pallini	Pallini 10K Road Race	10KM	Comp. Rule 31.21 compliant	2028

GRE	Pallini	Pallini 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
GRE	Patra	Patras 10K	10KM	Comp. Rule 31.21 compliant	2029
GRE	Patra	Patras 5K	5KM	Comp. Rule 31.21 compliant	2029
GRE	Patra	Patras Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Patrasso	Run Greece Patrasso - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Patrasso	Run Greece Patrasso - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Peraia	Thermaikos Coastal Night 10K	10KM	Comp. Rule 31.21 compliant	2028
GRE	Peraia	Thermaikos Coastal Night 5K	5KM	Comp. Rule 31.21 compliant	2028
GRE	Peraia	Thermaikos Coastal Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Peraia	Thermaikos Coastal Night Mile	Mile	Comp. Rule 31.21 compliant	2028
GRE	Piraeus	Run Greece Piraeus - 10K	10KM	Comp. Rule 31.21 compliant	2029
GRE	Piraeus	Run Greece Piraeus - 5K	5KM	Comp. Rule 31.21 compliant	2029
GRE	Raches Styliadas	Raches Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Raches Styliadas	Raches Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Rhodes	Rhodes 10 KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Rhodes	Rhodes 5 KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Rhodes	Rhodes Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Rhodes	Rhodes Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GRE	Samosa	Samos Half Marathon "Pythagoras Samios"	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Serres	Circuit Serres Run - 100KM	100KM	Comp. Rule 31.21 compliant	2028
GRE	Serres	Circuit Serres Run - 3047m Lap for Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Serres	Kri Kri Superspoon Serres Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Shinias	Half Marathon National Championships 2020	Half Marathon	Comp. Rule 31.21 compliant	2024*
GRE	Shinias	Marathon National Championships 2020	Marathon	Comp. Rule 31.21 compliant	2024*
GRE	Sparta	Run Greece Sparta - 10K	10KM	Comp. Rule 31.21 compliant	2029
GRE	Sparta	Run Greece Sparta - 5K	5KM	Comp. Rule 31.21 compliant	2029
GRE	Sparta	Sparta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Spercheiada	Spercheios Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
GRE	Stymfalia	Stymfalia Lake Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
GRE	Stymfalia	Stymfalia Lake Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
GRE	Stymfalia	Stymfalia Lake Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Syros Ermoupolis	Run Greece Syros - 10KM	10KM	Comp. Rule 31.21 compliant	2028
GRE	Syros Ermoupolis	Run Greece Syros - 5KM	5KM	Comp. Rule 31.21 compliant	2028
GRE	Syvota	Thesprotia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Syvota	Thesprotia Marathon	Marathon	Comp. Rule 31.21 compliant	2029
GRE	Thermopyles	Dromos Eleftheris Half Marathon	Half Marathon	Separation >50%	2028
GRE	Thessaloniki	Alexander the Great 10KM	10KM	Not compliant	2025
GRE	Thessaloniki	Alexander the Great 5KM	5KM	Comp. Rule 31.21 compliant	2025
GRE	Thessaloniki	Alexander the Great Marathon	Marathon	Separation >50%	2025
GRE	Thessaloniki	International Thessaloniki Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
GRE	Thessaloniki	International Thessaloniki Night Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
GRE	Thessaloniki	International Thessaloniki Night Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
GRE	Thessaloniki	International Thessaloniki Night Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GRE	Thessaloniki	Olympic Day Run 10 KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Thessaloniki	Olympic Day Run 5 KM	5KM	Downhill (-1.2 m/km)	2028
GRE	Thessaloniki	Olympic Day Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
GRE	Thiva	Lefktra - Thiva Half Marathon	Half Marathon	Downhill (-3.7 m/km), Separation >50%	2027
GRE	Trikala	5KM Road Race	5KM	Comp. Rule 31.21 compliant	2027
GRE	Trikala	Kalampaka-Trikala Half Marathon	Half Marathon	Downhill (-5.5 m/km), Separation >50%	2027
GRE	Trikala	Run Greece Trikala - 10K	10KM	Comp. Rule 31.21 compliant	2029
GRE	Trikala	Run Greece Trikala - 5K	5KM	Comp. Rule 31.21 compliant	2029
GRE	Tripoli	SkiridataRun - 10KM	10KM	Downhill (-22.4 m/km), Separation >50%	2027
GRE	Tripoli	SkiridataRun - 5KM	5KM	Downhill (-16.8 m/km)	2027
GRE	Tripoli	SkiridataRun Half Marathon	Half Marathon	Downhill (-6.78 m/km), Separation >50%	2027
GRE	Volos	Volos 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Volos	Volos Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GRE	Vrachati Korinthias	Vrachati Run - 10KM	10KM	Comp. Rule 31.21 compliant	2027
GRE	Vrachati Korinthias	Vrachati Run - 5KM	5KM	Comp. Rule 31.21 compliant	2027
GRE	Xanthi	Xanthi Democritus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GUA	Cobán	Juegos Centroamericanos Guatemala 2025	Half Marathon	Comp. Rule 31.21 compliant	2029
GUA	Cobán	Medio Maratón Internacional de Coban	Half Marathon	Comp. Rule 31.21 compliant	2029
GUA	Escuintla	La Maratón de Guatemala	Marathon	Comp. Rule 31.21 compliant	2024*
GUA	Santo Tomás de Castilla	21K Sunrise Run	Half Marathon	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	China Coast Hong Kong Marathon	Marathon	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	China Coast Hong Kong Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	Hong Kong 5KM championships	5KM	Comp. Rule 31.21 compliant	2025
HKG	Hong Kong	Hong Kong Disneyland 10K Weekend	10KM	Comp. Rule 31.21 compliant	2028
HKG	Hong Kong	Hong Kong Disneyland 10K Weekend - 5KM	5KM	Comp. Rule 31.21 compliant	2028
HKG	Hong Kong	Hong Kong-Zhuhai-Macao Bridge (HK Section) Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	Mizuno Hong Kong Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2027
HKG	Hong Kong	PEGASUS Shek Mun 10KM Race	10KM	Comp. Rule 31.21 compliant	2027
HKG	Hong Kong	Standard Chartered Hong Kong 10KM	10KM	Comp. Rule 31.21 compliant	2027
HKG	Hong Kong	Standard Chartered Hong Kong Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
HKG	Hong Kong	Standard Chartered Hong Kong Marathon	Marathon	Comp. Rule 31.21 compliant	2025
HKG	Hong Kong	Sun Hung Kai Properties Hong Kong 10K Championships	10KM	Comp. Rule 31.21 compliant	2027
HKG	Hong Kong	UNICEF Charity Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	UNICEF Charity Run - 5KM	5KM	Comp. Rule 31.21 compliant	2029
HKG	Hong Kong	UNICEF Charity Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
HKG	Shatin	RMAC Shatin 10km Classic Riverside Race	10KM	Comp. Rule 31.21 compliant	2027
HON	Tegucigalpa	Maraton Sula 21K	Half Marathon	Comp. Rule 31.21 compliant	2028
HUN	Balatonszemes	Hungarian 100KM Championships	100KM	Comp. Rule 31.21 compliant	2029
HUN	Budakalasz	Hungarian 100KM Championships	100KM	Comp. Rule 31.21 compliant	2028
HUN	Budakalasz	Omszki Ultra 50KM	50KM	Comp. Rule 31.21 compliant	2028
HUN	Budapest	Aldi Noi Futogala 10KM	10KM	Comp. Rule 31.21 compliant	2028
HUN	Budapest	BSI Futoest Half Marathon Budapest	Half Marathon	Comp. Rule 31.21 compliant	2028
HUN	Budapest	Hungarian Half Marathon Championships 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
HUN	Budapest	S-Budget 10KM Budapest	10KM	Comp. Rule 31.21 compliant	2029
HUN	Budapest	SPAR Budapest Marathon	Marathon	Comp. Rule 31.21 compliant	2027
HUN	Budapest	Telekom Vivocitta Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
HUN	Budapest	Wizz Air Budapest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
HUN	Budapest	World Championships in Athletics Budapest 2023 Marathon	Marathon	Comp. Rule 31.21 compliant	2027
HUN	Debrecen	Hungarian Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2025
HUN	Godollo	Mate Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
HUN	Gyor	III Gyori Zold Futas Half Marathon Gyor	Half Marathon	Comp. Rule 31.21 compliant	2028
HUN	Kapuvár	WILK Maraton	Marathon	Comp. Rule 31.21 compliant	2028
HUN	Miskolc	Baratsag Maraton (5,2744km Lap)	Marathon	Comp. Rule 31.21 compliant	2029
HUN	Nagyatad	Hungarian 50KM Running Championships	50KM	Comp. Rule 31.21 compliant	2028
HUN	Sopron	Half Marathon Sopron	Half Marathon	Comp. Rule 31.21 compliant	2028
HUN	Szekesfehervar	Hungarian Half Marathon Championships 2021	Half Marathon	Comp. Rule 31.21 compliant	2025
INA	Bali	Indonesia International 10KM	10KM	Comp. Rule 31.21 compliant	2026
INA	Bali	Indonesia International 5KM	5KM	Comp. Rule 31.21 compliant	2026
INA	Bali	Indonesia International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
INA	Bali	Indonesia International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
INA	Bali	Maybank Marathon Bali	Marathon	Comp. Rule 31.21 compliant	2028
INA	Bali	Maybank Marathon Bali - 10KM	10KM	Comp. Rule 31.21 compliant	2028
INA	Bali	Maybank Marathon Bali - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Central Bandung	Bandoeng 10K	10KM	Comp. Rule 31.21 compliant	2029
INA	Industropolis Batang	Industropolis Run - 10K	10KM	Comp. Rule 31.21 compliant	2029
INA	Industropolis Batang	Industropolis Run - 5K	5KM	Comp. Rule 31.21 compliant	2029

INA	Industropolis Batang	Industropolis Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	BTN Jakarta International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
INA	Jakarta	BTN Jakarta International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
INA	Jakarta	BTN Jakarta International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Jakarta	BTN Jakarta Run - 5KM	5KM	Comp. Rule 31.21 compliant	2027
INA	Jakarta	Digiland Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Digiland Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Jakarta 10KM	10KM	Comp. Rule 31.21 compliant	2026
INA	Jakarta	Jakarta 5KM	5KM	Comp. Rule 31.21 compliant	2026
INA	Jakarta	Jakarta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
INA	Jakarta	Jakarta Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
INA	Jakarta	Jakarta Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
INA	Jakarta	Jakarta International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Jakarta International Marathon - 10K	10KM	Separation >50%	2029
INA	Jakarta	Jakarta International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Jakarta Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Jakarta	Jakarta Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
INA	Jakarta	Kemala Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
INA	Jakarta	Kemala Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
INA	Jakarta	Kemala Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Jakarta	LPS Monas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
INA	Jakarta	MILO ACTIV Indonesia Race - Jakarta International 10K	10KM	Comp. Rule 31.21 compliant	2028
INA	Jakarta	Monas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Riau Bhayangkara Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Jakarta	Women's Half Marathon Jakarta	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Jogja	Mandiri Jogja Marathon	Marathon	Comp. Rule 31.21 compliant	2028
INA	Jogja	Mandiri Jogja Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
INA	Jogja	Mandiri Jogja Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Labuan Bajo	IFG Labuan Bajo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
INA	Labuan Bajo	IFG Labuan Bajo Marathon	Marathon	Comp. Rule 31.21 compliant	2028
INA	Labuan Bajo	IFG Labuan Bajo Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
INA	Labuan Bajo	IFG Labuan Bajo Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
INA	Lagoi Bay, Bintan	Bintan Marathon	Marathon	Comp. Rule 31.21 compliant	2029
INA	Lagoi Bay, Bintan	Bintan Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
INA	Lagoi Bay, Bintan	Bintan Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Magelang, Central Java	Borobudur Marathon	Marathon	Comp. Rule 31.21 compliant	2029
INA	Magelang, Central Java	Borobudur Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
INA	Magelang, Central Java	Borobudur Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Mandalika	Pocari Sweat Lombok Marathon	Marathon	Comp. Rule 31.21 compliant	2029
INA	Mandalika	Pocari Sweat Lombok Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
INA	Mandalika	Pocari Sweat Lombok Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Nusa Dua, Bali	Adhyaksa International Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
INA	Nusa Dua, Bali	Adhyaksa International Run - 5KM	5KM	Comp. Rule 31.21 compliant	2029
INA	Nusa Dua, Bali	Adhyaksa International Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Yogyakarta	Mandiri Jogja Marathon	Marathon	Comp. Rule 31.21 compliant	2029
INA	Yogyakarta	Mandiri Jogja Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
INA	Yogyakarta	Marlioboro Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
INA	Yogyakarta	Marlioboro Run - 5KM	5KM	Comp. Rule 31.21 compliant	2029
INA	Yogyakarta	Marlioboro Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Agra Uttar Pradesh	Agra Raj Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2030
IND	Agra Uttar Pradesh	Agra Taj Half Marathon	Marathon	Comp. Rule 31.21 compliant	2030
IND	Agra Uttar Pradesh	Agra Taj Half Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2030
IND	Ahmedabad	Adani Ahmedabad Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Ahmedabad	Adani Ahmedabad Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ahmedabad	Adani Ahmedabad Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Ahmedabad	BSafal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Ahmedabad	BSafal Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Ahmedabad	KD Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Ahmedabad	KD Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ahmedabad	KM Amdavad Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Ahmedabad	KM Amdavad Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Ahmedabad	KM Amdavad Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Ahmedabad	KM Amdavad Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Ahmednagar	Nagar Rising 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Alipurduar	Duar's Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Alipurduar	Duar's Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Alwar	Alwar Tiger Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Alwar	Alwar Tiger Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Aurangabab	Aurangabab Maha 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Aurangabab	Aurangabab Maha 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Aurangabab	Aurangabab Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Aurangabab	MIT Aurangabad Heritage Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Aurangabab	MIT Aurangabad Heritage Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ayodhya	Run for Ram - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ayodhya	Run for Ram - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Ayodhya	Run for Ram - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Bathinda	Bathinda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Bathinda	Bathinda Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Belagavi	Belagavi 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Belagavi	Belagavi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
IND	Bengaluru	100K Asia Oceania Championship	100KM	Comp. Rule 31.21 compliant	2027
IND	Bengaluru	2024 IAU & WMA 100KM World Championships	100KM	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	50K Asia Oceania Championship	50KM	Comp. Rule 31.21 compliant	2027
IND	Bengaluru	Bengaluru Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	Bengaluru Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	Bengaluru Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	Bengaluru Midnight 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Bengaluru	Bengaluru Midnight Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Bengaluru	Bengaluru Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Bengaluru	Disha Habitat Bengaluru Runners Jatre - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	Disha Habitat Bengaluru Runners Jatre - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	IAU World 50K Championships	50KM	Comp. Rule 31.21 compliant	2027
IND	Bengaluru	Nandi Hills Monsoon Run - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Bengaluru	Nandi Hills Monsoon Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Bengaluru	Pandians Marathon Academy - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Bengaluru	Pandians Marathon Academy - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Bengaluru	TCS Open 10KM Bengaluru	10KM	Comp. Rule 31.21 compliant	2028
IND	Bengaluru	TCS World 10KM Bengaluru	10KM	Comp. Rule 31.21 compliant	2029
IND	Bharuch, Gurajat	Rockwool Bharuch Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Bharuch, Gurajat	Rockwool Bharuch Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Bhopal	Run Bhopal Run - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Bhopal	Run Bhopal Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Bhubaneswar	Coal India Bhubaneswar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Bhubaneswar	Coal India Bhubaneswar Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Bhubaneswar	Coal India Bhubaneswar Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Bokaro	SAIL Bokaro Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Chandigarh	Chandigarh Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Chandigarh	Chandigarh Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Chandigarh	Chandigarh Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029

IND	Chandigarh	Chandigarh Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Chandigarh	Under Armour Chandigarh Fast Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Chandigarh	Under Armour Chandigarh Fast Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Chennai	Freshworks Chennai Marathon - Powered by Chennai Runners	Marathon	Separation >50%	2028
IND	Chennai	Freshworks Chennai Marathon - Powered by Chennai Runners - 10KM	10KM	Separation >50%	2028
IND	Chennai	Freshworks Chennai Marathon - Powered by Chennai Runners - Half Marathon	Half Marathon	Separation >50%	2028
IND	Chennai	Hexaware Dream Runners 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Chennai	Hexaware Dream Runners Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Chennai	Larsen Memorial Run - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Chennai	Larsen Memorial Run - 5K	5KM	Comp. Rule 31.21 compliant	2029
IND	Chennai	Larsen Memorial Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Chennai	My Best 10K	10KM	Comp. Rule 31.21 compliant	2028
IND	Chennai	My Best 5K	5KM	Comp. Rule 31.21 compliant	2028
IND	Daman	Daman Runburn Fest 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Daman	Daman Runburn Fest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
IND	Daman	Daman Runburn Fest Marathon	Marathon	Comp. Rule 31.21 compliant	2025
IND	Darjeeling, West Bengal	Darjeeling Hill 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Dehradun	Sarmang Dehradun Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Dehradun	Sarmang Dehradun Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Dehradun	Sarmang Dehradun Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Dehradun	Sarmang Dehradun Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Delhi	Ageas Federal New Delhi 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Delhi	Ageas Federal New Delhi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
IND	Delhi	Ageas Federal New Delhi Marathon	Marathon	Comp. Rule 31.21 compliant	2025
IND	Delhi	Decathlon 10K Run	10KM	Comp. Rule 31.21 compliant	2028
IND	Delhi	Indian Navy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Delhi	Indian Navy Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Delhi	New Delhi Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Delhi	New Delhi Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Delhi	New Delhi Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Delhi	Redtape 10K Run	10KM	Comp. Rule 31.21 compliant	2028
IND	Delhi	Vedanta Delhi 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Delhi	Vedanta Delhi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Dharampur, Gujarat	SRMD Wilson Hill Half Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Dharampur, Gujarat	SRMD Wilson Hill Half Marathon - 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
IND	Dharampur, Gujarat	SRMD Wilson Hill Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Duand	Duand Rising Half Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Duand	Duand Rising Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Duand	Duand Rising Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Faridabad	Faridabad Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Faridabad	Faridabad Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Faridabad	Faridabad Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Fremantle	Harbour Master 10KM Classic	10KM	Comp. Rule 31.21 compliant	2025
IND	Fremantle	Harbour Master 5KM Classic	5KM	Comp. Rule 31.21 compliant	2025
IND	Gaya Bihar	Bodh Gaya 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Gaya Bihar	Bodh Gaya Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Gaya Bihar	Bodh Gaya Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Gift City	Shilp Aarambh Gift City Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Gift City	Shilp Aarambh Gift City Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Goa	Goa River Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Goa	Goa River Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Goa	RG Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Goa	RG Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Goa	Rotary Rain Run Goa - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Goa	Rotary Rain Run Goa - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Goregaon	GSC - GM 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Goregaon	GSC - GM Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Gujarat	Shilp Aarambh - GIFT City Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Gujarat	Shilp Aarambh - GIFT City Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Gurugram	Gurugram Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Gurugram	Gurugram Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Gurugram	Gurugram Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Gurugram	Tuffman Gurugram 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Gurugram	Tuffman Gurugram Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Guwahati	Guwahati Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Guwahati	Guwahati Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Guwahati	The Great Guwahati 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Guwahati	The Great Guwahati 5KM	5KM	Comp. Rule 31.21 compliant	2024*
IND	Guwahati	The Guwahati Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Guwahati	The Guwahati Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Guwahati	The Guwahati Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Hyderabad	Airtel Hyderabad 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Hyderabad	Inorbit Durgam Cheruvu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Hyderabad	Inorbit Durgam Cheruvu Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Hyderabad	NMDC Hyderabad Marathon	Marathon	Comp. Rule 31.21 compliant	2025
IND	Jabalpur	Surya Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Jabalpur	Surya Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Jabalpur	Surya Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Jaipur	AU Bank Jaipur 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Jaipur	AU Bank Jaipur Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Jaipur	AU Bank Jaipur Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Jaipur	Vedanta Pink City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Jaipur	Vedanta Pink City Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Jalandhar	One Race Jalandhar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Jalandhar	One Race Jalandhar Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Jalandhar	One Race Jalandhar Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Jamnagar	Saurashtra Navy 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Jamnagar	Saurashtra Navy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Jammu	Jammu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Jammu	Jammu Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Jamshedpur	Tata Steel Jamshedpur Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Jamshedpur	Tata Steel Jamshedpur Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Jamshedpur	Tata Steel Jamshedpur Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Jamshedpur	TATA Steel Jamshedpur Run-a-thon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Jamshedpur	TATA Steel Jamshedpur Run-a-thon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Joda Odisha	TATA Steel Joda Run-a-thon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Joda Odisha	TATA Steel Run-a-thon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kaithal	Kaithal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Kaithal	Kaithal Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Kaithal	Kaithal Half Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
IND	Kalyan	Borgaonkar Rotary Kalyan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Kalyan	Borgaonkar Rotary Kalyan Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Kalyan	Borgaonkar Rotary Kalyan Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Kalyan	Borgaonkar Rotary Kalyan Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Kanpur	C11 Kanpur 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Kanpur	C11 Kanpur 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Kanpur	C11 Kanpur Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Kaplesh – Bhuvanewar	Tata Steel Meramandali Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Kaplesh – Bhuvanewar	Tata Steel Meramandali Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028

IND	Kapilesh – Bhuvanewar	Tata Steel Meramandali Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Kargil	Sarhad Kargil International 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Kargil	Sarhad Kargil International 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Kargil	Sarhad Kargil International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Kargil	Sarhad Kargil International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Kavalam Trivandrum	Kavalam Marathon - Trivandrum	Marathon	Comp. Rule 31.21 compliant	2027
IND	Kavalam Trivandrum	Kavalam Marathon - Trivandrum - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kavalam Trivandrum	Kavalam Marathon - Trivandrum - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Kerala	GTech Kerala Half Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Kerala	GTech Kerala Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Kochi	Kochi 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kochi	Kochi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Kochi	Kochi Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Kokrajhar	Kokrajhar NCC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Kokrajhar	Kokrajhar NCC Half-Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Kokrajhar	Kokrajhar NCC Half-Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Kolapur	Kolapur Maha 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kolapur	Kolapur Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Kolkata	Ageas Federal Life Insurance Kolkata 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Kolkata	Ekai Run - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kolkata	Ekai Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Kolkata	Safe Drive Save Life 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kolkata	Safe Drive Save Life Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Kolkata	TATA Steel Kolkata 25K	25KM	Comp. Rule 31.21 compliant	2028
IND	Kolkata	TATA Steel Kolkata 25K - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Kota Rajasthan	WalkORun - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Kota Rajasthan	WalkORun - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Kozhikode	The White School International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Kozhikode	The White School International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Kozhikode	The White School International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Lonavala	Tata 50KM Ultra	50KM	Comp. Rule 31.21 compliant	2027
IND	Lucknow	The Run Lucknow - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Mahindra	Mahindra World City 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Malad	Inorbit Run Malad	10KM	Comp. Rule 31.21 compliant	2027
IND	Mangalore	Mangalore 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Mangalore	Mangalore Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Mangalore	Mangalore Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Manipal	Manipal 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Manipal	Manipal 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Manipal	Manipal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Manipal	Manipal Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Margarpatia City	AMC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Margarpatia City	AMC Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Margarpatia City	AMC Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Mithapur	M Prabhakar Open Saurashtra Half-Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Mithapur	M Prabhakar Open Saurashtra Half-Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Ageas Federal Insurance Mumbai 10KM	10KM	Comp. Rule 31.21 compliant	2025
IND	Mumbai	Ageas Federal Life Insurance Mumbai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Ageas Federal Life Insurance Mumbai Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Decathlon 10KM - Mumbai Edition	10KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	IIFL JITO Ahimsa Run Mumbai - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	IIFL JITO Ahimsa Run Mumbai - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	IIFL JITO Ahimsa Run Mumbai - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Jithon Juhu 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Jithon Juhu 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	L&T Sea Bridge Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	L&T Sea Bridge Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Mumbai Monsoon 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Mumbai Monsoon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Saqui Rizvi Memorial Cancer Awareness - 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Saqui Rizvi Memorial Cancer Awareness - 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Saqui Rizvi Memorial Cancer Awareness - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Swachh Navi Mumbai 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Swachh Navi Mumbai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Tata Mumbai 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Tata Mumbai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Mumbai	Tata Mumbai Marathon - 10KM Elite Race	10KM	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Tata Mumbai Marathon - 10KM Mass Race	10KM	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Tata Mumbai Marathon - Elite Race	Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Tata Mumbai Marathon - Half Marathon Elite Race	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Tata Mumbai Marathon - Half Marathon Mass Race	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Tata Mumbai Marathon - Mass Race	Marathon	Comp. Rule 31.21 compliant	2028
IND	Mumbai	Vasai Virar Municipal Corporation Half Marathon	Half Marathon	Separation >50%	2026
IND	Mumbai	Vasai Virar Municipal Corporation Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Vasai Virar Municipal Corporation Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Mumbai	WNS Navy 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Mumbai	WNS Navy 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Mumbai	WNS Navy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Nagpur	Nagpur Maha 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Nagpur	Nagpur Maha 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Nagpur	Nagpur Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Nagpur	Tiger Run, Nagpur Police Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Nagpur	Tiger Run, Nagpur Police Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Nagpur	Tiger Run, Nagpur Police Half Marathon - 5KM	5Km	Comp. Rule 31.21 compliant	2029
IND	Nashik	ActivNRG Nashik Rainathon 2020 - 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Nashik	ActivNRG Nashik Rainathon 2020 - 5KM	5KM	Comp. Rule 31.21 compliant	2024*
IND	Nashik	Nashik Maha 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Nashik	Nashik Maha 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Nashik	Nashik Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Nashik	Nashik Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Nashik	Nashik Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Nashik	Nashik Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Nashik	Nashik Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Navi Mumbai	ASA Greenathon 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Navi Mumbai	ASA Greenathon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Navi Mumbai	SUD Life Happiness 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Navi Mumbai	SUD Life Happiness 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	New Delhi	Decathlon 10KM Delhi	10KM	Comp. Rule 31.21 compliant	2028
IND	Noamundi	Tata Steel Noamundi Run-A-Thon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Noamundi	Tata Steel Noamundi Run-A-Thon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Pachmarhi, Madhya Pradesh	Pachmarhi Monsoon Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Pachmarhi, Madhya Pradesh	Pachmarhi Monsoon Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Pachmarhi, Madhya Pradesh	Pachmarhi Monsoon Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
IND	Pachmarhi, Madhya Pradesh	Pachmarhi Monsoon Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Panipat	Panipat Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Panipat	Panipat Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Panipat	Panipat Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Patna	APYK Patna Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Patna	APYK Patna Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029

IND	Patna	APYK Patna Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Patna	APYK Patna Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Patna	Patna 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Patna	Patna Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Patna	Patna Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Pune	Alpa Pune Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	Alpa Pune Marathon - 10 Miles	10 Mile	Comp. Rule 31.21 compliant	2027
IND	Pune	Alpa Pune Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Alpa Pune Marathon - 50KM	50KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Alpa Pune Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Pune	Alpa Pune Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	Bajaj Allianz Pune Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	Bajaj Allianz Pune Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Bajaj Allianz Pune Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Cybage Run - 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Pune	Cybage Run - 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Pune	Cybage Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Pune	Ekal Run Pune Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	Ekal Run Pune Half Marathon - 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2027
IND	Pune	Ekal Run Pune Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Pune	NDA 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Pune	NDA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	NDA Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Pune	Pune City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Pune	Pune City Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Pune	Pune City Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Pune	Pune Maha 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Pune Maha 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Pune	Pune Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Raipur	The Great Chhattisgarh Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Raipur	The Great Chhattisgarh Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Raipur	The Great Chhattisgarh Run - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Rajgir	APYK Rajgir Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Rajgir	APYK Rajgir Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Rajgir	APYK Rajgir Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Rajgir	APYK Rajgir Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Rajkot Gujarat	Rajkot Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Rajkot Gujarat	Rajkot Night Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ranchi	APYK Ranchi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Ranchi	APYK Ranchi Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Ranchi	APYK Ranchi Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Ranchi	Coal India Ranchi Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Ranchi	Coal India Ranchi Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Ranchi	Coal India Ranchi Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Ranchi	Coal India Ranchi Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Ranipet, Tamil Nadu	Ranipet GWR 42.195 Course	Marathon	Comp. Rule 31.21 compliant	2029
IND	Ranipet, Tamil Nadu	Ranipet Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Ranipet, Tamil Nadu	Ranipet Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
IND	Ranipet, Tamil Nadu	Ranipet Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
IND	Rewari	Rewari Half Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Rewari	Rewari Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Rishikesh Himalayas	Ganga Sustainability Run - 10KM	10KM	Separation >50%	2026
IND	Rishikesh Himalayas	Ganga Sustainability Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Rishikesh Himalayas	Ganga Sustainability Run - 50KM	50KM	Comp. Rule 31.21 compliant	2026
IND	Rourkela	SAIL Rourkela Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
IND	Rourkela	SAIL Rourkela Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2030
IND	Rourkela	SAIL Rourkela Half Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2030
IND	Sangli Maharashtra	Shahid 10KM	10KM	Comp. Rule 31.21 compliant	2024*
IND	Sirsa	Sirsa Half-Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Sirsa	Sirsa Half-Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Sonipat	Sonipat Half-Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Sonipat	Sonipat Half-Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Sonipat	Sonipat Half-Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
IND	Spti	Spti Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IND	Spti	Spti Marathon - 10K	10Km	Comp. Rule 31.21 compliant	2029
IND	Spti	Spti Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Srinagar	Kashmir Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Srinagar	Kashmir Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Surat	Ekal Run Surat - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Surat	Ekal Run Surat - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Surat	Run for Girl Child - 10KM	10KM	Comp. Rule 31.21 compliant	2029
IND	Surat	Run for Girl Child - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
IND	Tawang	Tawang Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IND	Tawang	Tawang Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Tawang	Tawang Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Tawang	Tawang Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Thane	Jupiter Half Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Thane	Jupiter Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Thane	Thane Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Thane	Thane Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Thane	The LoKMat Thane Maha 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Thane	The LoKMat Thane Maha 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Thane	The LoKMat Thane Maha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Thane	Torrent JITO Thane 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Thane	Torrent JITO Thane 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Thane	Torrent JITO Thane Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Thiruvananthapuram	GTech 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Thiruvananthapuram	GTech Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
IND	Trivandrum	UST Trivandrum Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Trivandrum	UST Trivandrum Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Trivandrum	UST Trivandrum Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Udaipur	Vedanta Zinc City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Udaipur	Vedanta Zinc City Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Udaipur	Vedanta Zinc City Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Vadodara	Vadodara Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Vadodara	Vadodara Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Vadodara	Vadodara Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Valsad	Valsad City 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Valsad	Valsad City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Valsad	Valsad City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Vashi	Inorbit Run Vashi	10KM	Comp. Rule 31.21 compliant	2027
IND	Visakhapatnam	Fluentgrid Vizag Ultra	50KM	Comp. Rule 31.21 compliant	2026
IND	Visakhapatnam	Vizag Navy Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IND	Visakhapatnam	Vizag Navy Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
IND	Visakhapatnam	Vizag Navy Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
IND	Visakhapatnam	Vizag Navy Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
IND	Yavatmal	IMA Yavatmal Helitah - 10KM	10KM	Comp. Rule 31.21 compliant	2027
IND	Yavatmal	IMA Yavatmal Helitah - 5KM	5KM	Comp. Rule 31.21 compliant	2027
IND	Yavatmal	IMA Yavatmal Helitah - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027

IRI	Kish Island	Kish Island International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
IRL	Charleville	Charleville International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
IRL	Cork	Cork City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IRL	Cork	Cork City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IRL	Dublin	Dublin Marathon	Marathon	Comp. Rule 31.21 compliant	2029
IRL	Dublin	Irish Runner 5KM National Championships	5KM	Comp. Rule 31.21 compliant	2028
IRL	Dunboyne	Irish National and Dunboyne 10KM Road Race	10KM	Comp. Rule 31.21 compliant	2028
IRQ	Basra	Basra International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ISL	Hafnarfjörður	Hafnarfjörðarlaupid 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISL	Hafnarfjörður	Hafnarfjörðarlaupid 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISL	Hafnarfjörður	Hlaupaseria FH 5KM	5KM	Comp. Rule 31.21 compliant	2029
ISL	Raudavatn	Raudavatn Ultra 100KM	100KM	Comp. Rule 31.21 compliant	2029
ISL	Reykjavík	Armannsloaup 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Armannsloaupid 10KM	10KM	Comp. Rule 31.21 compliant	2029
ISL	Reykjavík	Gamlarsloaup IR	10KM	Comp. Rule 31.21 compliant	2026
ISL	Reykjavík	Midnight Sun Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Midnight Sun Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Midnight Sun Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Mottumarsloaup 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Reykjavík 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Reykjavík Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Reykjavík Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ISL	Reykjavík	Suzuki Midnight Run 10KM	10KM	Comp. Rule 31.21 compliant	2025
ISL	Reykjavík	Suzuki Midnight Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ISL	Reykjavík	Vidavangsløaup 5KM	5KM	Comp. Rule 31.21 compliant	2029
ISL	Reykjavík	Vormarathon / Haustmarathon	Marathon	Comp. Rule 31.21 compliant	2027
ISL	Reykjavík	Vormarathon / Haustmarathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ISL	Selfoss	Bruarhlaupid 10KM	10KM	Comp. Rule 31.21 compliant	2026
ISL	Selfoss	Bruarhlaupid 5KM	5KM	Comp. Rule 31.21 compliant	2026
ISL	Vestmannaeyjar	Vestmannaeyjahlaupid 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISL	Vestmannaeyjar	Vestmannaeyjahlaupid 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISR	Afula	Bishvil hagiborot Afula 10KM (Israel National Championships)	10KM	Comp. Rule 31.21 compliant	2028
ISR	Afula	Bishvil hagiborot Afula 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISR	Ashkelon	Ashkelon Winner Netan'el 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISR	Ashkelon	Ashkelon Winner Netan'el 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISR	Emek HaMaayanot	Ir VaEmek 10KM	10KM	Comp. Rule 31.21 compliant	2028
ISR	Emek HaMaayanot	Ir VaEmek 5KM	5KM	Comp. Rule 31.21 compliant	2028
ISR	Emek HaMaayanot	Ir VaEmek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ISR	Herzliya	Herzliya 10KM	10KM	Comp. Rule 31.21 compliant	2026
ISR	Herzliya	Herzliya 5KM	5KM	Comp. Rule 31.21 compliant	2026
ISR	Jerusalem	Jerusalem 10KM	10KM	Comp. Rule 31.21 compliant	2029
ISR	Jerusalem	Jerusalem 5KM	5KM	Comp. Rule 31.21 compliant	2029
ISR	Jerusalem	Jerusalem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ISR	Jerusalem	Jerusalem Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ISR	Kiryat Gat	Kiryat Gat 10KM	10KM	Comp. Rule 31.21 compliant	2029
ISR	Kiryat Gat	Kiryat Gat 5km	5KM	Comp. Rule 31.21 compliant	2029
ISR	Lake Hula	HaHula Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ISR	Lake Hula	HaHula Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ISR	Modin	Modin 10KM	10KM	Comp. Rule 31.21 compliant	2025
ISR	Nesher	Nesher 10KM	10KM	Comp. Rule 31.21 compliant	2029
ISR	Nesher	Nesher 5KM	5KM	Comp. Rule 31.21 compliant	2029
ISR	Rosh Zippor Forest	Hapoel 5KM Race	5KM	Comp. Rule 31.21 compliant	2028
ISR	Tel Aviv	Spartanion 100KM road race	100KM	Comp. Rule 31.21 compliant	2027
ISR	Tel Aviv	Tel Aviv 10KM	10KM	Comp. Rule 31.21 compliant	2027
ISR	Tel Aviv	Tel Aviv 10KM - Elite Women's Race	10KM	Comp. Rule 31.21 compliant	2027
ISR	Tel Aviv	Tel Aviv 5KM	5KM	Comp. Rule 31.21 compliant	2029
ISR	Tel Aviv	Tel Aviv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ISR	Tel Aviv	Tel Aviv Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ISR	Tiberias	Tiberias 10KM	10KM	Comp. Rule 31.21 compliant	2029
ISR	Tiberias	Tiberias 5KM	5KM	Comp. Rule 31.21 compliant	2025
ISR	Tiberias	Tiberias Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ISR	Tiberias	Tiberias Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ISR	Valley of Springs	Valley of Springs 10KM	10KM	Comp. Rule 31.21 compliant	2026
ISR	Valley of Springs	Valley of Springs 5KM	5KM	Comp. Rule 31.21 compliant	2026
ISR	Valley of Springs	Valley of Springs Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Agrigento	Mezza Maratona Agrigento San Leone	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Aosta	Aosta 10K CVA 10K Race	10KM	Comp. Rule 31.21 compliant	2028
ITA	Aosta	BCC Valdostana Half Marathon Aosta	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Aquileia	Aquileia Mytho Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ITA	Arco	Mezza Maratona di Lake Garda	Half Marathon	Separation >50%	2027
ITA	Arconate	5K Losa Esperience Run Fast	5KM	Comp. Rule 31.21 compliant	2029
ITA	Arezzo	10KM Male Li Scalata al Castello	10KM	Comp. Rule 31.21 compliant	2028
ITA	Arezzo	5KM Female Li Scalata al Castello	5KM	Comp. Rule 31.21 compliant	2028
ITA	Arezzo	Campionato Italiano 10KM su strada Assoluti Promesse Juniores	10KM	Comp. Rule 31.21 compliant	2028
ITA	Arezzo	Maratonina Città di Arezzo	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Augusta	Trofeo corri Augusta - 10KM	10KM	Comp. Rule 31.21 compliant	2028
ITA	Augusta	Trofeo corri Augusta - 5KM	5KM	Comp. Rule 31.21 compliant	2028
ITA	Bentivoglio	Interporto Race	10KM	Comp. Rule 31.21 compliant	2028
ITA	Bologna	30KM dei portici	30KM	Comp. Rule 31.21 compliant	2029
ITA	Bologna	Bologna Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Bologna	Bologna Tune Up Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Bolzano	Boclassic 10K	10KM	Comp. Rule 31.21 compliant	2026
ITA	Bolzano	Boclassic 5K	5KM	Comp. Rule 31.21 compliant	2026
ITA	Brescia	10KM Fast Run	10KM	Comp. Rule 31.21 compliant	2028
ITA	Brugnera	Maratonina Comune di Brugnera	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Caltanissetta	Trofeo Kalat 10KM	10KM	Comp. Rule 31.21 compliant	2024*
ITA	Caorle	Campionati Italiani marcia su strada (1000m Lap)	10KM	Comp. Rule 31.21 compliant	2029
ITA	Catania	Naturossa Catania Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Catania	Naturossa Catania Marathon	Marathon	Comp. Rule 31.21 compliant	2026
ITA	Civitanova Marche	Stracivitanova	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Codroipo	10KM Citta di Codroipo	10KM	Comp. Rule 31.21 compliant	2028
ITA	Comiso	Comiso Race 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Como	Como Lake 5K	5KM	Comp. Rule 31.21 compliant	2028
ITA	Como	Como Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Cremona	CR10 Cremona	10KM	Comp. Rule 31.21 compliant	2029
ITA	Cremona	Mezza Maratona di Cremona	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Firenze	100km del Passatore	100KM	Comp. Rule 31.21 compliant	2028
ITA	Firenze	Firenze Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Grado	Mytho Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Grado	Mytho Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Gravellona Tole	Mezza due Laghi 2023	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Imola	Campionato Italiano 100KM su strada	100KM	Comp. Rule 31.21 compliant	2025
ITA	Imperia	10km Citta di Imperia	10KM	Comp. Rule 31.21 compliant	2029
ITA	Imperia	Mezza Maratona Citta di Imperia	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Jesolo	Moonlight Jesolo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	La Spezia	5KM Golfo des Poeti	5KM	Comp. Rule 31.21 compliant	2028
ITA	Licata	10KM Stralicata Licata	10KM	Comp. Rule 31.21 compliant	2028
ITA	Licata	Half Marathon Licata Citta di Mare	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Limone sul Garda	Maratona di Lake Garda	Marathon	Comp. Rule 31.21 compliant	2027

ITA	Marsala	Marsala Half Marathon Citta Garibaldina	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Marsala	Marsala Marathon Citta Garibaldina	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Melegnano	ESET 5K Run	5KM	Comp. Rule 31.21 compliant	2028
ITA	Milano	Ganten21 10KM	10KM	Comp. Rule 31.21 compliant	2028
ITA	Milano	Ganten21 Mezza Maratona	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Milano	Milano Marathon - 10 KM	10KM	Comp. Rule 31.21 compliant	2025
ITA	Milano	Milano21 Follow your Passion - 10KM	10KM	Comp. Rule 31.21 compliant	2027
ITA	Milano	Milano21 Follow your Passion - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Milano	MilanoMarathon	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Milano	Stramilano Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Misano	Misano GP Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Misterbianco	10KM di Misterbianco	10KM	Comp. Rule 31.21 compliant	2029
ITA	Modena	Maratonina d'Italia Maranello Modena	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Modica	Memorial Peppe Greco	10KM	Comp. Rule 31.21 compliant	2028
ITA	Modica	Memorial Raffaele Denaro	10KM	Comp. Rule 31.21 compliant	2029
ITA	Modugno	Marathon Mixed Relay Walk Race	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Monza	10KM Monza 2024	10KM	Comp. Rule 31.21 compliant	2028
ITA	Monza	Ganten Monza 10KM	10KM	Comp. Rule 31.21 compliant	2024*
ITA	Monza	Ganten Monza 30KM	30KM	Comp. Rule 31.21 compliant	2024*
ITA	Monza	Ganten Monza Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
ITA	Monza	Monza21 - 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Monza	Monza21 - 30KM	30KM	Comp. Rule 31.21 compliant	2029
ITA	Monza	Monza21 - Mezza Maratona	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Monza	Run for Life - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Monza	Run for Life 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Muggia	Mujalonga sul Mar	10KM	Comp. Rule 31.21 compliant	2027
ITA	Napoli	Napoli City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Napoli	Neapolis Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Napoli	Neapolis Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Niscemi	Trofeo Citta di Niscemi 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Oderzo	10K su strada Oderzo Citta Archeologica	10KM	Comp. Rule 31.21 compliant	2028
ITA	Oderzo	5K su strada Oderzo Citta Archeologica	5KM	Comp. Rule 31.21 compliant	2028
ITA	Oderzo	Incontro Internazionale di Corsa du Strada Under 20 - 10 KM	10KM	Comp. Rule 31.21 compliant	2025
ITA	Oderzo	Incontro Internazionale di Corsa du Strada Under 20 - 5KM	5KM	Comp. Rule 31.21 compliant	2025
ITA	Oderzo	5K su strada Oderzo citta archeologica	5KM	Comp. Rule 31.21 compliant	2028
ITA	Ostia	Roma Ostia Half Marathon	Half Marathon	Downhill (-1.5 m/km), Separation >50%	2024*
ITA	Padova	10KM Rise and Run	10KM	Comp. Rule 31.21 compliant	2025
ITA	Padova	Incontro Internazionale di Corsa du Strada Under 20 - 10 KM	10KM	Comp. Rule 31.21 compliant	2027
ITA	Padova	Incontro Internazionale di Corsa du Strada Under 20 - 5KM	5KM	Comp. Rule 31.21 compliant	2027
ITA	Padova	Padova Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Padova	Padova Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ITA	Palermo	10KM di Palermo	10KM	Comp. Rule 31.21 compliant	2028
ITA	Palermo	10KM Running Sicily Palermo	10KM	Comp. Rule 31.21 compliant	2029
ITA	Palermo	Half Marathon Citta di Palermo	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Palermo	Marathon Citta di Palermo	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Palermo	Mezza Maratona della Memoria Capaci Palermo	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Pescara	Campionato Italiano 10KM su strada	10KM	Comp. Rule 31.21 compliant	2027
ITA	Pescara	EMACS 2023 10KM	10KM	Comp. Rule 31.21 compliant	2027
ITA	Pescara	Maratonina del Mare	Marathon	Comp. Rule 31.21 compliant	2027
ITA	Piacenza	Placentia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Pordenone	Giro Podistico Citta di Pordenone	5KM	Comp. Rule 31.21 compliant	2027
ITA	Porto Recanati	100KM e 50KM del Conero 2023	100KM	Comp. Rule 31.21 compliant	2027
ITA	Prato	Campionato italiano 10KM	10KM	Comp. Rule 31.21 compliant	2029
ITA	Ravenna	Gara Internazionale di Corsa su Strada 5KM	5KM	Comp. Rule 31.21 compliant	2027
ITA	Ravenna	Half Marathon di Ravenna	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Ravenna	Marathon di Ravenna	Marathon	Comp. Rule 31.21 compliant	2027
ITA	Reggia	Reggia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Reggio Emilia	La 10 di Reggio	10KM	Comp. Rule 31.21 compliant	2028
ITA	Reggio Emilia	La 21 di Reggio	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Reggio Emilia	Maratona di Reggio Emilia	Marathon	Comp. Rule 31.21 compliant	2026
ITA	Reggio Emilia	Mezza Maratona del Tricolore	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Riva del Garda	Garda Trentino Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Roma	10KM Roma Riparte Riparti Roma	10KM	Comp. Rule 31.21 compliant	2024*
ITA	Roma	Athleticom We Run Roma 2022	10KM	Comp. Rule 31.21 compliant	2026
ITA	Roma	European Athletics Championships Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Roma	Mass Event Roma 10K	10KM	Comp. Rule 31.21 compliant	2028
ITA	Roma	Roma by Night Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Roma	Roma Ostia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Roma	Run Rome the Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Roma	Wizz Air Rome Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Sabaudia	Maratona Maga Circe 2024	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Sacile	Mytho Sacile 10KM Run	10KM	Comp. Rule 31.21 compliant	2026
ITA	Sacile	Mytho Sacile Marathon 2022	Marathon	Comp. Rule 31.21 compliant	2026
ITA	San Felice Circeo	Maratone Maga Circe	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Santa Margherita Ligure	Due Perle International Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Scoglietti	Scoglietti Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Serra de Conti	Sei ore de Conti	5KM	Comp. Rule 31.21 compliant	2029
ITA	Siena - Aeroporto di Ampugnano	Tuscany Camp Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ITA	Siena - Aeroporto di Ampugnano	Tuscany Camp Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Stresa	Lago Maggiore Mezza Maratona	Half Marathon	Separation >50%	2026
ITA	Telesia	Telesia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Telesia	Trofeo citta di Telesia	10KM	Comp. Rule 31.21 compliant	2029
ITA	Terni	Maratona di San Valentino	Marathon	Comp. Rule 31.21 compliant	2029
ITA	Terni	Mezza Maratona di San Valentino	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Terni	Terni Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Torino	Hipporun Mezza Maratona 2022 Vinovo	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Torino	La Dieci di Torino	10KM	Comp. Rule 31.21 compliant	2029
ITA	Torino	La Mezza di Torino	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Torino	Torino City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ITA	Torino	Torino City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ITA	Trento	Trento Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Trieste	Corri Trieste 10KM	10KM	Comp. Rule 31.21 compliant	2028
ITA	Trieste	Corsa dei Castelli Trieste 10KM	10KM	Comp. Rule 31.21 compliant	2028
ITA	Trieste	Trieste Half Marathon	Half Marathon	Downhill (-2.51 m/km), Separation >50%	2028
ITA	Venice	Venice Half Marathon	Half Marathon	Separation >50%	2027
ITA	Venice	Venice Marathon	Marathon	Separation >50%	2027
ITA	Verbania	Lago Maggiore 10KM	10KM	Separation >50%	2027
ITA	Verbania	Lago Maggiore Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Verbania	Lago Maggiore Marathon	Marathon	Comp. Rule 31.21 compliant	2026
ITA	Verona	Giulietta & Romeo Half Marathon di Verona	Half Marathon	Comp. Rule 31.21 compliant	2029
ITA	Verona	Verona Cangrande Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ITA	Verona	Verona Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ITA	Vinovo	Hipporun 10KM	10KM	Comp. Rule 31.21 compliant	2028
ITA	Vittoria	Memorial Peppe Greco 10KM	10KM	Comp. Rule 31.21 compliant	2029
JAM	Negril	Reggae Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
JAM	Negril	Reggae Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JOR	Amman	Amman 10KM	10KM	Comp. Rule 31.21 compliant	2027
JOR	Amman	Amman Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JOR	Amman	Amman Marathon	Marathon	Comp. Rule 31.21 compliant	2027

JOR	Aqaba	Aqaba Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JOR	Aqaba	Aqaba Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
JOR	Aqaba	Red Sea 10KM	10KM	Comp. Rule 31.21 compliant	2027
JOR	Aqaba	Red Sea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JOR	Dead Sea	Dead Sea 10KM	10KM	Separation >50%	2027
JOR	Dead Sea	Dead Sea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JOR	Dead Sea	Dead Sea Ultra Marathon	50KM	Comp. Rule 31.21 compliant	2027
JPN	Ageo City	Ageo City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JPN	Fuji Kawaguchi Town	Mount Fuji Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Fukui City	Fukui Sakara Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Fukui City	Fukui Sakara Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
JPN	Fukuoka	Fukuoka International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Fukuoka	The Fst in Fukuoka - 1 Mile	Mile	Comp. Rule 31.21 compliant	2026
JPN	Fukuoka	The Fst in Fukuoka - 5KM	5KM	Comp. Rule 31.21 compliant	2026
JPN	Gifu	Gifu Seiryu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
JPN	Hakodate	Hakodate Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Hakodate	Hakodate Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Hofu City	Hofu Yomiuri Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Itabashi City	Itabashi City Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Iwate	Iwate Oshu Kirameki 10KM	10KM	Comp. Rule 31.21 compliant	2026
JPN	Iwate	Iwate Oshu Kirameki Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Kanazawa City	Kanazawa Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Karatsu	Karatsu 10KM Road Race	10KM	Comp. Rule 31.21 compliant	2026
JPN	Karatsu	Karatsu 5KM Road Race	5KM	Comp. Rule 31.21 compliant	2026
JPN	Kashiwazaki	Kashiwazaki 10KM	10KM	Comp. Rule 31.21 compliant	2024*
JPN	Kashiwazaki	Kashiwazaki Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Kashiwazaki	Kashiwazaki Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Kasumigara	Kasumigara Marathon / International Blind Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Kawagoe City	Koedo Kawagoe 10KM	10KM	Comp. Rule 31.21 compliant	2025
JPN	Kawagoe City	Koedo Kawagoe Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Kitakyushu	Kitakyushu Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Kitami City	Lake Saroma 100KM Ultramarathon	100KM	Comp. Rule 31.21 compliant	2027
JPN	Kobe	Kobe Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Kochi	Kochi Ryoma Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Kumamoto City	Kumamoto Castle 30KM	30KM	Comp. Rule 31.21 compliant	2027
JPN	Kumamoto City	Kumamoto Castle Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Kumamoto City	Kumamoto Kosa 10 Mile Road Race	10 Mile	Comp. Rule 31.21 compliant	2028
JPN	Kumamoto City	Kumamoto Kosa 10 Mile Road Race - 5KM	5KM	Comp. Rule 31.21 compliant	2028
JPN	Kumamoto City	Kumamoto Kosa 10 Mile Road Race.- 10KM	10KM	Comp. Rule 31.21 compliant	2028
JPN	Kyoto	Kyoto Marathon	Marathon	Comp. Rule 31.21 compliant	2030
JPN	Marugame	Kagawa Marugame International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Matsue	Matsue Ladies Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
JPN	Matsue	Matsue Ladies Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
JPN	Matsusaka City	Mie Matsusaka Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Matsuyama	Ehime Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Mikajima	The Road of WASEBA - 10KM	10KM	Comp. Rule 31.21 compliant	2028
JPN	Mikajima	The Road of WASEBA - 5KM	5KM	Comp. Rule 31.21 compliant	2028
JPN	Mikajima	The Road of WASEBA - One mile	Mile	Comp. Rule 31.21 compliant	2028
JPN	Minato City Tokyo	Minato City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JPN	Mito	Mito Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Morioka City	Iwate Morioka City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Nagai City	Nagai Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Nagai City	Nagai Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Nagano	Nagano Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Nagoya	Nagoya Women's Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Nagoya	Nagoya Women's Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Nara	Nara Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Niigata City	Niigata City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Niigata City	Niigata Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
JPN	Nobeoka City	Nobeoka Nishinippon Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Ohme	The Ohme 30KM Road Race	30KM	Comp. Rule 31.21 compliant	2030
JPN	Ohme	The Ohme 30KM Road Race - 10KM	10KM	Comp. Rule 31.21 compliant	2030
JPN	Oita	Beppu-Oita Mainichi Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Oita	Oita International Wheelchair Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Oita	Oita International Wheelchair Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
JPN	Okayama City	Sanyo Ladies Road Race - 10KM	10KM	Comp. Rule 31.21 compliant	2025
JPN	Okayama City	Sanyo Ladies Road Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Osaka	Osaka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
JPN	Osaka	Osaka Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Osaka	Osaka Women's Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Osaka	Osaka Women's Marathon (backup course)	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Osaka	Race Walking in Osaka Nakanoshima	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Osaka	The Distance Games Osaka - 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
JPN	Osaka	The Distance Games Osaka - 10KM	10KM	Comp. Rule 31.21 compliant	2029
JPN	Osaka	The Distance Games Osaka - 30KM	30KM	Comp. Rule 31.21 compliant	2029
JPN	Osaka	The Distance Games Osaka - 5KM	5KM	Comp. Rule 31.21 compliant	2029
JPN	Osaka	The Distance Games Osaka - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JPN	Osaka	The Distance Games Osaka - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Otsu	Biwako Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Sapporo	Hokkaido Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Sapporo	Sapporo Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2025
JPN	Sapporo	Sapporo Run Walk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Sapporo	Tokyo 2020 Olympic Games - Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Sendai City	Sendai International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
JPN	Sendai City	Tohoku-Miyagi Revive Marathon	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Senshu	KIX Senshu International Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Setagaya-ku	Setagaya 246 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Shinjuku City	Shinjuku City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Shizuoka	Shizuoka Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Shymkent	Shymkent Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Sodegaura City	Project Carbon X2	100KM	Comp. Rule 31.21 compliant	2025
JPN	Tachikawa City, Tokyo	Challenge Tokyo Para 21,0975KM in Tachikawa	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Tachikawa City, Tokyo	Challenge Tokyo Para 42,195KM in Tachikawa	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Tachikawa City, Tokyo	Hakone Ekiden Qualification Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
JPN	Tachikawa City, Tokyo	Tachikawa City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
JPN	Tachikawa City, Tokyo	Tachikawa City Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
JPN	Tachikawa City, Tokyo	Tachikawa City Half Marathon - Mile	Mile	Comp. Rule 31.21 compliant	2028
JPN	Tokushima	Tokushima Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Tokyo	Aidasu Jingu Gaiken Road - 10KM	10KM	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Aidasu Jingu Gaiken Road - 5KM	5KM	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Aidasu Jingu Gaiken Road - Mile	Mile	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Challenge 4 Tokyo Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Tokyo	Itabashiku-Takashimadaira 10KM	10KM	Comp. Rule 31.21 compliant	2025
JPN	Tokyo	Itabashiku-Takashimadaira Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Tokyo	Kanto Interscholastic Championship of Track & Field Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
JPN	Tokyo	Marathon Grand Championship	Marathon	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	New Year Race Walk in Tokyo	10KM	Comp. Rule 31.21 compliant	2028
JPN	Tokyo	New Year Race Walk in Tokyo	5KM	Comp. Rule 31.21 compliant	2028
JPN	Tokyo	Tokyo - Hakone Round-Trip Collegiate Ekiden Qualifier	Half Marathon	Comp. Rule 31.21 compliant	2027

JPN	Tokyo	Tokyo City Run	5KM	Comp. Rule 31.21 compliant	2028
JPN	Tokyo	Tokyo Legacy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Tokyo Legacy Wheelchair Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Tokyo Marathon	Marathon	Comp. Rule 31.21 compliant	2030
JPN	Tokyo	Tokyo Rokutai Fes	Mile	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Tokyo Shibamata 100KM	100KM	Comp. Rule 31.21 compliant	2027
JPN	Tokyo	Tokyo Speed Race - 10KM	10KM	Comp. Rule 31.21 compliant	2029
JPN	Tokyo	Tokyo Speed Race - 5KM	5KM	Comp. Rule 31.21 compliant	2029
JPN	Tokyo	World Athletics Championships Tokyo 2025 - 20K Race Walk	20KM	Comp. Rule 31.21 compliant	2029
JPN	Tokyo	World Athletics Championships Tokyo 2025 - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Toyama	Toyama Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - 10K	10KM	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - 30K	30KM	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - 5K	5KM	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Toyosu	The Challenge Race Toyosu - Mile	Mile	Comp. Rule 31.21 compliant	2029
JPN	Tsuchiura City	Kasumigaura Marathon and International Blind Marathon	Marathon	Comp. Rule 31.21 compliant	2028
JPN	Tsukuba	Tsukuba Marathon	Marathon	Comp. Rule 31.21 compliant	2029
JPN	Yamaguchi City	All Japan Industriar T&F Association 10KM	10KM	Comp. Rule 31.21 compliant	2028
JPN	Yamaguchi City	All Japan Industriar T&F Association Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Yokohama	The Challenge Race Yokohama - 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
JPN	Yokohama	The Challenge Race Yokohama - 10K	10KM	Comp. Rule 31.21 compliant	2029
JPN	Yokohama	The Challenge Race Yokohama - 30K	30KM	Comp. Rule 31.21 compliant	2029
JPN	Yokohama	The Challenge Race Yokohama - 5K	5KM	Comp. Rule 31.21 compliant	2029
JPN	Yokohama	The Challenge Race Yokohama - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
JPN	Yokohama	The Challenge Race Yokohama - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KAZ	Almaty	Almaty Half Marathon	Half Marathon	Downhill (-7.53 m/km)	2028
KAZ	Almaty	Almaty Half Marathon - 10KM	10KM	Downhill (-15.9 m/km), Separation >50%	2028
KAZ	Almaty	Almaty Marathon	Marathon	Comp. Rule 31.21 compliant	2027
KAZ	Almaty	Almaty Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
KAZ	Astana	Astana 10KM	10KM	Comp. Rule 31.21 compliant	2026
KAZ	Astana	Astana City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
KAZ	Astana	Astana City Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
KAZ	Astana	Astana Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
KAZ	Astana	Astana Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
KAZ	Astana	Birk Jugirisi Half Marathon	Half Marathon	comp. Rule 31.21 compliant	2028
KAZ	Ekibastuz	Ekibastuz Halfmarathon	Half Marathon	Comp. Rule 31.21 compliant	2029
KAZ	Ekibastuz	Ekibastuz Halfmarathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
KAZ	Karaganda	Qaragandy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
KAZ	Kastanay	Kastanay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
KAZ	Taldyqorgan	Qazaq Half Marathon Taldyqorgan	Half Marathon	Comp. Rule 31.21 compliant	2028
KAZ	Turkistan	Turkistan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KAZ	Turkistan	Turkistan Marathon	Marathon	Comp. Rule 31.21 compliant	2026
KAZ	Turkistan	Turkistan Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
KAZ	Ust-Kamenogorsk	Altay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
KAZ	Ust-Kamenogorsk	Oskemen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
KAZ	Zerenda	Zerenda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
KEN	Eldoret	Eldoret Half Marathon	Half Marathon	Downhill (-5.9 m/km), Separation >50%	2025
KEN	Eldoret	Three Cities Marathon	Marathon	Downhill (-1.8 m/km), Separation >50%	2025
KEN	Nairobi	Nairobi City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
KEN	Nairobi	Standard Chartered Nairobi Marathon	Marathon	Comp. Rule 31.21 compliant	2027
KGZ	Bishkek	Bishkek Snow Leopard Run	Half Marathon	Comp. Rule 31.21 compliant	2029
KGZ	Bishkek	Bishkek Snow Leopard Run - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KGZ	Cholpon-Ata	Run the Silk Road - SCO	Marathon	Comp. Rule 31.21 compliant	2027
KOR	Chuncheon	Chosunilbo Chuncheon Marathon	Marathon	Comp. Rule 31.21 compliant	2027
KOR	Daegu	Daegu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KOR	Daegu	Daegu International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
KOR	Gunsan City	Gunsan Saemangeum International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
KOR	Gunsan City	Gunsan Saemangeum International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KOR	Gyeonggi	Gyeonggi International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
KOR	Gyeongju	Gyeongju International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
KOR	Incheon	Incheon International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
KOR	Incheon	Incheon Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KOR	Seoul	DongA Marathon	Marathon	Comp. Rule 31.21 compliant	2025
KOR	Seoul	JTBC Seoul Marathon	Marathon	Comp. Rule 31.21 compliant	2028
KOR	Seoul	Seoul Earth Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KOR	Seoul	Seoul Marathon	Marathon	Comp. Rule 31.21 compliant	2028
KOR	Seoul	Seoul YMCA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
KOS	Pristina	Pristina Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KOS	Pristina	Pristina Marathon	Marathon	Comp. Rule 31.21 compliant	2026
KSA	Abha	Abha 5K Running Race	5KM	Comp. Rule 31.21 compliant	2028
KSA	Al Ahsa	Palms Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KSA	Al Khobar	Al Sharqiyah International Race - 10KM	10KM	Comp. Rule 31.21 compliant	2028
KSA	Al Khobar	Al Sharqiyah International Race - 5KM	5KM	Comp. Rule 31.21 compliant	2028
KSA	Al Khobar	Al Sharqiyah International Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
KSA	Al Khobar	Al Sharqiyah International Race - Mile	Mile	Separation >50%	2028
KSA	Al Khobar	Khobar International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
KSA	Jeddah	Al Balad Half Maraton	Half Marathon	Comp. Rule 31.21 compliant	2028
KSA	Jeddah	Jeddah Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KSA	Jubail	Jubail Industrial City 5km	5KM	Comp. Rule 31.21 compliant	2027
KSA	Jubail	Jubail Industrial City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
KSA	Khobar	Khobar International Half Marathon - 5km	5KM	Separation >50%	2027
KSA	Khobar	Khobar International Half Marathon - Mile	Mile	Separation >50%	2027
KSA	Riyadh	Riyadh 10K	10KM	Comp. Rule 31.21 compliant	2027
KSA	Riyadh	Riyadh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
KSA	Riyadh	Riyadh Marathon	Marathon	Comp. Rule 31.21 compliant	2029
KUW	Kuwait City	GulfBank 642 10KM	10KM	Comp. Rule 31.21 compliant	2026
KUW	Kuwait City	GulfBank 642 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KUW	Kuwait City	GulfBank 642 Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LAO	Luang Prabang	Viettel Marathon – Luang Prabang Unitel - 10KM	10KM	Comp. Rule 31.21 compliant	2028
LAO	Luang Prabang	Viettel Marathon – Luang Prabang Unitel - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
LAO	Luang Prabang	Viettel Marathon – Luang Prabang Unitel - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
LAO	Vang Vieng	Vang Vieng Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
LAO	Vang Vieng	Vang Vieng Half Marathon - 10km	10KM	Comp. Rule 31.21 compliant	2029
LAO	Vang Vieng	Vang Vieng Half Marathon - 5km	5KM	Comp. Rule 31.21 compliant	2029
LAO	Vientiane	Vientiane International 10KM	10KM	Comp. Rule 31.21 compliant	2027
LAO	Vientiane	Vientiane International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LAO	Vientiane	Vientiane International Marathon - 10km	10KM	Comp. Rule 31.21 compliant	2026
LAO	Vientiane	Vientiane International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAO	Vientiane	Vientiane Mekong Marathon	Marathon	Comp. Rule 31.21 compliant	2027
LAT	Balvi	Balvi 10KM	10KM	Comp. Rule 31.21 compliant	2029
LAT	Cesis	Apkart Cesim 10KM	10KM	Comp. Rule 31.21 compliant	2027
LAT	Daugavpils	Daugavpils Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Daugavpils	Daugavpils- Mezciems 5KM	5KM	Comp. Rule 31.21 compliant	2024*
LAT	Daugavpils	Mezciema Skrejiens 5KM	5KM	Comp. Rule 31.21 compliant	2029
LAT	Daugavpils	Mezcieme Skrejiens 10KM	10KM	Comp. Rule 31.21 compliant	2029
LAT	Jaunmarupe	Marupes Skrejiens 5KM	5KM	Comp. Rule 31.21 compliant	2026
LAT	Jeļgava	Jeļgava 10KM	10KM	Comp. Rule 31.21 compliant	2028

LAT	Jelgava	Jelgava 5KM	5KM	Comp. Rule 31.21 compliant	2028
LAT	Jelgava	Jelgava Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
LAT	Jelgava	Jelgava Mile	Mile	Comp. Rule 31.21 compliant	2027
LAT	Kuldiga	Kuldigas 10KM	10KM	Comp. Rule 31.21 compliant	2024*
LAT	Kuldiga	Kuldigas 5KM	5KM	Comp. Rule 31.21 compliant	2024*
LAT	Kuldiga	Kuldigas Pusmaratonas	Half Marathon	Comp. Rule 31.21 compliant	2028
LAT	Liepaja	Liepaja 10KM	10KM	Comp. Rule 31.21 compliant	2028
LAT	Liepaja	Liepaja 5KM	5KM	Comp. Rule 31.21 compliant	2029
LAT	Liepaja	Liepaja Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
LAT	Livani	Livani Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
LAT	Livani	Livenhofas Skrejiens 10KM	10KM	Comp. Rule 31.21 compliant	2028
LAT	Livani	Livenhofas Skrejiens Mile	Mile	Comp. Rule 31.21 compliant	2028
LAT	Ogre	Iszkrien Ogri 5KM	5KM	Comp. Rule 31.21 compliant	2029
LAT	Ozolnieki	Ozolnieki 10KM	10KM	Comp. Rule 31.21 compliant	2026
LAT	Ozolnieki	Ozolnieki Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
LAT	Piltene	Piltenes Skrejiens 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
LAT	Piltene	Skrejiens Piltene 10KM	10KM	Comp. Rule 31.21 compliant	2026
LAT	Piltene	Skrejiens Piltene 5KM	5KM	Comp. Rule 31.21 compliant	2026
LAT	Pinki	Via Runs: Mile Race	Mile	Comp. Rule 31.21 compliant	2029
LAT	Plavinas	Plavinas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
LAT	Rezekne	Rezeknes pusmaratons	Half Marathon	Comp. Rule 31.21 compliant	2029
LAT	Riga	Riga - Valmiera 100KM	100KM	Comp. Rule 31.21 compliant	2029
LAT	Riga	Rimi Riga 10KM	10KM	Comp. Rule 31.21 compliant	2027
LAT	Riga	Rimi Riga 5KM	5KM	Comp. Rule 31.21 compliant	2027
LAT	Riga	Rimi Riga Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
LAT	Riga	Rimi Riga Marathon	Marathon	Comp. Rule 31.21 compliant	2029
LAT	Riga	Rimi Riga Mile	Mile	Comp. Rule 31.21 compliant	2027
LAT	Riga	World Athletics Road Running Championships Riga 2023 - Mile Race	Mile	Comp. Rule 31.21 compliant	2027
LAT	Roja	Roja Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2027
LAT	Salaspils	Salaspils Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Salaspils	Salaspils Mile	Mile	Comp. Rule 31.21 compliant	2028
LAT	Saldus	Rozentala skrējiens Saldus 10m	10KM	Comp. Rule 31.21 compliant	2024*
LAT	Saldus	Rozentala skrējiens Saldus 5m	5KM	Comp. Rule 31.21 compliant	2024*
LAT	Tukums	Modra Liepina Kausss Solosana 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
LAT	Valmiera	Valmiera Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
LAT	Ventspils	Ventspils Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Ventspils	Ventspils Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LBR	Monrovia	Liberia 10KM	10KM	Comp. Rule 31.21 compliant	2026
LBR	Monrovia	Liberia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LBR	Monrovia	Liberia Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LES	Maseru	Minet Independence 10KM	10KM	Comp. Rule 31.21 compliant	2029
LES	Maseru	Minet Independence Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
LES	Maseru	Minet Independence Marathon	Marathon	Comp. Rule 31.21 compliant	2029
LES	Qachas Nek	Lesotho Mountain Marathon 21KM	Half Marathon	Separation >50%	2028
LTU	Alytus	Alytus 100KM Running	100KM	Comp. Rule 31.21 compliant	2026
LTU	Alytus	Alytus 50KM Running	50KM	Comp. Rule 31.21 compliant	2026
LTU	Alytus	Alytus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LTU	Druskininkai	Druskininkai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
LTU	Druskininkai	Druskininkai Marathon	Marathon	Comp. Rule 31.21 compliant	2027
LTU	Kaunas	Kaunas 10KM	10KM	Comp. Rule 31.21 compliant	2029
LTU	Kaunas	Kaunas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
LTU	Kaunas	Kaunas Marathon	Marathon	Comp. Rule 31.21 compliant	2029
LTU	Klaipeda	Klaipeda 10KM	10KM	Comp. Rule 31.21 compliant	2027
LTU	Klaipeda	Klaipeda 5KM	5KM	Comp. Rule 31.21 compliant	2027
LTU	Klaipeda	Klaipeda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
LTU	Klaipeda	Klaipeda Marathon	Marathon	Comp. Rule 31.21 compliant	2027
LTU	Vilnius	100KM Run Powered by Nord Security	100KM	Comp. Rule 31.21 compliant	2028
LTU	Vilnius	The World's Fastest Run powered by Nord Security - 100KM	100KM	Comp. Rule 31.21 compliant	2028
LTU	Vilnius	The World's Fastest Run powered by Nord Security - 50KM	50KM	Comp. Rule 31.21 compliant	2028
LTU	Vilnius	Vilnius 100KM	100KM	Comp. Rule 31.21 compliant	2027
LTU	Vilnius	Vilnius 10KM	10KM	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Vilnius 5KM	5KM	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Vilnius Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
LTU	Vilnius	Vilnius Marathon	Marathon	Comp. Rule 31.21 compliant	2029
LTU	Vilnius	Vilnius Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
LTU	Vilnius	Vilnius Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
LUX	Diekirch	Sauer Been Road Mile	Mile	Comp. Rule 31.21 compliant	2029
LUX	Luxembourg	Letz Luxembourg City Road Mile	Mile	Comp. Rule 31.21 compliant	2029
LUX	Luxembourg	Postlat 10KM	10KM	Comp. Rule 31.21 compliant	2029
LUX	Mondorf les Bains	Mondorf Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
LUX	Mondorf les Bains	Mondorf Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
LUX	Remich	ING Route du Vin 10KM	10KM	Comp. Rule 31.21 compliant	2026
LUX	Remich	ING Route du Vin 5KM	5KM	Comp. Rule 31.21 compliant	2026
LUX	Remich	ING Route du Vin Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
LUX	Remich	Musel's Laf Semi Marathon des 3 Pays	Half Marathon	Comp. Rule 31.21 compliant	2026
MAC	Macau	Macau International 10KM	10KM	Comp. Rule 31.21 compliant	2025
MAC	Macau	Sands China Macao International 10K	10KM	Comp. Rule 31.21 compliant	2028
MAR	Agadir	10KM d'Agadir	10KM	Comp. Rule 31.21 compliant	2028
MAR	Agadir	10KM Universitaire d'Agadir	10KM	Comp. Rule 31.21 compliant	2028
MAR	Agadir	Agadir Green Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAR	Agadir	Agadir Green Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MAR	Agadir	Semi Marathon d'Agadir	Half Marathon	Comp. Rule 31.21 compliant	2028
MAR	Agadir	Semi Marathon Universitaire d'Agadir	Half Marathon	Comp. Rule 31.21 compliant	2028
MAR	Agadir	Yennayer Agadir Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAR	Al Hoceima	Semi Marathon International Al Hoceima	Half Marathon	Comp. Rule 31.21 compliant	2024*
MAR	Azilal	10KM International Geoparc M Goun	10KM	Comp. Rule 31.21 compliant	2026
MAR	Azilal	Semi Marathon International Geoparc M Goun	Half Marathon	Comp. Rule 31.21 compliant	2026
MAR	Bengrir	10KM de Bengrir	10KM	Comp. Rule 31.21 compliant	2026
MAR	Bengrir	Semi Marathon de Bengrir	Half Marathon	Comp. Rule 31.21 compliant	2026
MAR	Benslimane	Semi Marathon Vert de Benslimane	Half Marathon	Comp. Rule 31.21 compliant	2024*
MAR	Casablanca	10KM Ain Sebaa	10KM	Comp. Rule 31.21 compliant	2027
MAR	Casablanca	10KM International de Casablanca	10KM	Comp. Rule 31.21 compliant	2028
MAR	Casablanca	15KM de Casablanca	15KM	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	5KM de Casablanca	5KM	Comp. Rule 31.21 compliant	2027
MAR	Casablanca	Foulées de Hay Moammadi 10KM	10KM	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	Marathon International de Casablanca	Marathon	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	Marathon International de Casablanca - Parcours B	Marathon	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	Semi Marathon de Casablanca	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	Semi Marathon de Casablanca - Parcours B	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	We Casablanca 10KM	10KM	Comp. Rule 31.21 compliant	2029
MAR	Casablanca	We Casablanca Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2029
MAR	Dakhla	10KM de Dakhla	10KM	Comp. Rule 31.21 compliant	2029
MAR	Dar Bouazza	10KM de Dar Bouazza	10KM	Comp. Rule 31.21 compliant	2028
MAR	Dar Bouazza	Semi Marathon de Dar Bouazza	Half Marathon	Comp. Rule 31.21 compliant	2028
MAR	Dchiera	10KM de Dcheira	10KM	Comp. Rule 31.21 compliant	2029
MAR	Eljadida	15KM de Moulay Abdellah	15KM	Separation >50%	2028
MAR	Fes	10KM de Fes	10KM	Comp. Rule 31.21 compliant	2029
MAR	Fes	10KM International Noor Fes	10KM	Comp. Rule 31.21 compliant	2029
MAR	Fes	Marathon de Fes	Marathon	Comp. Rule 31.21 compliant	2029

MAR	Fes	Semi Marathon de Fes	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Figuig	Figuig 10K International	10KM	Comp. Rule 31.21 compliant	2026
MAR	Guercif	10KM des Olives	10KM	Comp. Rule 31.21 compliant	2028
MAR	Kenitra	10KM international de Kenitra	10KM	Comp. Rule 31.21 compliant	2026
MAR	Laayoune	5KM International de Laayoune	5KM	Comp. Rule 31.21 compliant	2026
MAR	Laayoune	Semi Marathon International de Laayoune	Half Marathon	Comp. Rule 31.21 compliant	2026
MAR	M'Diq	10KM de M'Diq	10KM	Separation >50%	2025
MAR	Marrakech	20KM Marche des Championnats Panarabes	20KM	Comp. Rule 31.21 compliant	2027
MAR	Marrakech	Marathon International de Marrakech	Marathon	Comp. Rule 31.21 compliant	2029
MAR	Marrakech	Semi Marathon international de Marrakech	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Marrakech	Semi-Marathon des Championnats Panarabes	Half Marathon	Comp. Rule 31.21 compliant	2027
MAR	Meknes	10KM de Meknes	10KM	Comp. Rule 31.21 compliant	2029
MAR	Meknes	Semi Marathon international de Meknes	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Rabat	10KM de Rabat	10KM	Comp. Rule 31.21 compliant	2029
MAR	Rabat	Marathon de Rabat	Marathon	Comp. Rule 31.21 compliant	2029
MAR	Rabat	Semi Marathon de Rabat	Half Marathon	Comp. Rule 31.21 compliant	2029
MAR	Safi	Semi marathon international de Safi	Half Marathon	Comp. Rule 31.21 compliant	2024*
MAR	Settat	Course Internationale de Settat	10KM	Comp. Rule 31.21 compliant	2027
MAR	Tahia	10KM de Tahia	10KM	Comp. Rule 31.21 compliant	2026
MAR	Tamensourt	10KM de Tamensourt	10KM	Comp. Rule 31.21 compliant	2027
MAR	Tamensourt	Marathon International de Tamensourt	Marathon	Comp. Rule 31.21 compliant	2027
MAR	Tamesna	10KM de Tamesna	10KM	Comp. Rule 31.21 compliant	2026
MAR	Tamesna	Semi Marathon international de Tamesna	Half Marathon	Comp. Rule 31.21 compliant	2026
MAR	Taroudant	Taroudant International 10K	10KM	Comp. Rule 31.21 compliant	2027
MAR	Taza	10KM de Taza	10KM	Comp. Rule 31.21 compliant	2028
MAR	Tiznit	Tiznit International 15KM	15KM	Comp. Rule 31.21 compliant	2027
MAS	Aspen Vision City	Penang Bridge International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MAS	Aspen Vision City	Penang Bridge International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
MAS	Aspen Vision City	Penang Bridge International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Batu Kawan	Penang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Batu Kawan	Penang Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
MAS	Cyberjaya	ASICS META : Time Trials Malaysia	10KM	Comp. Rule 31.21 compliant	2027
MAS	Cyberjaya	Twincity Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MAS	Cyberjaya	Twincity Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	George Town	Penang Bridge International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MAS	George Town	Penang Bridge International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
MAS	Ipoh	HTM Ipoh 7 Bridges Run	Marathon	Comp. Rule 31.21 compliant	2028
MAS	Kota Bharu	Kota Bharu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Kota Bharu	Kota Bharu Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
MAS	Kota Kinabalu	Borneo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kota Kinabalu	Borneo International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kota Kinabalu	Borneo International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
MAS	Kota Kinabalu	Borneo International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kota Kinabalu	Kota Kinabalu City Borneo Half Marathon	Comp. Rule 31.21 compliant	2024*	
MAS	Kuala Lumpur	Anak Sarawak International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Kuala Lumpur	Kuala Lumpur Half Marathon	Comp. Rule 31.21 compliant	2029	
MAS	Kuala Lumpur	Kuala Lumpur Standard Chartered Marathon	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuala Lumpur	Kuala Lumpur Standard Chartered Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
MAS	Kuala Lumpur	Kuala Lumpur Standard Chartered Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuala Terengganu	Terengganu Marathon	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuala Terengganu	Terengganu Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
MAS	Kuala Terengganu	Terengganu Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
MAS	Kuala Terengganu	Terengganu Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuching	Kuching Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuching	Kuching Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
MAS	Kuching	Kuching Marathon	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Kuching	Sarawak Energy Isthmus Run - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Langkawi	Langkawi International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
MAS	Miri	Miri Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Miri	Miri Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MAS	Putrajaya	BOOM + Run - 30K	30KM	Comp. Rule 31.21 compliant	2029
MAS	Putrajaya	BOOM + Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Putrajaya	Malaysia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MAS	Putrajaya	Malaysia Marathon	Marathon	Comp. Rule 31.21 compliant	2026
MAS	Putrajaya	Puma Nitro Night Run	Half Marathon	Comp. Rule 31.21 compliant	2028
MAS	Putrajaya	SCORE Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MAS	Putrajaya	SCORE Marathon	Marathon	Comp. Rule 31.21 compliant	2027
MAS	Putrajaya	Toyota Start Your Impossible Outrun	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Sandakan-Sabah	Elopura Marathon	Marathon	Comp. Rule 31.21 compliant	2027
MAS	Sandakan-Sabah	Elopura Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
MAS	Sandakan-Sabah	Elopura Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
MAS	Shah Alam	International Women Day Run	5KM	Comp. Rule 31.21 compliant	2029
MAS	Sungai Petani	Lion Run	10KM	Comp. Rule 31.21 compliant	2027
MAS	Sungai Petani	SP Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Sungai Petani	SP Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
MAS	Sunway City	Duo Highway Challenge	Marathon	Comp. Rule 31.21 compliant	2029
MAS	Taiping	Taiping Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MAS	Taiping	Taiping Half Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
MDA	Chisinau	Chisinau International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MDA	Chisinau	Chisinau International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
MDV	Fuvahmulah	Dhiraagu Fuvahmulah Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
MDV	Fuvahmulah	Dhiraagu Fuvahmulah Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
MDV	Fuvahmulah	Dhiraagu Fuvahmulah Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MDV	Hulhumale	Dhiraagu Maldives Road Race - 10KM	10KM	Comp. Rule 31.21 compliant	2029
MDV	Hulhumale	Dhiraagu Maldives Road Race - 5KM	5KM	Comp. Rule 31.21 compliant	2029
MDV	Hulhumale	Dhiraagu Maldives Road Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Aguascalientes	Maratón Aguascalientes	Marathon	Comp. Rule 31.21 compliant	2024*
MEX	Celaya	Maratón Celaya	Marathon	Comp. Rule 31.21 compliant	2026
MEX	Chiapas	21K Chiapas Medio Maraton Internacional	Half Marathon	Downhill (-8.20m/km), Separation >50%	2026
MEX	Ciudad Juarez, Chihuahua	Carrera Internacional del Amistad	10KM	Comp. Rule 31.21 compliant	2024*
MEX	Colombia, Nuevo Leon	Maraton Transfonderizo "Bernado Reyes - Tomas Sanchez"	Marathon	Downhill (-1.18m/km), Separation >50%	2029
MEX	Cuencamé	10KM Cuencamé Run	10KM	Comp. Rule 31.21 compliant	2024*
MEX	Cuencamé	5KM Cuencamé Run	5KM	Comp. Rule 31.21 compliant	2024*
MEX	Culiacan	Maratón Internacional de Culiacan	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Culiacan	Medio Maratón Internacional de Culiacan	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Delicias, Chihuahua	Carrera San Silvestre Delicias	10KM	Separation >50%	2025
MEX	Dos Laredos	Maratón Binacional Dos Laredos	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Guadalajara	10K Comude GDL	10KM	Comp. Rule 31.21 compliant	2029
MEX	Guadalajara	10K Internacional Guadalajara Bomberos	10KM	Comp. Rule 31.21 compliant	2027
MEX	Guadalajara	Maratón Internacional Guadalajara 2022	Marathon	Comp. Rule 31.21 compliant	2026
MEX	Guadalajara	Medio Maratón Atlas	Half Marathon	Comp. Rule 31.21 compliant	2026
MEX	Hermosillo	Maratón Internacional de Hermosillo Sonora	Marathon	Comp. Rule 31.21 compliant	2029
MEX	Hermosillo	Medio Maratón Internacional de Hermosillo Sonora	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Juarez	Maratón Internacional de Juárez	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Juarez	Medio Maratón Internacional de Juárez	Half Marathon	Comp. Rule 31.21 compliant	2026
MEX	Las Arboledas	Carrera Verano Arboledas	10KM	Comp. Rule 31.21 compliant	2029
MEX	León	Maratón León	Marathon	Comp. Rule 31.21 compliant	2028
MEX	León	Medio Maratón León	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Lerdo, Dgo	10K Marathon Internacional TV	10KM	Comp. Rule 31.21 compliant	2024*

MEX	Los Mochis	Maratón Los Mochis	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Los Mochis	Maratón Los Mochis - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Los Mochis	Medio Maratón Los Mochis	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Matamoros	Maraton Matamoros Rumbo al Bicentario	Marathon	Comp. Rule 31.21 compliant	2029
MEX	Mazatlán	Gran Maratón y Triatlón Pacífico Mazatlán	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Mazatlán	Gran Maratón y Triatlón Pacífico Mazatlán - 10KM	10KM	Comp. Rule 31.21 compliant	2029
MEX	Mazatlán	Gran Maratón y Triatlón Pacífico Mazatlán - 5KM	5KM	Comp. Rule 31.21 compliant	2028
MEX	Mazatlán	Gran Maratón y Triatlón Pacífico Mazatlán - Medio Maraton	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Merida	Maratón Mérida	Marathon	Comp. Rule 31.21 compliant	2027
MEX	Merida	Maratón Mérida - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Mexicali	Medio Maratón Cety's Zorros	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Mexicali	Medio Maratón Mexicali	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	México City	Maratón Ciudad de México	Marathon	Downhill (-1.26 m/km)	2027
MEX	México City	Medio Maratón de la Ciudad de México	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Monterrey	Maraton Powerade Monterrey	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Morelia	Medio Maratón Morelia	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Nuevo León	21K Nuevo Nuevo León	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Puebla	Maratón Puebla	Marathon	Comp. Rule 31.21 compliant	2028
MEX	Puebla	Media Maratón Puebla	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Puerto Vallarta	Maratón Puerto Vallarta	Marathon	Comp. Rule 31.21 compliant	2029
MEX	Puerto Vallarta	Media Maratón Puerto Vallarta	Half Marathon	Comp. Rule 31.21 compliant	2027
MEX	Querétaro	Querétaro Marathon	Marathon	Comp. Rule 31.21 compliant	2027
MEX	Rosario	Medio Maratón Powerade Rosario	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Rosario	Medio Maratón Rosario-Puerto Nuevo	Half Marathon	Separation >50%	2028
MEX	Saltillo	Maratón Saltillo - La Moderna	Marathon	Comp. Rule 31.21 compliant	2027
MEX	San Cristóbal de Las Casas	Medio Maratón Internacional San Ramón 2025	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	San Francisco de Borja	10K Namurachi	10KM	Downhill (-1.60m/km)	2026
MEX	San Juan de los Lagos	Medio Maratón Proan	Half Marathon	Downhill (-1.94m/km)	2029
MEX	San Luis Potosí	10K Internacional Maratón TV	10KM	Comp. Rule 31.21 compliant	2027
MEX	San Luis Potosí	5K Internacional Maratón TV	5KM	Comp. Rule 31.21 compliant	2027
MEX	San Luis Potosí	Maratón Tangamanga	Marathon	Comp. Rule 31.21 compliant	2028
MEX	San Luis Potosí	Medio Maratón La Capital del Deporte	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Santiago de Querétaro	Querétaro Maratón	Marathon	Comp. Rule 31.21 compliant	2026
MEX	Tepatlán	Carrera Pedestre Internacional Feria Tepablí	5KM	Comp. Rule 31.21 compliant	2029
MEX	Tijuana	Medio Maratón Tijuana Fundación Castro-Limón	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Tijuana	Medio Maratón UABC 21K	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Tijuana	Tijuana 5000	5KM	Comp. Rule 31.21 compliant	2028
MEX	Tlajomulco	Medio Maratón Internacional de Tlajomulco	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Topolobampo	Medio Maratón Topolobampo	Half Marathon	Comp. Rule 31.21 compliant	2029
MEX	Topolobampo	Medio Maratón Topolobampo - 10K	10KM	Comp. Rule 31.21 compliant	2027
MEX	Torreón	10K Internacional de Marathon TV	10KM	Comp. Rule 31.21 compliant	2025
MEX	Torreón	5K Internacional de Marathon TV	5KM	Comp. Rule 31.21 compliant	2025
MEX	Torreón	Maratón LALA	Marathon	Comp. Rule 31.21 compliant	2024*
MEX	Torreón	Medio Maratón Día del Padre	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Zacatecas	Carrera por la Paz Zacatecas	Half Marathon	Comp. Rule 31.21 compliant	2028
MEX	Zapopan	Medio Maratón Internacional Zapopan	Half Marathon	Comp. Rule 31.21 compliant	2029
MKD	Bitola	Trčanje be 10KM	10KM	Comp. Rule 31.21 compliant	2027
MKD	Bitola	Trčanje be Halfmarathon	Half Marathon	Comp. Rule 31.21 compliant	2027
MKD	Gevgelija	November Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
MKD	Gevgelija	November Run 5KM	5KM	Comp. Rule 31.21 compliant	2027
MKD	Ohrid	Ohrid Trcat Halfmarathon	Half Marathon	Comp. Rule 31.21 compliant	2029
MKD	Skopje	Skopje Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MKD	Skopje	Skopje Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MKD	Skopje	Skopje Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
MLT	Birzebbuga	Athletics Malta 5KM National Championships	5KM	Comp. Rule 31.21 compliant	2026
MLT	Hal Safi	Eurosport Safi 5K	5KM	Comp. Rule 31.21 compliant	2028
MLT	La Valette	La Valette Marathon	Marathon	Comp. Rule 31.21 compliant	2028
MLT	La Valette	La Valette 10KM	10KM	Comp. Rule 31.21 compliant	2028
MLT	La Valette	La Valette Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
MLT	Marsascala	Athletics Malta 10KM Road Running Series Marsascala	10KM	Comp. Rule 31.21 compliant	2027
MLT	Marsascala	Athletics Malta 5KM Road Running Series Marsascala	5KM	Comp. Rule 31.21 compliant	2027
MLT	Marsaskala	Marsaskala 10K	10KM	Comp. Rule 31.21 compliant	2028
MLT	Mosta	EEC Mosta 5K Race	5KM	Comp. Rule 31.21 compliant	2029
MLT	Silema	The Intersport La Valette Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MLT	Silema	The Intersport La Valette Marathon	Marathon	Comp. Rule 31.21 compliant	2026
MLT	Ta Qali	5K Road National Championships	5KM	Comp. Rule 31.21 compliant	2029
MLT	Ta Qali	Pembroke athleta Eurosport Run for Mental Wellbeing - 10KM	10KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Qali	Pembroke Athleta Eurosport Run for mental Wellbeing - 5KM	5KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Qali	Ta Qali 10K	10KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Qali	Ta Qali 5K	5KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Xbiex	10K Beat Your PB By Dillon	10KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Xbiex	5K Beat Your PB By Andrew	5KM	Comp. Rule 31.21 compliant	2028
MLT	Ta Xbiex	Beitsson Group Evolve 5K	5KM	Comp. Rule 31.21 compliant	2028
MLT	Xagħra	Teamsport Gozo 10KM	10KM	Comp. Rule 31.21 compliant	2026
MLT	Xagħra	Teamsport Gozo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MLT	Xemxija	Best your PB 5K by Andrew	5KM	Comp. Rule 31.21 compliant	2028
MLT	Zabbar	La Salle AC 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
MNE	Bijelo Polje	Istrci i pokreni se	Half Marathon	Comp. Rule 31.21 compliant	2029
MNE	Kotor	1 Bokeski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
MNE	Kotor	Bokeski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MNE	Kotor	Bokeski Marathon	Marathon	Comp. Rule 31.21 compliant	2027
MNE	Nikšić	Ostroški Polumaraton	Half Marathon	Separation >50%	2027
MNE	Plav	Plav Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
MNE	Plav	Plav Run 21KM	Half Marathon	Comp. Rule 31.21 compliant	2029
MNE	Plav	Plav Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
MNE	Podgorica	Podgorica Millennium Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
MNE	Podgorica	Podgorica Millennium Run 10KM	10KM	Comp. Rule 31.21 compliant	2025
MNE	Podgorica	Podgorica Millennium Run Marathon	Marathon	Comp. Rule 31.21 compliant	2025
MON	Monaco	Monaco Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
MOZ	Maputo	Meia Maratona Internacional de Maputo	Half Marathon	Comp. Rule 31.21 compliant	2024*
NAM	Swakopmund	Rössing 10KM	10KM	Comp. Rule 31.21 compliant	2024*
NAM	Swakopmund	Rössing Half Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
NAM	Swakopmund	Rössing Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
NAM	Windhoek	Windhoek 10KM	10KM	Comp. Rule 31.21 compliant	2029
NAM	Windhoek	Windhoek 5KM	5KM	Comp. Rule 31.21 compliant	2029
NAM	Windhoek	Windhoek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NAM	Windhoek	Windhoek Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NED	Amstelveen	Lentemarathon Amstelveen	Marathon	Comp. Rule 31.21 compliant	2029
NED	Amstelveen	Lentemarathon Amstelveen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NED	Amsterdam	Mizuno Half Marathon Amsterdam	Half Marathon	Comp. Rule 31.21 compliant	2025
NED	Amsterdam	TCS Amsterdam Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NED	Appingedam	Stadsloop Appingedam 10KM	10KM	Comp. Rule 31.21 compliant	2026
NED	Appingedam	Stadsloop Appingedam 5KM	5KM	Comp. Rule 31.21 compliant	2026
NED	Breda	Bredase Singelloop 10KM	10KM	Comp. Rule 31.21 compliant	2026
NED	Breda	Bredase Singelloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NED	Breda	Tilburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Brunssum	Parelloop Brunssum 10KM	10KM	Comp. Rule 31.21 compliant	2029
NED	Brunssum	Parelloop Brunssum 5KM	5KM	Comp. Rule 31.21 compliant	2029
NED	Curaçao	Curaçao 5KM	5KM	Comp. Rule 31.21 compliant	2027

NED	Curaçao	KLM Curacao 10KM	10KM	Comp. Rule 31.21 compliant	2027
NED	Curaçao	KLM Curacao Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NED	Curaçao	Venequip Curaçao Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Den Haag	City Pier City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NED	Eindhoven	Marathon Eindhoven	Marathon	Comp. Rule 31.21 compliant	2028
NED	Eindhoven	Marathon Eindhoven - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NED	Enschede	Enschede 10KM	10KM	Comp. Rule 31.21 compliant	2029
NED	Enschede	Enschede 5KM	5KM	Comp. Rule 31.21 compliant	2029
NED	Enschede	Enschede Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Enschede	Enschede Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NED	Enschede	Enschede Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
NED	Enschede	NN Mission Marathon	Marathon	Comp. Rule 31.21 compliant	2025
NED	Grue	Grue 10KM	10KM	Comp. Rule 31.21 compliant	2027
NED	Grue	Grue Halvmaraton	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Leiden	Leiden 10KM	10KM	Comp. Rule 31.21 compliant	2029
NED	Leiden	Leiden Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NED	Leiden	Leiden Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NED	Lumbini	Lumbini International Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NED	Nijmegen	Seven Hills Record Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
NED	Nijmegen	Seven Hills Test Run 5KM	5KM	Comp. Rule 31.21 compliant	2024*
NED	Nijmegen	Stevensloop 10KM	10KM	Comp. Rule 31.21 compliant	2028
NED	Nijmegen	Stevensloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NED	Rotterdam	BIG 10 Rotterdam	10KM	Comp. Rule 31.21 compliant	2029
NED	Rotterdam	NN Marathon Rotterdam	Marathon	Comp. Rule 31.21 compliant	2025
NED	Schoorl	Groet uit Schoorl 10KM	10KM	Comp. Rule 31.21 compliant	2027
NED	Schoorl	Groet uit Schoorl 30KM	30KM	Comp. Rule 31.21 compliant	2027
NED	Schoorl	Groet uit Schoorl Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Sittard	100KM Sittard	100KM	Comp. Rule 31.21 compliant	2026
NED	Sittard	50KM Sittard	50KM	Comp. Rule 31.21 compliant	2026
NED	Spijkenisse	Spijkenisse Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NED	Tilburg	GZ Tilburg 10 Miles	10 Mile	Comp. Rule 31.21 compliant	2028
NED	Tilburg	NK Snelwandelen 10KM	10KM	Comp. Rule 31.21 compliant	2026
NED	Tilburg	NK Snelwandelen 20KM	20KM	Comp. Rule 31.21 compliant	2026
NED	Tilburg	Tilburg 10KM	10KM	Comp. Rule 31.21 compliant	2028
NED	Utrecht	BIG 1	10KM	Comp. Rule 31.21 compliant	2029
NED	Utrecht	BIG 5	5KM	Comp. Rule 31.21 compliant	2029
NED	Utrecht	Singelloop Utrecht 10KM	10KM	Comp. Rule 31.21 compliant	2029
NED	Utrecht	Utrecht Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NED	Utrecht	Utrecht Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NED	Venlo	Venloop 10KM	10KM	Comp. Rule 31.21 compliant	2026
NED	Venlo	Venloop 5KM	5KM	Comp. Rule 31.21 compliant	2028
NED	Venlo	Venloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NED	Winschoten	Run Winschoten 100KM	100KM	Comp. Rule 31.21 compliant	2028
NED	Winschoten	Run Winschoten 50KM	50KM	Comp. Rule 31.21 compliant	2028
NED	Zwolle	Zwolse Halve Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NEP	Kathmandu	Kathmandu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NEP	Kathmandu	Kathmandu Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NEP	Lumbini	Lumbini International Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NEP	Lumbini	Lumbini International Peace Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NEP	Nepalgunj	Nepalgunj 10KM	10KM	Comp. Rule 31.21 compliant	2026
NEP	Nepalgunj	Nepalgunj 5KM	5KM	Comp. Rule 31.21 compliant	2026
NEP	Nepalgunj	Nepalgunj Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NEP	Nepalgunj	Nepalgunj Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NEP	Pokhara	Pokhara 10KM	10KM	Comp. Rule 31.21 compliant	2027
NEP	Pokhara	Pokhara Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NEP	Pokhara	Pokhara International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NGR	Abuja	Abuja International 10KM	10KM	Comp. Rule 31.21 compliant	2025
NGR	Abuja	Abuja International 5KM	5KM	Comp. Rule 31.21 compliant	2025
NGR	Abuja	Abuja International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
NGR	Abuja	Abuja International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
NGR	Abuja	Abuja Premier Trust Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NGR	Ibadan	Ibadan 10KM	10KM	Downhill (-2.70 m/km)	2028
NGR	Ibadan	Ibadan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NGR	Ijebu Ode	Ijebu Heritage 10KM	10KM	Comp. Rule 31.21 compliant	2025
NGR	Kaduna	Kaduna State 10KM	10KM	Comp. Rule 31.21 compliant	2024*
NGR	Kaduna	Kaduna State 5KM	5KM	Comp. Rule 31.21 compliant	2024*
NGR	Kaduna	Kaduna State Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
NGR	Lagos	Abeokuta 10KM	10KM	Separation >50%	2029
NGR	Lagos	Access Bank Lagos City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NGR	Lagos	Lagos 10K	10KM	Separation >50%	2026
NGR	Ijebu Ode	Ijebu Heritage Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
NGR	Okpeke	Okpeke 10KM	10KM	Comp. Rule 31.21 compliant	2026
NGR	Osogbo	Brandove Osun Women's Run 10KM	10KM	Separation >50%	2024*
NGR	Port Harcourt	Rivers International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NMI	Garapan	Saipan Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NMI	Garapan	Saipan Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
NMI	Garapan	Saipan Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
NMI	Garapan	Saipan Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NOR	Alta	Altamila 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Alta	Altamila 5KM	5KM	Comp. Rule 31.21 compliant	2026
NOR	Alta	Altamila Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Bergen	Bergen City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NOR	Bergen	Bergen City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NOR	Bergen	Bergen City Milen	10KM	Comp. Rule 31.21 compliant	2028
NOR	Bergen	Bergen City Milen 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Bergen	Bergen Ultra 100KM	100KM	Comp. Rule 31.21 compliant	2029
NOR	Bergen	Kaland Lopskarusell 10KM	10KM	Comp. Rule 31.21 compliant	2029
NOR	Bergen	Kaland Lopskarusell 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Bergen	Sommernattslopet Bergen (5000m lap)	5KM	Comp. Rule 31.21 compliant	2028
NOR	Bergen	Sorforjorden Halvmaraton	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Bergen	Tunnellopet 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Birkeland	Birkenes IL 21km - Norwegian Championship	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Drammen	Drammen 10KM	10KM	Comp. Rule 31.21 compliant	2029
NOR	Drammen	Drammen 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Drammen	Drammen Halvmaraton	Half Marathon	Comp. Rule 31.21 compliant	2029
NOR	Drammen	Drammen Halvmaraton - 5KM	5KM	Comp. Rule 31.21 compliant	2026
NOR	Drammen	Run Drm - Saferoad Drammen 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Egersund	Egersund 10KM	10KM	Comp. Rule 31.21 compliant	2027
NOR	Egersund	Egersund Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NOR	Eidsvoll	Perseløpet 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perseløpet 5KM	5KM	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perseløpet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perseløpet Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Hadsel	Arctic Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Hadsel	Arctic Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Hadsel	Arctic Run Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Haugesund	Haugesund 10KM	10KM	Comp. Rule 31.21 compliant	2027
NOR	Hole	Hytteplanmila 10KM	10KM	Comp. Rule 31.21 compliant	2025
NOR	Jessheim	Jessheim Norgeslopet 5KM	5KM	Comp. Rule 31.21 compliant	2028

NOR	Jessheim	Norgeslopet 10KM	10KM	Comp. Rule 31.21 compliant	2029
NOR	Jessheim	Norgestesten Jessheim - 10KM	10KM	Comp. Rule 31.21 compliant	2029
NOR	Jessheim	Norgestesten Jessheim - 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Jessheim	Norgestesten Jessheim - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NOR	Kalandseidet	Kalandsvannet Rundt 10KM	10KM	Comp. Rule 31.21 compliant	2030
NOR	Knarvik	Knarvikmila 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Knarvik	Knarvikmila 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Lier	Lierlopet	5KM	Comp. Rule 31.21 compliant	2027
NOR	Lier	Rekordlopet Lier 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Lier	Rekordlopet Lier 5KM	5KM	Comp. Rule 31.21 compliant	2025
NOR	Lier	Rekordlopet Lier Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Lillestrom	Kjeller Flyplass 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
NOR	Lillestrom	Kjeller Flyplass 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Longyearbyen	Spitsbergen 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Longyearbyen	Spitsbergen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Longyearbyen	Spitsbergen Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Oslo	Oslo 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Oslo	Oslo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Oslo	Oslo Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Oslo	Oslo Marathon - 10 for Grete	10KM	Comp. Rule 31.21 compliant	2029
NOR	Oslo	Sentrumslopet 10KM	10KM	Comp. Rule 31.21 compliant	2029
NOR	Oslo	Sentrumslopet 5KM	5KM	Comp. Rule 31.21 compliant	2027
NOR	Randaberg	PB Mila	10KM	Comp. Rule 31.21 compliant	2027
NOR	Randaberg	Randaberg 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Sand	Perseløpet 10KM	10KM	Comp. Rule 31.21 compliant	2024*
NOR	Sand	Perseløpet 5KM	5KM	Comp. Rule 31.21 compliant	2024*
NOR	Sand	Perseløpet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
NOR	Sand	Perseløpet Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
NOR	Sandane	Gloppen Halvmaraton	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Skien	Bylopet - Norwegian Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2027
NOR	Sola	Solastranden 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Sola	Solastranden 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Sola	Stavanger Sunset Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NOR	Spikkestad	Rekordlopet Spikkestad 10KM	10KM	Comp. Rule 31.21 compliant	2025
NOR	Spikkestad	Rekordlopet Spikkestad 5KM	5KM	Comp. Rule 31.21 compliant	2025
NOR	Stavanger	3-Sjoerslopet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NOR	Stavanger	Stavanger 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Stavanger	Stavanger Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Stavanger	Stavanger Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Stokmorknes	Arctic Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Stokmorknes	Arctic Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Stokmorknes	Arctic Run Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Stord	Flyplassmila 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Stord	Flyplassmila 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Stord	Industriløpet 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Stord	Industriløpet 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Tana Bru	Sami 10KM	10KM	Comp. Rule 31.21 compliant	2025
NOR	Tana Bru	Sami Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
NOR	Tana Bru	Sami Marathon	Marathon	Comp. Rule 31.21 compliant	2025
NOR	Totenvika	Totenvikaløpet 10KM	10KM	Comp. Rule 31.21 compliant	2027
NOR	Tromsø	Midnight Sun 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Tromsø	Midnight Sun 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Tromsø	Midnight Sun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Tromsø	Midnight Sun Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Tromsø	Polar Night 10KM	10KM	Comp. Rule 31.21 compliant	2027
NOR	Tromsø	Polar Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NOR	Tromsø	Polar Night Marathon	Marathon	Separation >50%	2027
NOR	Tromsø	Tromsø Løpefest 5KM	5KM	Comp. Rule 31.21 compliant	2029
NOR	Trondheim	Nidaros Løpsfest 10KM	10KM	Comp. Rule 31.21 compliant	2028
NOR	Trondheim	Nidaros Løpsfest 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim 10KM - Summer Course	10KM	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim 10KM - Winter Course	10KM	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim Half Marathon - Summer Course	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim Half Marathon - Winter Course	Half Marathon	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim Marathon - Summer Course	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Undheim	Undheim Marathon - Winter Course	Marathon	Comp. Rule 31.21 compliant	2028
NOR	Vadso	Qvaentrimmila 10KM	10KM	Comp. Rule 31.21 compliant	2025
NOR	Voss	Vossaton 5KM	5KM	Comp. Rule 31.21 compliant	2028
NOR	Voss	Vossaton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NZL	Auckland	Auckland Marathon	Marathon	Comp. Rule 31.21 compliant	2028
NZL	Auckland	Auckland Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NZL	Auckland	Waterfront 10KM Classic	10KM	Comp. Rule 31.21 compliant	2029
NZL	Auckland	Waterfront Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NZL	Cambridge	Cambridge 10KM	10KM	Comp. Rule 31.21 compliant	2026
NZL	Cambridge	Cambridge Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NZL	Cambridge	NZ National Road Championships - 10K	10KM	Comp. Rule 31.21 compliant	2029
NZL	Cambridge	NZ National Road Championships - 5K	5KM	Comp. Rule 31.21 compliant	2029
NZL	Christchurch	Christchurch Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NZL	Christchurch	Christchurch Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NZL	Christchurch	Christchurch Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
NZL	Christchurch	Christchurch Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NZL	Christchurch	NZ Athletics 100KM Championships	100KM	Comp. Rule 31.21 compliant	2027
NZL	Christchurch	NZ Athletics 50KM Championships	50KM	Comp. Rule 31.21 compliant	2027
NZL	Dunedin	Emerson's Dunedin Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NZL	Nelson	The Spectacle Mile	Mile	Comp. Rule 31.21 compliant	2028
NZL	Palmerston North	NZ Road Championship 2023	10KM	Comp. Rule 31.21 compliant	2027
NZL	Rotorua	Museum Mile	Mile	Comp. Rule 31.21 compliant	2027
NZL	Rotorua	NZ Road Mile Championships	Mile	Comp. Rule 31.21 compliant	2028
NZL	Rotorua	Rotorua Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NZL	Rotorua	Rotorua Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NZL	Rotorua	Rotorua Runway 5KM	5KM	Comp. Rule 31.21 compliant	2029
NZL	Rotorua	Rotorua Runway Mile	Mile	Comp. Rule 31.21 compliant	2029
NZL	Tai Tapu	NZ Marathon Championships 2022	Marathon	Comp. Rule 31.21 compliant	2026
NZL	Taupo	Taupo Marathon	Marathon	Comp. Rule 31.21 compliant	2029
NZL	Taupo	Taupo Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
NZL	Wellington	Round the Bays - 10KM	10KM	Comp. Rule 31.21 compliant	2027
NZL	Wellington	Round the Bays - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NZL	Wellington	Wellington Marathon	Marathon	Comp. Rule 31.21 compliant	2027
NZL	Wellington	Wellington Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
NZL	Whangamata	G J Gardner Homes 10KM	10KM	Comp. Rule 31.21 compliant	2028
NZL	Whangamata	G J Gardner Homes 5KM	5KM	Comp. Rule 31.21 compliant	2028
NZL	Whanganui	Whanganui Three Bridges Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
NZL	Whanganui	Whanganui Three Bridges Marathon	Marathon	Comp. Rule 31.21 compliant	2028
OMA	Al Mouj Muscate	10KM Al Mouj Muscate	10KM	Comp. Rule 31.21 compliant	2024*
OMA	Muscat	Al Mouj Muscat 10KM	10KM	Comp. Rule 31.21 compliant	2026
OMA	Muscat	Al Mouj Muscat 5KM	5KM	Comp. Rule 31.21 compliant	2026
OMA	Muscat	Al Mouj Muscat Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
OMA	Muscat	Al Mouj Muscat Marathon	Marathon	Comp. Rule 31.21 compliant	2026
OMA	Muscat	Al Qurum International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029

OMA	Muscat	Muscat Marathon	Marathon	Comp. Rule 31.21 compliant	2028
OMA	Muscat	Muscat Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
OMA	Muscat	Muscat Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
PAK	Karachi	Karachi Half Marathon (City Centre)	Half Marathon	Comp. Rule 31.21 compliant	2026
PAK	Karachi	Karachi Half Marathon (Coastal Route)	Half Marathon	Comp. Rule 31.21 compliant	2026
PAK	Karachi	Karachi Marathon (City Centre)	Marathon	Comp. Rule 31.21 compliant	2026
PAK	Karachi	Karachi Marathon (Coastal Route)	Marathon	Comp. Rule 31.21 compliant	2026
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (IBA Public School Route)	Marathon	Comp. Rule 31.21 compliant	2029
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (IBA Public School Route) - 10K	10KM	Comp. Rule 31.21 compliant	2029
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (IBA Public School Route) - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (Sports Complex Route)	Marathon	Comp. Rule 31.21 compliant	2029
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (Sports Complex Route) - 10K	10KM	Comp. Rule 31.21 compliant	2029
PAK	Sukkar	Lok Sahaita Marathon (The Hope Run) (Sports Complex Route) - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PAR	Alto Paraná	Medio Maratón Paraná Country Club Corre	Half Marathon	Comp. Rule 31.21 compliant	2028
PAR	Asunción	Circuito 5K Urbano - ASU	5KM	Comp. Rule 31.21 compliant	2028
PAR	Asunción	Maratón Internacional Ciudad de Asunción	Marathon	Comp. Rule 31.21 compliant	2028
PAR	Asunción	Media Maratón Internacional Ciudad de Asunción	Half Marathon	Comp. Rule 31.21 compliant	2028
PAR	Asunción	Milla de Asunción	Mile	Comp. Rule 31.21 compliant	2028
PAR	Asunción, Parque Guasu	MIA 21K	Half Marathon	Comp. Rule 31.21 compliant	2024*
PAR	Asunción, Parque Guasu	MIA 42K	Marathon	Comp. Rule 31.21 compliant	2024*
PAR	Ciudad de Coronel Oviedo	Campeonato Nacional de Ruta - 5K	5KM	Comp. Rule 31.21 compliant	2027
PAR	Encarnacion	Asfalto Half Marathon - Media Maraton del Asfalto	Half Marathon	Comp. Rule 31.21 compliant	2025
PAR	Parque Guasu, Asuncion	MIA 10K	10KM	Comp. Rule 31.21 compliant	2024*
PAR	Villa Hayes	Campeonato Nacional de 10KM 2021	10KM	Comp. Rule 31.21 compliant	2025
PAR	Villa Hayes	Campeonato Nacional de Maraton 2021	Marathon	Comp. Rule 31.21 compliant	2025
PAR	Villa Hayes	Campeonato Nacional de Media Maraton 2021	Half Marathon	Comp. Rule 31.21 compliant	2025
PER	Ayacucho	Media Maratón Relevos Mixto	Half Marathon	Comp. Rule 31.21 compliant	2028
PER	La Libertad	Campeonato Nacional de "10KM ADAM La Libertad"	10KM	Comp. Rule 31.21 compliant	2028
PER	La Libertad	Campeonato Nacional de "21KM ADAM La Libertad"	Half Marathon	Comp. Rule 31.21 compliant	2028
PER	Lima	1era "52" Campeonato Mundial Marathon Militar-Lima 2022	Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Campeonato Maratón "Ciudad de Lima"2022	Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Campeonato Media Maratón FDPA - Lima 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Campeonato Sudamericano Master 10KM	10KM	Comp. Rule 31.21 compliant	2027
PER	Lima	Huacho Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Lima 42K - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PER	Lima	Lima 42K - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PER	Lima	Maratón Life Lima 42K	Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Medio Maratón "Sudamericano Máster - 2023"	Half Marathon	Comp. Rule 31.21 compliant	2027
PER	Lima	Medio Maraton de Lima	Half Marathon	Downhill (-1.33 m/km)	2029
PER	Lima	XX Bolivarian Marathon Championship	Marathon	Comp. Rule 31.21 compliant	2029
PER	Lima, La Costa Verde	1era Maratón Internacional "Ciudad de Lima Bicentenario"	Marathon	Comp. Rule 31.21 compliant	2025
PHI	Cebu	Cebu Marathon	Marathon	Comp. Rule 31.21 compliant	2030
PHI	Cebu	Cebu Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PHI	Clark	Clark Animo 10KM	10KM	Comp. Rule 31.21 compliant	2028
PHI	Clark	Clark Animo 5KM	5KM	Comp. Rule 31.21 compliant	2028
PHI	Clark	Clark Animo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
PHI	Clark	Clark Animo Marathon	Marathon	Comp. Rule 31.21 compliant	2028
PHI	Clark	One Clark City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Clark	Philippine Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Malaybalay	Bukidnon International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Malaybalay	Bukidnon International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PHI	Manila	Manilla Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PHI	Manila	Manilla Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Manila	Philippine Marathon (Manila)	Marathon	Comp. Rule 31.21 compliant	2030
PHI	Manila	Philippine Marathon (Manila) - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
PHI	Manila	Rock n Roll Manila 10KM	10KM	Comp. Rule 31.21 compliant	2027
PHI	Manila	Rock n Roll Manila 5KM	5KM	Comp. Rule 31.21 compliant	2027
PHI	Manila	Rock n Roll Manila Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
PHI	Manila	Rock n Roll Manila Marathon	Marathon	Comp. Rule 31.21 compliant	2027
PHI	Manila	Trilogy Run Asia - Manila	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Panglao	Bohol International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
PHI	Panglao	Bohol International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
PHI	Panglao	Bohol International Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
PHI	Panglao	Bohol International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PLW	Palau	Belau Ormal Marathon	Marathon	Comp. Rule 31.21 compliant	2028
PLW	Palau	Belau Ormal Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
PLW	Palau	Belau Ormal Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
PLW	Palau	Belau Ormal Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
POL	Bialystok	PKO Bialystok	Half Marathon	Comp. Rule 31.21 compliant	2024*
POL	Chorzow	Bieg Bohaterow 5KM	5KM	Comp. Rule 31.21 compliant	2029
POL	Chorzow	Silesia Half Marathon	Comp. Rule 31.21 compliant	2028	
POL	Chorzow	Silesia Marathon	Marathon	Comp. Rule 31.21 compliant	2029
POL	Chorzow	Silesia Ultramarathon	50KM	Comp. Rule 31.21 compliant	2029
POL	Debno	Polish Marathon Championships 2021	Marathon	Comp. Rule 31.21 compliant	2025
POL	Gdansk	Bieg sw. Dominika - 10KM	10KM	Comp. Rule 31.21 compliant	2027
POL	Gdansk	Bieg sw. Dominika - 5KM	5KM	Comp. Rule 31.21 compliant	2027
POL	Gdynia	Gdynia 5KM	5KM	Comp. Rule 31.21 compliant	2028
POL	Gdynia	Gdynia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
POL	Gdynia	PKO Gdynia 5KM	5KM	Comp. Rule 31.21 compliant	2029
POL	Gniezno	Gniezno 5KM	5KM	Comp. Rule 31.21 compliant	2028
POL	Gniezno	Gniezno Half Maraton	Half Marathon	Comp. Rule 31.21 compliant	2028
POL	Gniezno	Gniezno Maraton	Marathon	Comp. Rule 31.21 compliant	2028
POL	Gostyn	Go 5 Polish 5KM Championships	5KM	Comp. Rule 31.21 compliant	2029
POL	Gruziazdki	Polmaraton Gruziazdki	Half Marathon	Comp. Rule 31.21 compliant	2027
POL	Katowice	Silesia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
POL	Kolo	Polish Women's 10KM Championships	10KM	Comp. Rule 31.21 compliant	2025
POL	Krakow	Cracovia Marathon	Marathon	Comp. Rule 31.21 compliant	2029
POL	Krakow	Cracovia Royal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
POL	Krakow	Czaniecka Piatka	5KM	Comp. Rule 31.21 compliant	2029
POL	Krakow	European Games Triathlon 10KM	10KM	Comp. Rule 31.21 compliant	2027
POL	Krakow	Night Run 10KM Krakow	10KM	Comp. Rule 31.21 compliant	2029
POL	Łódź	DOZ Łódź Marathon	Marathon	Comp. Rule 31.21 compliant	2028
POL	Olesno	Polish Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2024*
POL	Poznan	Poznan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
POL	Poznan	Poznan Marathon	Marathon	Comp. Rule 31.21 compliant	2029
POL	Poznan	Recordowa Dziesiatka - Record Ten	10KM	Comp. Rule 31.21 compliant	2029
POL	Torun	European Masters' Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2028
POL	Warsaw	Irene Women's Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
POL	Warsaw	Nationale Nederlanden Maraton Warszaw	Marathon	Comp. Rule 31.21 compliant	2028
POL	Warsaw	Nice To Fit You Warszawska Dycha	10KM	Comp. Rule 31.21 compliant	2029
POL	Warsaw	NN Warsaw Marathon	Marathon	Comp. Rule 31.21 compliant	2029
POL	Warsaw	Pekao S A Warszawska Dycha 10KM	10KM	Comp. Rule 31.21 compliant	2026
POL	Warsaw	Polish Open 5KM Championships	5KM	Comp. Rule 31.21 compliant	2024*
POL	Warsaw	Praska Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
POL	Warsaw	PZU Maraton Warszawski	Marathon	Comp. Rule 31.21 compliant	2026
POL	Warsaw	Warsaw Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
POL	Warsaw	Warsaw High Five	5KM	Comp. Rule 31.21 compliant	2029
POL	Wiazowna	Polmaraton Wiazowski	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	A do Barbás	Grande Premio de Atletismo 10KM	10KM	Comp. Rule 31.21 compliant	2028

POR	Abrantes	Meia Maratona de Abrantes	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Almeirim	10KM de Almeirim	10KM	Comp. Rule 31.21 compliant	2027
POR	Almeirim	Sao Silvestre de Almeirim	10KM	Comp. Rule 31.21 compliant	2028
POR	Amora	Corrida da festa do Avante	10KM	Comp. Rule 31.21 compliant	2028
POR	Aveiro	Maratona da Europa	Marathon	Comp. Rule 31.21 compliant	2028
POR	Aveiro	Meia Maratona da Europa	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Bajouca	Grande Premio Atletismo 10KM	10KM	Comp. Rule 31.21 compliant	2027
POR	Batalha	Sao Silvestre da Batalha	10KM	Comp. Rule 31.21 compliant	2028
POR	Belem	Corrida de Santo Antonio	10KM	Comp. Rule 31.21 compliant	2027
POR	Bombarral	Corrida do Vinho a da Pera Rocha	10KM	Comp. Rule 31.21 compliant	2029
POR	Braga	Campeonato Nacional de Estrada 5KM	5KM	Comp. Rule 31.21 compliant	2028
POR	Braga	Corrida de San Jose	10KM	Comp. Rule 31.21 compliant	2029
POR	Braga	Meia Maratona de Braga	Half Marathon	Comp. Rule 31.21 compliant	2027
POR	Braganca	Corrida dos 5KM das Cantarinhas	5KM	Comp. Rule 31.21 compliant	2029
POR	Braganca	Meia Maratona das Cantarinhas	5KM	Comp. Rule 31.21 compliant	2029
POR	Caldas da Rainha	Meia Maratona Rainha D Leonor	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Caldas das Taipas	Corrida Intermarche de Caldas das Taipas	10KM	Comp. Rule 31.21 compliant	2028
POR	Cascais	10KM de Cascais	10KM	Comp. Rule 31.21 compliant	2029
POR	Cascais	Cascais Grande Premio de Natal	5KM	Comp. Rule 31.21 compliant	2026
POR	Cascais	Montepio Meia Maratona de Cascais	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Ceira	Milha de Ceira	Mile	Comp. Rule 31.21 compliant	2028
POR	Coimbra	10KM de Coimbra	10KM	Comp. Rule 31.21 compliant	2029
POR	Coimbra	Ameal Meia Maratona di Coimbra	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Coimbra	Campeonato Distrital de estrada de Coimbra	10KM	Comp. Rule 31.21 compliant	2028
POR	Coimbra	Corrida 4 Estacoes	10KM	Comp. Rule 31.21 compliant	2026
POR	Coimbra	Legua do Diario de Coimbra	5KM	Comp. Rule 31.21 compliant	2029
POR	Corroios	Milha urbana de Corroios	Mile	Comp. Rule 31.21 compliant	2029
POR	Cortecaga	10KM Os Falta D'ar	10KM	Comp. Rule 31.21 compliant	2028
POR	Cortecaga	Meia Maratona de Cortegaca	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Coruche	Corrida das pontes	10KM	Comp. Rule 31.21 compliant	2029
POR	Eiras	Milha urbana de Eiras	Mile	Comp. Rule 31.21 compliant	2027
POR	Evora	Corrida de Sao Joao	10KM	Comp. Rule 31.21 compliant	2027
POR	Evora	Meia Maratona de Evora	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Famalicao	Famalicao Joane 10KM	10KM	Comp. Rule 31.21 compliant	2026
POR	Famalicao	Meia Maratona de Famalicao	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Faro	Meia Maratona Agua de Faro	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Fatima	Renascenta Meia Maratona de Fatima	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Felgueiras	Campeonato Regional 10KM	10KM	Comp. Rule 31.21 compliant	2029
POR	Figueira da Foz	Campeonatos Nacionais estrada de 10KM	10KM	Comp. Rule 31.21 compliant	2029
POR	Figueira da Foz	Corrida Mais Bonita de Portugal	10KM	Separation >50%	2029
POR	Foz do Arelho	Grande Premio da Foz do Arelho 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Funchal	Campeonato Europeo de 10KM masters	10KM	Comp. Rule 31.21 compliant	2024*
POR	Funchal	Maratona do Funchal	Marathon	Comp. Rule 31.21 compliant	2027
POR	Funchal	Meia Maratona do Funchal	Half Marathon	Downhill (-1.94 m/km)	2027
POR	Gondamar	10KM d'Ouro Run	10KM	Comp. Rule 31.21 compliant	2026
POR	Gondamar	Meia Maratona d'Ouro Run	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Leiria	Challenge de Marcha 20 e 35KM Leiria Simaria	20KM	Comp. Rule 31.21 compliant	2025
POR	Leiria	Corrida do Adepto	10KM	Comp. Rule 31.21 compliant	2027
POR	Leiria	Meia Maratona de Leiria	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Lisbon	Campeonato regional de estrada 5KM	5KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Corrida de Santo Antonio	10KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Corrida ISCP SI 10KM	10KM	Comp. Rule 31.21 compliant	2029
POR	Lisbon	Corrida Luzia Dias	10KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Corrida Sporting	10KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Grande Premio de Natal	10KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Luso Meia Maratona	Half Marathon	Comp. Rule 31.21 compliant	2027
POR	Lisbon	Maratona de Lisboa	Marathon	Comp. Rule 31.21 compliant	2029
POR	Lisbon	Meia Maratona de Lisboa	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Lisbon	Meia Maratona dos Descobrimentos	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Lisbon	Sao Silvestre de Lisboa	10KM	Comp. Rule 31.21 compliant	2028
POR	Lisbon	Vodafone 10KM Lisboa	10KM	Comp. Rule 31.21 compliant	2028
POR	Lodz	DOZ Marathon Lodz	Marathon	Comp. Rule 31.21 compliant	2029
POR	Loures	Corrida 10KM Loures	10KM	Comp. Rule 31.21 compliant	2028
POR	Loures	Corrida das Festas de Loures	10KM	Comp. Rule 31.21 compliant	2027
POR	Loures	Meia Maratona Loures Odivelas Loures	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Lourinha	Milha urbana da Cegonha	Mile	Comp. Rule 31.21 compliant	2028
POR	Luso	Meia Maratona de Luso	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Machico Madeira	European Master Championships - 10K Race Walk (1000m Lap)	10KM	Comp. Rule 31.21 compliant	2029
POR	Machico Madeira	European Master Championships - 20K Race Walk (1000m Lap)	20KM	Comp. Rule 31.21 compliant	2029
POR	Marinha Grande	Corrida da Amieirinha 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Marinha Grande	Milha de Cristal	Mile	Comp. Rule 31.21 compliant	2028
POR	Matosinhos	Meia Maratona de Matosinhos	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Mendiga	Grande Premio de Atletismo da Mendiga 15KM	15KM	Comp. Rule 31.21 compliant	2025
POR	Mira Sintra	Milha urbana	Mile	Comp. Rule 31.21 compliant	2028
POR	Monte Real	Corrida de Monte Real	10KM	Comp. Rule 31.21 compliant	2029
POR	Murcia	Corrida dos 10KM das Cantarinhas	10KM	Comp. Rule 31.21 compliant	2029
POR	Nova do Prado	Corrida Popular da Costa	10KM	Comp. Rule 31.21 compliant	2027
POR	Odivelas	Meia Maratona de Odivelas	Half Marathon	Comp. Rule 31.21 compliant	2027
POR	Ovar	Corrida do Azulejo	10KM	Comp. Rule 31.21 compliant	2028
POR	Ovar	Meia Maratona de Ovar	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Ovar	Milha urbana cidade de Ovar	Mile	Comp. Rule 31.21 compliant	2028
POR	Pombal	Meia Maratona de Pombal	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Portimao	Corrida da Liberdade 10KM	10KM	Comp. Rule 31.21 compliant	2029
POR	Porto	Hyundai Meia Maratona do Porto	Half Marathon	Comp. Rule 31.21 compliant	2027
POR	Porto	Maratona do Porto	Marathon	Comp. Rule 31.21 compliant	2027
POR	Porto Santo	European Masters Championships - 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Porto Santo	European Masters Championships - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Porto Santo	European Masters Championships - Race Walk 10KM (1000m loop)	10KM	Comp. Rule 31.21 compliant	2028
POR	Porto Santo	European Masters Championships - Race Walk 20KM (1000m loop)	20KM	Comp. Rule 31.21 compliant	2028
POR	Quartermia	Meia Maratona do Algarve	Half Marathon	Comp. Rule 31.21 compliant	2027
POR	Santo Tirso	Milha urbana de Santo Tirso	Mile	Comp. Rule 31.21 compliant	2029
POR	Santo Tirso	Sao Silvestre de Santo Tirso 10KM	10KM	Comp. Rule 31.21 compliant	2029
POR	Santo Tirso	Sao Silvestre de Santo Tirso 5KM	5KM	Comp. Rule 31.21 compliant	2029
POR	Sebutal	Meia Maratona de Sebutal	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Seixal	Baia do Seixal 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Seixal	Meia maratona baia do Seixal Madere	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Sobral de Monte Agraco	Sao Silvestre do Sobral de Monte Agraco	10KM	Comp. Rule 31.21 compliant	2028
POR	Soure	Corrida 4 Estacoes Soure Verao	10KM	Comp. Rule 31.21 compliant	2029
POR	Tabua	Milha de Tabua	Mile	Comp. Rule 31.21 compliant	2029
POR	Tomar	Campeonato nacional 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Tomar	Campeonato nacional Milha	Mile	Comp. Rule 31.21 compliant	2028
POR	Torres Novas	Sao Silvestre de Torres Novas	10KM	Comp. Rule 31.21 compliant	2027
POR	Vermoil	Dupla Legua de Vermoil	10KM	Comp. Rule 31.21 compliant	2028
POR	Viana do Castelo	Campeonato Nacional de Estrada 10KM	10KM	Comp. Rule 31.21 compliant	2027
POR	Viana do Castelo	Corrida Internacional 10KM	10KM	Comp. Rule 31.21 compliant	2028
POR	Viana do Castelo	Meia Maratona Manuela Machado	Half Marathon	Comp. Rule 31.21 compliant	2028
POR	Vila Nova de Gaia	Meia Maratona de Gaia	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Vila Real	Meia Maratona de Vila Real	Half Marathon	Comp. Rule 31.21 compliant	2029
POR	Viseu	Grande Premio Internacional de Viseu	10KM	Comp. Rule 31.21 compliant	2029

POR	Viseu	Meia Maratona de Viseu	Half Marathon	Comp. Rule 31.21 compliant	2026
PRK	Pyongyang	Mangyongdae Prize International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
PUR	Carolina	5K Bañeario de Carolina	5KM	Comp. Rule 31.21 compliant	2029
PUR	Carolina	LOLA Challenge 10K	10KM	Separation >50%	2029
PUR	Carolina	LOLA Challenge 5K	5KM	Separation >50%	2029
PUR	Carolina	LOLA Challenge Weekend Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Coamo	El Ajogullo 10K	10KM	Comp. Rule 31.21 compliant	2029
PUR	Coamo	Medio Maratón San Blas, Inc	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Dorado	5K Corre por tu salud con First Medical	5KM	Comp. Rule 31.21 compliant	2027
PUR	Isabela	Carrera Fin de Año 10K	10KM	Separation >50%	2026
PUR	Juncos	Medio Maratón el Mulo	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Loiza	21K Csilo	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Loiza	5K Csilo	5KM	Comp. Rule 31.21 compliant	2029
PUR	Manatí	Manatí Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Pajeros Candelaria	Abraham Rosa 10KM	10KM	Comp. Rule 31.21 compliant	2029
PUR	Ponce	The Ponce Marathon (Maratón La Guadalupe de Ponce)	Marathon	Comp. Rule 31.21 compliant	2029
PUR	Sabana Seca	21K Medio Maratón "Che" Marquez	Half Marathon	Comp. Rule 31.21 compliant	2029
PUR	Sabana Seca	21K Medio Maratón "Che" Marquez - 5KM	5KM	Comp. Rule 31.21 compliant	2029
PUR	Salinas	5K La Nueva Frontera	5KM	Comp. Rule 31.21 compliant	2029
PUR	San Juan	1 Mile San Juan Road Race	Mile	Downhill (-2.49m /km), Separation >50%	2029
PUR	San Juan	World's Best 10KM	10KM	Comp. Rule 31.21 compliant	2026
PUR	Toa Baja	10K Llanero	10KM	Comp. Rule 31.21 compliant	2028
PUR	Toa Baja	5K Llanero	5KM	Comp. Rule 31.21 compliant	2028
PUR	Toa Baja	Toa Baja Maratón	Marathon	Comp. Rule 31.21 compliant	2029
PUR	Toa Baja	William (Pilico) Torres 5KM	5KM	Comp. Rule 31.21 compliant	2029
QAT	Doha	Doha Marathon	Marathon	Comp. Rule 31.21 compliant	2029
QAT	Doha	Doha Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
QAT	Doha	Doha Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
QAT	Doha	Doha Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ROU	Brasov	10 KM from Brasov Running Festival	10KM	Comp. Rule 31.21 compliant	2025
ROU	Brasov	5 KM from Brasov Running Festival	5KM	Comp. Rule 31.21 compliant	2025
ROU	Brasov	Brasov 10KM	10KM	Comp. Rule 31.21 compliant	2028
ROU	Brasov	Brasov 5KM	5KM	Comp. Rule 31.21 compliant	2027
ROU	Brasov	Brasov Mile	Mile	Comp. Rule 31.21 compliant	2027
ROU	Brasov	CROS 11 Noiembrie Brasov	5KM	Downhill (-5.60m/km), Separation >50%	2027
ROU	Brasov	International tRUNsylvania 10K	10KM	Comp. Rule 31.21 compliant	2030
ROU	Bucharest	Bucharest 10KM	10KM	Comp. Rule 31.21 compliant	2027
ROU	Bucharest	Bucharest 5KM	5KM	Comp. Rule 31.21 compliant	2027
ROU	Bucharest	Bucharest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ROU	Bucharest	Bucharest Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ROU	Bucharest	Crosul USAMV 10KM	10KM	Comp. Rule 31.21 compliant	2029
ROU	Bucharest	Crosul USAMV 5KM	5KM	Comp. Rule 31.21 compliant	2029
ROU	Bucharest	Crosul USAMV Mile	Mile	Comp. Rule 31.21 compliant	2029
ROU	Bucharest	Legal 10KM Bucharest	10KM	Comp. Rule 31.21 compliant	2026
ROU	Bucharest	Legal Half Marathon Bucharest	Half Marathon	Comp. Rule 31.21 compliant	2026
ROU	Bucharest	Wizz Bucharest 10KM	10KM	Comp. Rule 31.21 compliant	2026
ROU	Bucharest	Wizz Half Marathon Bucharest	Half Marathon	Comp. Rule 31.21 compliant	2026
ROU	Cluj Napoca	Hervis Cluj Napoca Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ROU	Cluj Napoca	Wizz Air Napoca Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ROU	Iasi	Iasi 10KM	10KM	Comp. Rule 31.21 compliant	2027
ROU	Iasi	Iasi 5KM	5KM	Comp. Rule 31.21 compliant	2027
ROU	Iasi	Semimaraton Iasi	Half Marathon	Comp. Rule 31.21 compliant	2027
ROU	Oradea	Oradea 10KM	10KM	Comp. Rule 31.21 compliant	2028
ROU	Oradea	Oradea 5KM	5KM	Comp. Rule 31.21 compliant	2028
ROU	Oradea	Oradea Mile	Mile	Downhill (-2.49m/km)	2028
ROU	Timisoara	UVT Liberty 10KMTimisoara	10KM	Comp. Rule 31.21 compliant	2027
ROU	Timisoara	UVT Liberty Half Marathon Timisoara	Half Marathon	Comp. Rule 31.21 compliant	2028
ROU	Timisoara	UVT Liberty Marathon Timisoara	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Akasia	Tshwane North 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Ballito	King Shaka 10KM	Half Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Ballito	King Shaka Marathon	Marathon	Separation >50%	2024*
RSA	Ballito	King Shala Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Bedfordview	Boroughs of Bedfordview 15KM	15KM	Comp. Rule 31.21 compliant	2028
RSA	Benoni	Benoni Northerns Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Benoni	Benoni Northerns Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Benoni	Johnson Crane 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Benoni	Johnson Crane Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Benoni	Johnson Crane Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Bloemfontein	Athletics Free State 10KM Championships	10KM	Comp. Rule 31.21 compliant	2027
RSA	Bloemfontein	Mimosa Mall Family Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Bloemfontein	Mimosa Mall Family Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Bloemfontein	Mimosa Mall Family Run Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Bloemfontein	Northridge Mall 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Bloemfontein	Northridge Mall Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Bloemfontein	Northridge Mall Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Bloemfontein	Pamoja Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Bloemfontein	UFS - ASA National Championships 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Bloemfontein	UFS - ASA National Championships Street Mile	Mile	Comp. Rule 31.21 compliant	2028
RSA	Boksburg	Cross The Line 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Boksburg	Cross The Line 5KM	5KM	Comp. Rule 31.21 compliant	2027
RSA	Bonaero	Significance Run 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Brakpan	Carnival City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Brakpan	Carnival City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	AAC Usual Suspects Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RSA	Cape Town	AAC Usual Suspects Marathon	Marathon	Comp. Rule 31.21 compliant	2025
RSA	Cape Town	ABSA Run Your City 10KM Cape Town	10KM	Separation >50%	2026
RSA	Cape Town	Blouberg Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Cape Town	Fast 1 Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Cape Town	Lion's Head Marathon (6 laps of 7.0325m)	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Cape Town	Outsurance Gun Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	Outsurance Gun Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	Retail Capital Marathon Challenge	Marathon	Comp. Rule 31.21 compliant	2025
RSA	Cape Town	Sanlam Cape Town Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	Sanlam Cape Town Marathon - Peace Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	Sanlam Cape Town Marathon Elite Invitational	Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Cape Town	SPAR Grand Prix Ladies 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Cape Town	SPAR Women's Challenge 10KM Cape Town	10KM	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	The Usual Suspects 10KM Challenge	10KM	Comp. Rule 31.21 compliant	2025
RSA	Cape Town	TotalSports Two Oceans Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Cape Town	TotalSports Two Oceans Ultra 50KM Split	50KM	Comp. Rule 31.21 compliant	2028
RSA	Cape Town	TotalSports Two Oceans Ultra 50KM Split (via Ou Kaapse Weg)	50KM	Comp. Rule 31.21 compliant	2028
RSA	Cape Town	Totalsports Women's Run 10KM - Cape Town Leg	10KM	Comp. Rule 31.21 compliant	2029
RSA	Cape Town	World Marathon Challenge - Cape Town	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Centurion	Exaro Centurion Race 21.1KM	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Centurion	Exaro Race Centurion 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Centurion	Exaro Race Centurion 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Colchester	Colchester 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Delmas	Redstar Racetrack 15KM	15KM	Comp. Rule 31.21 compliant	2027
RSA	Delmas	Redstar Racetrack Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027

RSA	Delmas	Redstar Raceway 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Delmas	Redstar Raceway 5KM	5KM	Comp. Rule 31.21 compliant	2027
RSA	Delmas	Redstar Raceway Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Durban	ABSA Durban Run Your City 10 KM - 5KM Split	5KM	Comp. Rule 31.21 compliant	2027
RSA	Durban	ABSA Durban Run Your City 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Durban	Dolphin Coast 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Durban	Dolphin Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Durban	Dolphin Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Durban	Durban International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Durban	Ethekewini Best of the Best 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Durban	Ethekewini Best of the Best Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Durban	Ethekewini Best of the Best Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Durban	Forest Hills 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Durban	Greyville Racecourse Orcas Challenge 100KM	100KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	Greyville Racecourse Orcas Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	Greyville Racecourse Orcas Challenge 50KM	50KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	Greyville Racecourse Orcas Challenge 5KM	5KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	Greyville Racecourse Orcas Challenge Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RSA	Durban	Greyville Racecourse Orcas Challenge Marathon	Marathon	Comp. Rule 31.21 compliant	2025
RSA	Durban	Hollywood Bets 10KM Durban	10KM	Comp. Rule 31.21 compliant	2029
RSA	Durban	OCRAS 10KM	10KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	Run Your City Durban 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Durban	SPAR Women's Challenge 10KM Durban	10KM	Comp. Rule 31.21 compliant	2029
RSA	East London	Buffalo City Half Marathon	Half Marathon	Downhill (-8.50m/km), Separation >50%	2027
RSA	East London	Buffalo City Marathon	Marathon	Downhill (-8.50m/km), Separation >50%	2027
RSA	East London	Correctional Services 10KM Border Regional Championship	10KM	Comp. Rule 31.21 compliant	2028
RSA	Edenvale	Rand Road Warriors Edendale 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Edenvale	Rand Road Warriors Edendale Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Edenvale	Rand Road Warriors Edendale Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Edenvale	Rand Road Warriors Edenvale 15KM	15KM	Comp. Rule 31.21 compliant	2028
RSA	Edenvale	Rand Road Warriors Edenvale 5KM	5KM	Comp. Rule 31.21 compliant	2026
RSA	Florida	Unified Colour Walk 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Fouriesburg	Surrender Hill 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Fouriesburg	Surrender Hill 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Fouriesburg	Surrender Hill Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Fouriesburg	Surrender Hill Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Germiston	Central Gauteng Athletics Championships 10000m	10KM	Comp. Rule 31.21 compliant	2025
RSA	Germiston	Central Gauteng Athletics Championships 21098m	Half Marathon	Comp. Rule 31.21 compliant	2025
RSA	Germiston Lake	Zet Sinqe Series Mile Run	Mile	Comp. Rule 31.21 compliant	2025
RSA	Gonubie	Gonubie 10KM	10KM	Comp. Rule 31.21 compliant	2024*
RSA	Gonubie	Gonubie 5KM	5KM	Comp. Rule 31.21 compliant	2024*
RSA	Gqeberha	ABSA Gqeberha 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Gqeberha	Mdantsane Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Gqeberha	Nedbank 50KM	50KM	Comp. Rule 31.21 compliant	2025
RSA	Gqeberha	Nedbank Marathon	Marathon	Comp. Rule 31.21 compliant	2025
RSA	Gqeberha	Nelson Mandela Bay Municipality Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Gqeberha	Port Elizabeth One City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Gqeberha	Port Elizabeth One City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Gqeberha	Runified 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Gqeberha	Runified 42.195KM	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Gqeberha	Runified 50KM	50KM	Comp. Rule 31.21 compliant	2028
RSA	Gqeberha	SPAR Ladies Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Greenside	Pirates 21KM	Half Marathon	comp. Rule 31.21 compliant	2028
RSA	Gulu	Gulu City 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Gulu	Gulu City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Gulu	Gulu City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Inanda	Dr J L Dube 10KM	10KM	Comp. Rule 31.21 compliant	2024*
RSA	Inanda	Dr J L Dube Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Johannesburg	ABSA Run Your City 10KM Johannesburg	10KM	Comp. Rule 31.21 compliant	2027
RSA	Johannesburg	CGA Marathon Trails 30KM	30KM	Comp. Rule 31.21 compliant	2029
RSA	Johannesburg	Hollywood Bet Joburg 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Johannesburg	Johannesburg City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Johannesburg	Johannesburg City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Johannesburg	Johnson Crane 5KM	5KM	Comp. Rule 31.21 compliant	2027
RSA	Johannesburg	Johnson Crane Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Johannesburg	Old Eds 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Johannesburg	Old Eds 21KM	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Johannesburg	Run Zone Autumn Chase Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Johannesburg	Run Zone Autumn Chase Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Johannesburg	Run Zone North City 10KM	10KM	Comp. Rule 31.21 compliant	2024*
RSA	Johannesburg	SPAR Ladies Race Johannesburg 10KM	10KM	Downhill (-2.00m/km)	2027
RSA	Johannesburg	SPAR Ladies Race Johannesburg 5KM	5KM	Downhill (-2.80m/km)	2027
RSA	Johannesburg	Steps to UJ Future Walk 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Kei Mouth	Great Kei Half Marathon	Half Marathon	Downhill (-14.10m /km), Separation >50%	2027
RSA	Kei Mouth	Great Kei Marathon	Marathon	Downhill (-5.80m /km), Separation >50%	2027
RSA	Klerkorp	NW.N12 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Kuruman	KRC Run for Freedom Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Kuruman	KRC Run for Freedom Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Lesedi	Lesedi Easter 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Lesedi	Lesedi Easter 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Lesedi	Lesedi Easter Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Lesedi	Lesedi Easter Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Lowveld	SPAR Grand Prix & Women's Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Mamelodi West	Bophelong Heritage Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Mamelodi West	Mam's 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Manguang	Lemo Mali Mangaung 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Manguang	Lemo Mali Mangaung 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Manguang	Lemo Mali Manguang	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Manguang	Lemo Mali Manguang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Mapungubwe	Mapungubwe Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Mapungubwe	Mapungubwe Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Maruleng	Mayor's 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Maruleng	Mayor's 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Maruleng	Mayor's Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Melville	Aquelle Jozi City Half Marathon	5KM	Comp. Rule 31.21 compliant	2028
RSA	Melville	Aquelle Zone 3 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Melville	Aquelle Zone 3 Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Melville	City to City Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Melville	City to City Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Melville	City to City Ultramarathon	50KM	Separation >50%	2028
RSA	Melville	Johannesburg North City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Melville	Johannesburg North City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Melville	Race to Equality 10KM ASA National Championships	10KM	Comp. Rule 31.21 compliant	2028
RSA	Melville	Race to Equality Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Melville	Total Sports Women's 5KM	5KM	Comp. Rule 31.21 compliant	2026
RSA	Meyerton	Midvaal Mad Mac 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Meyerton	Midvaal Mad Mac 15KM	15KM	Comp. Rule 31.21 compliant	2028
RSA	Meyerton	Midvaal Mad Mac 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Meyerton	Midvaal Mad Mac Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028

RSA	Meyerton	Midvaal Mad Mac Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Modderfontein	Inkamane Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RSA	Modderfontein	Modderfontein 10KM	10KM	Downhill (-1.80m/km)	2029
RSA	Modderfontein	Modderfontein 5KM	5KM	Downhill (-3.60m/km)	2029
RSA	Modderfontein	Modderfontein Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Modderfontein	Nedbank Runners Club 10KM	10KM	Downhill (-2.20m/km)	2027
RSA	Motherwell	Motherwell Freedom 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Mithatha	Cheetah 10KM	10KM	Downhill (-16.70m /km), Separation >50%	2029
RSA	Mithatha	Cheetah Challenge 5KM	5KM	Downhill (-2.00m /km), Separation >50%	2029
RSA	Mithatha	Cheetahs Challenge Half Marathon	Half Marathon	Separation >50%	2029
RSA	Mithatha	Cheetahs Mithatha Marathon	Marathon	Downhill (-1.20m /km), Separation >50%	2029
RSA	Nasrec	Athletics South Africa National 5KM Championships	5KM	Comp. Rule 31.21 compliant	2027
RSA	Nasrec	CGA 5KM Provincial Championships	5KM	Comp. Rule 31.21 compliant	2029
RSA	Nasrec	CGA Half Marathon Provincial Championships	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Nasrec	CGA Mile Provincial Championships	Mile	Comp. Rule 31.21 compliant	2029
RSA	Ngqeleni	Ngqeleni Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Ngqeleni	Ngqeleni Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Olifantsfontein	Tembisa 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Olifantsfontein	Tembisa Street Mile	Mile	Comp. Rule 31.21 compliant	2029
RSA	Orlando	Orlando Race Against Cancer Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RSA	Oudtshoorn	Infantry School Cango Caves Half Marathon	Half Marathon	Downhill (-8.80m /km), Separation >50%	2028
RSA	Oudtshoorn	Infantry School Cango Caves Marathon	Marathon	Downhill (-7.20m /km), Separation >50%	2028
RSA	Parkwood	Rockies 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Parkwood	Rockies Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Parkwood	Standard Bank Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Parkwood	Standard Bank Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Parys Crater	Parys Crater Street Mile	Mile	Comp. Rule 31.21 compliant	2029
RSA	Phalaborwa	Foskor 5KM ASA Championships	5KM	Comp. Rule 31.21 compliant	2029
RSA	Phalaborwa	Foskor Marathon 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Phalaborwa	Foskor Marathon 21KM	Half Marathon	Comp. Rule 31.21 compliant	2027
RSA	Phalaborwa	Foskor Marathon 5KM	5KM	Comp. Rule 31.21 compliant	2027
RSA	Phalaborwa	Foskor Mile ASA Championships	Mile	Comp. Rule 31.21 compliant	2029
RSA	Pietermaritzburg	Capital City 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Pietermaritzburg	Capital City 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Pietermaritzburg	Capital City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Pietermaritzburg	Capital City Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Pietermaritzburg	Save Orion 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Pietermaritzburg	Save Orion Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Polokwane	Run for Cancer 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Polokwane	Run for Cancer 5KM	5KM	Comp. Rule 31.21 compliant	2028
RSA	Polokwane	Run for Cancer Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Port Elizabeth	ASA Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Port Elizabeth	Love to Run Eastern Province 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Port Elizabeth	Nelson Mandela Bay 1 City Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RSA	Port Elizabeth	Spar Ladies Port Elizabeth 10KM	10KM	Comp. Rule 31.21 compliant	2025
RSA	Potchefstroom	Sanlam Cape Town Marathon - Potchefstroom Leg	Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Pretoria	ASA 10KM Championships 2022	10KM	Comp. Rule 31.21 compliant	2026
RSA	Pretoria	CAA Region 5 Marathon - 1 Mile	Mile	Downhill (-1.25m/km)	2029
RSA	Pretoria	CAA Region 5 Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	CAA Region 5 Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	CAA Region 5 Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	Castle Walk 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	City to City 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	City to City 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	City to City Ultramarathon	50KM	Separation >50%	2029
RSA	Pretoria	Curro Mile	Mile	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	Eyethu Fitness Test 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	Eyethu Fitness Test Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Pretoria	HOKA 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	HOKA 5KM Provincial Championships	5KM	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	HOKA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Pretoria	Sanlam Cape Town Marathon - Pretoria Leg	Marathon	Comp. Rule 31.21 compliant	2024*
RSA	Pretoria	Tshwane North 50KM Ultra	50KM	Comp. Rule 31.21 compliant	2027
RSA	Pretoria	Tshwane North Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RSA	Randburg	Race to Gender Equality 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Randburg	Race to Gender Equality 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Randburg	Race to Gender Equality Half Marathon	Half Marathon	Downhill (-6.60m/km), Separation >50%	2029
RSA	Randfontein	Colossus 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Randfontein	Colossus 5KM	5KM	Comp. Rule 31.21 compliant	2027
RSA	Randfontein	West Rand 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Randfontein	West Rand 5KM	5KM	Comp. Rule 31.21 compliant	2029
RSA	Randfontein	West Rand Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Riversand	Chillie Runners 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Rivonia	Wedge Road Race	10KM	Comp. Rule 31.21 compliant	2029
RSA	Rustenburg	Jubilee 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Rustenburg	Jubilee Half Marathon for AUSC Region 5 Countries	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Rustenburg	Jubilee Mile	Mile	Separation >50%	2028
RSA	Scottburgh	Scottburgh 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Scottburgh	Scottburgh 21KM	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Seshego	Seshego Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RSA	Seshego	Seshego Ultra Marathon	50KM	Separation >50%	2027
RSA	Simonstown	Balwin Sport Peninsula Half Marathon	Half Marathon	Separation >50%	2028
RSA	Simonstown	Balwin Sport Peninsula Marathon	Marathon	Separation >50%	2028
RSA	Soweto	African Bank Soweto Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
RSA	Soweto	African Bank Soweto Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RSA	Soweto	African Bank Soweto Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
RSA	Soweto	Soweto Cabal 10KM Run	10KM	Comp. Rule 31.21 compliant	2029
RSA	Soweto	Soweto Cabal 5KM Run	5KM	Comp. Rule 31.21 compliant	2029
RSA	Stellenbosch	Sportsman's Warehouse Winelands Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Stellenbosch	Totalsports Women's Race	10KM	Comp. Rule 31.21 compliant	2027
RSA	Tembisa	Tembisa 10KM	10KM	Comp. Rule 31.21 compliant	2027
RSA	Tshwane	Tshwane North 10KM	10KM	Comp. Rule 31.21 compliant	2029
RSA	Tshwane	Tshwane North Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Tshwane	Tshwane North Ultra 50KM	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Tshwane	ABSA Run Your City 10KM - Tshwane	10KM	Comp. Rule 31.21 compliant	2028
RSA	Tshwane	SPAR Women's Challenge 10KM - Tshwane	10KM	Comp. Rule 31.21 compliant	2028
RSA	Umtata	Elliot Madiera Charity Club 10KM	10KM	Separation >50%	2025
RSA	Umtata	Elliot Madiera Charity Club 5KM	5KM	Separation >50%	2025
RSA	Umtata	Elliot Madiera Charity Club Half Marathon	Half Marathon	Separation >50%	2025
RSA	Umtata	Elliot Madiera Charity Club Marathon	Marathon	Separation >50%	2025
RSA	Vaal City	Vaal River City 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Vaal City	Vaal River City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Vaal City	Vaal River City Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Vaal Triangle	Vaal Triangle Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Vryheid	Prof Otty Nxumalo Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RSA	Westernaria	Zet Sinqe Series 5KM Run	5KM	Comp. Rule 31.21 compliant	2025
RSA	Westernaria	Zet Sinqe Series Mile Run	Mile	Comp. Rule 31.21 compliant	2025
RSA	Wonderers	Vitality Wonderers Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RSA	Wonderers	Wonderers 10KM	10KM	Comp. Rule 31.21 compliant	2029

RUS	Belgorod	Belgorod 10KM	10KM	Comp. Rule 31.21 compliant	2026
RUS	Belgorod	Belgorod Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Bisert	Bisert Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Bisert	Bisert Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RUS	Gatchina	Gatchina Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Gdov	Gdov Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
RUS	Kazan	Kazan 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Kazan	Kazan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Kazan	Kazan Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Krasnoyarsk	Krasmarathon 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Krasnoyarsk	Krasmarathon 5KM	5KM	Comp. Rule 31.21 compliant	2029
RUS	Krasnoyarsk	Krasmarathon Zhara	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Leningrad Region	Road of Life Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RUS	Moscow	Half Marathon 'One Run'	Half Marathon	Comp. Rule 31.21 compliant	2028
RUS	Moscow	Half Marathon 'One Run' - 10KM	10KM	Comp. Rule 31.21 compliant	2028
RUS	Moscow	Moscow Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Moscow	Moscow Marathon	Marathon	Comp. Rule 31.21 compliant	2028
RUS	Moscow	Moscow Marathon - Satellite 10KM	10KM	Comp. Rule 31.21 compliant	2026
RUS	Moscow	My Capital Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RUS	Nizhny Novgorod	Half Marathon 'Hero'	Half Marathon	Comp. Rule 31.21 compliant	2028
RUS	Nizhny Novgorod	Marathon Nizhny Novgorod	Marathon	Comp. Rule 31.21 compliant	2027
RUS	Nizhny Novgorod	Marathon Nizhny Novgorod - 10KM	10KM	Comp. Rule 31.21 compliant	2027
RUS	Omsk	Siberian International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Omsk	Siberian International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RUS	Perm	Perm 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Perm	Perm 5KM	5KM	Comp. Rule 31.21 compliant	2029
RUS	Perm	Perm Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Perm	Perm Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Pushkin	Pushkin - St Petersburg 10KM	10KM	Separation >50%	2026
RUS	Pushkin	Pushkin - St Petersburg 30KM	30KM	Separation >50%	2026
RUS	Pushkin	Pushkin - St Petersburg Half Marathon	Half Marathon	Separation >50%	2026
RUS	Pushkin	Tsarskoselsky 10KM	10KM	Comp. Rule 31.21 compliant	2027
RUS	Pushkin	Tsarskoselsky Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RUS	Pushkin	Tsarskoselsky Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RUS	Samara	Samara 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Samara	Samara Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Samara	Samara Marathon (21,0975km Laps)	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Sochi	Sochi Autodrom 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Sochi	Sochi Autodrom Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Sochi	Sochi Autodrom Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RUS	St Petersburg	Pushkin - St Petersburg 10KM	10KM	Separation >50%	2029
RUS	St Petersburg	Pushkin - St Petersburg 30KM	30KM	Downhill (-1.16m /km), Separation >50%	2029
RUS	St Petersburg	Pushkin - St Petersburg Half Marathon	Half Marathon	Downhill (-1.76m /km), Separation >50%	2029
RUS	St Petersburg	Pushkin - St Petersburg Marathon	Marathon	Separation >50%	2029
RUS	St Petersburg	SPB Half Marathon 'One Run'	Half Marathon	Comp. Rule 31.21 compliant	2027
RUS	St Petersburg	The Northern Capital 10KM	10KM	Comp. Rule 31.21 compliant	2024*
RUS	St Petersburg	White Nights 10KM	10KM	Separation >50%	2029
RUS	St Petersburg	White Nights Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Tobolsk	Tobolsk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
RUS	Tobolsk	Tobolsk Marathon	Marathon	Comp. Rule 31.21 compliant	2027
RUS	Tomsk	Yarche Tomsk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RUS	Tomsk	Yarche Tomsk Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
RUS	Tyumen	Tyumen 10KM	10KM	Comp. Rule 31.21 compliant	2029
RUS	Tyumen	Tyumen 5KM	5KM	Comp. Rule 31.21 compliant	2029
RUS	Tyumen	Tyumen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Tyumen	Tyumen Marathon	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Ulyanovsk	Ulyanovsk Half Marathon of the Dream	Half Marathon	Comp. Rule 31.21 compliant	2024*
RUS	Vladivostok	Vladivostok International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RUS	Voronovo	Russian 1 Mile Road Running Championships	Mile	Comp. Rule 31.21 compliant	2028
RUS	Voronovo	Voronovo Cup International Competition	Mile	Comp. Rule 31.21 compliant	2029
RUS	Yakutsk	Olonkho 100KM Yakutsk	100KM	Comp. Rule 31.21 compliant	2029
RUS	Yakutsk	Olonkho Half Marathon Yakutsk	Half Marathon	Comp. Rule 31.21 compliant	2029
RUS	Yakutsk	Olonkho Marathon Yakutsk	Marathon	Comp. Rule 31.21 compliant	2029
RUS	Yaroslavl	Golden Ring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RUS	Yekaterinburg	Russian Half Marathon Cup	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Yekaterinburg	VIRTUS Championship of Russia	10KM	Comp. Rule 31.21 compliant	2026
RWA	Kigali	Kigali Peace Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
RWA	Kigali	Kigali Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
RWA	Kigali	Kigali Peace Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
SEN	Dakar	10KM Eiffage de Dakar	10KM	Comp. Rule 31.21 compliant	2027
SEN	Dakar	Marathon Eiffage de Dakar	Marathon	Comp. Rule 31.21 compliant	2027
SEN	Dakar	Semi Marathon Eiffage de Dakar	Half Marathon	Comp. Rule 31.21 compliant	2027
SEN	Saly	10KM de Saly	10KM	Comp. Rule 31.21 compliant	2030
SEN	Saly	5KM de Saly	5KM	Comp. Rule 31.21 compliant	2030
SEN	Saly	Marathon International de Saly	Marathon	Comp. Rule 31.21 compliant	2030
SEN	Saly	Semi Marathon de Saly	Half Marathon	Comp. Rule 31.21 compliant	2030
SEY	Beau Vallon	Seychelles Eco-Friendly Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
SEY	Beau Vallon	Seychelles Eco-Friendly Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
SEY	Seychelles Beau Vallon	Seychelles Eco Friendly 10KM	10KM	Comp. Rule 31.21 compliant	2024*
SEY	Seychelles Beau Vallon	Seychelles Eco Friendly 5KM	5KM	Comp. Rule 31.21 compliant	2024*
SGP	Singapore	Standard Chartered Singapore Marathon	Marathon	Comp. Rule 31.21 compliant	2028
SGP	Singapore	Standard Chartered Singapore Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
SGP	Singapore	Standard Chartered Singapore Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
SGP	Singapore	Standard Chartered Singapore Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SLO	Jesenice	Jesenice 10KM Spring Run	10KM	Comp. Rule 31.21 compliant	2029
SLO	Konjice	Konjice 10KM	10KM	Comp. Rule 31.21 compliant	2026
SLO	Konjice	Konjice Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SLO	Koper	The Istrian Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
SLO	Kranj	5KM Road Running National Championships	5KM	Comp. Rule 31.21 compliant	2028
SLO	Ljubljana	Volkswagen Ljubljana Maraton	Marathon	Comp. Rule 31.21 compliant	2027
SLO	Ljubljana	Volkswagen Ljubljana Maraton - Garmin Race 10KM	10KM	Comp. Rule 31.21 compliant	2028
SLO	Ljubljana	Volkswagen Ljubljana Maraton - Polmaraton	Half Marathon	Comp. Rule 31.21 compliant	2027
SLO	Maribor	1st Maribor 5KM Challenge	5KM	Comp. Rule 31.21 compliant	2024*
SLO	Maribor	Health Run Maribor	5KM	Comp. Rule 31.21 compliant	2026
SLO	Markovci	Markoton	Half Marathon	Comp. Rule 31.21 compliant	2024*
SLO	Novo Mesto	Novo Mesto 10KM	10KM	Comp. Rule 31.21 compliant	2027
SLO	Novo Mesto	Novo Mesto 5KM	5KM	Comp. Rule 31.21 compliant	2027
SLO	Novo Mesto	Novo Mesto Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SLO	Ormoz	Ormoz 10KM	10KM	Comp. Rule 31.21 compliant	2026
SLO	Ormoz	Ormoz 5KM	5KM	Comp. Rule 31.21 compliant	2026
SLO	Ormoz	Ormoz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SLO	Radenci	Three Hearts Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SLO	Radenci	Three Hearts Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
SLO	Radenci	Three Hearts Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SLO	Slovenska Bistrica	Slovenska Bistrica 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Apatin	Apatin Danube 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Apatin	Apatin Danube Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SRB	Arandelovac	1300 Kaplara Run in Arandelovac 10KM	10KM	Comp. Rule 31.21 compliant	2027
SRB	Arandelovac	1300 Kaplara Run in Arandelovac 5KM	5KM	Comp. Rule 31.21 compliant	2027

SRB	Backa Topola	Pal Skenderovics Memorial 10KM Run	10KM	Comp. Rule 31.21 compliant	2028
SRB	Backa Topola	Pal Skenderovics Memorial 5KM Run	5KM	Comp. Rule 31.21 compliant	2028
SRB	Becej	Becej 10KM Race	10KM	Comp. Rule 31.21 compliant	2027
SRB	Becej	Becej 5KM Race	5KM	Comp. Rule 31.21 compliant	2027
SRB	Belgrade	Belgrade 10KM	10KM	Comp. Rule 31.21 compliant	2027
SRB	Belgrade	Belgrade Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SRB	Belgrade	Belgrade Marathon	Marathon	Comp. Rule 31.21 compliant	2026
SRB	Belgrade	Belgrade Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
SRB	Belgrade	Savski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Bor	Borski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2030
SRB	Bor	Borski ZIJIN Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2029
SRB	Cacak	Cacak 10KM	10KM	Comp. Rule 31.21 compliant	2024*
SRB	Cacak	Cacak 5KM	5KM	Comp. Rule 31.21 compliant	2024*
SRB	Čačak	Trka Ca (Cacak Half Marathon)	Half Marathon	Comp. Rule 31.21 compliant	2024*
SRB	Cuprija	Cuprija 10KM Race	10KM	Downhill (-12.6m /km), Separation >50%	2028
SRB	Ecka	Road Race Ecka 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Ecka	Road Race Ecka 5KM	5KM	Comp. Rule 31.21 compliant	2026
SRB	Jagodina	Jagodina 10KM	10KM	Comp. Rule 31.21 compliant	2028
SRB	Jagodina	Jagodina Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SRB	Krusevac	Krusevac 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Krusevac	Krusevac Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SRB	Kula	Friendship Race Kula - 5KM	5KM	Comp. Rule 31.21 compliant	2029
SRB	Nis	Niski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
SRB	Novi Pazar	Novi Pazar - 10KM	10KM	Comp. Rule 31.21 compliant	2027
SRB	Novi Pazar	Novi Pazar - 5KM	5KM	Comp. Rule 31.21 compliant	2027
SRB	Novi Pazar	Novi Pazar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Novi Sad	Novi Sad 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Novi Sad	Novi Sad Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Novi Sad	Novi Sad Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SRB	Petrovac	Memorial Dragutin Tomasevic 10KM	10KM	Downhill (-6.90m /km), Separation >50%	2027
SRB	Ruma	Ruma Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Sabac	Civjaski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SRB	Sombor	Sombor Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Subotica	Subotica 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Subotica	Subotica 5KM	5KM	Comp. Rule 31.21 compliant	2026
SRB	Subotica	Subotica Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SRB	Vrbas	Vrbas 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Vrbas	Vrbas 5KM	5KM	Comp. Rule 31.21 compliant	2026
SRB	Vrsac	Vrsac Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SRB	Zrenjanin	Zrenjanin Marathon	Marathon	Comp. Rule 31.21 compliant	2025
SRI	Colombo	LSR Colombo Marathon	Marathon	Separation >50%	2029
SRI	Colombo	LSR Colombo Marathon - 10K	10KM	Separation >50%	2029
SRI	Colombo	LSR Colombo Marathon - 5K	5KM	Separation >50%	2029
SRI	Colombo	LSR Colombo Marathon - Half Marathon	Half Marathon	Separation >50%	2029
SUI	Basel	3 Landerlauf Basel 10KM	10KM	Comp. Rule 31.21 compliant	2027
SUI	Basel	3 Landerlauf Basel Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SUI	Basel	3 Landerlauf Basel Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SUI	Basel	Sri Chinmoy 100KM	100KM	Comp. Rule 31.21 compliant	2027
SUI	Belp	Swiss Athletics 10KM race	10KM	Comp. Rule 31.21 compliant	2025
SUI	Belp	Swiss Athletics Marathon race	Marathon	Comp. Rule 31.21 compliant	2025
SUI	Bern	Grand Prix de Bern 10 Miles	10 Mile	Comp. Rule 31.21 compliant	2028
SUI	Courroux	5KM Fun Run	5KM	Comp. Rule 31.21 compliant	2029
SUI	Courroux	Championnat de Suisse de 10KM 2025	10KM	Comp. Rule 31.21 compliant	2029
SUI	Geneve	Geneve Generali 10KM Race	10KM	Downhill (-4.20 m/km)	2027
SUI	Geneve	Geneve Generali 5KM Race	5KM	Comp. Rule 31.21 compliant	2026
SUI	Geneve	Geneve Generali Half Marathon	Half Marathon	Downhill (-1.99 m/km)	2027
SUI	Geneve	Geneve Generali Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SUI	Geneve	Harmony Geneva Marathon for Unicef	Marathon	Comp. Rule 31.21 compliant	2025
SUI	Geneve	The Giants Geneva	10KM	Comp. Rule 31.21 compliant	2025
SUI	Lausanne	Lausanne 10KM	10KM	Downhill (-3.10 m/km)	2027
SUI	Lausanne	Lausanne 5KM	5KM	Comp. Rule 31.21 compliant	2029
SUI	Lausanne	Lausanne Half Marathon	Half Marathon	Downhill (-1.47 m/km)	2027
SUI	Lausanne	Lausanne Marathon	Marathon	Comp. Rule 31.21 compliant	2028
SUI	Locarno	Ascona Locarno Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SUI	Lucerne	SwissCity Lucerne - 10KM	10KM	Comp. Rule 31.21 compliant	2029
SUI	Lucerne	SwissCity Lucerne - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SUI	Lucerne	SwissCity Lucerne - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SUI	Lugano	Stralugano 10KM City Run	10KM	Comp. Rule 31.21 compliant	2029
SUI	Lugano	Stralugano 5KM Fun Run	5KM	Comp. Rule 31.21 compliant	2029
SUI	Lugano	Stralugano Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SUI	Oberriet	Rhy Lauf 10KM	10KM	Comp. Rule 31.21 compliant	2028
SUI	Oberriet	Rhy Lauf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SUI	Payerne	Payerne 10KM	10KM	Comp. Rule 31.21 compliant	2028
SUI	Payerne	Payerne 5KM	5KM	Comp. Rule 31.21 compliant	2028
SUI	Sarnen	Sarnessee lauf 10KM Run	10KM	Comp. Rule 31.21 compliant	2028
SUI	Sarnen	Sarnessee lauf 5KM Run	5KM	Comp. Rule 31.21 compliant	2028
SUI	Sarnen	Sarnessee lauf Half Marathon Run	Half Marathon	Comp. Rule 31.21 compliant	2028
SUI	Uster	Greifenseelauf - 10KM	10KM	Comp. Rule 31.21 compliant	2027
SUI	Uster	Greifenseelauf - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SUI	Uster	SM 10K Strasse Volkslauf Swiss Championship	10KM	Comp. Rule 31.21 compliant	2027
SUI	Zurich	Neujahrsmarathon Zurich	Marathon	Comp. Rule 31.21 compliant	2029
SUI	Zurich	Neujahrsmarathon Zurich Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SUI	Zurich	Zurich 10KM	10KM	Comp. Rule 31.21 compliant	2029
SUI	Zurich	Zurich Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SUI	Zurich	Zurich Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SVK	Bratislava	CSOB Bratislava Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SVK	Bratislava	CSOB Bratislava Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SVK	Bratislava	DM Women's Run	10KM	Comp. Rule 31.21 compliant	2029
SVK	Bratislava	Oktoberfest Run Nitra	Half Marathon	Comp. Rule 31.21 compliant	2029
SVK	Bratislava	Telkom Night Run Bratislava	10KM	Comp. Rule 31.21 compliant	2029
SVK	Dudince	Dudinska Race Walking Marathon	Marathon	Comp. Rule 31.21 compliant	2028
SVK	Kosice	Kosice Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SVK	Kosice	Kosice Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SVK	Majcichov Desiatka	Majcichov Desiatka 10KM	10KM	Comp. Rule 31.21 compliant	2029
SWA	Mbabane	Imbube 10KM	10KM	Comp. Rule 31.21 compliant	2027
SWA	Mbabane	Imbube Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SWA	Mbabane	Imbube Marathon (The King's Marathon)	Marathon	Comp. Rule 31.21 compliant	2027
SWE	Andersstorp	Andersstorp Running Grand Prix, SM Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SWE	Balsta	Balsta Stadsløpp 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Goteborg	Goteborgsvarvet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SWE	Goteborg	Goteborgsvarvet Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SWE	Goteborg	World Masters Athletics - 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Goteborg	World Masters Athletics - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SWE	Helsingborg	Helsingborg Halvmarathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SWE	Helsingborg	Helsingborg Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SWE	Jonkoping	Jonkoping Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SWE	Jonkoping	Jonkoping Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SWE	Kalmar	ATEA Kalmarmilen - Swedish 10KM Championships	10KM	Comp. Rule 31.21 compliant	2028
SWE	Linkoping	Blodmloppet Linkoping 10KM	10KM	Comp. Rule 31.21 compliant	2028

SWE	Linköping	Blodomloppet Linköping 5KM	5KM	Comp. Rule 31.21 compliant	2028
SWE	Malmö	Malmö Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
SWE	Malmö	Malmö Marathon	Marathon	Comp. Rule 31.21 compliant	2029
SWE	Norrköping	Norrköpings Stadslopp	5KM	Comp. Rule 31.21 compliant	2029
SWE	Örebro	Startmilén 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Örebro	Startmilén 5KM	5KM	Comp. Rule 31.21 compliant	2028
SWE	Söderköping	Söderköpings Stadslopp 5KM	5KM	Comp. Rule 31.21 compliant	2029
SWE	Stockholm	adidas Premiärhalvan	Half Marathon	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	adidas Stockholm Marathon	Marathon	Comp. Rule 31.21 compliant	2027
SWE	Stockholm	Finnkampen 10KM	10KM	Comp. Rule 31.21 compliant	2029
SWE	Stockholm	Hasselbyloppet 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	Kungsholmen Runt - 10KM	10KM	Comp. Rule 31.21 compliant	2027
SWE	Stockholm	Kungsholmen Runt - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
SWE	Stockholm	Midnattsloppet 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	Midnattsloppet 5KM	5KM	Downhill (-1.10 m/km)	2028
SWE	Stockholm	Midnattsloppet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	Premiärmilen - 10KM	10KM	Comp. Rule 31.21 compliant	2027
SWE	Stockholm	Ramboll Stockholm Halvmarathon	Half Marathon	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	Ramboll Stockholm Halvmarathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
SWE	Stockholm	Swedish Half Marathon Championship	Half Marathon	Comp. Rule 31.21 compliant	2029
SWE	Stockholm	Swedish Marathon Championship	Marathon	Comp. Rule 31.21 compliant	2024*
SWE	Stockholm	Tjejmilén	10KM	Comp. Rule 31.21 compliant	2029
SWE	Ystad	Swedish 10KM Championships	10KM	Comp. Rule 31.21 compliant	2027
TAN	Dar es Salaam	CRDB Bank Dar es Salaam 10KM	10KM	Comp. Rule 31.21 compliant	2029
TAN	Dar es Salaam	CRDB Bank Dar es Salaam 5KM	5KM	Comp. Rule 31.21 compliant	2025
TAN	Dar es Salaam	CRDB Bank Dar es Salaam Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TAN	Dar es Salaam	CRDB Bank Dar es Salaam Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TAN	Dar es Salaam	New Year 10KM	10KM	Comp. Rule 31.21 compliant	2024*
TAN	Dar es Salaam	New Year 5KM	5KM	Comp. Rule 31.21 compliant	2024*
TAN	Dar es Salaam	New Year Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
TAN	Dar es Salaam	New Year Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
TAN	Dodoma	NBC Dodoma 10KM	10KM	Comp. Rule 31.21 compliant	2029
TAN	Dodoma	NBC Dodoma Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TAN	Dodoma	NBC Dodoma Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TAN	Moshi	Kilimanjaro Premium Lager Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TAN	Moshi	Kilimanjaro Premium Lager Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TAN	Zanzibar	Asma Mwinyi Foundation Stop GBV 10KM	10KM	Comp. Rule 31.21 compliant	2027
TAN	Zanzibar	Asma Mwinyi Foundation Stop GBV 5KM	5KM	Comp. Rule 31.21 compliant	2027
TAN	Zanzibar	Asma Mwinyi Foundation Stop GBV Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Amazing Thailand Marathon Bangkok	Marathon	Comp. Rule 31.21 compliant	2028
THA	Bangkok	Amazing Thailand Marathon Bangkok - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Bangkok	Amazing Thailand Marathon Bangkok - Half Marathon	Half Marathon	Downhill (-1.51m/km)	2028
THA	Bangkok	ASICS: META: Time Trails Thailand 2025 (Rama 8 Park)	10KM	Comp. Rule 31.21 compliant	2029
THA	Bangkok	ASICS: META: Time Trails Thailand 2026 (Sanam Luang)	10KM	Comp. Rule 31.21 compliant	2030
THA	Bangkok	Bangkok 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok 10KM - Contingency Course	10KM	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok 5KM	5KM	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok 5KM - Contingency Course	5KM	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok Half Marathon - Contingency Course	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok Marathon - Contingency Course	Marathon	Comp. Rule 31.21 compliant	2027
THA	Bangkok	Bangkok Midnight 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Bangkok	Bangkok Midnight Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Bangkok	Bangkok Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2028
THA	Bangkok	Thai Sikh Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
THA	Bangkok	Thai Sikh Run Half Marathon	Marathon	Comp. Rule 31.21 compliant	2029
THA	Bangsaen	Bangsaen10	10KM	Comp. Rule 31.21 compliant	2028
THA	Bangsaen	Bangsaen10 - 5KM	5KM	Comp. Rule 31.21 compliant	2028
THA	Bangsaen	Bangsaen21	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Bangsaen	Bangsaen42 Chonburi Marathon	Marathon	Comp. Rule 31.21 compliant	2028
THA	Buriram	Buriram 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Buriram	Buriram Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Buriram	Buriram Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Chanthaburi	Chanthaburi Scenic 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Chanthaburi	Chanthaburi Scenic Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Chanthaburi	Chanthaburi Scenic Marathon	Marathon	Comp. Rule 31.21 compliant	2026
THA	Chiang Mai	ChiangMai21	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Chiang Rai	Chiang Rai 10KM	10KM	Comp. Rule 31.21 compliant	2024*
THA	Chonburi	Bangsaen 10KM	10KM	Comp. Rule 31.21 compliant	2024*
THA	Chonburi	Bangsaen 5KM	5KM	Comp. Rule 31.21 compliant	2024*
THA	Hat Yai	Hatyai 21KM Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Hua Hin	Hua Hin 21 Women's Run	Half Marathon	Comp. Rule 31.21 compliant	2029
THA	Hua Hin	Hua Hin 21 Women's Run - 10KM	10KM	Comp. Rule 31.21 compliant	2029
THA	Kanchanaburi	River Kwai 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Kanchanaburi	River Kwai Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Khao Yai	Khao Yai Marathon	Marathon	Comp. Rule 31.21 compliant	2029
THA	Khao Yai	Khao Yai Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
THA	Khaolak Phang-ngu	Phang-ngu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
THA	Khaolak Phang-ngu	Phang-ngu International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
THA	Khon Kaen	Khon Kaen International Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
THA	Khun Dan	Khun Dan Marathon	Marathon	Comp. Rule 31.21 compliant	2028
THA	Khun Dan	Khun Dan Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Khun Dan	Khun Dan Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Korat	Korat Powdurance 10KM	10KM	Comp. Rule 31.21 compliant	2024*
THA	Korat	Korat Powdurance Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
THA	Korat	Korat Powdurance Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
THA	Korat	Korat Powdurance Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
THA	Korat	Korat Powdurance Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
THA	Korat	The Mall Korat 10KM	10KM	Comp. Rule 31.21 compliant	2026
THA	Korat	The Mall Korat Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
THA	Korat	The Mall Korat Marathon	Marathon	Comp. Rule 31.21 compliant	2026
THA	Krabi	Krabi 10KM	10KM	Comp. Rule 31.21 compliant	2026
THA	Krabi	Krabi 5KM	5KM	Comp. Rule 31.21 compliant	2026
THA	Krabi	Krabi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
THA	Lampang	Mae Moh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Lampang	Mae Moh Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Lamphun	Lamphun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Lamphun	Lamphun Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Nong Khai	NongKhai Running Festival - 100K	100KM	Comp. Rule 31.21 compliant	2029
THA	Nong Khai	NongKhai Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
THA	Nong Khai	Photak 10KM	10KM	Comp. Rule 31.21 compliant	2026
THA	Nong Khai	Photak 5KM	5KM	Comp. Rule 31.21 compliant	2026
THA	Nong Khai	Photak Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
THA	Nong Khai	Photak Marathon	Marathon	Comp. Rule 31.21 compliant	2026
THA	Pattaya	Pattaya Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Pattaya	Pattaya Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Pattaya	Pattaya Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Phuket	Laguna Phuket Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027

THA	Phuket	Laguna Phuket Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Phuket	Phuketthon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Phuket	Phuketthon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Pranburi	Scenic 10KM Pranburi	10KM	Comp. Rule 31.21 compliant	2027
THA	Pranburi	Scenic Half Marathon Pranburi	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Pranburi	Scenic Marathon Pranburi	Marathon	Comp. Rule 31.21 compliant	2027
THA	Rajabhat	Chom Bueng Marathon	Marathon	Comp. Rule 31.21 compliant	2028
THA	Rajabhat	Chom Bueng Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Rajabhat	Chom Bueng Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Rayong	Scenic Half Marathon Rayong	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Rayong	Scenic Half Marathon Rayong - 10KM	10KM	Comp. Rule 31.21 compliant	2028
THA	Songkhla	Songkhla 10KM	10KM	Comp. Rule 31.21 compliant	2027
THA	Songkhla	Songkhla Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
THA	Songkhla	Songkhla International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
THA	Trang	Trang 10KM	10KM	Comp. Rule 31.21 compliant	2024*
THA	Trang	Trang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
THA	Trang	Trang Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
THA	Yala	Betong 21 - 10kKM	10KM	Comp. Rule 31.21 compliant	2028
THA	Yala	Betong 21 - 5KM	5KM	Comp. Rule 31.21 compliant	2028
THA	Yala	Betong 21 - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
THA	Yala	Yala Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TLS	Dili	Dili 10KM	10KM	Comp. Rule 31.21 compliant	2027
TLS	Dili	Dili Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TLS	Dili	Dili International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
TPE	Alishan Township	Alishan Cloud Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Alishan Township	Alishan Cloud Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TPE	Beigan	Matsu Beigan Ultramarathon	50KM	Comp. Rule 31.21 compliant	2028
TPE	Chiayi City	Chiayi City Ponds International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TPE	Chiayi City	Chiayi City Ponds International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Chiayi City	Fenqi Yun Yong ~ Classic 100KM Ultra Marathon Challenge	100KM	Comp. Rule 31.21 compliant	2028
TPE	Chiayi City	Fenqi Yun Yong ~ Classic 100KM Ultra Marathon Challenge - 50KM	50KM	Comp. Rule 31.21 compliant	2028
TPE	Fanli Township	Taiwan Alishan Divine Tree Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
TPE	Hsinchu	Hsinchu City Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Hsinchu	Hsinchu Ocean International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TPE	Huwei Township	Yunlin Country The National Games - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TPE	Jianshi	Taiwan Zhenxibao 100KM Ultramarathon	100KM	Comp. Rule 31.21 compliant	2024*
TPE	Jianshi	Taiwan Zhenxibao 50 KM Ultramarathon	50KM	Comp. Rule 31.21 compliant	2024*
TPE	Jiji Township	Jiji International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Kaohsiung	100KM Ultra Marathon in Kaohsiung	100KM	Comp. Rule 31.21 compliant	2026
TPE	Kaohsiung	Kaohsiung Fubon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Kaohsiung	Kaohsiung Fubon Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TPE	Kinmen	Kinmen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TPE	Kinmen	Kinmen Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TPE	Kinmen	Kinmen Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
TPE	Kinmen	Kinmen Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Nangan Township	Matsu Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	New Taipei City	Wan-Jin-Shi International 10KM	10KM	Comp. Rule 31.21 compliant	2025
TPE	New Taipei City	Wan-Jin-Shi International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TPE	New Taipei City	Wan-Jin-Shi International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
TPE	Palau	Belau Ormal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
TPE	Palau	Belau Ormal Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
TPE	Taichung City	4117 Central Park Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TPE	Taichung City	4117 Central Park Marathon	Marathon	Comp. Rule 31.21 compliant	2027
TPE	Taichung City	Taichung International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
TPE	Tainan City	Tainan 400 Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Tainan City	Tainan 400 Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TPE	Tainan City	Tainan City National Games 20KM Race Walking	20KM	Comp. Rule 31.21 compliant	2027
TPE	Tainan City	Tainan Historical Capital International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Tainan City	Tainan National Games Marathon	Marathon	Comp. Rule 31.21 compliant	2027
TPE	Tainan City	Tainan International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Tainan City	Zengwen Reservoir Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei	China Airlines Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Taipei	K. K. Powerflex Cup Ultramarathon	50KM	Comp. Rule 31.21 compliant	2024*
TPE	Taipei	Taipei Ultramarathon - 100KM	100KM	n/a (non standard distance)	2027
TPE	Taipei City	Eva Air 10KM	10KM	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Eva Air Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Eva Air Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	IAU World 50KM Championships - 10KM lap	10KM	n/a (race walk loop)	2025
TPE	Taipei City	IAU World 50KM Championships - 5KM lap	5KM	n/a (race walk loop)	2025
TPE	Taipei City	New Taipei City The National Games Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TPE	Taipei City	Standard Chartered Taipei Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Standard Chartered Taipei Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Taipei Freeway Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Taipei Freeway Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Taipei Freeway Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Taipei Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Taipei City	Taipei Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TPE	Taipei City	Taipei Twin Cities Marathon	Marathon	Comp. Rule 31.21 compliant	2027
TPE	Taipei City	Taishin Women Run TPE - 10KM	10KM	Comp. Rule 31.21 compliant	2025
TPE	Taipei City	Taishin Women Run TPE - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TPE	Taipei City	Taiwan's Rice Heaven Tianzhong Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
TPE	Taipei City	World Masters Games Athletics Road Race - 10KM	10KM	Comp. Rule 31.21 compliant	2029
TPE	Taipei City	World Masters Games Athletics Road Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Taoyuan City	Taoyuan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TPE	Taoyuan City	XinWu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TPE	Yilan	Yilan Sinphar Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TPE	Yilan City	Yilan Dongshan River Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TPE	Yilan City	Yilan Dongshan River Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TPE	Yilan City	Yilan Dongshan River Ultra Marathon - 100KM	100KM	Comp. Rule 31.21 compliant	2028
TPE	Yilan City	Yilan Dongshan River Ultra Marathon - 50KM	50KM	Comp. Rule 31.21 compliant	2028
TPE	Yuchi Township	Sun Moon Lake Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TTO	Arima	We Run Arima Weekend 10KM	10KM	Comp. Rule 31.21 compliant	2027
TTO	Arima	WE Run Arima Weekend 21KM	Half Marathon	Comp. Rule 31.21 compliant	2027
TTO	Arima	We Run Arima Weekend 5KM	5KM	Comp. Rule 31.21 compliant	2027
TTO	Port of Spain	Trinidad & Tobago Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TTO	St. Augustine	UWI-SPEC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TTO	St. Augustine	UWI-SPEC Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
TUN	Beja	Vaga Run Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUN	Djerba	Semi Marathon Ulysse Djerba	Half Marathon	Comp. Rule 31.21 compliant	2029
TUN	Sidi Bouzid	Delice Run	10KM	Comp. Rule 31.21 compliant	2029
TUN	Tunis	Marathon Comar Tunis Carthage	Marathon	Comp. Rule 31.21 compliant	2027
TUN	Tunis	Semi Marathon Comar Tunis Carthage	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Adana	International Adana Kurtulus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Ankara	International Runkara 10KM	10KM	Comp. Rule 31.21 compliant	2029
TUR	Ankara	International Runkara Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Antalya	Runtalya Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Antalya	Runtalya International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TUR	Antalya	World Athletics Race Walking Team Championships	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Avsa	International Avsa 10.000m	10KM	Comp. Rule 31.21 compliant	2024*

TUR	Ayvalik	Ayvalik 10K Race	10KM	Comp. Rule 31.21 compliant	2027
TUR	Ayvalik	Ayvalik Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Balikesir	Balikesir 10K Road Run	10KM	Comp. Rule 31.21 compliant	2028
TUR	Bursa	Bursa Eker I Run 5K Road Race	5KM	Comp. Rule 31.21 compliant	2028
TUR	Bursa	Bursa Eker I Run Maraton	Marathon	Downhill (-39.9 m/km), Separation >50%	2028
TUR	Bursa	Bursa International Turkic World Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Bursa	International Nilufer Bursa - 10KM	10KM	Comp. Rule 31.21 compliant	2027
TUR	Bursa	International Nilufer Bursa - 5KM	5KM	Comp. Rule 31.21 compliant	2027
TUR	Bursa	International Nilufer Bursa - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Canakkale	International Troya 10KM	10KM	Comp. Rule 31.21 compliant	2029
TUR	Canakkale	International Troya Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Diyarbakir	Diyarbakir Sur Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
TUR	Edirne	Edirne Balkan Kadınlar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Edirne	International Edirne Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Eskisehir	Eskisehir Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Gaziantep	Gazi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Gaziantep	Gurmerun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Gazimagusa	Famagusta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Gazimagusa	Famagusta Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Gazimagusa	International Northernland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Gazimagusa	Long Beach Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Giresun	Giresun 10K	10KM	Comp. Rule 31.21 compliant	2028
TUR	Giresun	Giresun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Girne	International Girne 10KM	10KM	Comp. Rule 31.21 compliant	2028
TUR	Girne	International Girne Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Girne	International Girne Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Istanbul	International Centennial Republic Run	10KM	Comp. Rule 31.21 compliant	2027
TUR	Istanbul	International Marmarun 10K Road Race	10KM	Comp. Rule 31.21 compliant	2027
TUR	Istanbul	International Princes Island Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Istanbul	Istanbul 10KM	10KM	Comp. Rule 31.21 compliant	2027
TUR	Istanbul	Istanbul Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TUR	Istanbul	Istanbul Marathon	Marathon	Comp. Rule 31.21 compliant	2029
TUR	Istanbul	Kadikoy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Istanbul	The Great World Race - Asia	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Istanbul	The Great World Race - Europe	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Istanbul	Tuzla Belediyesi 10K	10KM	Comp. Rule 31.21 compliant	2029
TUR	Istanbul	Uskudar 10K Race	10KM	Comp. Rule 31.21 compliant	2028
TUR	Istanbul	Uskudar Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Istanbul	Winter Run Istanbul	10KM	Comp. Rule 31.21 compliant	2029
TUR	Izmir	International Izmir 10KM road race	10KM	Comp. Rule 31.21 compliant	2025
TUR	Izmir	Izmir International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TUR	Izmir	Salomon Cesme Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Izmir Menemen	National Martyr Mustafa Fehmi Kubilay 10K Road Race	10KM	Comp. Rule 31.21 compliant	2026
TUR	Kastamonu	istiklal Yolu Serife Baci Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Kayseri	International Kayseri 10KM Road Race	10KM	Comp. Rule 31.21 compliant	2026
TUR	Kayseri	International Kayseri Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Kocaeli	Kocaeli 10K	10KM	Comp. Rule 31.21 compliant	2029
TUR	Konya	International Konya 10KM Road Race	10KM	Comp. Rule 31.21 compliant	2026
TUR	Konya	International Konya Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Kyrenia	International Kyrenia 10KM Road Race	10KM	Comp. Rule 31.21 compliant	2026
TUR	Kyrenia	International Kyrenia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Kyrenia	International Kyrenia Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TUR	Lykos	Lykos Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Malataya	Arslantepe Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TUR	Manisa	International Vestel Manisa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Menemen Izmir	National Martys sublieutenant Mustafa Fehmi Kubilay 10 k road race	10KM	Separation >50%	2025
TUR	Mersin	International Mersin 10K Road Race	10KM	Comp. Rule 31.21 compliant	2029
TUR	Mersin	International Mersin Marathon	Marathon	Comp. Rule 31.21 compliant	2028
TUR	Nigde	Nigde Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
TUR	Ordu	Ordu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Osmaniye	Osmaniye Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
TUR	Polatli	Gordion 10K Race	10KM	Comp. Rule 31.21 compliant	2027
TUR	Polatli	Gordion Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Samsun	International Samsun Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Sancaktepe	International Sancaktepe Cumhuriyet 10KM	10KM	Comp. Rule 31.21 compliant	2028
TUR	Tarsus	International Tarsus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Trabzon	International Trabzon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
TUR	Trabzon	International Trabzon Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TUR	Van	International Van Sea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Van	National Van 10KM Road Race	10KM	Downhill (-2.6 m/km)	2026
TUR	Yalova	Yalova 10K	10KM	Comp. Rule 31.21 compliant	2029
TUR	Zonguldak Devrek	Devrek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
UAE	Abu Dhabi	ADNOC Abu Dhabi Marathon	Marathon	Comp. Rule 31.21 compliant	2026
UAE	Abu Dhabi	ADNOC Abu Dhabi Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
UAE	Abu Dhabi	Zayed Charity Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
UAE	Abu Dhabi	Zayed Charity Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
UAE	Dubai	Asian Marathon - Dubai 2023	Marathon	Comp. Rule 31.21 compliant	2027
UAE	Dubai	Burj2Burj Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
UAE	Dubai	Dubai 10KM	10KM	Comp. Rule 31.21 compliant	2024*
UAE	Dubai	Dubai Marathon	Marathon	Comp. Rule 31.21 compliant	2027
UAE	Dubai	Standard Chartered Dubai Marathon	Marathon	Comp. Rule 31.21 compliant	2028
UAE	Ras Al Khaimah	Ras Al Khaimah Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
UAE	Uum Al Quwain	UAQ Half Marathon	Marathon	Comp. Rule 31.21 compliant	2029
UAE	Uum Al Quwain	UAQ Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
UAE	Uum Al Quwain	UAQ Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
UAE	Uum Al Quwain	UAQ Half Marathon - Mile	Mile	Comp. Rule 31.21 compliant	2029
UGA	Kasese	Tusker Lite Mount Rwenzori 10KM	10KM	Comp. Rule 31.21 compliant	2028
UGA	Kasese	Tusker Lite Mount Rwenzori Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
UGA	Kasese	Tusker Lite Mount Rwenzori Marathon	Marathon	Separation >50%	2028
UKR	Bila Tservka	Bila Tserkva Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Bila Tservka	Bila Tserkva Marathon	Marathon	Comp. Rule 31.21 compliant	2025
UKR	Cherkasy	MHP Run 4 Victory 10KM Cherkasy	10KM	Comp. Rule 31.21 compliant	2029
UKR	Cherkasy	MHP Run for Victory Half Marathon Cherkasy	Half Marathon	Comp. Rule 31.21 compliant	2029
UKR	Kharkiv	Nova Poshta Kharkiv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Kharkiv	Nova Poshta Kharkiv Marathon	Marathon	Comp. Rule 31.21 compliant	2025
UKR	Khust	Khust Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
UKR	Khust	Khust Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Khust	West Carpathian Marathon	Marathon	Downhill (-1.30 m/km)	2027
UKR	Kyiv	Bila Tserkva Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Bila Tserkva Marathon	Marathon	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	DieHard Running Kyiv 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	DieHard Running Kyiv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	Kyiv Euro 10KM	10KM	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Kyiv Nova Poshta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Kyiv Ultra 100KM	100KM	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Kyiv Ultra 50KM	50KM	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Kyiv Unbroken 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	Kyiv Unbroken 5KM	5KM	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	Kyiv Unbroken Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029

UKR	Kyiv	Recruit Honor Race 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	Recruit Honor Race 5KM	5KM	Comp. Rule 31.21 compliant	2029
UKR	Kyiv	Ukraine 50KM Championships	50KM	Comp. Rule 31.21 compliant	2028
UKR	Lviv	Nova Poshta Lviv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Lviv	Nova Poshta Lviv Marathon	Marathon	Comp. Rule 31.21 compliant	2025
UKR	Lviv	Run Ukraine Lviv 5KM	5KM	Comp. Rule 31.21 compliant	2027
UKR	Lviv	Run Ukraine Lviv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
UKR	Lviv	Run Ukraine Lviv Mile	Mile	Comp. Rule 31.21 compliant	2027
UKR	Odesa	Nova Poshta Odessa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Odesa	Seaside 10KM Odesa	10KM	Comp. Rule 31.21 compliant	2029
UKR	Odesa	Seaside 5KM Odesa	5KM	Comp. Rule 31.21 compliant	2029
UKR	Odesa	Seaside Half Marathon Odesa	Half Marathon	Comp. Rule 31.21 compliant	2029
UKR	Odesa	Seaside Marathon Odesa	Marathon	Comp. Rule 31.21 compliant	2029
UKR	Poltava	NewRun Corpus Park Poltava	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Poltava	Nova Poshta Poltava Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Ternopil	Ternopil 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Ternopil	Ternopil 5KM	5KM	Comp. Rule 31.21 compliant	2029
UKR	Vinnitsia	Vinnitsia Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
UKR	Vinnitsia	Vinnitsia Run 21.1KM	Half Marathon	Comp. Rule 31.21 compliant	2029
UKR	Vinnitsia	Vinnitsia Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
URU	Canelones	Bimbo 10KM	10KM	Comp. Rule 31.21 compliant	2027
URU	Ciudad de la Costa	10K Ciudad de la Costa	10KM	Comp. Rule 31.21 compliant	2026
URU	Colonia del Sacramento	Corrida Plaza de Toros	10KM	Comp. Rule 31.21 compliant	2029
URU	Cuenca	Ruta Nocturna 10 K	10KM	Comp. Rule 31.21 compliant	2026
URU	Guayaquil	Maratón de Guayaquil	Marathon	Comp. Rule 31.21 compliant	2026
URU	Maldonado	Carrera "Pérez Scremini 2024, Punta del Este"	10KM	Comp. Rule 31.21 compliant	2028
URU	Maldonado	Maratón de Punta del Este	Marathon	Comp. Rule 31.21 compliant	2028
URU	Maldonado	Maratón de Punta del Este - Medio Maratón	Half Marathon	Comp. Rule 31.21 compliant	2026
URU	Maldonado	Medio Maratón de Punta del Este	Half Marathon	Comp. Rule 31.21 compliant	2027
URU	Montevideo	10K Santiago Vazquez Fiesta del Rio	10KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	21K'narios	Half Marathon	Separation >50%	2026
URU	Montevideo	Aguada 10KM	10KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Corre Mercedes 10KM	10KM	Comp. Rule 31.21 compliant	2024*
URU	Montevideo	CorreCorreo	10KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Enfoque 5KM	5KM	comp. Rule 31.21 compliant	2029
URU	Montevideo	Maratón de Montevideo	Marathon	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Maratón de Montevideo - 10KM	10KM	Comp. Rule 31.21 compliant	2028
URU	Montevideo	Maratón de Montevideo - Medio Maratón	Half Marathon	Comp. Rule 31.21 compliant	2028
URU	Montevideo	Montevideo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
URU	Montevideo	Peluffo Giguens 10KM	10KM	Comp. Rule 31.21 compliant	2027
URU	Montevideo	Peñarol 5KM	5KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Teletón 10KM	10KM	Comp. Rule 31.21 compliant	2028
URU	Montevideo	Teletón 5KM	5KM	Comp. Rule 31.21 compliant	2027
URU	Montevideo	Villa Española 10 KM	10KM	Comp. Rule 31.21 compliant	2025
URU	Tacuarembó	Media Maratón Gardeliana	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Addison, TX	Mary Kay 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Akron, OH	Akron Race Series Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Akron, OH	Akron Race Series Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Akron, OH	National Interstate One Mile	Mile	Downhill (-8.70 m/km)	2030
USA	Akron, OH	Selfless Elf	5KM	Comp. Rule 31.21 compliant	2028
USA	Alameda, CA	Alameda Hospital Spring Run - 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Alameda, CA	Alameda Hospital Spring Run - 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Albany, NY	Freihofers Run for Women 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Albany, NY	Mohawk Hudson River Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Alexandria, VA	Belle Haven 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Alexandria, VA	PNC Alexandria 5K	5KM	Downhill (-1.40 m/km)	2030
USA	Alexandria, VA	PNC Alexandria Half	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Allentown, PA	St. Luke's Half Marathon (30% Paved)	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Alplaus, NY	Alplaus Runaround 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Ambler, PA	Don't Stall, Just Call 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Amherst, NY	Harvest Moon 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Amherst, NY	University at Buffalo / Girls On The Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Annapolis, MD	Annapolis Ten Mile Run	10 Mile	Comp. Rule 31.21 compliant	2030
USA	Appleton, WI	Sole Burner	5KM	Comp. Rule 31.21 compliant	2029
USA	Arlington, VA	Arlington Turkey Trot	5KM	Comp. Rule 31.21 compliant	2028
USA	Arnold, MD	Get Your Rear in Gear Baltimore 1 Mile	Mile	Comp. Rule 31.21 compliant	2028
USA	Arnold, MD	Get Your Rear in Gear Baltimore 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Aspen, CO	Aspen Valley Half Marathon	Half Marathon	Downhill (-11.44 m/km), Separation >50%,	2029
USA	Aspen, CO	Aspen Valley Marathon	Marathon	Downhill (-9.24 m/km), Separation >50%	2029
USA	Assateague Island, MD	Ocean City Running Festival Half Marathon	Half Marathon	Separation >50%	2028
USA	Atlanta, GA	AJC Peachtree Road Race	10KM	Downhill (-2.3 m/km), Separation >50%	2026
USA	Atlanta, GA	Atlanta City Games Road Mile	Mile	Comp. Rule 31.21 compliant	2027
USA	Atlanta, GA	Joan P Garner 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Atlanta, GA	Northside Hospital Atlanta Women's 5KM	5KM	Comp. Rule 31.21 compliant	2027
USA	Atlanta, GA	REAdy to Run 5K/Walk Marietta Roswell Alumnae Chapter	5KM	Comp. Rule 31.21 compliant	2028
USA	Atlanta, GA	U.S. Olympic Team Trials Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
USA	Augusta, NJ	SC Fairgrounds 1 Mile Loop (9.7% Unpaved)	Mile	Comp. Rule 31.21 compliant	2030
USA	Augusta, NJ	SC Fairgrounds 50K (9.7% Unpaved)	50KM	Comp. Rule 31.21 compliant	2030
USA	Augusta, NJ	SC Fairgrounds Marathon (9.6% Unpaved)	Marathon	Comp. Rule 31.21 compliant	2030
USA	Balch Springs, TX	Sprint the Springs 5K Run & Walk	5KM	Comp. Rule 31.21 compliant	2028
USA	Baldwin Harbor, NY	Stride For A Cure 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Baltimore, MD	Druid Lake 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Bar Harbor, ME	Mount Desert Island Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Barker, NY	Barker Cornfest 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bartlesville, OK	Delaware Tribe of Indians 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Batavia, NY	Batavia Trick Or Trot 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bay Shore, NY	YMCA 5KM Run for Judi	5KM	Comp. Rule 31.21 compliant	2030
USA	Bedminster Township, NJ	Bob Hendricks Memorial 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bemus Point, NY	Bemus Point 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Bergenfield, NJ	Bergenfield 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bethlehem, GA	Wiseman 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Bethlehem, PA	ArtsQuest 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bethlehem, PA	Bethlehem Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Bethlehem, PA	St. Luke's D&L RaceFest Marathon	Marathon	Downhill (-1.42 m/km), Separation >50%	2028
USA	Bethpage, NY	TSCLI 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Big Sur, CA	Big Sur International Marathon	Marathon	Downhill (-2.13 m/km), Separation >50%	2029
USA	Billerica, MA	NEPC Cool Kidz 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Binghamton, NY	Springbrook 5K Miles for a Mission	5KM	Comp. Rule 31.21 compliant	2030
USA	Bloomfield, NJ	Boooooo-mfield 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Bogota, NJ	Bogota 5K	5KM	Downhill (-1.20 m/km)	2030
USA	Boring, OR	Boring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Boring, OR	Boring Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Boston, MA	B.A.A. 10KM	10KM	Comp. Rule 31.21 compliant	2030
USA	Boston, MA	B.A.A. 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Boston, MA	B.A.A. Boston Marathon	Marathon	Downhill (-3.27 m/km), Separation >50%	2025
USA	Boston, MA	B.A.A. Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Boston, MA	B.A.A. Invitational Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	Boston, MA	Charles River Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Boston, NY	Trooper Brinkerhoff 10K	10KM	Comp. Rule 31.21 compliant	2028

USA	Boulder, CO	BolderBoulder	10KM	Comp. Rule 31.21 compliant	2028
USA	Boulder, CO	BolderBoulder Pro Course	10KM	Comp. Rule 31.21 compliant	2028
USA	Boulder, CO	Boulderthron 10KM	10KM	Comp. Rule 31.21 compliant	2030
USA	Boulder, CO	Boulderthron 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Boulder, CO	Boulderthron Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Bridgeport, CT	Bridgeport Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	Brighton, NY	MCC 5KM	5KM	Comp. Rule 31.21 compliant	2028
USA	Brightwaters, NY	Run to the Pump 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Bronx, NY	NYRR Bronx 10 Mile	10 Mile	Downhill (-1.06m/km)	2028
USA	Bronx, NY	Run The Bronx 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Bronx, NY	Run The Bronx 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Brooklyn, NY	Cypress Hills Cemetery 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Brooklyn, NY	MSQ 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Brooklyn, NY	NYCRUNS Brooklyn Experience Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Brooklyn, NY	NYCRUNS Brooklyn Experience HM #2	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Brooklyn, NY	NYCRUNS Falling Leaves 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Brooklyn, NY	NYCRUNS Falling Leaves Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Brooklyn, NY	NYCRUNS Prospect Park 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Brooklyn, NY	NYCRUNS Prospect Park 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Brooklyn, NY	NYCRUNS Prospect Park Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Brooklyn, NY	NYRR Brooklyn Half 2024	Half Marathon	Downhill (-1.92 m/km), Separation >50%	2029
USA	Brooklyn, NY	PPTC Cherry Tree 10 Miler 2024	10 Mile	Comp. Rule 31.21 compliant	2028
USA	Brooklyn, NY	PPTC Endurance Fest 50K	50KM	Comp. Rule 31.21 compliant	2028
USA	Bryan, TX	BCS Marathon 2023	Marathon	Comp. Rule 31.21 compliant	2028
USA	Buckingham, PA	Be Kind 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Buffalo, NY	JCC of Greater Buffalo 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Buffalo, NY	Laps of Love 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Buffalo, NY	Maggie Lee 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Buffalo, NY	Outer Harbor 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Buffalo, NY	Queen City Architecture Race	5KM	Comp. Rule 31.21 compliant	2028
USA	Buffalo, NY	Queen City Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	Buffalo, NY	River Rock Run 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Buffalo, NY	Run For The Homeless 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Buford, GA	Run Like Water	5KM	Comp. Rule 31.21 compliant	2030
USA	Caddo Mills, TX	Fox Trot 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Caldwell, NJ	MSDA Meghan Doyle '05K	5KM	Comp. Rule 31.21 compliant	2029
USA	Calicoon, NY	Delaware Youth Center 10K River Run	10KM	Comp. Rule 31.21 compliant	2029
USA	Calicoon, NY	Delaware Youth Center 5K River Run	5KM	Comp. Rule 31.21 compliant	2029
USA	Canandaigua, NY	Canandaigua Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	Canandaigua, NY	Crosswinds 10KM	10KM	Comp. Rule 31.21 compliant	2029
USA	Canandaigua, NY	Crosswinds 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Canton, GA	Hickory Flatout 5K	5KM	Downhill (-2.8 m/km)	2029
USA	Canton, GA	UpRiver 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Canton, OH	Canton Hall of Fame Marathon	Marathon	Comp. Rule 31.21 compliant	2027
USA	Canton, OH	Market Ave 1 Mile	Mile	Separation >50%, Downhill (-12.32 m/km)	2028
USA	Cape Elisabeth, ME	Beach to Beacon 10K	10KM	Separation >50%	2026
USA	Carlsbad, CA	Carlsbad 5000	5KM	Comp. Rule 31.21 compliant	2029
USA	Carmel, IN	Indiana Women's Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Cary, NC	NC Senior Games 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Cary, NC	Tobacco Road Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Cary, NC	Tobacco Road Marathon (45% Paved)	Marathon	Comp. Rule 31.21 compliant	2029
USA	Castleton-on-Hudson, NY	Ken Morgan Memorial Clove Run 10 Miles	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Champaign-Urbana, IL	Illinois Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Chandler	Hoka Project Carbon X2 - 100KM	100KM	Comp. Rule 31.21 compliant	2025
USA	Chandler	Hoka Project Carbon X2 - 50KM	50KM	Comp. Rule 31.21 compliant	2025
USA	Chandler	The Marathon Project	Marathon	Comp. Rule 31.21 compliant	2024*
USA	Chandler, AZ	#AZ48 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Chandler, AZ	#AZ48 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Chandler, AZ	#AZ48 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Charleston	Cooper River Bridge Run	10KM	Comp. Rule 31.21 compliant	2026
USA	Chattanooga, TN	4 Bridges Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Chattanooga, TN	7 Bridges Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Chattanooga, TN	Cupid's Chase 5K Chattanooga	5KM	Comp. Rule 31.21 compliant	2029
USA	Chattanooga, TN	Not My Child 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Chattanooga, TN	Turkey Trot 1-Miler	Mile	Comp. Rule 31.21 compliant	2029
USA	Checotah, OK	Checotah Sports Complex 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Cherry Hill, NJ	Katz JCC 5K 2023	5KM	Comp. Rule 31.21 compliant	2028
USA	Chester, NY	Sugar Loaf 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Abbott Chicago 5 KM	5KM	Comp. Rule 31.21 compliant	2025
USA	Chicago, IL	AC5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Bank of America Chicago 13.1	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Bank of America Chicago Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Chicago, IL	Beyond A Mammogram 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Chicago, IL	Chicago Fall Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Chicago Spring 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Chicago Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Race for the Cure 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Race to Wrigley Charity 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Chicago, IL	Ravenswood Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Chicago, IL	Run Mag Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Run Mag Mile - 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Run Mag Mile - 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Chicago, IL	Soldier Field 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2030
USA	Chicago, IL	Soldier Field 10KM	10KM	Comp. Rule 31.21 compliant	2030
USA	Clarence, NY	Brothers of Mercy 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Clarence, NY	Pulse 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Clawson, MI	Clawson's Freedom Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Clayton, NC	Glory Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Cleveland Heights, OH	Heights Tiger 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Cleveland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Cleveland Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Cleveland Marathon Series 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Cleveland Marathon Series 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Pan Am Masters 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	Pan Am Masters Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Cleveland, OH	The Guardian Mile	Mile	Downhill (-3.11 m/km), Separation >50%	2027
USA	Clovis, CA	Two Cities Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Collinsville, OK	Collinsville Hills 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Colonia, NY	Mohawk Hudson River Half Marathon	Half Marathon	Downhill (-3.65 m/km), Separation >50%	2029
USA	Commack, NY	Commack Ambulance 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Corning, NY	Wineglass 5K Inside Stadium	5KM	Comp. Rule 31.21 compliant	2030
USA	Corning, NY	Wineglass 5K Outside Stadium	5KM	Comp. Rule 31.21 compliant	2030
USA	Corning, NY	Wineglass Half Marathon	Half Marathon	Downhill (-1.09 m/km), Separation >50%	2030
USA	Corning, NY	Wineglass Marathon	Marathon	Downhill (-1.52 m/km), Separation >50%	2030
USA	Coventry, RI	Doyle Dash 5K Run	5KM	Comp. Rule 31.21 compliant	2030
USA	Coweta, OK	Coweta Christmas Dasher	5KM	Comp. Rule 31.21 compliant	2029
USA	Craig, AK	Prince of Wales Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Crushing, OK	Memorial Park 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	De Pere, WI	De Pere Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2028

USA	De Pere, WI	Run De Pere 5K 2023	5KM	Comp. Rule 31.21 compliant	2028
USA	De Pere, WI	Think Spring 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	De Pere, WI	Think Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Delanco, NJ	Delanco 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Demarest, NJ	The Valley 5K Run + Walk	5KM	Comp. Rule 31.21 compliant	2028
USA	Denver, CO	Colfax Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Denville, NJ	Coach Mike O'Brien Memorial 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Derby, KS	First Responders 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Derby, KS	Smokin' 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Des Moines, IA	Grand Blue Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	Detroit, MI	Detroit Free Press Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Detroit, MI	Detroit Free Press Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Detroit, MI	Detroit Free Press Motor City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Detroit, MI	Free Press 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Dorena, Oregon	On a Mission Marathon	Marathon	Comp. Rule 31.21 compliant	2025
USA	Dorena, Oregon	On a Mission Marathon - 50KM	50KM	Comp. Rule 31.21 compliant	2025
USA	Doylestown, PA	Doylestown 5K Race	5KM	Comp. Rule 31.21 compliant	2030
USA	Duluth, MN	Garry Bjorkland Half Marathon	Half Marathon	Separation >50%	2030
USA	Duluth, MN	Grandma's Marathon	Marathon	Separation >50%	2030
USA	Duluth, MN	William A. Irvin 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Dumont, NJ	Dumont 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Dunellen, NJ	LRWP Run Off 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Dunn, NC	Broad Street Beer Run 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Dunwoody, GA	Dunwoody Dash 5K	5KM	Downhill (-1.60m/km)	2029
USA	Durant, OK	Colton's Run 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Durant, OK	Colton's Run 5K #2	5KM	Comp. Rule 31.21 compliant	2028
USA	Durham, NC	Bull City Race Fest 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Durham, NC	Bull City Race Fest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Durham, NC	RDC 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Eafula, OK	Xtreme Amphitheater 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	East Islip, NY	Heckscher Festival of Races 1/2 Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	East Islip, NY	Heckscher Festival of Races 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	East Islip, NY	Heckscher Festival of Races Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	East Islip, NY	Run 4 Beigel 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	East Islip, NY	USATF 50K Championships (5K Circuit)	50KM	Comp. Rule 31.21 compliant	2029
USA	East Rochester, NY	Karknocker 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Easton, PA	St. Luke's D&L RaceFest Half Marathon (11% Paved)	Half Marathon	Downhill (-1.52m/km), Separation >50%	2029
USA	Eden, NY	East Eden Mile	Mile	Downhill (-23.86 m/km), Separation >50%	2028
USA	Edgewater, NJ	Hudson River Run 10K	10KM	Separation >50%	2030
USA	Edmond, OK	Red Day Run	5KM	Comp. Rule 31.21 compliant	2029
USA	El Paso, TX	El Paso Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	El Paso, TX	El Paso Marathon	Marathon	Downhill (-1.97m/km), Separation >50%	2030
USA	El Paso, TX	El Paso Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Elgin, IL	Grove and Ann 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Elizabeth City, NC	Coast Guard Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Elizabeth City, NC	Coast Guard Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Elroy, WI	Apple Dumpling Day Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Elyria, OH	Kerstetter "B" 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Elyria, OH	Kerstetter 5K Black River Trail	5KM	Comp. Rule 31.21 compliant	2029
USA	Endwell, NY	No-Shave 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Estacada, OR	ORRC Best Dam Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Eugene, OR	Eugene Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
USA	Eugene, OR	Eugene Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Eugene, OR	Run to Stay Warm Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Eugene, OR	World Athletics Championships Oregon 2022 Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Evergreen Park, IL	Evergreen Park Recreation Department 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Fairfield, CT	MADD DRY 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Fairfield, NJ	Detective James Ciampi Memorial Run	5KM	Comp. Rule 31.21 compliant	2030
USA	Fairfield, NJ	Detective James Ciampi Memorial Run #2	5KM	Comp. Rule 31.21 compliant	2030
USA	Fairfield, NJ	Detective James Ciampi Memorial Run #3	5KM	Comp. Rule 31.21 compliant	2030
USA	Fairlawn, NJ	First Day 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Fairlawn, NJ	Radburn 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Falmouth, MA	Cape Cod Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Farmingdale, NY	Long Island Women's 5K Run	5KM	Comp. Rule 31.21 compliant	2028
USA	Flint, MI	Crim 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Flint, MI	Healing Hands 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Flossmoor, IL	The Hidden Gem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Folsom, CA	California International Marathon	Marathon	Downhill (-2.20m/km), Separation >50%	2027
USA	Fort Collins, CO	Colorado Half Marathon	Half Marathon	Downhill (-4.79m/km), Separation >50%	2030
USA	Fort Collins, CO	Colorado Marathon	Marathon	Downhill (-8.67m/km), Separation >50%	2030
USA	Fort Gibson, OK	MMT1 Fort Gibson Park 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Fort Liberty, NC	All American Week 10 Miler	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Fort Liberty, NC	All American Week Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Fort Oglethorpe, GA	Chickamauga Battlefield Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Fort Worth, TX	The Cowtown Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Fountain Hills, AZ	Mountain to Fountain 15K	15KM	Comp. Rule 31.21 compliant	2029
USA	Fountain Hills, AZ	Mountain to Fountain 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Franklin Lakes, NJ	AMBS 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Gainesville, FL	Celebration Pointe 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Gainesville, GA	Dempsey Dash 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Geneva, NY	Geneva Half Marathon (6% unpaved)	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Gilbert, AZ	Gilbert 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Gilbert, AZ	Gilbert 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Glen Rock, NJ	Glen Rock 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Goddard, KS	Genesis 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Good Hope, GA	Good Hope Coffee Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Grand Island, NY	St. Stephen School 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Grand Island, NY	St. Stephen School 5K - Alternate	5KM	Comp. Rule 31.21 compliant	2028
USA	Grand Island, NY	Veterans Park 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Grand Island, NY	West River Trail 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Grand Rapids, MI	Grand Rapids Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Grand Rapids, MI	Grand Rapids Marathon - Half Marathon Course	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Grand Rapids, MI	Run Thru The Rapids 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Grand Rapids, MI	Run Thru The Rapids 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Grayson, GA	Grayson Days Cupcake 5K Chase Presented By NG3	5KM	Comp. Rule 31.21 compliant	2029
USA	Great Falls, VA	Turner Farm 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Great Mills, MD	LFS Patriot Day 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Great River	Heckscher State Park 5K for 50K & Marathon	5KM	Comp. Rule 31.21 compliant	2029
USA	Green Bay, WI	Belin 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Green Bay, WI	Belin 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Green Bay, WI	EPIC Green Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Green Bay, WI	EPIC Green Bay Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Greensboro, NC	CannonBall Marathon	Marathon	Comp. Rule 31.21 compliant	2025
USA	Greenville, MI	Yellow Jacket Challenge 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Greenville, NC	Eastern Autism 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Greenville, NC	Live Well Half Marathon	10 Mile	Comp. Rule 31.21 compliant	2030
USA	Greenville, NC	Pirate 10 Miler	5KM	Comp. Rule 31.21 compliant	2030
USA	Greenwich, CT	Greenwich Turkey Trot	5KM	Comp. Rule 31.21 compliant	2029
USA	Grosse Ile, MI	Rock CF Rivers Half Marathon 2025	Half Marathon	Comp. Rule 31.21 compliant	2029

USA	Halfmoon, NY	Lifesong Dash 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Hamburg, NY	Character Chase 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Hamburg, NY	Hamburg 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Hamden, CT	Hamden Fest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Hardeeville, SC	USATF Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Harding Township, NJ	Harding Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Harris County, TX	Texas Independence 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Harris County, TX	Texas Independence 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Harrisburg, PA	Enders YMCA Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Hartford, CT	Eversource Hartford Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Hartford, CT	Hartford Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Hartford, CT	Hartford 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Hartwell, GA	Hartwell Bunny Hop 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Hartwell, GA	Historic Hartwell 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Hauppauge, NY	Legacy Run in the Park 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Henderson, NV	I'm Bound for Boston LV Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Henderson, NV	I'm Bound for Boston LV Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Herkimer, NY	Chamber Challenge 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Hillsborough, NJ	Hillsborough Bypass 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Hillsborough, NJ	Steeplechase 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Holdrege, NE	Silver Run 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Holdrege, NE	Silver Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Holly Springs, NC	Holly Springs 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Holly Springs, NC	Holly Springs Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Hollywood, FL	Margaritaville Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
USA	Holmdel, NJ	Big Bang Mile 2023 Pre-Verified	Mile	Comp. Rule 31.21 compliant	2028
USA	Honolulu, HI	Honolulu Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Honolulu, HI	Kalakaua Merrie Mile	Mile	Comp. Rule 31.21 compliant	2028
USA	Honolulu, HI	King's Runners 10KM	10KM	Comp. Rule 31.21 compliant	2030
USA	Hopkinton, MA	USATF-NE Road Mile Out-And Back	Mile	Comp. Rule 31.21 compliant	2029
USA	Houston, TX	Aramco Houston Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Houston, TX	Chevron Houston Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Houston, TX	Houston 10 Miler	10 Mile	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	Houston 25K	25KM	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	Houston 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	Race for the Cure 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Houston, TX	Run For The House 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	Run For The Rose 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	Space City 10 Miler	10 Mile	Comp. Rule 31.21 compliant	2030
USA	Houston, TX	We Are Houston 5KM	5KM	Comp. Rule 31.21 compliant	2026
USA	Hudson, NY	Hudson Mile	Mile	Downhill (-17.04m/km), Separation >50%	2030
USA	Hulbert, OK	Sequoyah Lodge 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Huntsville, AL	2025 USATF Masters Outdoor National 10K Championship	10KM	Comp. Rule 31.21 compliant	2030
USA	Indianapolis, IN	500 Festival Mini-Marathon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Indianapolis, IN	Delta Dental 500 Festival 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Indianapolis, IN	Indianapolis Monumental Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Indianapolis, IN	Indianapolis Monumental Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Indianapolis, IN	Indianapolis Monumental Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	Indianapolis, IN	Indianapolis Monumental Mile - 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Inglewood, CA	Nike After Dark Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Irving, TX	Irving Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Irving, TX	Irving Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Jacksonville, FL	Gate River Run 15K Championship 2024	15KM	Comp. Rule 31.21 compliant	2029
USA	Jenison, MI	Ambucs Memorial Day 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Jenks, OK	Aquarium 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Jersey City, NJ	Carlos Negron Memorial Run	5KM	Comp. Rule 31.21 compliant	2028
USA	Jersey City, NJ	Hudson County Strides For Safety 5K	5KM	Downhill (-3.08 m/km)	2030
USA	Jersey City, NJ	Jersey City Half Marathon - Pre-Verified	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Jersey City, NJ	Jersey City Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Jersey City, NJ	Newport Liberty Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Jersey City, NJ	NYCRUNS New Jersey 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Jersey City, NJ	NYCRUNS New Jersey Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Jersey City, NJ	NYCRUNS Newport Liberty 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Jersey City, NJ	NYRR Jersey City 5K 2024	5KM	Comp. Rule 31.21 compliant	2029
USA	Jersey City, NJ	Running Is Back 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Jim Thorpe, PA	Jack and Jill Marathon Poconos (96% unpaved)	Marathon	Downhill (-3.89 m/km)	2029
USA	Jones, OK	Jones High School 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Kailua Kona, HI	Kona Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Kearney, NE	Buffalo Stampede Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Kill Devil Hills, NC	OBX Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Kingwood, TX	Kingwood Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Kingwood, TX	Kingwood Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Knightdale, NC	Cupid Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Lahaina, HI	Maui Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Lakewood, WA	Fort Steilacoom Resolution Series 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Lancaster, NY	Como Lake Park 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	Las Vegas Gold Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
USA	Las Vegas, NV	Rock 'n' Roll Las Vegas 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	Rock 'n' Roll Las Vegas 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	Rock 'n' Roll Las Vegas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	The Original Las Vegas 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	The Original Las Vegas 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	The Original Las Vegas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Las Vegas, NV	The Original Las Vegas Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Lavonia, GA	Run/Walk to Remember 5k	5KM	Comp. Rule 31.21 compliant	2028
USA	Lawrenceville, GA	Crimson 5K Run/Walk	5KM	Downhill (-1.60 m/km)	2028
USA	Lawrenceville, GA	Tiffany Parker Porter 5K Run/Walk	5KM	Downhill (-1.60 m/km)	2028
USA	Lawrenceville, GA	Tribble Mill Park 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Lawrenceville, GA	Ultimate Fitness Challenge 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Lawrenceville, GA	Ultimate Fitness Challenge 5K	5KM	Downhill (-1.60 m/km)	2029
USA	Leighton, PA	Jack and Jill Marathon Leighton (94% unpaved)	Marathon	Downhill (-4.28 m/km), Separation >50%	2029
USA	Leighton, PA	Wicked Fast Marathon Poconos (94% unpaved)	Marathon	Downhill (-3.08 m/km)	2030
USA	Lewiston, NY	Historic Lewiston 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Lewiston, NY	Mighty Fitz 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Lewiston, NY	Mighty Fitz 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Linden, NJ	Linden 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Liverpool, NY	Liverpool Turkey Trot 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Livonia, MI	Livonia Spree 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Loch Arbour, NJ	AFRMC Jersey Shore 5K Cancer Schlep	5KM	Comp. Rule 31.21 compliant	2030
USA	Loganville, GA	FCA Earn That Feast 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Long Beach, CA	High Tide Run 10 Mile - Long Beach	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Long Beach, CA	High Tide Run 5K - Long Beach	5KM	Comp. Rule 31.21 compliant	2029
USA	Long Hill Township, NJ	Millington 10 Mile 2024	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Los Angeles, CA	L.A. 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Los Angeles, CA	Los Angeles Marathon	Marathon	Downhill (-1.60 m/km)	2025
USA	Los Angeles, CA	Lululemon 10KM Tour - Los Angeles	10KM	Comp. Rule 31.21 compliant	2029
USA	Los Angeles, CA	The Crenshaw Mile	Mile	Downhill (-8.14m/km), Separation >50%	2030
USA	Lumber Bridge, NC	Lumber Bridge Marathon	Marathon	Comp. Rule 31.21 compliant	2030

USA	Lynbrook, NY	Fly With The Owls 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Lyons, NJ	Flag Day 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Madison, GA	Balloon Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Madison, GA	Madison 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Madison, GA	Madison 5K - Certified Course 2	5KM	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Mad City 100K	100KM	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Madison Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Madison Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Madison Mini	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Madtown 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Madison, WI	Madtown 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Madison, WI	Madtown Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Madison, WI	Wausau Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Manchester, CT	1911 Initiative 5K Scholarship Run/Walk	5KM	Comp. Rule 31.21 compliant	2030
USA	Manchester, CT	Spring Street Mile	Mile	Downhill (-25.57m/km), Separation >50%	2030
USA	Manitowoc, WI	Maritime Marathon 2023	Marathon	Comp. Rule 31.21 compliant	2028
USA	Manvel, TX	Turtle Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Marina, CA	Recovery Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Marquette, MI	Marquette Half Marathon 2024 (31% Gravel)	Half Marathon	Downhill (-10.29m/km), Separation >50%	2029
USA	Marquette, MI	Marquette Marathon 2024 (33% Gravel)	Marathon	Downhill (-5.81m/km), Separation >50%	2029
USA	Marquette, MI	Queen City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Maui, HI	Maui Marathon	Marathon	Separation >50%	2024*
USA	Maui, HI	Maui Oceanfront 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Maui, HI	Maui Oceanfront Half Marathon	Half Marathon	Separation >50%	2029
USA	Maui, HI	Maui Oceanfront Marathon	Marathon	Separation >50%	2029
USA	Maxeys, GA	Maxeys Model Mile 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	McKinney, TX	Towne Lake 10K V2	10KM	Comp. Rule 31.21 compliant	2030
USA	McKinney, TX	Towne Lake 5K V2 - North	5KM	Comp. Rule 31.21 compliant	2030
USA	McKinney, TX	Towne Lake 5K V2 - South	5KM	Comp. Rule 31.21 compliant	2030
USA	McKinney, TX	Towne Lake Half Marathon V2	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Medford, MA	Run Medford 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Medford, OR	2023 Rogue Half Marathon	Half Marathon	Downhill (-4.98m/km), Separation >50%	2028
USA	Medford, OR	2023 Rogue Marathon	Marathon	Downhill (-6.90m/km), Separation >50%	2028
USA	Mesa, AZ	Mesa 10K	10KM	Downhill (-1.6m/km), Separation >50%	2029
USA	Metuchen, NJ	BTCTE Liss 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Metuchen, NJ	FUCE 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Miami, FL	The Great World Race - Miami Beach - Half	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Miami, FL	The Great World Race - Miami Beach - Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Middleport, NY	Michelle's Memorial 5KM (24% unpaved)	5KM	Comp. Rule 31.21 compliant	2030
USA	Middleport, NY	Mr. Ed's Superbowl Warmup - Alternate	5KM	Comp. Rule 31.21 compliant	2029
USA	Middleport, NY	Mr. Ed's Superbowl Warmup 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Midland Park, NJ	Midland Park 5K Run For Education	5KM	Comp. Rule 31.21 compliant	2030
USA	Millbrook, NY	Millbrook Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Milwaukee, WI	Milwaukee Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Milwaukee, WI	Milwaukee Half Marathon Oak Leaf	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Milwaukee, WI	Milwaukee Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Milwaukee, WI	Milwaukee Marathon Oak Leaf	Marathon	Comp. Rule 31.21 compliant	2030
USA	Minneapolis, MN	2022 Twin Cities Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Minneapolis, MN	Twin Cities 10 Mile	10 Mile	Downhill (-1.93m/km), Separation >50%	2030
USA	Modesto, CA	Modesto 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Monroe, GA	Fall Fest Fun Run & 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Montclair, NJ	Building Tomorrows 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Montclair, NJ	Montclair Doughnut Run	5KM	Comp. Rule 31.21 compliant	2028
USA	Montclair, NJ	The Montclair Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	Monterey Bay, CA	Monterey Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Montville, NJ	G.A.F. Go For Gold 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Morris Township, NJ	Superhero Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Morris, IL	Confest 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Mount Airy, NC	5K on the Greenway	5KM	Comp. Rule 31.21 compliant	2028
USA	Mount Airy, NC	Downtown Rocks and Run 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Mount Airy, NC	Downtown Rocks and Run 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Mount Airy, NC	Mayberry 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Mount Airy, NC	Mayberry 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Mount Airy, NC	Mayberry Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Mountain Lakes, NJ	LHYMCA - Turkey Trot 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Muskogee, OK	Garden of Lights	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Naples, FL	Naples Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Nashville, NC	Nashville Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Nashville, NC	Nashville Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Nashville, NC	Nashville Running Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Nashville, TN	Nashville Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Natick, MA	Frosty 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Needham, MA	Rocket Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Neenah, WI	Fox Cities Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	New Haven, CT	New Haven 20K	20KM	Comp. Rule 31.21 compliant	2028
USA	New Jersey, NJ	Jersey City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
USA	New Jersey, NJ	Jersey City Marathon	Marathon	Comp. Rule 31.21 compliant	2027
USA	New London, CT	End The Stigma: Mental Health Awareness 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	New Philadelphia, OH	Run for Home Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	New York, NY	Abbott Dash to the Finish Line 5K	5KM	Separation >50%	2026
USA	New York, NY	AFRMC Central Park 5K Cancer Schlep	5KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	MSQ 10K - Hudson River Park	10KM	Comp. Rule 31.21 compliant	2028
USA	New York, NY	MSQ 5K - Hudson River Park	5KM	Comp. Rule 31.21 compliant	2028
USA	New York, NY	MSQ 5K - Riverside Park	5KM	Comp. Rule 31.21 compliant	2029
USA	New York, NY	MSQ Mile - 102nd Finish	Mile	Downhill (-6.21m/km), Separation >50%	2028
USA	New York, NY	New York BT5K	5KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	New York City Half Marathon	Half Marathon	Separation >50%	2030
USA	New York, NY	New York City Marathon - 2022 Alternate Finish	Marathon	Comp. Rule 31.21 compliant	2026
USA	New York, NY	New York City Marathon - 2022 AWD Start	Marathon	Comp. Rule 31.21 compliant	2026
USA	New York, NY	New York Mini 10K	10KM	Comp. Rule 31.21 compliant	2026
USA	New York, NY	NYCRUNS Big Apple 5K	5KM	Downhill (-1.80 m/km)	2028
USA	New York, NY	NYCRUNS Big Apple Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	New York, NY	NYCRUNS Go Nuts for Donuts 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	New York, NY	NYCRUNS Go Nuts for Donuts 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYCRUNS Governor's Island 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Governor's Island 10K #2	10KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Governor's Island 10K #3	10KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Governor's Island 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Governor's Island 5K #2	5KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Governor's Island 5K #3	5KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYCRUNS Haunted Island 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	New York, NY	NYCRUNS Haunted Island 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	New York, NY	NYCRUNS Spring Fling 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYCRUNS Spring Fling 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYRR 5th Avenue Mile	Mile	Downhill (-5.49m/km), Separation >50%	2029
USA	New York, NY	NYRR Central Park 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYRR Central Park Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYRR Central Park West 1 Mile	Mile	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYRR Harlem 5K	5KM	Comp. Rule 31.21 compliant	2030

USA	New York, NY	NYRR Mini 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	New York, NY	NYRR Times Square Kids Run 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYRR Washington Heights 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	New York, NY	NYRR Washington Heights 1 Mile (Alternative)	Mile	Comp. Rule 31.21 compliant	2029
USA	New York, NY	OSR1 2024	Mile	Downhill (-3.78m/km), Separation >50%	2029
USA	New York, NY	United Airlines New York City Half	Half Marathon	Separation >50%	2026
USA	Newark, NJ	Boys & Girls Club of Newark 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Newark, NJ	Lamp for Haiti 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Newark, NJ	Newark Community Mile 2024 Pre-Verified	Mile	Comp. Rule 31.21 compliant	2028
USA	Newark, NJ	Portugal Day 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Newark, NJ	Weequahic Park 5K Challenge	5KM	Comp. Rule 31.21 compliant	2029
USA	Niagara Falls, NY	FlightLine 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Niantic, CT	Niantic Bay 10K: Charlie's Run	10KM	Comp. Rule 31.21 compliant	2029
USA	North Myrtle Beach, SC	NMB Sunglasses Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	North Tonawanda, NY	Jolly Jog 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	North Tonawanda, NY	Ryan's Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Northeast Harbor, ME	Mount Desert Island Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Northport, NY	Great Cow Harbor 10K	10KM	Downhill (-4.1m/km)	2025
USA	Norwalk, CT	Margarita 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Norwalk, OH	Maple City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Norwich, NY	Halloween Hustle 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Norwood, NJ	The Mile by Impact Zone (Pre-Verified)	Mile	Comp. Rule 31.21 compliant	2029
USA	Nowata, OK	Downtown Nowata 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Oak Brook, IL	Northern Illinois Food Bank 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Oak Park, IL	Frank Lloyd Wright 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Oak Park, IL	Frank Lloyd Wright 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Oak Park, IL	Frank Lloyd Wright Mile	Mile	Comp. Rule 31.21 compliant	2028
USA	Oakfield, NY	Caryville Inn Turkey Trot 5KM	5KM	Comp. Rule 31.21 compliant	2028
USA	Oakland, CA	Oakland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Oakland, CA	Oakland Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Ocean City, MD	Ocean City Running Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Ocean Isle Beach, NC	Run OIB 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Ocean Isle Beach, NC	Run OIB 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Ocean Isle Beach, NC	Run OIB Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Olympia, WA	Evergreen 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Olympia, WA	Geoduck Gallop 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Olympia, WA	Geoduck Gallop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Olympia, WA	I'm Bound for Boston	Marathon	Comp. Rule 31.21 compliant	2029
USA	Orchard Park, NY	Lyme WNY 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Orchard Park, NY	Quaker Dash 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Orchard Park, NY	Wayland's Wicked 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Orlando, FL	U.S. Olympic Team Trials Marathon 2024	Marathon	Comp. Rule 31.21 compliant	2028
USA	Oro Valley, AZ	Tucson 50K (Alternate)	50KM	Downhill (-16.06m/km)	2028
USA	Oro Valley, AZ	Tucson Half Marathon (Alternate)	Half Marathon	Downhill (-6.49m/km)	2028
USA	Oro Valley, AZ	Tucson Marathon (Alternate)	Marathon	Downhill (-19.03m/km)	2028
USA	Overland Park, KS	Kansas City Mother's Day 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Owasso, OK	Owasso High School Ram Run	5KM	Comp. Rule 31.21 compliant	2029
USA	Owasso, OK	Ram Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Pacific Grove, CA	Pacific Grove Lighthouse 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Palos Hills, IL	Moraine Valley Community College 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Paterson, NJ	Rev. Dr. Frank Napier Jr. 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Penn Yan, NY	St. Michael School 5KM Turkey Trot	5KM	Comp. Rule 31.21 compliant	2030
USA	Phelps, NY	Phelps Sauerkraut 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Philadelphia, PA	Core Fitness Breakout Race 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Philadelphia, PA	Girard College Beyond the Wall 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Philadelphia, PA	PDR HMar 2023	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Philadelphia, PA	Philadelphia Distance Run Half Marathon 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Philadelphia, PA	Philadelphia Half Marathon - Six Lane Start 2024 (Pre-Verified)	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Philadelphia, PA	Philadelphia Marathon - Six Lane Start 2024 (Pre-Verified)	Marathon	Comp. Rule 31.21 compliant	2029
USA	Philadelphia, PA	Rocky Run 10M	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Phoenix, AZ	Arizona Fallen Officer Memorial Run	5KM	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Moon Valley Mile	Mile	Downhill (-1.90m/km), Separation >50%	2030
USA	Phoenix, AZ	Phoenix 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Phoenix 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Phoenix, AZ	Phoenix Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Phoenix Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Runner's Den Pancake Run 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Runner's Den Pancake Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Phoenix, AZ	Tukee Trot 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Piscataway, NJ	PWAY 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Pittsburgh, PA	America's Mile	Mile	Separation >50%	2029
USA	Pittsburgh, PA	Pittsburgh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Pittsford, NY	Ugandan Water Project 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Point of Rocks, MD	Hua Sports 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Point of Rocks, MD	Hua Sports Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Portland, ME	Maine Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Portland, ME	Maine Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Portland, OR	Foot Traffic Flat Full Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Portland, OR	Foot Traffic Flat Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Portland, OR	Portland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Portland, OR	Portland Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Portland, OR	Shamrock 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Princeton, NJ	Princeton 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Princeton, NJ	The Eden Autism 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Queens, NY	Jamaica Q 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	LaGuardia Community Run	5KM	Comp. Rule 31.21 compliant	2028
USA	Queens, NY	NYCRUNS Queens 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Queens, NY	NYRR Queens 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Queens, NY	QDR 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	QDR Bayside 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	QDR Elmhurst Mile	Mile	Downhill (-4.97 m/km)	2030
USA	Queens, NY	QDR Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	Queens Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	Run Rockaway Beach RTC 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	Run Rockaway Beach RTC Marathon 3-Loops	Marathon	Comp. Rule 31.21 compliant	2029
USA	Queens, NY	Run Rockaway Beach RTC Marathon 4-Loops	Marathon	Comp. Rule 31.21 compliant	2029
USA	Raleigh, NC	Raleigh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Raleigh, NC	Trinity Academy 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Raritan, NJ	Raritan/Bridgewater NJ 9/11 Heroes Run	5KM	Comp. Rule 31.21 compliant	2030
USA	Rehoboth Beach, DE	Rehoboth 50K Pre-Verified (30% Unpaved)	50KM	Comp. Rule 31.21 compliant	2029
USA	Rehoboth Beach, DE	Rehoboth Half Marathon (31% Unpaved)	Marathon	Comp. Rule 31.21 compliant	2029
USA	Rehoboth Beach, DE	Rehoboth Marathon (32% Unpaved)	Marathon	Comp. Rule 31.21 compliant	2029
USA	Ridge, NY	Where's the Fire 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Ridgefield Park, NJ	Holiday Hustle 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Ridgewood, NJ	GoodWill Shamrock Shuffle 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	River Edge, NJ	River Edge 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	River Edge, NJ	St. Peter Academy 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Roanoke Island, NC	OBX Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Roanoke Island, NC	OBX Marathon 2023	Marathon	Comp. Rule 31.21 compliant	2028

USA	Rochelle Park, NJ	Bergen to Back Bay Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Rochester, NY	East Avenue Grocery Run 10KM	10KM	Comp. Rule 31.21 compliant	2029
USA	Rochester, NY	East Avenue Grocery Run 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Rochester, NY	Flower City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Rochester, NY	Juneteenth 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Rochester, NY	Rochester Half Marathon 2023	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Rochester, NY	Winter Wonderland 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Ronkonkoma, NY	Half Marathon Run Around the Lake	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Rosholt, WI	Wisconsin Lions Camp 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Roswell, GA	Team Maggie's Dream 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Roswell, GA	Team Maggie's Dream 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Roswell, GA	The Rocketshot 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Rutherford, NJ	Michael Cassidy Shamrock N Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Rye, NY	Soul Ryeders Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Sacramento, CA	Jed Smith Ultras - 100K Run (35% Unpaved)	100KM	Comp. Rule 31.21 compliant	2030
USA	Sacramento, CA	Jed Smith Ultras - 30K Run (40% Unpaved)	30KM	Comp. Rule 31.21 compliant	2030
USA	Sacramento, CA	Jed Smith Ultras - 50K Run (30% Unpaved)	50KM	Comp. Rule 31.21 compliant	2030
USA	Sacramento, CA	Jed Smith Ultras - Marathon (30% Unpaved)	Marathon	Comp. Rule 31.21 compliant	2030
USA	Sacramento, CA	Kaiser Permanente San Francisco Half Marathon	Half Marathon	Downhill (-2.28 m/km)	2027
USA	Saddle River, NJ	Saddle River 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Saint Paul, MI	Twin Cities 10 Mile	10 Mile	Downhill (-1.93m/km), Separation >50%	2026
USA	Salt Lake City, UT	Rock 'n' Roll Salt Lake City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	San Antonio, TX	Rock 'n' Roll San Antonio 10KM	10KM	Comp. Rule 31.21 compliant	2029
USA	San Antonio, TX	Rock 'n' Roll San Antonio 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	San Antonio, TX	Rock 'n' Roll San Antonio Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	San Antonio, TX	Rock 'n' Roll San Antonio Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	San Clemente, CA	Monster Dash	5KM	Comp. Rule 31.21 compliant	2028
USA	San Diego, CA	America's Finest City Half Marathon	Half Marathon	Downhill (-1.61m/km)	2029
USA	San Diego, CA	Rock 'n' Roll San Diego 5KM	5KM	Comp. Rule 31.21 compliant	2025
USA	San Diego, CA	San Diego Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	San Francisco, CA	Giant Race Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	San Francisco, CA	Hot Chocolate San Francisco 10KM - 2024	10KM	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	Hot Chocolate San Francisco 15KM - 2024	15KM	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	Hot Chocolate San Francisco 5KM - 2024	5KM	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	Kaiser Permanente San Francisco 5KM	5KM	Downhill (-9.82 m/km), Separation >50%	2029
USA	San Francisco, CA	Ruth Anderson Memorial 50 KM	50KM	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	San Francisco Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	San Francisco, CA	San Francisco Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	San Francisco Pride 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	San Francisco, CA	San Francisco Pride 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	San Jose, CA	Rock 'n' Roll San Jose 10KM	10KM	Comp. Rule 31.21 compliant	2029
USA	San Jose, CA	Rock 'n' Roll San Jose Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	San Jose, CA	San Jose Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Sandy Springs, GA	Sandy Springs Education Force Lightning 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Sandy Springs, GA	Sandy Springs Education Force Lightning 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Santa Monica, CA	High Tide Run 10K - Santa Monica	10KM	Comp. Rule 31.21 compliant	2029
USA	Santa Monica, CA	High Tide Run 5K - Santa Monica	5KM	Comp. Rule 31.21 compliant	2029
USA	Santa Monica, CA	High Tide Run Half Marathon - Santa Monica	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Santa Monica, CA	High Tide Run Marathon - Santa Monica	Marathon	Comp. Rule 31.21 compliant	2030
USA	Santa Monica, CA	Santa Monica Classic 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Santa Monica, CA	Santa Monica Classic 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Santa Monica, CA	Santa Monica-Venice Christmas Run 10KM	10KM	Comp. Rule 31.21 compliant	2028
USA	Santa Monica, CA	Santa Monica-Venice Christmas Run 5KM	5KM	Comp. Rule 31.21 compliant	2028
USA	Santee, CA	Marathon Race Walk Mixed Relay Championship	Marathon	Comp. Rule 31.21 compliant	2029
USA	Savannah, GA	Every Woman's Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Schenectady, NY	Electric City 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Schenectady, NY	Miles on the Mohawk 10 Mile	10 Mile	Separation >50%	2029
USA	Schenectady, NY	Mohawk Hudson River Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Schenectady, NY	Run 4 Your Life	5KM	Comp. Rule 31.21 compliant	2028
USA	Scottsdale, AZ	Julienon 10K Tour - Scottsdale	10KM	Comp. Rule 31.21 compliant	2028
USA	Scranton, PA	Steamtown Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Sea Cliff, NY	The Sea Cliff 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Seneca Falls, NY	Right to Run 5KM	5KM	Comp. Rule 31.21 compliant	2030
USA	Shelby Township, MI	Ewok and Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Shoreham, NY	Hope Children's Fund 5KM Run	5KM	Comp. Rule 31.21 compliant	2029
USA	Silver Lake, NY	Silver Serpent Multisport Fest 10KM	10KM	Downhill (-2.80m/km)	2030
USA	Silver Lake, NY	Silver Serpent Multisport Fest 5KM	5KM	Downhill (-5.60m/km)	2030
USA	Skiatook, OK	Skiatook First Baptist Church 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Slingerlands, NY	Barn to Bridge 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Snellville, GA	Caleb's Cause 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	South Deerfield, MA	Tree House Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Southampton, NY	Hamptons 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Southampton, NY	Hamptons Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Southampton, NY	Hamptons Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Southborough, MA	NECC 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Southport, CT	Bigelow Tea 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Spencerport, NY	Barbecue Bash Quarters Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Springfield, VA	Lancers 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Springville, NY	Autism Awareness 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Stamford, CT	Mill River 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Stamford, CT	Stamford Boys & Girls Club Corporate 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Staten Island, NY	Brookfield Park 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Staten Island, NY	NYRR Staten Island Half	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Stilwell, OK	Strawberry Festival 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Stonecrest, GA	I Am a Father 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Stony Brook, NY	5K at Stony Brook University	5KM	Comp. Rule 31.21 compliant	2030
USA	Strongsville, OH	Fall Classic Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Sugar Land, TX	Coach Andy Stewart's 30K Run	30KM	Comp. Rule 31.21 compliant	2029
USA	Sugar Land, TX	Friendship Bible Church 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Summit, NJ	Summit Area YMCA 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Syracuse, NY	Inner Harbor 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Tahlequah, OK	Anthis-Brennan Sports Complex 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Tahlequah, OK	Cherokee Holiday Run	5KM	Comp. Rule 31.21 compliant	2028
USA	Tempe, AZ	ARR Neil Guliano Park 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	Tempe, AZ	Rock and Roll Arizona Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Tempe, AZ	Rock and Roll Arizona Marathon	Marathon	Comp. Rule 31.21 compliant	2027
USA	Tempe, AZ	Rock and Roll Running Series Arizona 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	The Woodlands, TX	The Woodlands Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	The Woodlands, TX	The Woodlands Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Tomball, TX	Cancer Kiss My Cooley's 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Toms River, NJ	OCC Viking 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Tonawanda, NY	Run From The Sun 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Troy, MI	Mighty Gobbler 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Troy, NY	Troy Turkey Trot 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Troy, NY	Troy Turkey Trot 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Tuckahoe, NY	Tuckahoe Challenge 1 Mile	Mile	Comp. Rule 31.21 compliant	2029
USA	Tuckahoe, NY	Tuckahoe Challenge 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Tucson, AZ	Garmin Marathon Series Tucson - 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Tucson, AZ	Garmin Marathon Series Tucson - 5K	5KM	Comp. Rule 31.21 compliant	2030

USA	Tucson, AZ	Garmin Marathon Series Tucson - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Tucson, AZ	Garmin Marathon Series Tucson - Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Tucson, AZ	Tucson 50K	50KM	Separation >50%	2029
USA	Tucson, AZ	Tucson Half Marathon	Half Marathon	Downhill (-11.53m/km), Separation >50%	2029
USA	Tucson, AZ	Tucson Marathon	Marathon	Separation >50%	2029
USA	Tulsa, OK	Break Barriers 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Tulsa, OK	Festival Park Lederhosen 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Tulsa, OK	Festival Park Light House 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Tulsa, OK	Guthrie Green Half Marathon #7 (Route 66)	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Tulsa, OK	Juneenth 5K at Greenwood #2	5KM	Comp. Rule 31.21 compliant	2029
USA	Tulsa, OK	ORU Alumni 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Tulsa, OK	St. Patrick's Day Run	5KM	Comp. Rule 31.21 compliant	2029
USA	Tulsa, OK	Tailgate 5K at Marshall Brewing Company	5KM	Comp. Rule 31.21 compliant	2028
USA	Tulsa, OK	Tulsa Zoo 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Tuskahoma, OK	Choctaw Labor Day Festival 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	University Center, MI	9/11 Heroes Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Utica, MI	Lucky Leprechaun 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Utica, NY	Boilermaker 15K Road Race	15KM	Comp. Rule 31.21 compliant	2029
USA	Valley Cottage, NY	McKirdy Micro 10KM	10KM	Comp. Rule 31.21 compliant	2028
USA	Valley Cottage, NY	McKirdy Micro Marathon	Marathon	Comp. Rule 31.21 compliant	2027
USA	Valley Cottage, NY	Project 13.1	Half Marathon	Comp. Rule 31.21 compliant	2025
USA	Valley Cottage, NY	Sri Chinmoy Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Valley Cottage, NY	Sri Chinmoy Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Valley, Nebraska	Valley O.NE Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
USA	Valley, Nebraska	Valley O.NE Marathon	Marathon	Comp. Rule 31.21 compliant	2025
USA	Vancouver, WA	Appletree Marathon	Marathon	Comp. Rule 31.21 compliant	2030
USA	Vernon, NJ	Vernon 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Vienna, IL	Tunnel Hill 100K (99% unpaved)	100KM	Comp. Rule 31.21 compliant	2030
USA	Vienna, IL	Tunnel Hill 50K (98% unpaved)	50KM	Comp. Rule 31.21 compliant	2030
USA	Vienna, IL	Tunnel Hill Marathon (98% unpaved)	Marathon	Comp. Rule 31.21 compliant	2030
USA	Villa Rica, GA	Nise's Race: Catherine Denise Thompson Memorial 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Walnut Creek, CA	REVEL Mt Diablo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Wappingers Falls, NY	Dutchess County Classic 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Warner Robins, GA	Museum Of Aviation Foundation Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Washington Crossing, PA	Revolutionary Run 10K 2024	5KM	Comp. Rule 31.21 compliant	2029
USA	Washington Crossing, PA	Revolutionary Run 5K 2024	10KM	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Army 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Capitol Hill Classic 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Washington D.C	Credit Union Cherry Blossom 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	DC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Lawyers Have Heart 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Lawyers Have Heart 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Marine Corps 50K	5KM	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Marine Corps Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Ohio Drive 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Washington D.C	Pennsylvania Avenue 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Washington D.C	Rock 'n' Roll 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Washington D.C	Rock 'n' Roll Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
USA	Washington Township, NJ	Township of Washington 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Washington, NJ	Sterbenz 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Watchung, NJ	Alternate Course - Jack Walsh Great Pumpkin 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Watchung, NJ	Jack Walsh Great Pumpkin 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Waterbury, CT	Oh Boy 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Waterbury, CT	Oh Boy 5K - Courthouse Start	5KM	Comp. Rule 31.21 compliant	2030
USA	Waukegan, IL	George Bridges 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Waukesha, WI	Trailbreaker Marathon	Marathon	Comp. Rule 31.21 compliant	2028
USA	Wausau, WI	Wausau Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Wayne, NJ	Run for the Last Mile 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Wayne, NJ	SDA Lets Move Day 5K - Reroute	5KM	Comp. Rule 31.21 compliant	2030
USA	Wayne, PA	Main Line Run 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Webster, TX	Angels Race for Space 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Weehawken, NJ	Lincoln Tunnel Challenge 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	West Newbury, MA	Apple Harvest 5KM	5KM	Comp. Rule 31.21 compliant	2029
USA	West Seneca, NY	West Seneca Community 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	West University, TX	West U Halloween Dash 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	West Windsor, NJ	Run For Dad 5K	5KM	Downhill (-1.20m/km)	2030
USA	Weston, MA	Susan McDaniel Run for Lovelane 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Westville, OK	Summer Slam 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Wichita, KS	First Responder 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Wichita, KS	GYRIG 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Wichita, KS	Prairie Fire Fall 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Wichita, KS	Prairie Fire Fall Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2030
USA	Wichita, KS	Prairie Fire Fall Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Wichita, KS	River Run 10K	10KM	Comp. Rule 31.21 compliant	2030
USA	Wichita, KS	River Run 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Wichita, KS	Tanker Trot 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Wichita, KS	Tanker Trot 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Wichita, KS	Wichita Turkey Trot 10 Mile	10 Mile	Comp. Rule 31.21 compliant	2029
USA	Williamsville, NY	Moonlight Run 5K	5KM	Downhill (-1.11m/km)	2028
USA	Williamsville, NY	The Grace Race	5KM	Comp. Rule 31.21 compliant	2029
USA	Wilmington, NC	Battleship NC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Wilmington, NC	Lion Pride 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Wilmington, NC	Wilmington Half Marathon	Half Marathon	Separation >50%	2029
USA	Wilmington, NC	Wilmington Historic 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Wilmington, NC	Wilmington Historic Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Wilmington, NC	Wilmington Marathon	Marathon	Comp. Rule 31.21 compliant	2029
USA	Windsor Locks, CT	Bradley Road Race 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Winston Salem, NC	Mistletoe 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Winston Salem, NC	Mistletoe 5K - White	5KM	Comp. Rule 31.21 compliant	2028
USA	Winston Salem, NC	Mistletoe Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
USA	Winston Salem, NC	Mistletoe Half Marathon - White	Half Marathon	Comp. Rule 31.21 compliant	2028
USA	Woodcliff Lake, NJ	Woodcliff Lake 10K	10KM	Comp. Rule 31.21 compliant	2029
USA	Wrightstown, WI	Kicking It With The Cows 10K	10KM	Comp. Rule 31.21 compliant	2028
USA	Wrightstown, WI	Kicking It With The Cows 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Wylie, TX	Collin to Meadow 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Wylie, TX	Municipal Complex 5K	5KM	Comp. Rule 31.21 compliant	2028
USA	Yaphank, NY	Thunder Run 5K	5KM	Comp. Rule 31.21 compliant	2029
USA	Youngstown, NY	Hospice Dash 5K	5KM	Comp. Rule 31.21 compliant	2030
USA	Youngstown, NY	Stone Jug 5K	5KM	Comp. Rule 31.21 compliant	2029
UZB	Bukhara	Bukhara Night Race 21.1KM	Half Marathon	Comp. Rule 31.21 compliant	2029
UZB	Samarkland	Samarkland Marathon	Marathon	Comp. Rule 31.21 compliant	2027
UZB	Tashkent	International Tashkent Marathon	Marathon	Comp. Rule 31.21 compliant	2029
UZB	Tashkent	International Tashkent Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
UZB	Tashkent	International Tashkent Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
VEN	Caracas	Gatorade Caracas Rock - GCCS Rock	10KM	Comp. Rule 31.21 compliant	2026
VEN	Caracas	La Media Hipereventos	Half Marathon	Comp. Rule 31.21 compliant	2026
VEN	Caracas	Maratón CAF - Caracas	Marathon	Comp. Rule 31.21 compliant	2027
VEN	Caracas	Medio Maratón CAF Caracas	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Bau Trang	Stop and Run Marathon	Marathon	Comp. Rule 31.21 compliant	2028

VIE	Bau Trang	Stop and Run Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Bau Trang	Stop and Run Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Bau Trang	Stop and Run Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Binh Duong	Binh Duong New City 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Binh Duong	Binh Duong New City 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Binh Duong	Binh Duong New City International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Binh Duong	Binh Duong New City International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Can Tho	Can Tho Heritage Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	Can Tho Heritage Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	Can Tho Heritage Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	Can Tho Heritage Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	VP Bank Can Tho Music Night Run - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	VP Bank Can Tho Music Night Run - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Can Tho	VP Bank Can Tho Music Night Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Cao Lanh	Dat Sen Hong Dong Thap Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Cao Lanh	Dat Sen Hong Dong Thap Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Cao Lanh	Dat Sen Hong Dong Thap Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Cao Lanh	Dat Sen Hong Dong Thap Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Cao Lanh	VPBank Dat Sen Hong Music Marathon	Marathon	Comp. Rule 31.21 compliant	2029
VIE	Cao Lanh	VPBank Dat Sen Hong Music Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
VIE	Cao Lanh	VPBank Dat Sen Hong Music Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
VIE	Da Lat	Da Lat Music Night Run	Half Marathon	Comp. Rule 31.21 compliant	2029
VIE	Da Nang	Manulife Danang International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Da Nang	Manulife Danang International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
VIE	Da Nang	Manulife Danang International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
VIE	Da Nang	Manulife Danang International Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
VIE	Ha Long City	Ha Long Bay Heritage Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Ha Long City	Ha Long Bay Heritage Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Ha Long City	Ha Long Bay Heritage Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Ha Long City	Ha Long Bay Heritage Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Ha Long City	VnExpress Marathon Amazing Ha Long - 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Ha Long City	VnExpress Marathon Amazing Ha Long - 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Ha Long City	VnExpress Marathon Amazing Ha Long - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Ha Long City	VnExpress Marathon Amazing Ha Long - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	Standard Chartered Hanoi Marathon Heritage Race - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Standard Chartered Hanoi Marathon Heritage Race - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Standard Chartered Hanoi Marathon Heritage Race - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Standard Chartered Hanoi Marathon Heritage Race - Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Techcombank Ha Noi 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	Techcombank Ha Noi 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	Techcombank Ha Noi International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
VIE	Hanoi	Techcombank Ha Noi International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
VIE	Hanoi	Vietnam International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Vietnam International Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Vietnam International Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Viettel Marathon Hanoi - Vietnam	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Viettel Marathon Hanoi - Vietnam - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Viettel Marathon Hanoi - Vietnam - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	Viettel Marathon Hanoi - Vietnam - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	VnExpress Hanoi Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	VnExpress Hanoi Midnight Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	VnExpress Hanoi Midnight Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	VP Bank Hanoi International Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	VP Bank Hanoi International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	VP Bank Hanoi International Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Hanoi	VP Bank Hanoi International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Ho Chi Minh City	Green Marathon	Marathon	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Green Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Green Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International Marathon	Marathon	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International Marathon - 5KM	5KM	Downhill (-1.76m/km)	2027
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Thu Duc City Half Marathon	Marathon	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Thu Duc City Half Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Thu Duc Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	Vietnam Ultra Run - Beyond Limits - 100KM	100KM	Comp. Rule 31.21 compliant	2027
VIE	Ho Chi Minh City	VPBank VnExpress Ho Chi Minh Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2028
VIE	Ho Chi Minh City	VPBank VnExpress Ho Chi Minh Midnight Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2028
VIE	Ho Chi Minh City	VPBank VnExpress Ho Chi Minh Midnight Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2028
VIE	Ho Chi Minh City	VPBank VnExpress Ho Chi Minh Midnight Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
VIE	Hue	Hue 10KM presented by 75 Group	10KM	Comp. Rule 31.21 compliant	2027
VIE	Hue	Hue Half Marathon presented by 75 Group	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Hue	VnExpress Marathon Imperial Hue - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Hue	VnExpress Marathon Imperial Hue - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Longbien	Longbien 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Longbien	Longbien Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Longbien	Longbien Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Longbien	Longbien Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2027
VIE	Longbien	Longbien Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2027
VIE	Longbien	Longbien Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
VIE	Nha Trang	VnExpress Marathon Marvelous Nha Trang - 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Nha Trang	VnExpress Marathon Marvelous Nha Trang - 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Nha Trang	VnExpress Marathon Marvelous Nha Trang - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Nha Trang	VnExpress Marathon Marvelous Nha Trang - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Phu Quoc Island	Phu Quoc Wow 10KM	10KM	Comp. Rule 31.21 compliant	2024*
VIE	Phu Quoc Island	Phu Quoc Wow 5KM	5KM	Comp. Rule 31.21 compliant	2024*
VIE	Phu Quoc Island	Phu Quoc Wow Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024*
VIE	Phu Quoc Island	Phu Quoc Wow Marathon	Marathon	Comp. Rule 31.21 compliant	2024*
VIE	Quy Nhon	VnExpress Marathon Sparkling Quy Nhon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Quy Nhon	VnExpress Marathon Sparkling Quy Nhon - 10KM	10KM	Comp. Rule 31.21 compliant	2026
VIE	Quy Nhon	VnExpress Marathon Sparkling Quy Nhon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
VIE	Quy Nhon	VnExpress Marathon Sparkling Quy Nhon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Tay Ninh	BaDen Moutian International Marathon	Marathon	Comp. Rule 31.21 compliant	2029
VIE	Tay Ninh	BaDen Moutian International Marathon - 10K	10KM	Comp. Rule 31.21 compliant	2029
VIE	Tay Ninh	BaDen Moutian International Marathon - 5K	5KM	Comp. Rule 31.21 compliant	2029
VIE	Tay Ninh	BaDen Moutian International Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
VIE	Vi Thanh	Mekong Delta Marathon	Marathon	Comp. Rule 31.21 compliant	2029
VIE	Vi Thanh	Mekong Delta Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2029
VIE	Vi Thanh	Mekong Delta Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2029
VIE	Vi Thanh	Mekong Delta Marathon - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZAM	Hwange	Kamandara Memorial Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZAM	Hwange	Kamandara Memorial Run Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ZAM	Kitwe	Kitwe 21.0975	Half Marathon	Comp. Rule 31.21 compliant	2028
ZAM	Kitwe	Kitwe Kopala 10KM	10KM	Comp. Rule 31.21 compliant	2027
ZAM	Kitwe	Kitwe Kopala 5KM	5KM	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka 10KM	10KM	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka 5KM	5KM	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka Fitness Group ABSA 10KM	10KM	Comp. Rule 31.21 compliant	2028

ZAM	Lusaka	Lusaka Fitness Group ABSA 5KM	5KM	Comp. Rule 31.21 compliant	2028
ZAM	Lusaka	Lusaka Fitness Group ABSA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2028
ZAM	Lusaka	Lusaka Fitness Group ABSA Marathon	Marathon	Comp. Rule 31.21 compliant	2028
ZAM	Lusaka	Lusaka Fitness Group Kenneth Kaunda 10KM	10KM	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka Fitness Group Kenneth Kaunda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka Fitness Group Kenneth Kaunda Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ZAM	Lusaka	Lusaka Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ZAM	Solwezi	Kansanshi 10KM	10KM	Comp. Rule 31.21 compliant	2027
ZAM	Solwezi	Kansanshi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
ZAM	Solwezi	Kansanshi Marathon	Marathon	Comp. Rule 31.21 compliant	2027
ZIM	Buckingham , PA	Rev. Dr. Frank Napier Jr. 5K	Marathon	Comp. Rule 31.21 compliant	2027
ZIM	Harare	First Mutual Marathon - Harare Athletic Club	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	HAC Harare Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	HAC Harare Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Mr Pace Post Insurance 10KM	10KM	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Mr Pace Post Insurance Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Peter Gradwell Marathon Harare	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Riot Norton Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Striders Harare Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Harare	Striders Harare Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Masvingo	The Great Zimbabwe 10KM	10KM	Separation >50%	2029
ZIM	Masvingo	The Great Zimbabwe Marathon	Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Sant Josep Eivissa	Tree House Brewing Company Half Marathon - 2023	Half Marathon	Comp. Rule 31.21 compliant	2027
ZIM	Victoria Falls	Econet Victoria Falls Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2029
ZIM	Victoria Falls	Econet Victoria Falls Marathon	Marathon	Comp. Rule 31.21 compliant	2029