

Nykredit

Copenhagen Marathon

WELCOME!

It is with great pride Sparta welcomes sponsors, partners, VIP guests and press to Nykredit Copenhagen Marathon at Islands Brygge, 23 Sunday at 9.30.

New Sponsor

Sparta is very excited to have Nykredit as main sponsor for the first time.

Nykredit is one of Denmark's leading financial services providers with commercial and mortgage banking as cornerstones. In addition, Nykredit has activities within insurance, pension and estate agency business. Read more at www.nykredit.com Sunday evening Danish tv-channel DR2 is showing round up of the race from 18.00-19.00.

Record-breaking race

This year we once again break the record with more than 13.000 runners expected to start from the new start and finish area at Islands Brygge.

When the runners are sent off you can follow the race live via helicopters and tracking on big screens in the finish area.

More and more women are running. This year 21% of the people at the start will be women. That is an all time high.

Who run Nykredit Copenhagen Marathon?

The oldest runner will be 80 years of age - and the youngest is 15. Most runners are 40-45 years old, but the average age is 38. Among the runners 1.600 will be students.

More foreign runners

This year we have more foreign runners than ever. 1.950 is expected to start - mostly from Sweden, Germany, Italy, England and Norway. 15% of the runners are foreign.

What makes a marathon?

You need all sorts of things to make an event as big as Nykredit Copenhagen Marathon work. Besides a great course through the heart of Copenhagen you also need:

52.000 safety pins, 37.500 bottles of Powerade, 15.000 bananas, 15.000 oranges, 13.000 medals, 13.000 rolls, 13.000 granola bars, 13.000 m. heat blanket, 1.000 volunteers and officials, 1.000 toilets, 12 bands, 3 big screens.

Sport Expo

Runners must come and pick up race number, chip and t-shirt at the Sport Expo at Sparta Hallen. The Expo is open from Thursday 20 May to Saturday 23 May.

Programme for Islands Brygge

8.45 - 9.20: Welcome and practical info for the runners.

9.24: Speech by Nykredit CEO, Peter Engberg.

9.27: National anthem.

9.30: Wilson Kipketer, World record holder 800 m, sends the runners off.

9.30-9.45: 13.000 runners start from Islands Brygge towards Langebro and city.

9.45-11.45: Entertainment and live reports from the course on big screen in the start and finish area.

11.45-11.55: Winner (M) of Nykredit Copenhagen Marathon crosses the finish line.

12.05-12.15: Winner (F) of Nykredit Copenhagen Marathon crosses the finish line.

12.30: Winner ceremony for both marathon and National Championship.

11.45-15.30: The runners cross the finish line at Islands Brygge.

15.30: The last runner is expected to cross the finish line - thank you for this year! See you in 2011!

Great spots on the course

Start and finish area at *Islands Brygge* gives you a lot of action first and last.

Halmtorvet, Sønder Boulevard in Vesterbro - great atmosphere and you can see the runners twice.

Gammel Strand, Inner City - hydration station in the old part of Copenhagen where you also can see the runners twice.

Triangelen on Østerbrogade in Østerbro - close to Fælledparken and the cosy Ndr. Frihavnsgade.

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Race profiles

This year, weather permitting, a strong Danish presence in the form of the host club Sparta's *Steen Walter* who is looking to run 2:17 or faster.

With visiting UK athlete, *Kevin Quinn*, providing the pace through halfway as well as the challenge from Ireland's *Alan O'Shea* and maybe the 'unexpected' late entry of a top athlete, there will be quite a race on the cards for Copenhagen's inhabitants. And they have much to cheer, as in Walter they have a very definite contender who can win their marathon.

The 2010 Copenhagen Marathon edition also doubles as the Danish Marathon Championships so there are two titles up for grabs for both Danish Men and Women participants in one race.

In the Women's event Denmark's *Anne-Mette Aagaard* is looking for sub 2:36 in vying for top spot with the USA's *Colleen De Reuck*.

Amongst the field there are also a few well known personalities including a few from the political arena such as former minister of Health *Jakob Axel Nielsen*.

MARATHON WITH GROWING PAINS

Runners

1981 - 995 runners - 4,7% women

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2001 - 5875 runners - 13,1% women

2002 - 6.058 runners - 14,4 % women

2003 - 5.614 runners - 15,5 % women

2004 - 6.611 runners - 17,8 % women

2005 - 4.983 runners - 16,6 % women

2006 - 5.474 runners - 16,1 % women

2007 - 6.694 runners - 18,9 % women

2008 - 8.376 runners - 18,6 % women

2009 - 10.744 runners - 19,6 % women

2010 - 13.000 runners - 21 % women

Age

15-19 - 195 runners (1,5 %)

20-24 - 1.196 runners (9,2 %)

25-29 - 1.820 runners (14 %)

30-34 - 1.690 runners (13 %)

35-39 - 1.950 runners (15 %)

40-44 - 2.080 runners (16 %)

45-49 - 1.560 runners (12 %)

50-54 - 871 runners (6,7 %)

55-59 - 455 runners (3,5 %)

60-64 - 234 runners (1,8 %)

65-69 - 86 runners (0,66 %)

70-74 - 25 runners (0,19 %)

75-79 - 4 runners (0,03%)

80 < - 4 runners (0,03 %)

No age - 832 runners (6,4 %)

Sex

Men - 10.270 (79 %)

Women - 2.730 (21 %)

Nationality

Denmark - 11.050 runners (85 %)

Other nationalities - 1.950 runners (15 %)

International Top 5

1. Sweden - 312 runners (2,4%)

2. Germany - 234 runners (1,8 %)

3. Italy - 208 runners (1,6 %) - 2009: 40 runners

4. England - 208 runners (1,6 %)

5. Norway - 208 runners (1,6 %)

CONTACT INFORMATION

www.copenhagenmarathon.com

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