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

Updated 20 September 2022

* Race Course expected to be re-certified prior to 2022 Race

** Certificate expired on 31 December 2021 - Likely to be re-certified prior to 2022 race, please check with Race Organisers.

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
ALB	Pogradec	Night Half Marathon Enkelana	Half Marathon	Separation >50%	2026
ALB	Tirana	Tirana 10km	10KM	Comp. Rule 31.21 compliant	2023
ALB	Tirana	Tirana Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ALB	Tirana	Tirana Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ALG	Alger	Marathon international d'Alger	Marathon	Comp. Rule 31.21 compliant	
ALG	Alger	Semi Marathon des Jeux Mediterranéens	Half Marathon	Comp. Rule 31.21 compliant	2026
ALG	Alger	Semi Marathon des Jeux Mediterranéens	Half Marathon	Comp. Rule 31.21 compliant	2026
ALG	Bejaia	Semi marathon international de la ville de Bejaia	Half Marathon	Comp. Rule 31.21 compliant	2025
ALG	Jilel	Semi Marathon de la Corniche de Jilel	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Buenos Aires	21K Buenos Aires	Half Marathon	Comp. Rule 31.21 compliant	2025
ARG	Buenos Aires	Maratón Int'l de la Ciudad de Buenos Aires	Marathon	Comp. Rule 31.21 compliant	2026
ARG	Buenos Aires	Prueba Atlética 10K Día del Vidriero	10KM	Comp. Rule 31.21 compliant	2026
ARG	Ciudad de Florencio Varela	Maratón Nocturna "Ricardo Castro" 10km	10KM	Comp. Rule 31.21 compliant	2024
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	Maratón Atilra 10 km	10KM	Comp. Rule 31.21 compliant	2026
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	Mar del Plata City	21K Mar del Plata	Half Marathon	Comp. Rule 31.21 compliant	2022
ARG	Mendoza	Maratón Int'l de Mendoza	Marathon	Downhill (-10.7 m/km), Separation >50%	
ARG	Rosario City	10K Ciudad de Rosario 2022	10KM	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	San Juan	Maratón Internacional de San Juan	Marathon	Downhill (-7.2 m/km), Separation >50%	2026
ARG	Santa Rosa	5K Santa Rosa 2021	5KM	Comp. Rule 31.21 compliant	2025
ARG	Santa Rosa	Maratón Int'l "A Pampa Taviesa"	Marathon	Comp. Rule 31.21 compliant	2023
ARG	Santiago del Estero City	10K SDE "la Ciudad Corre Mc"	10KM	Comp. Rule 31.21 compliant	2026
ARG	Santiago del Estero City	Medio Maratón SDE "La Ciudad Corre Mc"	Half Marathon	Comp. Rule 31.21 compliant	2026
ARM	Yerevan	Yerevan Marathon	Marathon	Comp. Rule 31.21 compliant	2023
ARU	Aruba (Eagle Beach)	KLM Aruba Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Adelaide	Adelaide 10km	10KM	Comp. Rule 31.21 compliant	2023
AUS	Adelaide	Adelaide Marathon Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Adelaide	Adelaide Marathon Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2023
AUS	Adelaide	Adelaide Westpac City-Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	Albury	Murray River Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Albury	Murray River Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Bibra Lake	Bibra Lake Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Bibra Lake	Bibra Lake Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	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's Great South Run 10km	10KM	Comp. Rule 31.21 compliant	2022
AUS	Brisbane	Brisbane's Great South Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Brisbane	Pedders Half Marathon Brisbane	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Brisbane	River Run 10 km	10KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	River Run 5 km	5KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	River Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	River Run Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Run Army 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Brisbane	Run Army 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Broadbeach	Gold Coast 30km	30KM	Comp. Rule 31.21 compliant	2022
AUS	Bunbury	Bunbury 3 Waters Running Festival 10km	10KM	Comp. Rule 31.21 compliant	2026
AUS	Bunbury	Bunbury 3 Waters Running Festival 5km	5KM	Comp. Rule 31.21 compliant	2026
AUS	Bunbury	Bunbury 3 Waters Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Bunbury	Bunbury 3 Waters Running Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Burnie	The Heritage Burnie 10	10KM	Comp. Rule 31.21 compliant	2023
AUS	Burnie	The Heritage Burnie 5	5KM	Comp. Rule 31.21 compliant	2023
AUS	Busselton	Busselton Marathon	Marathon	Comp. Rule 31.21 compliant	2024
AUS	Busselton	Busselton 10KM	10KM	Comp. Rule 31.21 compliant	2024
AUS	Busselton	Busselton 5KM	5KM	Comp. Rule 31.21 compliant	2024
AUS	Busselton	Busselton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
AUS	Cairns	Cairns 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Cairns	Cairns 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Cairns	Cairns Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Cairns	Cairns Marathon	Marathon	Comp. Rule 31.21 compliant	2026
AUS	Canberra	Canberra 10KM	10KM	Comp. Rule 31.21 compliant	2024
AUS	Canberra	Canberra Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Canberra	Canberra Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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	Fremantle	Fremantle Running Festival 10km	10KM	Comp. Rule 31.21 compliant	2024
AUS	Fremantle	Fremantle Running Festival 5km	5KM	Comp. Rule 31.21 compliant	2024
AUS	Fremantle	Fremantle Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
AUS	Gosford	Bay to Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Greater Springfield	Greater Springfield Half Marathon	Half Marathon	Downhill (-1.6 m/km)	2022
AUS	Greater Springfield	Greater Springfield Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Hobart	Cadbury Half 10km	10KM	Comp. Rule 31.21 compliant	2024
AUS	Hobart	Cadbury Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
AUS	Hobart	Cadbury Marathon	Marathon	Comp. Rule 31.21 compliant	2024
AUS	Hobart	Hobart Run the Bridge 10km	10KM	Comp. Rule 31.21 compliant	2024
AUS	Hobart	Hobart Run the Bridge 5km	5KM	Downhill, Separation >50%	2024
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	2026
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	Langford	Canning River Runninworks Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Langford	Canning River Runninworks Festival Marathon	Marathon	Comp. Rule 31.21 compliant	2025
AUS	Launceston	Launceston Five	5KM	Comp. Rule 31.21 compliant	2026
AUS	Launceston	Launceston Ten	10KM	Comp. Rule 31.21 compliant	2026
AUS	Launceton	Launceton Half Marathon	Half marathon	Comp. Rule 31.21 compliant	2026
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	Mackay, QLD	Oceania Masters Athletics Championships 2019 / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Main Beach, Gold Coast	Pan Pacific Masters Games 5KM	5KM	Comp. Rule 31.21 compliant	2022
AUS	Mandurah	APES Games Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Manly	The Sun Run	10KM	Comp. Rule 31.21 compliant	2025
AUS	Melbourne	Medibank Melbourne Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Melbourne	Melbourne Marathon Festival - Asics 10K	10KM	Comp. Rule 31.21 compliant	2022
AUS	Melbourne	Nike Melbourne Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Melbourne	Run Melbourne 10KM	10KM	Comp. Rule 31.21 compliant	2022
AUS	Melbourne	Run Melbourne 5KM	5KM	Comp. Rule 31.21 compliant	2022
AUS	Mooloolaba	Sunshine Coast 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUS	Mooloolaba	Sunshine Coast 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUS	Mooloolaba	Sunshine Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Mooloolaba	Sunshine Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	Newcastle	iStadium Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Newcastle	Newcastle Marathon	Marathon	Comp. Rule 31.21 compliant	2025
AUS	Noosa	Runaway Noosa 10KM	10KM	Comp. Rule 31.21 compliant	2022
AUS	Noosa	Runaway Noosa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Noosa	Runaway Noosa Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Pallara, Queensland	Running CEOs 10KM	10KM	Comp. Rule 31.21 compliant	2022
AUS	Pallara, Queensland	Running CEOs 5KM	5KM	Comp. Rule 31.21 compliant	2022
AUS	Pallara, Queensland	Running CEOs Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Penrith	Southern Cross Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUS	Penrith Regatta Center, NSW	Tokyo Olympic Marathon Qualifier	Marathon	Comp. Rule 31.21 compliant	2025
AUS	Perth	APES Games 10KM	10KM	Comp. Rule 31.21 compliant	2022
AUS	Perth	Asics Bridges 10km Fun Run	10KM	Comp. Rule 31.21 compliant	2023
AUS	Perth	Freemantle Running Festival 10KM	10KM	Comp. Rule 31.21 compliant	2022
AUS	Perth	Freemantle Running Festival 5KM	5KM	Comp. Rule 31.21 compliant	2022
AUS	Perth	Perth City to Surf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
AUS	Perth	Perth City to Surf Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Perth	Perth Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Perth	Perth Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Perth	Perth Running Festival - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Perth	Perth Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2023
AUS	Perth	Perth Running Festival 10km	10KM	Comp. Rule 31.21 compliant	2023
AUS	Perth	Rottnest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Perth	Rottnest Marathon	Marathon	Comp. Rule 31.21 compliant	2025

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
AUS	Perth	WAMC Bridges 10km	10KM	Comp. Rule 31.21 compliant	2023
AUS	Perth	WAMC Bridges 5km Fun Run	5KM	Comp. Rule 31.21 compliant	2023
AUS	Perth	WAMC Peninsula Run 10km	10KM	Comp. Rule 31.21 compliant	2022
AUS	Perth	WAMC Peninsula Run 5km	5KM	Comp. Rule 31.21 compliant	2022
AUS	Perth	World Half Marathon Challenge - Australian Leg	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Perth	World Marathon Challenge - Australian Leg	Marathon	Comp. Rule 31.21 compliant	2023
AUS	Pokolbin, NSW	Hunter Moon Marathon	Marathon	Comp. Rule 31.21 compliant	2023
AUS	Pokolbin, NSW	Hunter Winery 10KM	10KM	Comp. Rule 31.21 compliant	2023
AUS	Pokolbin, NSW	Hunter Winery Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Quorn	Pichi Richi Half Marathon	Half Marathon	Separation >50%	2023
AUS	Quorn	Pichi Richi Marathon	Marathon	Separation >50%	2023
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 / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Shepparton	Shepparton Running Festival / Marathon	Marathon	Comp. Rule 31.21 compliant	2023
AUS	Shepparton, VIC	Shepparton Running Festival / Half Marathon	10KM	Comp. Rule 31.21 compliant	2023
AUS	Southport	Commonwealth Games Community Fun Run	5KM	Comp. Rule 31.21 compliant	2022
AUS	Southport	Commonwealth Games Marathon	Marathon	Comp. Rule 31.21 compliant	2022
AUS	Southport	Gold Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Southport	Gold Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2024
AUS	Southport (Gold Coast)	Gold Coast 10km	10KM	Comp. Rule 31.21 compliant	2025
AUS	Southport (Gold Coast)	Gold Coast Airport Fun Run	5KM	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Australia Day 5k	5KM	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Run2Cure 10km	10KM	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Run2Cure 5km	5KM	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Run2Cure half marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Sydney Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Sydney	Sydney Harbour 10km	10KM	Comp. Rule 31.21 compliant	2026
AUS	Sydney	Sydney Harbour 5km	5KM	Comp. Rule 31.21 compliant	2026
AUS	Sydney	Sydney Morning Herald Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
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	The Entrance	Central Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	The Entrance, NSW	Central Coast 10K	10KM	Comp. Rule 31.21 compliant	2023
AUS	Townsville	Townsville Running Festival - 10km	10KM	Comp. Rule 31.21 compliant	2025
AUS	Townsville	Townsville Running Festival - 5km	5KM	Comp. Rule 31.21 compliant	2025
AUS	Townsville	Townsville Running Festival - Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
AUS	Townsville	Townsville Running Festival - Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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
AUS	Wangaratta	Ned Kelly Half Marathon Wangaratta	Half Marathon	Comp. Rule 31.21 compliant	2023
AUS	Wangaratta	Ned Kelly Marathon Wangaratta	Marathon	Comp. Rule 31.21 compliant	2023
AUT	Attnang	Attnanger Sparkassen Stadtlauf 10km	10KM	Comp. Rule 31.21 compliant	2026
AUT	Attnang	Attnanger Sparkassen Stadtlauf 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 Waltersdorf	ORF Radio Steiermark lauf halbmarathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUT	Bregenz	3-Lander Skinfit Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUT	Bregenz	3-Lander Sparkasse Marathon	Marathon	Comp. Rule 31.21 compliant	2023
AUT	Ebensee	Traunsee Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	Graz	20th OBERBANK Linz Halfmarathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUT	Graz	Kleine Zeitung Graz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
AUT	Graz	Kleine Zeitung Graz Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
AUT	Graz	Sorger Graz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
AUT	Innsbruck	Innsbruck City Run 10km	10KM	Comp. Rule 31.21 compliant	2026
AUT	Innsbruck	Innsbruck City Run 5km	5KM	Comp. Rule 31.21 compliant	2026
AUT	Klagenfurt	International Halfmarathon Karnten Lauft	Half Marathon	Separation >50%	2026
AUT	Linz	Oberbank Linz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
AUT	Linz	Oberbank Linz Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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 10KM	10KM	Comp. Rule 31.21 compliant	2026
AUT	Salzburg	Salzburg 5KM	5KM	Comp. Rule 31.21 compliant	2026
AUT	Salzburg	Salzburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUT	Salzburg	Salzburg Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	Vienna	Austrian Women's Run 5km	5KM	Comp. Rule 31.21 compliant	2026
AUT	Vienna	Osterreichischer Frauenlauf	5KM	Comp. Rule 31.21 compliant	2025
AUT	Vienna	VCM 21KM	Half Marathon	Comp. Rule 31.21 compliant	2025
AUT	Vienna	VCM Winterlaufserie 2020 (5km)	5KM	Comp. Rule 31.21 compliant	2023
AUT	Vienna	VCM Winterlaufserie 2020 (Halfmarathon)	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Vienna	Wien Donauzentrum Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
AUT	Vorchdorf	Vorchdorfer Pfingstlauf 10km	10KM	Comp. Rule 31.21 compliant	2026
AUT	Vorchdorf	Vorchdorfer Pfingstlauf 5km	5KM	Comp. Rule 31.21 compliant	2026
BAH	Nassau	Bahamas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
BAH	Nassau	Bahamas Marathon	Marathon	Comp. Rule 31.21 compliant	2022
BAN	Dhaka	Bangabandhu Sheikh Mujib Dhaka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
BAN	Dhaka	Bangabandhu Sheikh Mujib Dhaka Marathon	Marathon	Comp. Rule 31.21 compliant	2025
BAN	Dhaka	RunBangla - CCCL International 10km	10KM	Comp. Rule 31.21 compliant	2024
BAN	Dhaka	RunBangla - CCCL International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
BEL	Antwerp	Antwerp Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BEL	Antwerp	Linker Oevert 10K	10KM	Comp. Rule 31.21 compliant	2022
BEL	Antwerp	Linker Oevert Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
BEL	Antwerp	Linker Oevert Marathon	Marathon	Comp. Rule 31.21 compliant	2022
BEL	Breendonk	Great Brewerles 25km	25KM	Comp. Rule 31.21 compliant	
BEL	Breendonk	Great Brewerles Marathon	Marathon	Comp. Rule 31.21 compliant	
BEL	Brussels	Brussels Airport Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
BEL	Brussels	Brussels Airport Marathon	Marathon	Comp. Rule 31.21 compliant	2023
BEL	Buggenhout	Bosmarathon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	2026
BEL	Gent	Sofico Gent Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BEL	Torhout	Torhout Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
BEL	Torhout	Torhout Marathon	Marathon	Comp. Rule 31.21 compliant	2023
BER	Hamilton	Bermuda 10km	10KM	Comp. Rule 31.21 compliant	2023
BER	Hamilton	Bermuda Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
BER	Hamilton	Bermuda Marathon	Marathon	Comp. Rule 31.21 compliant	2024
BIH	Banja Luka	Banja Luka 10km	10KM	Comp. Rule 31.21 compliant	2026
BIH	Banja Luka	Banja Luka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BIH	Banja Luka	Banja Luka Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BIH	Brcko	Brcko Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
BIH	Brcko	Vidovdan 10km Road Race	10KM	Comp. Rule 31.21 compliant	2023
BIH	Brod	Brod	Half Marathon	Comp. Rule 31.21 compliant	2023
BIH	Brod	Brod 10km	10KM	Comp. Rule 31.21 compliant	2023
BIH	Brod	Brod 5km	5KM	Comp. Rule 31.21 compliant	2023
BIH	Cazin	Cazin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
BIH	Cazin	Cazin Marathon	Marathon	Comp. Rule 31.21 compliant	
BIH	Gradiska	Gradiski 10km	10KM	Comp. Rule 31.21 compliant	2023
BIH	Gradiska	Gradiski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
BIH	Jablanica	Jablanicki Polumaraton	Half Marathon	Downhill (-22.3 m/km), Separation >50%	2025
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	2023
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	Polumaraton Sarajevo	Marathon	Comp. Rule 31.21 compliant	2025
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	Srebrenica	Stazama Bosne Srebrene	10KM	Comp. Rule 31.21 compliant	2025
BIH	Tomislavgrad	Duvanjska Desetka	10KM	Comp. Rule 31.21 compliant	2026
BIH	Travnik	Travnik Night Race	5KM	Comp. Rule 31.21 compliant	2023
BIH	Tuzla	Tuzla Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
BIH	Tuzla	Tuzlanska Desetka	10KM	Comp. Rule 31.21 compliant	2025
BIH	Tuzla	Tuzlanska Petica	5KM	Comp. Rule 31.21 compliant	2025
BIH	Tuzla	Tuzlanski Maraton	Marathon	Comp. Rule 31.21 compliant	2025
BIH	Tuzla	Tuzlanski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
BIH	Zenica	Zenica 10km Night Race	10KM	Comp. Rule 31.21 compliant	2023
BLR	Minsk	Minsk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
BOL	Cochabamba	10K de la Concordia	10KM	Comp. Rule 31.21 compliant	2025
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	2021**
BOL	Santa Cruz	Media Maraton de Cotoca	Half Marathon	Separation >50%	2025
BOL	Santa Cruz	Terbonova Media Maratón	Half Marathon	Comp. Rule 31.21 compliant	2021**
BOT	Gaborone	Diacore Gaborone Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
BOT	Gaborone	Diacore Gaborone Marathon	Marathon	Comp. Rule 31.21 compliant	
BRA	Brasilia	BSB City Half Marathon Brasilia	Half Marathon	Downhill (-4.3 m/km)	2023
BRA	Cuiaba	Corrida de Reis	10KM	Downhill (-6.40 m/km), Separation >50%	2026
BRA	Parque do Mirim, Indaiatuba	Ultramaratona Indaiatuba	5KM	Comp. Rule 31.21 compliant	2024
BRA	Rio de Janeiro	Corrida de Sao Sebastiao	10KM	Comp. Rule 31.21 compliant	2022

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
BRA	Rio de Janeiro	Maratona da Cidade do Rio de Janeiro	Marathon	Comp. Rule 31.21 compliant	2026
BRA	Rio de Janeiro	Maratona da Cidade do Rio de Janeiro - 10 km	10KM	Comp. Rule 31.21 compliant	2025
BRA	Rio de Janeiro	Meia Maratona da Cidade do Rio de Janeiro	Half Marathon	Comp. Rule 31.21 compliant	2025
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	São Paulo	Meia Maratona Internacional da Cidade de São Paulo	Half Marathon	Comp. Rule 31.21 compliant	2025
BRA	São Paulo	Sao Paulo Internationall Marathon	Marathon	Comp. Rule 31.21 compliant	2026
BRN	Manama	Bahrain Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
BUL	Plovdiv	Plovdiv Marathon	Marathon	Comp. Rule 31.21 compliant	2024
BUL	Sofia	Wizz Air Sofia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
BUL	Sofia	Wizz Air Sofia Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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
CAM	Phnom Penh	Phnom Penh International 10KM	10KM	Comp. Rule 31.21 compliant	2023
CAM	Phnom Penh	Phnom Penh International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
CAN	Calgary	Calgary Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CAN	Calgary, ALB	Calgary 10KM	10KM	Comp. Rule 31.21 compliant	2026
CAN	Edmonton	Edmonton 10 km	10KM	Comp. Rule 31.21 compliant	2022
CAN	Edmonton	Edmonton 5 km	5KM	Comp. Rule 31.21 compliant	2022
CAN	Edmonton, AB	Edmonton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Liverpool, Nova Scotia	Run Our Shore Half Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CAN	London, Ontario	Run for Retina Research Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Mission, BC	Mission Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CAN	Moncton	Medavie Canadian 5K Championship	5KM	Comp. Rule 31.21 compliant	2026
CAN	Niagara Falls	Niagara Falls Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Ottawa	MEC Spring Flyer Half Marathon Ottawa	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Ottawa	Ottawa Marathon	10KM	Comp. Rule 31.21 compliant	2023
CAN	Ottawa, ON	Ottawa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Ottawa, ON	Ottawa Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CAN	Port Elgin	Canadian Paralympic Marathon Qualifier	Marathon	Comp. Rule 31.21 compliant	2025
CAN	Québec City	Half Marathon SSQ de Québec	Half Marathon	Comp. Rule 31.21 compliant	2022
CAN	Québec City	Marathon SSQ de Québec	Marathon	Comp. Rule 31.21 compliant	2022
CAN	Québec City	Marathon SSQ de Québec - 10 km	10KM	Comp. Rule 31.21 compliant	2022
CAN	Saint John, NB	Emera Marathon by the Sea	Marathon	Comp. Rule 31.21 compliant	2021**
CAN	Saint John, NB	Running Room Half Marathon by the Sea	Half Marathon	Comp. Rule 31.21 compliant	2021**
CAN	Toronto	Scotiabank Toronto Waterfront Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CAN	Toronto	Scotiabank Toronto Waterfront Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
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	Toronto	Toronto Marathon - Marathon	Marathon	Downhill (-2.2 m/km)	2026
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 (-3.74 m/km)	2026
CAN	Vancouver	Vancouver Sun Run 10 km Alternate	10KM	Downhill (-2.5 m/km)	2026
CAN	Winnipeg	2022 Canadian Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2026
CAN	Yarmouth	Yarmouth Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
CAY	Georgetown	Cayman Islands Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CAY	Georgetown	Cayman Islands Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
CHI	Arica	Half Marathon Arica City	Half Marathon	Comp. Rule 31.21 compliant	2021**
CHI	Santiago	Maratón de Santiago	Marathon	Comp. Rule 31.21 compliant	2026
CHI	Santiago	Media Maratón de Santiago	Half Marathon	Comp. Rule 31.21 compliant	2026
CHI	Santiago de Chile	10K SER Runner	10KM	Comp. Rule 31.21 compliant	2023
CHI	Santiago de Chile	5K SER Runner	5KM	Downhill (-1.20 m/km)	2023
CHN	Beijing	CFLD Beijing Marathon	Marathon	Comp. Rule 31.21 compliant	2024
CHN	Beijing	China Unionpay Beijing Half Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Beijing	Great Wall Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Changde	Changde international half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
CHN	Changde	Changde international Marathon	Marathon	Comp. Rule 31.21 compliant	2024
CHN	Changsha	Changsha International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Changzhi	Changzhi International Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
CHN	Chengdu	Chengdu Half Marathon	Half Marathon	Separation >50%	2025
CHN	Chengdu	Chengdu Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Dongguan	Dongguan Asian Marathon Championships 2019	Marathon	Comp. Rule 31.21 compliant	2021**
CHN	Dongguan	Dongguan International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Fuzhou	Fuzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2024
CHN	Guangzhou	Happy 10k Guangzhou	10KM	Comp. Rule 31.21 compliant	2022
CHN	Guangzhou	Guangzhou Marathon	Marathon	Comp. Rule 31.21 compliant	2024
CHN	Hangzhou	Hangzhou International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Hangzhou	The 19th Asian Games Hangzhou 2022 Athletics Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CHN	Harbin	Harbin Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Huaian	Huaian Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Jilin City	Jilin Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Kunming	SCO Kunming Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CHN	Lanzhou	Lanzhou International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Lihu	Round Lihu Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CHN	Nanchang	Nanchang Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Nanjing	Nanjing Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CHN	Nanjing	Nanjing Marathon & Nanjing Marathon Championships 2020	Marathon	Comp. Rule 31.21 compliant	2024
CHN	Nanjing	ORA-Nanjing Pukou Women's Half Marathon (National Women's Half Marathon Championships)	Half Marathon	Comp. Rule 31.21 compliant	2026
CHN	Renshou	Renshou International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CHN	Shaoxing	Sleemon Shaoxing Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CHN	Shaoxing	Sleemon Shaoxing Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Shenzhen	Shenzhen International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CHN	Suzhou	Bank of Suzhou - Suzhou Jinji Lake Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
CHN	Taiyuan	Taiyuan Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Wangjiang	Wangjiang Half Marathon	Half Marathon	Separation >50%	2022
CHN	Wuhan	CISM Military World Games 2019 / Marathon	Marathon	Comp. Rule 31.21 compliant	2022
CHN	Wuqing	Tianjin International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CHN	Wuxi	Wuxi Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
CHN	Xi'an	Shaanxi 2021 National Games for Persons with Disabilities & Special Olympic Games	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Xi'an	The 14th Game of People's Republic of China Athletics Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Xi'an	Xi'an Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Xiamen	Xiamen International Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
CHN	Xiqiao, Foshan City	Xiqiao Mountain International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CHN	Xuzhou	Xuzhou Marathon & National Championships Olympic Marathon Trials	Marathon	Comp. Rule 31.21 compliant	2025
CHN	Yangzhou	Yangzhou Jianzhen International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CMR	Douala	Handy Roundabout Marathon Series Douala - 10K	10KM	Comp. Rule 31.21 compliant	2022
CMR	Yaounde	Handy Roundabout Marathon Series Yaounde - 10K	10KM	Comp. Rule 31.21 compliant	2022
COL	Bogota	Media Maratón de Bogotá	Half Marathon	Comp. Rule 31.21 compliant	2022
COL	Bogotá	Carrera de la Mujer Colombia	10KM	Comp. Rule 31.21 compliant	2023
COL	Bogotá	Carrera por la Policia	10KM	Comp. Rule 31.21 compliant	2023
COL	Bogotà	Run Tour Avianca	10KM	Comp. Rule 31.21 compliant	2022
COL	San José de Cúcuta	Media Maratón de Cúcuta 2018	Half Marathon	Comp. Rule 31.21 compliant	2022
COL	Tunel de la Linea	Media 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
CPV	Santa Maria, Sal	African Beach Games 2019 / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
CRC	Cartago	Clasica Carrera Internacional la Candelaria	10KM	Downhill, Separation >50%	2024
CRC	Cartago	Maraton de Cartago	Marathon	Downhill (-7.44 m/km)	2026
CRC	Cartago	Media Maraton de Cartago	Half Marathon	Downhill, Separation >50%	2026
CRC	Cuanacaste	Flamingo Beach Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CRC	Guanacaste	Maraton JW Marriott Guanacaste	Marathon	Comp. Rule 31.21 compliant	2023
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	Zrinski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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	Gilna	Gilna 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Gilna	Gilna 5KM	5KM	Comp. Rule 31.21 compliant	2026
CRO	Jastrebarsko	Jaskanski Polumaraton Memorijal Predrag Bosnjak	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Karlovac	Heineken 0.0 Karlovacki Cener	10KM	Comp. Rule 31.21 compliant	2025
CRO	Korenica	Plitvicke nocna utrka 10km	10KM	Comp. Rule 31.21 compliant	2023
CRO	Korenica	Plitvicke nocna utrka 5km	5KM	Comp. Rule 31.21 compliant	2023
CRO	Lug	Baranjski Ferivi Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Maslenica	Polumaraton Maslenica	Half Marathon	Downhill (-2.7 m/km)	2026
CRO	Odzaci	Odzaci Marathon	Marathon	Comp. Rule 31.21 compliant	
CRO	Omis	Omis Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Osijek	Osijek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Otocac	Gacka Run 10km	10KM	Comp. Rule 31.21 compliant	2026
CRO	Otocac	Gacka Run 5km	5KM	Comp. Rule 31.21 compliant	2026
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	Pozega	Pozega Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
CRO	Puljane	Krka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
CRO	Rijeka	Rijeka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
CRO	Rijeka	Rijeka Marathon	Marathon	Comp. Rule 31.21 compliant	2023
CRO	Sabac	Sabac Marathon	Marathon	Comp. Rule 31.21 compliant	
CRO	Sibenik	Sibenik 10km	10KM	Comp. Rule 31.21 compliant	2023
CRO	Sibenik	Sibenik 5km	5KM	Comp. Rule 31.21 compliant	2023
CRO	Sisak	Sisak Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Slavonska Brod	Slavonska trka Marathon	Marathon	Comp. Rule 31.21 compliant	
CRO	Split	Split Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
CRO	Split	Split Marathon	Marathon	Comp. Rule 31.21 compliant	2024
CRO	Ston	Ston Wall Marathon	Marathon	Comp. Rule 31.21 compliant	
CRO	Strizivojna	Nocna Petica Strizivojna 5KM	5KM	Comp. Rule 31.21 compliant	2026

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
CRO	Strizivojna	Nocni Cener Strizivojna 10KM	10KM	Comp. Rule 31.21 compliant	2026
CRO	Varadzin	Brooks Varadzinski Polumarathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Holjevka	10KM	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Nocna 10km Zagreb	10KM	Comp. Rule 31.21 compliant	2023
CRO	Zagreb	Utrka Garmin 10km	10KM	Comp. Rule 31.21 compliant	2025
CRO	Zagreb	Zagreb Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Zagreb Marathon	Marathon	Comp. Rule 31.21 compliant	2026
CRO	Zagreb	Zagreb Spring Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Zagreb	Zagreb Spring Half Marathon 10km Split	10KM	Comp. Rule 31.21 compliant	2023
CRO	Zagreb	Zagreb Spring Half Marathon powered by Heineken 0.0	Half Marathon	Comp. Rule 31.21 compliant	2025
CRO	Zagreb	Zagrebacki 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	Zapresic	Buzicna Utrka 5km	5KM	Comp. Rule 31.21 compliant	2023
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	Larnaka	Radisson Blu Larnaka International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
CYP	Larnaka	Radisson Blu Larnaka International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
CYP	Limassol	Muskita Limassol Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
CYP	Limassol	OPAP Limassol Half Marathon GSO	Half Marathon	Comp. Rule 31.21 compliant	
CYP	Limassol	OPAP Limassol Marathon GSO	Marathon	Comp. Rule 31.21 compliant	2026
CYP	Nicosia	Alphamega "Run as One" Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CYP	Nicosia	Cyprus National Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
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	Nicosia	Running under the Moon Nicosia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CYP	Paphos	Logicom Cyprus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
CYP	Paphos	Loigicom Cyprus Marathon	Marathon	Separation >50%	2025
CZE	Brno	Half Marathon Brno	Half Marathon	Comp. Rule 31.21 compliant	
CZE	Ceske Budejovice	Mattoni Half Marathon Ceske Budejovice	Half Marathon	Comp. Rule 31.21 compliant	2025
CZE	Karlovy Vary	Mattoni Half Marathon Karlovy Vary	Half Marathon	Comp. Rule 31.21 compliant	2025
CZE	Olomouc	Mattoni Half Marathon Olomouc	Half Marathon	Comp. Rule 31.21 compliant	2025
CZE	Pardubice	Pardubice Wine Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
CZE	Prague	Birrell 10km Race	10KM	Comp. Rule 31.21 compliant	2023
CZE	Prague	Prague 21.1km	Half Marathon	Comp. Rule 31.21 compliant	2024
CZE	Prague	Sportisimo Prague Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
CZE	Prague	Volkswagen Prague Marathon	Marathon	Comp. Rule 31.21 compliant	
CZE	Prague	Volkswagen Prague Marathon - Battle of the Teams	Marathon	Comp. Rule 31.21 compliant	2025
CZE	Usti nad Labem	Mattoni Usti nad Labem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
DEN	Aarhus	Danish Championships 10km	10KM	Comp. Rule 31.21 compliant	2026
DEN	Copenhagen	Copenhagen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
DEN	Copenhagen	Telenor Copenhagen Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	2025
DEN	Torshavn	Torshavn Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
DEN	Torshavn	Torshavn Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	Casa de Campo	Casa de Campo Corre por Hogar del Niña H Mar	Half Marathon	Comp. Rule 31.21 compliant	2021**
DOM	Casa de Campo	Casa de Campo Corre por Hogar del Niña Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
DOM	Santiago	Maratón Monumental Primer Santiago de América - Maratón	Marathon	Comp. Rule 31.21 compliant	2026
DOM	Santiago	Maratón Monumental Primer Santiago de América - Media Maratón	Half Marathon	Comp. Rule 31.21 compliant	2026
DOM	Santiago	Maratón Santiago de America	Marathon	Comp. Rule 31.21 compliant	2022
DOM	Santo Domingo	10 km Claro de Santo Domingo	10KM	Comp. Rule 31.21 compliant	2024
DOM	Santo Domingo	Maratón Ciudad Santo Domingo	Marathon	Comp. Rule 31.21 compliant	2023
DOM	Santo Domingo	Media Maratón Claro de Santo Domingo	Half Marathon	Comp. Rule 31.21 compliant	2022
ECU	Ambato	Ruta de Los Tres Jaunes 10K	10KM	Comp. Rule 31.21 compliant	2026
ECU	Guayaquil	10 k Expo Deporte Guayaquil	10KM	Comp. Rule 31.21 compliant	2026
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	2026
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	Liga 10K Race	10KM	Downhill, Separation >50%	2022
ECU	Salinas	Media Maraton Alcadia de Salinas	Half Marathon	Comp. Rule 31.21 compliant	2026
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
ESP	Barcelona	Curse dels Nassos 2021 5km	5KM	Comp. Rule 31.21 compliant	2025
ESP	Barcelona	Cusrsa dels Nassos	10KM	Comp. Rule 31.21 compliant	2024
ESP	Barcelona	Edreams mitja marato Barcelona	Half Marathon	Comp. Rule 31.21 compliant	2023
ESP	Barcelona	Zurich Marato de Barcelona	Marathon	Comp. Rule 31.21 compliant	2023
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	Bilbao Bizkaia 10 km	10KM	Downhill (-1.1m/km)	2026
ESP	Bilbao	Bilbao Bizkaia Maraton	Marathon	Comp. Rule 31.21 compliant	2026
ESP	Castellon	10K Fasca	10KM	Comp. Rule 31.21 compliant	2026
ESP	Castellon	Maraton BP Castellon	Marathon	Comp. Rule 31.21 compliant	2026
ESP	Elche	Media Maraton Internacional ciudad de Elche	Half Marathon	Comp. Rule 31.21 compliant	2024
ESP	Granollers	Mitja Marato International de Granollers	Half Marathon	Comp. Rule 31.21 compliant	2023
ESP	Laredo	10km en ruta Laredo	10KM	Comp. Rule 31.21 compliant	2026
ESP	Las Palmas	Disa Gran Canaria Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
ESP	Madrid	EDP Rock 'n' Roll Madrid 10KM	10KM	Downhill (-1.13 m/km)	2022
ESP	Madrid	Media Maraton EDP Rock'n'Roll Running Series Madrid	Half Marathon	Comp. Rule 31.21 compliant	2025
ESP	Madrid	Movistar Medio Maratón de Madrid	Half Marathon	Comp. Rule 31.21 compliant	2022
ESP	Madrid	NN San Silvestre Vallecana	10KM	Comp. Rule 31.21 compliant	2024
ESP	Madrid	Rock 'n' Roll Madrid Marathon	Marathon	Comp. Rule 31.21 compliant	2022
ESP	Malaga	Zurich Marathon Malaga	Marathon	Comp. Rule 31.21 compliant	
ESP	O Barco de Valdeorras	Campeonato de Espana de 10km en ruta	10KM	Comp. Rule 31.21 compliant	2026
ESP	Pamplona	Campeonato Navarro de marcha en ruta (1000m lap)	20KM	Comp. Rule 31.21 compliant	2026
ESP	San Sebastián	Zurich Maratoia Donostia / San Sebastián	Marathon	Comp. Rule 31.21 compliant	2021**
ESP	Santa Pola	Media Maraton Internacional de Santa Pola	Half Marathon	Comp. Rule 31.21 compliant	2024
ESP	Seville	Zurich Marato de Sevilla	Marathon	Comp. Rule 31.21 compliant	2023
ESP	Torrevieja	Campeonato de Espana de Medio Maraton	Half Marathon	Comp. Rule 31.21 compliant	2024
ESP	Torrevieja	Media Maraton Popular Torrevieja Alicante	Half Marathon	Comp. Rule 31.21 compliant	2026
ESP	Valencia	10K Valencia Trinidad Alfonso	10KM	Comp. Rule 31.21 compliant	2024
ESP	Valencia	10KM Valencia Ibercaja	10KM	Comp. Rule 31.21 compliant	2024
ESP	Valencia	Maraton Valencia Trinidad Alfonso EDP	Marathon	Comp. Rule 31.21 compliant	2025
ESP	Valencia	Media Maraton Valencia Trinidad Alfonso EDP	Half Marathon	Comp. Rule 31.21 compliant	2025
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 Energiajooks Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
EST	Tallinn	Estonian Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2024
EST	Tallinn	Tallinn 10km	10KM	Comp. Rule 31.21 compliant	2026
EST	Tallinn	Tallinn Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
EST	Tallinn	Tallinn Marathon	Marathon	Comp. Rule 31.21 compliant	2026
EST	Tallinn	Viking Line Eesti Öojooks-Ülemiste Eri 10km	10KM	Comp. Rule 31.21 compliant	2024
EST	Tallinn	Viking Line Eesti Öojooks-Ülemiste Eri 5km	5KM	Comp. Rule 31.21 compliant	2024
EST	Tartu	Tartu Linnamaraton	Marathon	Comp. Rule 31.21 compliant	2022
EST	Tartu	Tartu Linnamaraton Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
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
ETH	Addis Ababa	Great Ethiopian Run (elite course)	10KM	Comp. Rule 31.21 compliant	2023
ETH	Addis Ababa	Great Ethiopian Run (mass course)	10KM	Comp. Rule 31.21 compliant	2023
ETH	Hawassa	Hawassa Half Marathon (elite)	Half Marathon	Comp. Rule 31.21 compliant	2021**
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	2026
FIN	Helsinki	Helsinki City Running Day - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
FIN	Helsinki	Helsinki City Running Day 5KM	5KM	Comp. Rule 31.21 compliant	2025
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	Joutseno	Kullervo Puolimaraton	Half Marathon	Comp. Rule 31.21 compliant	2022
FIN	Joutseno	Kullervo Puolimaraton / Finnish National Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2022
FIN	Pyhtaa	Finnish Road Running Championships 10km	10KM	Comp. Rule 31.21 compliant	2025
FIN	Pyhtaa	Finnish Road Running Championships Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
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	Turku	Paavo Nurmi 10KM	10KM	Comp. Rule 31.21 compliant	2024
FIN	Turku	Paavo Nurmi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
FIN	Turku	Paavo Nurmi Marathon	Marathon	Comp. Rule 31.21 compliant	2026
FLK	Stanley, Falkland Islands	Standard Chartered Stanley Marathon	Marathon	Comp. Rule 31.21 compliant	2022
FRA	Annecy	Marathon d'Annecy	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Annecy	Semi Marathon d'Annecy	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Auray	Auray Vannes Semi Marathon	Half Marathon	Separation >50%	
FRA	Avranches	Semi marathon d'Avranches	Half Marathon	Downhill (-4.2 m/km), Separation >50%	
FRA	Baie Mahault	10km Chrono Univers	10KM	Comp. Rule 31.21 compliant	2024
FRA	Baie Mahault	5 km des Foulées de Noel	5KM	Comp. Rule 31.21 compliant	2023
FRA	Basse Terre	10km Association Espoir EDT	10KM	Downhill (-3.50 m/km)	2024

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
FRA	Belfort	"Le Lion" Semi marathon (Belfort-Montbéliard, odd-numbered years)	Half Marathon	Downhill (-2.5 m/km), Separation >50%	2022
FRA	Belfort	"Le Lion" Semi marathon (Montbéliard-Belfort, even-numbered years)	Half Marathon	Separation >50%	2025
FRA	Biarritz	Marathon de Biarritz	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Biarritz	Semi Marathon de Biarritz	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Blagnac	10Km de Blagnac	10KM	Comp. Rule 31.21 compliant	2024
FRA	Blagnac	Semi Marathon de Blagnac	Half Marathon	Comp. Rule 31.21 compliant	2024
FRA	Boulogne Billancourt	Semi Marathon de Boulogne Billancourt	Half Marathon	Comp. Rule 31.21 compliant	2022
FRA	Cabries	Semi Marahon de Cabries	Half Marathon	Comp. Rule 31.21 compliant	2022
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	2026
FRA	Caen	Marathon de la Liberté	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Caen	Semi Marathon Pegasus	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Cancale	La 10K Cancale	10KM	Downhill (-2.40 m/km)	2023
FRA	Cannes	10KM de Cannes	10KM	Comp. Rule 31.21 compliant	2026
FRA	Caudebec Les Elbeuf	Semi Marathon des boucles de la Seine	Half Marathon	Comp. Rule 31.21 compliant	2023
FRA	Cavalaire Sur Mer	Marathon du Golfe de St Tropez	Marathon	Comp. Rule 31.21 compliant	2023
FRA	Cholet	Les Foulées Choletaises 10KM	10KM	Comp. Rule 31.21 compliant	2026
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	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	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	Langueux	Corrida de Langueux	10KM	Comp. Rule 31.21 compliant	2025
FRA	Le Puy en Velay	5km du Puy en Velay	5KM	Comp. Rule 31.21 compliant	2025
FRA	Les Abymes	Semi Marathon des Abymes	Half Marathon	Comp. Rule 31.21 compliant	2021**
FRA	Lille	10 KM de la Braderie	10KM	Comp. Rule 31.21 compliant	2023
FRA	Lille	5 km de l UT de Lille	5KM	Comp. Rule 31.21 compliant	2023
FRA	Lille	Lille Semi Marathon de la Brader'Y	Half Marathon	Comp. Rule 31.21 compliant	2022
FRA	Lille	Semi Marathon de la Braderie	Half Marathon	Comp. Rule 31.21 compliant	2023
FRA	Lyon	Run in Lyon - 10km	10KM	Comp. Rule 31.21 compliant	2026
FRA	Lyon	Run in Lyon Marathon	Marathon	Comp. Rule 31.21 compliant	2026
FRA	Lyon	Run in Lyon Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Mont Saint Michel	Mont Saint Michel Marathon	Marathon	Separation >50%	2023
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	Neuville de Poitou	Foulées Neuvilloises 10KM	10KM	Comp. Rule 31.21 compliant	2026
FRA	Neuville de Poitou	Foulées Neuvilloises 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	French Riviera Marathon Nice Cannes	Marathon	Separation >50%	2025
FRA	Nice	NiceRunning Day 10 km	10KM	Comp. Rule 31.21 compliant	2022
FRA	Nice	Prom' Classic	10KM	Comp. Rule 31.21 compliant	2027
FRA	Nice	Semi Marathon International de Nice	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Paris	10KM Adidas Paris	10KM	Comp. Rule 31.21 compliant	2026
FRA	Paris	Gay Games - Semi Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
FRA	Paris	Harmonie Mutuelle Semi de Paris	Half Marathon	Comp. Rule 31.21 compliant	2024
FRA	Paris	Schneider Electric Marathon de Paris	Marathon	Comp. Rule 31.21 compliant	2023
FRA	Pointe-à-Pitre	10KM de la Ville de Pointe-à-Pitre	10KM	Comp. Rule 31.21 compliant	2023
FRA	Pointe-à-Pitre	5 KM Chrono Univers de Pointe-à-Pitre	5KM	Comp. Rule 31.21 compliant	2023
FRA	Pontorson	Harmonie mutuelle "Run in Mont Saint Michel" Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
FRA	Pontorson	Run ion Mont Saint Michel 10 KM	10KM	Comp. Rule 31.21 compliant	2023
FRA	Porto Vecchio	Semi Marathon de Porto Vecchio	Half Marathon	Comp. Rule 31.21 compliant	2022
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 Lamotte Rennes	10KM	Comp. Rule 31.21 compliant	2026
FRA	Rennes	Marathon Vert de Rennes	Marathon	Comp. Rule 31.21 compliant	2026
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	2022
FRA	Saint Denis	Saint Denis Semi Marathon la Voie Royale	Half Marathon	Comp. Rule 31.21 compliant	2022
FRA	Saint Grégoire	10 km Blot de Saint Gregoire	10KM	Comp. Rule 31.21 compliant	2027
FRA	Saint Jacques de la Lande	Les Foulées Jacquolandines 10 km	10KM	Comp. Rule 31.21 compliant	2022
FRA	Saint Jacques de la Lande	Les Foulées Jacquolandines 5 km	5KM	Comp. Rule 31.21 compliant	2022
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	2023
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	Semi Marathon de Saint Omer - Championnat de France 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
FRA	Sfax	SOPAL Sfax 5km des Oliviers	5KM	Comp. Rule 31.21 compliant	2023
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	Toulouse	10KM de Toulouse Métropole	10KM	Comp. Rule 31.21 compliant	2023
FRA	Toulouse	Marathon de Toulouse métropole	Marathon	Comp. Rule 31.21 compliant	2022
FRA	Toulouse	Semi Marathon de Toulouse métropole	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Valenciennes	10KM de Valenciennes	10KM	Comp. Rule 31.21 compliant	2023
FRA	Vannes	Arradon Vannes	10KM	Downhill (-3.00 m/km)	2023
FRA	Vannes	Botquelen Vannes	5KM	Downhill, Separation >50%	2023
FRA	Vannes	Les Foulées du Golfe	10KM	Comp. Rule 31.21 compliant	2022
FRA	Vannes	Marathon de Vannes	Marathon	Comp. Rule 31.21 compliant	2025
GAB	Franceville	Run in Masuku 10K	10KM	Comp. Rule 31.21 compliant	2022
GAB	Libreville	10 km du Marathon du Gabon	10KM	Comp. Rule 31.21 compliant	2022
GAB	Libreville	Marathon du Gabon	Marathon	Comp. Rule 31.21 compliant	2022
GAB	Libreville	Semi Marathon du Gabon	Half Marathon	Comp. Rule 31.21 compliant	2022
GAB	Port Gentil	10KM de Port Gentil	10KM	Comp. Rule 31.21 compliant	2026
GBR	Belfast	Deep RiverRock Belfast City Marathon	Marathon	Comp. Rule 31.21 compliant	2023
GBR	Birmingham	XXII Commonwealth Games Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GBR	Brighton	Brighton 10km	10KM	Comp. Rule 31.21 compliant	2025
GBR	Brighton	Brighton Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GBR	Cardiff	Cardiff University Cardiff Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Edinburgh	Edinburgh Marathon	Marathon	Downhill (-1.86 m/km)	2026
GBR	Edinburgh	EMF Edinburgh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
GBR	Glasgow	Glasgow Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
GBR	Glasgow	Great Scotish Run	Half Marathon	Comp. Rule 31.21 compliant	2026
GBR	Inverness	Loch Ness Marathon	Marathon	Downhill (-6.80 m/km), Separation >50%	2026
GBR	Islay	Ardbeg Islay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
GBR	Larne	Antrim Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GBR	Liverpool	Rock 'n' Roll Liverpool Marathon	Marathon	Comp. Rule 31.21 compliant	2023
GBR	London	The BIG Half	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	London	Virgin Money London Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Great Manchester Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	Manchester	Greater Manchester Run 10km	10KM	Comp. Rule 31.21 compliant	2025
GBR	Manchester	Manchester Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	Manchester	Therme Manchester Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GBR	Manchester	Tommy's Manchester Half	Half Marathon	Comp. Rule 31.21 compliant	2024
GBR	Milton Keynes	Milton Keynes Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GBR	Newcastle-Upon-Tyne	Great North Run	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	Patrington Haven	Meridien 25km	25KM	Comp. Rule 31.21 compliant	
GBR	Saffron Walden	Carver Barracks	Marathon	Comp. Rule 31.21 compliant	2023
GBR	Swansea	Swansea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GBR	Wigan	Fast 5km	5KM	Comp. Rule 31.21 compliant	2024
GBR	Wrexham	Wrexham Elite Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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
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	Berlin	30th adidas Runners City Night Berlin 10KM	10KM	Comp. Rule 31.21 compliant	2026
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	BMW Berlin Marathon	Marathon	Comp. Rule 31.21 compliant	2026
GER	Berlin	Generali Berliner Halbmarathon	Half Marathon	Comp. Rule 31.21 compliant	2026
GER	Bonn	Deutsche Post Marathon Bonn	Marathon	Comp. Rule 31.21 compliant	
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	Comp. Rule 31.21 compliant	2026
GER	Düsseldorf	METRO Marathon Düsseldorf	Marathon	Comp. Rule 31.21 compliant	2023
GER	Essen	Westenergie Marathon "Rund Um den Baldeneysee"	Marathon	Comp. Rule 31.21 compliant	2025
GER	Frankfurt	Frankfurt Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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	2023
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

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
GER	Hamburg	PSD Bank Half Marathon Hamburg	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Hannover	HAJ Marathon Hannover	Marathon	Comp. Rule 31.21 compliant	
GER	Hasbergen	Nacht von Hasbergen - 10KM	10KM	Comp. Rule 31.21 compliant	2026
GER	Hasbergen	Nacht von Hasbergen - 5KM	5KM	Comp. Rule 31.21 compliant	2026
GER	Herzogenaurach	Adidas - HZORACE 10km	10KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Adidas - HZORACE 5km	5KM	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Adidas - HZORACE Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Herzogenaurach	Adizero Road to Records 10km	10KM	Comp. Rule 31.21 compliant	2026
GER	Herzogenaurach	Adizero Road to Records 5km	5KM	Comp. Rule 31.21 compliant	2026
GER	Herzogenaurach	Ready foor the Restart 5km (2.5km lap)	5KM	Comp. Rule 31.21 compliant	2025
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 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	Köln	RheinEnergie Marathon Köln	Marathon	Comp. Rule 31.21 compliant	2021**
GER	Köln	Rund in Refrath	5KM	Comp. Rule 31.21 compliant	2026
GER	Mainz	Gutenberg Halbmarathon Mainz	Half Marathon	Comp. Rule 31.21 compliant	2027
GER	Mainz	Gutenberg Marathon Mainz	Marathon	Comp. Rule 31.21 compliant	2027
GER	Mannheim	Daemmer 10km Mannheim	10KM	Comp. Rule 31.21 compliant	2023
GER	Mannheim	Daemmer Half Marathon Mannheim	Half Marathon	Comp. Rule 31.21 compliant	2023
GER	Mannheim	Daemmer Marathon Mannheim	Marathon	Comp. Rule 31.21 compliant	2023
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	Generali München Half Marathon	Marathon	Comp. Rule 31.21 compliant	2023
GER	Munich	Generali München Marathon	Marathon	Comp. Rule 31.21 compliant	2023
GER	Münster	Volksbank Münster Marathon	Marathon	Comp. Rule 31.21 compliant	2023
GER	Oranienburg	BLN21098 Bernowe in Oranenburg	Half Marathon	Comp. Rule 31.21 compliant	2025
GER	Oranienburg	BLN42915 Bernowe in Oranenburg	Marathon	Comp. Rule 31.21 compliant	2025
GER	Wurzburg	iWelt 10km Wurzburg	10KM	Comp. Rule 31.21 compliant	2026
GER	Wurzburg	iWelt Halfmarathon Wurzburg	Half Marathon	Comp. Rule 31.21 compliant	2026
GER	Wurzburg	iWelt Marathon Wurzburg	Marathon	Comp. Rule 31.21 compliant	2026
GER	Wurzburg	Residenzlauf Wurzburg	10KM	Comp. Rule 31.21 compliant	2026
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	Aegina Half marathon	Half Marathon	Comp. Rule 31.21 compliant	
GRE	Aegina	Kapodistriad Aegina 10K Run	10KM	Comp. Rule 31.21 compliant	2025
GRE	Aegina	Kapodistrias Aegina 5k run	5KM	Comp. Rule 31.21 compliant	2025
GRE	Aegio	Half Marathon of Aegialia	Half Marathon	Separation >50%	2026
GRE	Agrinio	Michalis Kousis Agrinio Half Marathon	Half Marathon	Separation >50%	
GRE	Alexandroupolis	Race Walking BALKAN Championship	10KM	n/a (race walk loop)	2023
GRE	Alexandroupolis	Race Walking BALKAN Championship	5KM	n/a (race walk loop)	2023
GRE	Alexandroupolis	Via Egnatia Run 5km	5KM	Separation >50%	2023
GRE	Alexandroupolis	Via Egnatia Run Half Marathon	Half Marathon	Separation >50%	2023
GRE	Amaliada	Olympia Marathon	Marathon	Separation >50%	2023
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	Iniohos Race 5km	5KM	Comp. Rule 31.21 compliant	2026
GRE	Amfissa	Iniohos 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 Viotias	Xenodamios Dromos Antikyras 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Arkalochori	Crete Arkalochori Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
GRE	Arta	Dromos tou Glofyriou ARTA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
GRE	Athens	10KM "Athens Marathon the Authentic"	10KM	Comp. Rule 31.21 compliant	2022
GRE	Athens	5KM "Athens Marathon the Authentic"	5KM	Comp. Rule 31.21 compliant	2022
GRE	Athens	Athens 5km Ergo	5KM	Comp. Rule 31.21 compliant	2026
GRE	Athens	Athens Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
GRE	Athens	Athens Marathon The Authentic	Marathon	Separation >50%	
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	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	Chalkida Bridges Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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	Chania	Crete 10km	10KM	Comp. Rule 31.21 compliant	2026
GRE	Chania	Crete 5km	5KM	Comp. Rule 31.21 compliant	2026
GRE	Chania	Crete Marathon	Marathon	Separation >50%	2026
GRE	Corfu	Corfu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
GRE	Dion	Dion Half marathon	Half Marathon	Comp. Rule 31.21 compliant	
GRE	Elefsina	Sta ichni tis leras Odou Elefsina Half marathon	Half Marathon	Downhill (-2.2 m/km), Separation >50%	
GRE	Filothei	Kyriahideia Filothei 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	2022
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	2026
GRE	Ioannina	Ioannina Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
GRE	Irakleio	Run Greece Irakleio 10K	10KM	Comp. Rule 31.21 compliant	2022
GRE	Irakleio	Run Greece Irakleio 5K	5KM	Comp. Rule 31.21 compliant	2022
GRE	Kalamaria	International Kalamaria Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2025
GRE	Kallithea	Kallithea Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
GRE	Kallithea	Kallithea night run 10km2022	10KM	Comp. Rule 31.21 compliant	2026
GRE	Kallithea	Kallithea night run 5k	5KM	Comp. Rule 31.21 compliant	2026
GRE	Kallithea	Kallithea run 10k	5KM	Comp. Rule 31.21 compliant	2026
GRE	Kallithea	Kallithea Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
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	Katerini	Katerini run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
GRE	Kavala	Saint Paul Path Half Marathon	Half Marathon	Separation >50%	2022
GRE	Kiato	Klisthenios Night Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Kiato	Klisthenios Night Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
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	Krya Vrysi	"Sta Mystika tou Valtou" Krya Vrysi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Pelasgeios Larissa 10km	10KM	Comp. Rule 31.21 compliant	2024
GRE	Larissa	Tyrnavos Larissa Half Marathon	Half Marathon	Separation >50%	2024
GRE	Lefkada	Lefkada green Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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	2023
GRE	Megalopolis	Run the theatre Megaolipolis 10k	10KM	Comp. Rule 31.21 compliant	2022
GRE	Megara	Elefsina Megara Half marathon	Half Marathon	Separation >50%	
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	Moraitis	Noraitis Run 10K	10KM	Comp. Rule 31.21 compliant	2022
GRE	Moraitis	Noraitis Run 5K	5KM	Comp. Rule 31.21 compliant	2022
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	Nea Ionia	10km Nea Ionia "Bloko Kalogrezas"	10KM	Comp. Rule 31.21 compliant	2023
GRE	Olympia	Olympia Half Marathon	Half Marathon	Separation >50%	2023
GRE	Olympia	Olympia Marathon	Marathon	Separation >50%	
GRE	Patra	Patras Night 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Patra	Patras Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Serres	Kri Kri Superspoon Serres Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Stymfalia	Stymfalia Lake Run 10KM	10KM	Comp. Rule 31.21 compliant	2023
GRE	Stymfalia	Stymfalia Lake Run 5KM	5KM	Comp. Rule 31.21 compliant	2023
GRE	Stymfalia	Stymfalia Lake Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
GRE	Syros Ermoupolis	Syros Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
GRE	Syros Ermoupolis	Syros Run 5KM	5KM	Comp. Rule 31.21 compliant	2026
GRE	Thermopyles	Dromos Eleftheris Thermopyles	Half Marathon	Separation >50%	2023
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 10km	10KM	Comp. Rule 31.21 compliant	2025
GRE	Thessaloniki	International Thessaloniki Night 5km	5KM	Comp. Rule 31.21 compliant	2025
GRE	Thessaloniki	International Thessaloniki Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
GRE	Thessaloniki	Olympic Day Run 10 km	10KM	Comp. Rule 31.21 compliant	2025
GRE	Thessaloniki	Olympic Day Run 5 km	5KM	Comp. Rule 31.21 compliant	2025
GRE	Trikala	International Half Marathon Kalampaka–Trikala	Half Marathon	Downhill (-5.5 m/km), Separation >50%	
GRE	Trikala	Trikala Follow the Tiver 10K	10KM	Comp. Rule 31.21 compliant	2023
GRE	Trikala	Trikala Follow the Tiver 5K	5KM	Comp. Rule 31.21 compliant	2023

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
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	Vrilissia	Filozoia Vrilissia 10KM	10KM	Comp. Rule 31.21 compliant	2023
GRE	Vrilissia	Filozoia Vrilissia 5KM	5KM	Comp. Rule 31.21 compliant	2023
GRE	Zografou	Zografou City Run 5k	5KM	Comp. Rule 31.21 compliant	2023
GUA	Escuintla	La Maratón de Guatemala	Marathon	Comp. Rule 31.21 compliant	2024
GUA	Guayaquil	21K Esquipulas	Half Marathon	Comp. Rule 31.21 compliant	
HKG	Hong Kong	Gammon China Coast Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
HKG	Hong Kong	Gammon China Coast Marathon	Marathon	Comp. Rule 31.21 compliant	2023
HKG	Hong Kong	Hong Kong 5km championships	5KM	Comp. Rule 31.21 compliant	2025
HKG	Hong Kong	Mizuno Hong Kong Half Marathon Championships 2018	Half Marathon	Comp. Rule 31.21 compliant	2022
HKG	Hong Kong	Standard Chartered Hong Kong 10km	10KM	Comp. Rule 31.21 compliant	2025
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	UNICEF (Hong Kong) Run for Every Child - 10Km	10KM	Comp. Rule 31.21 compliant	2024
HKG	Hong Kong	UNICEF (Hong Kong) Run for Every Child - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
HON	Puerto Cortes	Maratón del Atlantico	Marathon	Separation >50%	2022
HON	San Pedro Sula	Medio Maratón La Prensa	Half Marathon	Comp. Rule 31.21 compliant	2021**
HUN	Budapest	Hungarian Half Marathon Championships 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
HUN	Budapest	Spar Budapest Marathon	Marathon	Comp. Rule 31.21 compliant	
HUN	Budapest	Wizz Air Budapest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
HUN	Debrecen	Hungarian Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2025
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 Bali Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
INA	Bali	Maybank Bali Marathon	Marathon	Comp. Rule 31.21 compliant	2026
INA	Bali	Maybank Bali Marathon	Marathon	Comp. Rule 31.21 compliant	2026
INA	Borobudur	Borobudur 10km	10KM	Comp. Rule 31.21 compliant	2027
INA	Borobudur	Borobudur Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
INA	Borobudur	Borobudur Marathon - Elite Race 2022	Marathon	Comp. Rule 31.21 compliant	2026
INA	Borobudur	Borobudur Marathon 2023	Marathon	Comp. Rule 31.21 compliant	2027
INA	Jakarta	Electric Jakarta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
INA	Jakarta	Electric Jakarta Marathon	Marathon	Comp. Rule 31.21 compliant	2022
INA	Jakarta	Jakarta 10KM	10KM	Comp. Rule 31.21 compliant	2022
INA	Jogja	Mandiri Jogja 10km	10KM	Comp. Rule 31.21 compliant	2026
INA	Jogja	Mandiri Jogja Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
INA	Jogja	Mandiri Jogja Marathon	Marathon	Comp. Rule 31.21 compliant	2026
INA	Mandalika, Lombok	Mandalika International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
INA	Mandalika, Lombok	Mandalika International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
IND	Ahmedabad	Adani Ahmedabad 10km	10KM	Comp. Rule 31.21 compliant	2025
IND	Ahmedabad	Adani Ahmedabad Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
IND	Ahmedabad	Adani Ahmedabad Marathon	Marathon	Comp. Rule 31.21 compliant	2025
IND	Ahmedabad	B Safal Half 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Ahmednagar	Nagar Rising 10KM	10KM	Comp. Rule 31.21 compliant	2024
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	Bandra, Mumbai	Run to Thrive 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Bangalore	My Country Run 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Bangalore	My Country Run 5KM	5KM	Comp. Rule 31.21 compliant	2022
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	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	2023
IND	Bengaluru	TCS World 10KM Bengaluru	10KM	Comp. Rule 31.21 compliant	2023
IND	Bengaluru	Thump! Celebration Bengaluru 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Borivali, Mumbai	Mumbai Suburban 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Chennai	Inner Strength 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Chirapunji Meghalaya	Sohra 10KM	10KM	Comp. Rule 31.21 compliant	2022
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 10km	10KM	Comp. Rule 31.21 compliant	2025
IND	Dehradun	Sarmang Dehradun 5km	5KM	Comp. Rule 31.21 compliant	2025
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	Airtel Delhi 10km	10KM	Comp. Rule 31.21 compliant	2023
IND	Delhi	Great Delhi Run 5km	5KM	Comp. Rule 31.21 compliant	2023
IND	Delhi	SBI Green 10KM	10KM	Comp. Rule 31.21 compliant	2022
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	Gujarat	Surat Midnight 10km	10KM	Comp. Rule 31.21 compliant	2022
IND	Guwahati	SBI Green 10km Guwahati	10KM	Comp. Rule 31.21 compliant	2023
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	Hyderabad	Airtel Hyderabad 10km	10KM	Comp. Rule 31.21 compliant	2025
IND	Hyderabad	Freedom Hyderabad 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Hyderabad	Inorbit Durgam Cheruvu 10km	10KM	Comp. Rule 31.21 compliant	2025
IND	Hyderabad	Inorbit Durgam Cheruvu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Jamnagar Gujrat	Jamnagar Navy 10km	10KM	Comp. Rule 31.21 compliant	2023
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	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	Tata Steel Kolkata 10km	10KM	Comp. Rule 31.21 compliant	2023
IND	Kolkata	TATA Steel Kolkata 25K	25KM	Comp. Rule 31.21 compliant	2023
IND	Kolkata	Tata Steel Kolkata 5km	5KM	Comp. Rule 31.21 compliant	2023
IND	Lucknow	The Run Lucknow - 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Lukcnow	SBI Green 10km Lukcnow	10KM	Comp. Rule 31.21 compliant	2023
IND	Mahindra	Mahindra World City 10km	10KM	Comp. Rule 31.21 compliant	2024
IND	Mira Bhayander	Mira Bhayender Mayor's 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Ageas Federal Insurance Mumbai 10km	10KM	Comp. Rule 31.21 compliant	2025
IND	Mumbai	ET Navi Mumbai 10km	10KM	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Jitthon Juhu 10km	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Jitthon Juhu 5km	5KM	Comp. Rule 31.21 compliant	2026
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	Navi Mumbai 10km	10KM	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Saquib Rizvi Memorial Cancer Awareness - 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Saquib Rizvi Memorial Cancer Awareness - 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Mumbai	Saquib 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	Tarblazer 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Tata Mumbai 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Tata Mumbai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
IND	Mumbai	Tata Mumbai Marathon	Marathon	Comp. Rule 31.21 compliant	2024
IND	Mumbai	WNS Navy 10KM	10KM	Comp. Rule 31.21 compliant	2023
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	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	Navi Mumbai	Run for Diversity 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Naya Raipur	Let's Run 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	New Delhi	Airtel Delhi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
IND	New Delhi	IDBI Federal Life Insurance New Delhi Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
IND	New Delhi	IDBI Federal Life Insurance New Delhi Marathon	Marathon	Comp. Rule 31.21 compliant	2022
IND	Patna	Patna 10KM	10KM	Comp. Rule 31.21 compliant	2024
IND	Pune	AFMC Pune 10KM	10KM	Comp. Rule 31.21 compliant	2022
IND	Pune	Alpa Pune 10KM	10KM	Comp. Rule 31.21 compliant	2026
IND	Pune	Alpa Pune 5KM	5KM	Comp. Rule 31.21 compliant	2026
IND	Pune	Alpa Pune Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
IND	Pune	Alpa Pune Marathon	Marathon	Comp. Rule 31.21 compliant	2026
IND	Pune	Bajaj Allianz 10K	10KM	Comp. Rule 31.21 compliant	2023
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	Pune 10KM	10KM	Comp. Rule 31.21 compliant	2023
IND	Pune	Pune FLO 10KM	10KM	Comp. Rule 31.21 compliant	2023
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	Pune	Pune Women's 10km	10KM	Comp. Rule 31.21 compliant	2023
IND	Rajkot Gujrat	Rajkot 10km	10KM	Comp. Rule 31.21 compliant	2023
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	Sangli Maharashtra	Shahid 10km	10KM	Comp. Rule 31.21 compliant	2024

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
IND	Satara	Fit & Strong Satara 10km Kaas Road	10KM	Comp. Rule 31.21 compliant	2023
IND	Satara	Fit & Strong Satara 5km Kaas Road	5KM	Comp. Rule 31.21 compliant	2023
IND	Thane	Spirito 10KM Run	10KM	Comp. Rule 31.21 compliant	2023
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	Trivandrum	SBI Green 10km Trivandrum	10KM	Comp. Rule 31.21 compliant	2023
IND	Vizag	Vizag Navy 10K	10KM	Comp. Rule 31.21 compliant	2022
IRL	Charleville	Charleville International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	KBC Dublin Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ISL	Reykavik	Armannshlaup 10KM	10KM	Comp. Rule 31.21 compliant	2026
ISL	Reykavik	Islandsbanki Reykjavik 10KM	10KM	Comp. Rule 31.21 compliant	2023
ISL	Reykjavik	Islandsbanki Reykjavik Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ISL	Reykjavik	Islandsbanki Reykjavik Marathon	Marathon	Comp. Rule 31.21 compliant	2023
ISL	Reykjavik	Reykjavik Fall Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ISL	Reykjavik	Reykjavik Fall Marathon	Marathon	Comp. Rule 31.21 compliant	2023
ISL	Reykjavik	Suzuki Midnight Run 10km	10KM	Comp. Rule 31.21 compliant	2025
ISL	Reykjavik	Suzuki Midnight Run Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ISL	Reykjavik	Vidavangshlaup 5km	5KM	Comp. Rule 31.21 compliant	2026
ISL	Selfoss	Bruarhlaupid 10KM	10KM	Comp. Rule 31.21 compliant	2026
ISL	Selfoss	Bruarhlaupid 5KM	5KM	Comp. Rule 31.21 compliant	2026
ISR	Gan HaShlosha	Valley of Springs Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
ISR	Jerusalem	Jerusalem 10km	10KM	Comp. Rule 31.21 compliant	2024
ISR	Jerusalem	Jerusalem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
ISR	Jerusalem	Jerusalem Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Tel Aviv	Tel Aviv 10km	10KM	Comp. Rule 31.21 compliant	2023
ISR	Tel Aviv	Tel Aviv Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ISR	Tel Aviv	Tel Aviv Marathon	Marathon	Comp. Rule 31.21 compliant	2026
ISR	Tiberias	Tiberias 10km	10KM	Comp. Rule 31.21 compliant	2025
ISR	Tiberias	Tiberias 5km	5KM	Comp. Rule 31.21 compliant	2025
ISR	Tiberias	Tiberias Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ISR	Tiberias	Tiberias Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Arco Di Trento - Riva del Garda	10km Garda Trentino	10KM	Comp. Rule 31.21 compliant	2023
ITA	Arezzo	Maratonina Città di Arezzo	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Bolzano	Boclassic 10k	10KM	Comp. Rule 31.21 compliant	2025
ITA	Bolzano	Boclassic 5k	5KM	Comp. Rule 31.21 compliant	2025
ITA	Brescia	Brescia Art Half Marathon	Half Marathon	Downhill (-3.50 m/km)	2022
ITA	Brescia	Brescia Art Marathon	Marathon	Downhill (-1.75 m/km)	2022
ITA	Cagliari	Maratona internazionale di Cagliari	Marathon	Comp. Rule 31.21 compliant	2022
ITA	Caserta	Mezza Maratona Internazionale Reggia-Reggia	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Crema	Maratonina Città di Crema	Half Marathon	Comp. Rule 31.21 compliant	
ITA	Firenze	ASICS Firenze Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Gallarate	Mezza maratona Gallarate	Half Marathon	Comp. Rule 31.21 compliant	2021**
ITA	Iseo	Iseo Maratona del acqua	Marathon	Comp. Rule 31.21 compliant	
ITA	Jesolo	Moonlight Jesolo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Limbiate	Limbiate Night Run	10KM	Comp. Rule 31.21 compliant	2022
ITA	Merano	Merano-Lagundo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
ITA	Milan	Generali Milano Marathon	Marathon	Comp. Rule 31.21 compliant	2024
ITA	Milan	Milano21 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
ITA	Milan	Stramilano Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Milano	10km Stra Magenta Milano	10KM	Comp. Rule 31.21 compliant	2023
ITA	Milano	5K Decathlon Experience	5KM	Comp. Rule 31.21 compliant	2023
ITA	Milano	Generali Milano Marathon 10 km	10KM	Comp. Rule 31.21 compliant	2025
ITA	Milano	Milano 10k	10KM	Comp. Rule 31.21 compliant	2023
ITA	Milano	Milano21 Half Marathon - 10KM Race	10KM	Comp. Rule 31.21 compliant	2022
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	Napoli	Napoli City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Napoli	Neapolis Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ITA	Napoli	Neapolis Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Napoli	Summer Universiade 2019 - Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Oderzo	Incontro Internazionale di Corsa du Strada Under 20	10KM	Comp. Rule 31.21 compliant	2025
ITA	Oderzo	Incontro Internazionale di Corsa du Strada Under 20	5KM	Comp. Rule 31.21 compliant	2025
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	Padova Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Padova	Padova Marathon	Marathon	Comp. Rule 31.21 compliant	2026
ITA	Parma	Parma marathon	Marathon	Comp. Rule 31.21 compliant	2021**
ITA	Pordenone	Maratonina dei borghi	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Ravenna	Half Marathon Ravenna Citta d'Arte	Half Marathon	Comp. Rule 31.21 compliant	2025
ITA	Ravenna	Marathon Ravenna Citta d'Arte	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Reggio Emilia	Maratona di Reggio Emilia - Special Edition Camp. Italiano	Marathon	Comp. Rule 31.21 compliant	2024
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	La Corsa dei Santi	10KM	Comp. Rule 31.21 compliant	2022
ITA	Roma	Roma Half Marathon Campionato Italiano	Half Marathon	Comp. Rule 31.21 compliant	2023
ITA	Roma	Run Rome the Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Telesia	Telesia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
ITA	Telesia	Trofeo citta di Telesia	10KM	Comp. Rule 31.21 compliant	2026
ITA	Terni	Maratona di San Valentino Terni	Marathon	Comp. Rule 31.21 compliant	2024
ITA	Trento	Trento Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Treviso	Treviso Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
ITA	Treviso	Treviso Marathon	Marathon	Comp. Rule 31.21 compliant	2023
ITA	Trieste	Corri Trieste 10KM	10KM	Comp. Rule 31.21 compliant	2026
ITA	Trieste	Trieste Running Festival Half Marathon	Half Marathon	Downhill (-3.2 m/km), Separation >50%	
ITA	Udine	Maratonina Citta di Udine	Half Marathon	Separation >50%	2023
ITA	Venice	Venice Marathon	Marathon	Separation >50%	2022
ITA	Verbania	Lago Maggiore 10KM	10KM	Separation >50%	2025
ITA	Verbania	Lago Maggiore Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ITA	Verona	10KM Verona Marathon	10KM	Comp. Rule 31.21 compliant	2023
ITA	Verona	Giulietta Romeo Half Marathon di Verona	Half Marathon	Comp. Rule 31.21 compliant	2024
ITA	Verona	Verona Cangrande Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
ITA	Verona	Verona Marathon	Marathon	Comp. Rule 31.21 compliant	2025
ITA	Vinovo	Hippoten 10km Vinovo	10KM	Comp. Rule 31.21 compliant	2023
ITA	Vinovo	Hippoten Mezza Maratona Vinovo	Half Marathon	Comp. Rule 31.21 compliant	2023
JAM	Kingston	KCR 10K	10KM	Comp. Rule 31.21 compliant	2022
JAM	Kingston	Kingston City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
JAM	Kingston	Kingston City Marathon	Marathon	Comp. Rule 31.21 compliant	2022
JOR	Amman	Marathon d Amman	Marathon	Comp. Rule 31.21 compliant	2022
JOR	Amman	Semi Marathon d Amman	Half Marathon	Comp. Rule 31.21 compliant	2022
JOR	Aqaba	Aqaba Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2020*
JOR	Aqaba	IAU 100KM Asia and Oceania Championship	10KM	Comp. Rule 31.21 compliant	2023
JPN	Ageo City	Ageo City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
JPN	Aoyama, Minato-ku	New Year Race Walk 10km	10KM	n/a (race walk loop)	2023
JPN	Aoyama, Minato-ku	New Year Race Walk 5km	5KM	n/a (race walk loop)	2023
JPN	Fuji Kawaguchi Town	Mount Fuji Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Fukuoka	Fukuoka Internationl Open Marathon Championship	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Gifu	Gifu Seiryu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Hakodate	Hakodate Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Hakodate	Hakodate Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Hofu City	Hofu Yumiuri Marathon	Marathon	Comp. Rule 31.21 compliant	2023
JPN	Ichinoseki	Ichinoseki Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
JPN	Itabashi City	Itabashi City Marathon	Marathon	Comp. Rule 31.21 compliant	2024
JPN	Iwate	Iwate Morioka City Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	2022
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 Martahon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Kitakyushu	Kitakyushu Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Kyoto	Kyoto Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Marugame	Kagawa Marugame International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
JPN	Matsue	Matsue Ladies 10km	10KM	Comp. Rule 31.21 compliant	2023
JPN	Matsue	Matsue Ladies Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
JPN	Matsusaka City	Mie Matsusaka Marathon	Marathon	Comp. Rule 31.21 compliant	2024
JPN	Matsuyama	Ehime Marathon	Marathon	Comp. Rule 31.21 compliant	2024
JPN	Mito	Mito Marathon	Marathon	Comp. Rule 31.21 compliant	2026
JPN	Miyagi-ken	Tohoku-Miyagi Revive Marathon	Marathon	Comp. Rule 31.21 compliant	2022
JPN	Morioka City	Iwate Morioka City Marathon	Marathon	Comp. Rule 31.21 compliant	2023
JPN	Nagai City	Nagai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
JPN	Nagai City	Nagai Marathon	Marathon	Comp. Rule 31.21 compliant	2022
JPN	Nagano	Nagano Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	2026
JPN	Nara	Nara Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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	2023
JPN	Nobeoka City	Nobeoka Nishinippon Marathon	Marathon	Comp. Rule 31.21 compliant	2022
JPN	Ohme	Ohme-Hochi 30km Road Race	30KM	Comp. Rule 31.21 compliant	2025
JPN	Ohme	The Ohme 10km Road Race	10KM	Comp. Rule 31.21 compliant	2025
JPN	Oita	Beppu-Oita Mainichi Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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	2025
JPN	Osaka	Osaka Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Osaka	Osaka Women's Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Osaka	Osaka Women's Marathon (backup course)	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Otsu	Lake Biwa Mainichi Marathon	Marathon	Comp. Rule 31.21 compliant	2023
JPN	Sagmihara City	Kanto Collegiate Athletics Champs - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	2024
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	2022
JPN	Shinjuku City	Shinjuku City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
JPN	Shizuoka	Shizuoka Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
JPN	Shymkent	Shymkent Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	2023
JPN	Tokushima	Tokushima Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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 Championships	Marathon	Comp. Rule 31.21 compliant	2023
JPN	Tokyo	Tokyo Legacy Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
JPN	Tokyo	Tokyo Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Tono	Tono Jingisukan 10KM	10KM	Comp. Rule 31.21 compliant	2023
JPN	Tono	Tono Jingisukan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
JPN	Toyama	Toyama Marathon	Marathon	Comp. Rule 31.21 compliant	2025
JPN	Tsukuba	Tsukuba Marathon	Marathon	Comp. Rule 31.21 compliant	2024
JPN	Yamaguchi City	All Japan Industrian T&F Association 10km	10KM	Comp. Rule 31.21 compliant	2025
JPN	Yamaguchi City	All Japan Industrian T&F Association Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
KAZ	Almaty	Almaty Half Marathon	Half Marathon	Downhill (-7.53 m/km)	2023
KAZ	Almaty	Almaty Marathon	Marathon	Comp. Rule 31.21 compliant	2022
KAZ	Almaty	Almaty Marathon - 10KM	10KM	Comp. Rule 31.21 compliant	2026
KAZ	Nur-Sultan	BI Marathon	Marathon	Comp. Rule 31.21 compliant	2023
KAZ	Nur-Sultan	Nur-Sultan 10KM	10KM	Comp. Rule 31.21 compliant	2026
KAZ	Nur-Sultan	Nur-Sultan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KAZ	Turkistan	Turkistan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KAZ	Turkistan	Turkistan Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	Kigali	Kigali International Peace Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
KEN	Kigali	Kigali International Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2024
KGZ	Bishkek	Snow Leopard Run	Half Marathon	Comp. Rule 31.21 compliant	2024
KGZ	Cholpon-Ata	Run the Silk Road - SCO	Marathon	Comp. Rule 31.21 compliant	2023
KOR	Chuncheon	Chosunilbo Chuncheon Marathon	Marathon	Comp. Rule 31.21 compliant	2022
KOR	Chuncheon	Chuncheon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
KOR	Chuncheon	Chuncheon Marathon	Marathon	Comp. Rule 31.21 compliant	2024
KOR	Daegu	Daegu Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KOR	Daegu	Daegu International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	2022
KOR	Gyeonggi	Gyeonggi International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
KOR	Gyeongju	Gyeongju International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
KOR	Incheon	Incheon International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
KOR	Incheon	Incheon Songdo International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
KOR	Seoul	DongA Marathon	Marathon	Comp. Rule 31.21 compliant	2025
KOR	Seoul	Korean Olympic Trials Marathon (National Sports Games Seoul)	Marathon	Comp. Rule 31.21 compliant	
KOR	Seoul	Seoul International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
KOR	Seoul	Seoul Marathon	Marathon	Comp. Rule 31.21 compliant	2022
KOS	Prishtina	Prishtina Kosovo Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
KSA	Al Khobar	Khonbar International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
KSA	Riyadh	Riyadh 10K	10KM	Comp. Rule 31.21 compliant	2026
KSA	Riyadh	Riyadh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
KSA	Riyadh	Riyadh Marathon	Marathon	Comp. Rule 31.21 compliant	2026
KUW	Kuwait City	GulfBank 642 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
KUW	Kuwait City	GulfBank 642 Marathon	Marathon	Comp. Rule 31.21 compliant	2023
KUW	Kuwait City	Kuwait 10KM	10KM	Comp. Rule 31.21 compliant	2023
KUW	Kuwait City	Kuwait 5KM	5KM	Comp. Rule 31.21 compliant	2023
LAT	Daugavpils	Daugavpils Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Daugavpils	Daugavpils-Mezciems 10km	10KM	Comp. Rule 31.21 compliant	2024
LAT	Daugavpils	Daugavpils-Mezciems 5km	5KM	Comp. Rule 31.21 compliant	2024
LAT	Jaunmarupe	Marupes Skrejiens 5KM	5KM	Comp. Rule 31.21 compliant	2026
LAT	Kuldiga	Kuldīgas 10km	10KM	Comp. Rule 31.21 compliant	2024
LAT	Kuldiga	Kuldīgas 5km	5KM	Comp. Rule 31.21 compliant	2024
LAT	Kuldiga	Kuldīgas Pusmaratonas	Half Marathon	Comp. Rule 31.21 compliant	2024
LAT	Liepaja	Liepaja 10km	10KM	Comp. Rule 31.21 compliant	2024
LAT	Liepaja	Liepaja Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Livani	Livani Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
LAT	Ozolnieki	Ozolnieki 10KM	10KM	Comp. Rule 31.21 compliant	2026
LAT	Ozolnieki	Ozolnieki Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Plavinas	Plavinas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
LAT	Riga	Rimi Riga 10KM	10KM	Comp. Rule 31.21 compliant	2026
LAT	Riga	Rimi Riga Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LAT	Riga	Rimi Riga Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LAT	Salaspils	Salaspils Pusmaratonas	Half Marathon	Comp. Rule 31.21 compliant	2026
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	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
LBN	Beirut	Blom Bank Beirut Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
LBN	Beirut	Half Marathon ISF Beirut	Half Marathon	Comp. Rule 31.21 compliant	
LBN	Saida	Marathon international de Saida	Marathon	Comp. Rule 31.21 compliant	2021**
LBN	Tripoli	Tripoli Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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
LTU	Alytus	Alytus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LTU	Druskininkai	Druskininkai Run	Half Marathon	Comp. Rule 31.21 compliant	2025
LTU	Kaunas	Kaunas Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
LTU	Kaunas	Kaunas Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Rimi Vilnius Marathon	Marathon	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Vilnius 10 KM	10KM	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Vilnius 5 KM	5KM	Comp. Rule 31.21 compliant	2026
LTU	Vilnius	Vilnius Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Macao	Macao International 10km	10KM	Comp. Rule 31.21 compliant	2025
MAC	Macau	Macau International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
MAC	Macau	Macau International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
MAR	Agadir	10km D'Agadir	10KM	Comp. Rule 31.21 compliant	2023
MAR	Agadir	Marathon d'Agadir	Marathon	Comp. Rule 31.21 compliant	2022
MAR	Agadir	Semi Marathon d'Agadir	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Benslimane	Semi Marathon Vert de Benslimane	Half Marathon	Comp. Rule 31.21 compliant	2024
MAR	Berkane	10 km de Berkane	10KM	Comp. Rule 31.21 compliant	2022
MAR	Berkane	Semi marathon international de Berkane	Half Marathon	Comp. Rule 31.21 compliant	2022
MAR	Biougra	10km de Biougra	10KM	Comp. Rule 31.21 compliant	2023
MAR	Casablanca	10KM de Casablanca	10KM	Comp. Rule 31.21 compliant	2022
MAR	Casablanca	10KM International de Casablanca	10KM	Comp. Rule 31.21 compliant	2023
MAR	Casablanca	Foulees de Hay Mohammadi 10km	10KM	Comp. Rule 31.21 compliant	2023
MAR	Casablanca	Marathon international de Casablanca	Marathon	Comp. Rule 31.21 compliant	2023
MAR	Casablanca	Semi marathon de Casablanca	Half Marathon	Comp. Rule 31.21 compliant	2022
MAR	Chemmaia	10km de Chemmaia	10KM	Comp. Rule 31.21 compliant	2023
MAR	Dakhla	10 km international de Dakhla	10KM	Comp. Rule 31.21 compliant	2022
MAR	Dar Bouazza	10 km de Dar Bouazza	10KM	Comp. Rule 31.21 compliant	2024
MAR	Fes	10 km de Fes	10KM	Comp. Rule 31.21 compliant	2026
MAR	Fes	Mararthon international de Fes	Marathon	Comp. Rule 31.21 compliant	2023
MAR	Fes	Semi Marathon International de Fes	Half Marathon	Comp. Rule 31.21 compliant	2026
MAR	Guercif	10Km des Olives des Guercif	10KM	Comp. Rule 31.21 compliant	2023
MAR	Kenitra	10km international de Kenitra	10KM	Comp. Rule 31.21 compliant	2026

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
MAR	Kenitra	Semi Marathon International de Kenitra	Half Marathon	Comp. Rule 31.21 compliant	2023
MAR	M'Diq	10km de M'Diq	10KM	Separation >50%	2025
MAR	Mansouria	10km EP Mansouria	10KM	Comp. Rule 31.21 compliant	2022
MAR	Marrakech	Marathon international de Marrakech	Marathon	Comp. Rule 31.21 compliant	2024
MAR	Marrakech	Semi Marathon international de Marrakech	Half Marathon	Comp. Rule 31.21 compliant	2024
MAR	Meknes	10km de Meknes	10KM	Comp. Rule 31.21 compliant	2022
MAR	Meknes	Semi Marathon de Meknes	Half Marathon	Comp. Rule 31.21 compliant	2022
MAR	Mohammedia	10 km de Mohammedia	10KM	Comp. Rule 31.21 compliant	2022
MAR	Ouarzazate	Ouarzazate 10k race	10KM	Comp. Rule 31.21 compliant	2022
MAR	Rabat	10 km de Rabat	10KM	Comp. Rule 31.21 compliant	2022
MAR	Rabat	10km du Golf Royal Dar Essalam	10KM	Comp. Rule 31.21 compliant	2023
MAR	Rabat	10km pour la paix	10KM	Comp. Rule 31.21 compliant	2022
MAR	Rabat	African Games 2019 / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
MAR	Safi	Semi marathon international de Safi	Half Marathon	Comp. Rule 31.21 compliant	2024
MAR	Sefrou	10 km de Sefrou	10KM	Comp. Rule 31.21 compliant	2022
MAR	Sefrou	Semi Marathon de Sefrou	Half Marathon	Comp. Rule 31.21 compliant	2022
MAR	Settat	10km International de Settat	10KM	Comp. Rule 31.21 compliant	2024
MAR	Tahia	10KM de Tahia	10KM	Comp. Rule 31.21 compliant	2026
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	Tanger	10KM International de Tanger	10KM	Comp. Rule 31.21 compliant	2022
MAR	Tanger	Semi marathon international de Tanger	Half Marathon	Comp. Rule 31.21 compliant	2022
MAR	Tantan	Semi Marathon de Tantan	Half Marathon	Comp. Rule 31.21 compliant	2023
MAR	Taza	10km de Taza	10KM	Comp. Rule 31.21 compliant	2022
MAS	Cyberjaya	The Great Malaysian Half Marathon - Cyberjaya	Half Marathon	Comp. Rule 31.21 compliant	2023
MAS	Cyberjaya	The Great Malaysian Marathon - Cyberjaya	Marathon	Comp. Rule 31.21 compliant	2023
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	Kota Kinabalu	Borneo International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
MAS	Kota Kinabalu	Borneo International Marathon	Marathon	Comp. Rule 31.21 compliant	2024
MAS	Kota Kinabalu	Kota Kinabalu City Borneo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
MAS	Kuala Lumpur	HSN Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
MAS	Kuala Lumpur	Kuala Lumpur City Day Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
MAS	Kuala Lumpur	Score Run Kuala Lumpur	Half Marathon	Comp. Rule 31.21 compliant	2022
MAS	Kuala Lumpur	Standard Chartered Kuala Lumpur Marathon	Marathon	Comp. Rule 31.21 compliant	2022
MAS	Kuching	Kuching Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
MAS	Kuching	Kuching Marathon	Marathon	Comp. Rule 31.21 compliant	2023
MAS	Miri, Sarawak	Miri Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
MAS	Miri, Sarawak	Miri Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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	Putrajaya Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
MAS	Putrajaya	Putrajaya Night Marathon	Marathon	Comp. Rule 31.21 compliant	2023
MAS	Putrajaya	SCORE Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
MAS	Putrajaya	SCORE Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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
MEX	Aguascalientes	Maratón Aguascalientes	Marathon	Comp. Rule 31.21 compliant	2024
MEX	Cancún	Medio Maratón de la Mujer	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Celaya	Maratón Celaya	Marathon	Comp. Rule 31.21 compliant	2026
MEX	Celaya	Maratón del Centenario de las B. de Celaya	Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Chihuahua	Carrera Rotario 10K	10KM	Comp. Rule 31.21 compliant	2022
MEX	Chihuahua	Medio Maratón Arriba Chihuahua	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Chihuahua	Transportes Peña 10k	10KM	Comp. Rule 31.21 compliant	2023
MEX	Ciudad Juarez, Chihuahua	Carrera Internacional del Amistad	10KM	Comp. Rule 31.21 compliant	2024
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 Culiacan	Marathon	Comp. Rule 31.21 compliant	2022
MEX	Delicias, Chihuahua	Carrera San Silvestre Delicias	10KM	Separation >50%	2025
MEX	Durango	Canaco 10K Nocturno	10KM	Comp. Rule 31.21 compliant	2023
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	Gran Maratón Hermosillo	Marathon	Comp. Rule 31.21 compliant	2023
MEX	Hermosillo	Gran Maratón Hermosillo Half Maratón	Half Marathon	Comp. Rule 31.21 compliant	2022
MEX	Juarez	Juarez Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
MEX	Juarez	Maratón Int'l de Juárez	Marathon	Comp. Rule 31.21 compliant	2023
MEX	Juarez	Maratón Internacional de Juárez 30k	30KM	Comp. Rule 31.21 compliant	2023
MEX	Juarez	Run Internacional The US-México 10K	10KM	Comp. Rule 31.21 compliant	2022
MEX	León	Maratón León Guiar	Marathon	Comp. Rule 31.21 compliant	2023
MEX	Lerdo, Dgo	10K Marathon Internacional TV	10KM	Comp. Rule 31.21 compliant	2024
MEX	Mazatlán	Gran Maratón Pacifico	Marathon	Comp. Rule 31.21 compliant	2023
MEX	Mexicali	Medio Maratón Cetys Zorros	Half Marathon	Comp. Rule 31.21 compliant	2022
MEX	Mexicali	Medio Maratón Mexicali	Half Marathon	Comp. Rule 31.21 compliant	2024
MEX	México City	Maratón Ciudad de México	Marathon	Downhill (-1.3 m/km)	2023
MEX	México City	Medio Maratón CDMX	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Monterrey	21K Nuevo León	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Monterrey	Maraton Powerade Monterrey	Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Puerto Vallarta	Maratón Puerto Vallarta	Marathon	Comp. Rule 31.21 compliant	2022
MEX	Querétaro	Querétaro Marathon	Marathon	Comp. Rule 31.21 compliant	2022
MEX	Rosarito	Medio Maratón Internacional Rosarito	Half Marathon	Comp. Rule 31.21 compliant	2023
MEX	Saltillo	Maratón Saltillo - La Moderna	Marathon	Comp. Rule 31.21 compliant	2026
MEX	San Luis Potosí	Maratón Tangamanga	Marathon	Comp. Rule 31.21 compliant	2023
MEX	San Luis Potosí	Maratón Tangamanga / Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
MEX	Santiago de Querétaro	Querétaro Maratón	Marathon	Comp. Rule 31.21 compliant	2026
MEX	Tecate	Medio Maratón Internacional Tecate-Aries 2019	Half Marathon	Comp. Rule 31.21 compliant	2023
MEX	Tehuacán	Maratón Varmex	Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Tehuacán	Medio Maratón Varmex	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Tijuana	Medio Maratón Internacional Tijuana	Half Marathon	Comp. Rule 31.21 compliant	2025
MEX	Tijuana	Obesity Not 4 Me - 10KM Invitational	10KM	Comp. Rule 31.21 compliant	2022
MEX	Tlajomulco de Zúñiga	Medio Maratón Tlajomulco	Half Marathon	Comp. Rule 31.21 compliant	2022
MEX	Torreon	10K Internacional de Marathon TV	10KM	Comp. Rule 31.21 compliant	2025
MEX	Torreon	5K Internacional de Marathon TV	5KM	Comp. Rule 31.21 compliant	2025
MEX	Torreón	Maratón LALA	Marathon	Comp. Rule 31.21 compliant	2024
MEX	Villahermosa	Maratón de Tabasco #Yo Corro 3n la Depo	Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Villahermosa	Medio Maratón Int'l Villahermosa	Half Marathon	Comp. Rule 31.21 compliant	2021**
MEX	Zapopan	Zapopan 21k	Half Marathon	Comp. Rule 31.21 compliant	2022
MKD	Skopje	Wizz Air Skopje Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
MKD	Skopje	Wizz Air Skopje Marathon	Marathon	Comp. Rule 31.21 compliant	2023
MLT	Birzebbuga	Athletics Malta 5km National Championships	5KM	Comp. Rule 31.21 compliant	2026
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	Xaghra	Teamsport Gozo 10km	10KM	Comp. Rule 31.21 compliant	2026
MLT	Xaghra	Teamsport Gozo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
MNE	Kotor-Tivat	1 Bokeski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
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	2026
MOZ	Maputo	FNB 10km Maputo	10KM	Comp. Rule 31.21 compliant	2023
MOZ	Maputo	Meia Maratona Internacional de Maputo	Half Marathon	Comp. Rule 31.21 compliant	2024
MRI	Rodrigues Island	Indian Ocean Island Games Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NAM	Omaruru	Navachab Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NAM	Oshakati	SPAR 10km Championships	10KM	Separation >50%	2023
NAM	Swakopmund	AUSC Region 5 Marathon	Marathon	Comp. Rule 31.21 compliant	
NAM	Swakopmund	Husab Marathon	Marathon	Comp. Rule 31.21 compliant	
NAM	Swakopmund	Lucky Star Marathon	Marathon	Comp. Rule 31.21 compliant	
NAM	Swakopmund	Rio Tinto Marathon	Marathon	Comp. Rule 31.21 compliant	
NAM	Swakopmund	Rossing 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
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	2025
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	2022
NED	Breda	Bredase Singelloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
NED	Curaçao	KLM Curacao HalfMarathon	Half Marathon	Comp. Rule 31.21 compliant	2022
NED	Curaçao	KLM Curacao Marathon	Marathon	Comp. Rule 31.21 compliant	2022
NED	Den Haag	NN City-Pier-City Loop Den Haag	Half Marathon	Comp. Rule 31.21 compliant	2024
NED	Dronten	Leisure World Kerstloop Dronten	Half Marathon	Comp. Rule 31.21 compliant	2023
NED	Eindhoven	Half Marathon Eindhoven powered by ASML	Half Marathon	Comp. Rule 31.21 compliant	2025
NED	Eindhoven	Marathon Eindhoven powered by ASML	Marathon	Comp. Rule 31.21 compliant	2025
NED	Enschede	Enschede Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NED	Enschede	Enschede Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NED	Enschede	NN Mission Marathon	Marathon	Comp. Rule 31.21 compliant	2025
NED	Leiden	Leiden 10km	10KM	Comp. Rule 31.21 compliant	2023
NED	Leiden	Leiden Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NED	Leiden	Leiden Marathon	Marathon	Comp. Rule 31.21 compliant	2023
NED	Nijmegen	Seven Hills Test Run 5km	5KM	Comp. Rule 31.21 compliant	2024
NED	Nijmegen	Stevensloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NED	Rotterdam	NN Marathon Rotterdam	Marathon	Comp. Rule 31.21 compliant	2025
NED	Tilburg	CZ Tilburg 10km	10KM	Comp. Rule 31.21 compliant	2023
NED	Tilburg	Tilburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
NED	Tilburg	Tilburg Marathon	Marathon	Comp. Rule 31.21 compliant	
NED	Utrecht	Utrecht Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NED	Utrecht	Utrecht Marathon	Marathon	Comp. Rule 31.21 compliant	2023
NED	Venlo	Venloop 10KM	10KM	Comp. Rule 31.21 compliant	2026
NED	Venlo	Venloop Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
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
NGR	Abeokuta	Abeokuta 10km	10KM	Separation >50%	2023
NGR	Abuja	Abuja International 10km	10KM	Comp. Rule 31.21 compliant	2025

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
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	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	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	Okpekpe	Okpekpe 10KM	10KM	Comp. Rule 31.21 compliant	2026
NGR	Onitsha	Onitsha 21.1km road race	Half Marathon	Comp. Rule 31.21 compliant	2023
NGR	Onitsha	Onitsha10km road race	10KM	Comp. Rule 31.21 compliant	2023
NGR	Osogbo	Brandove Osun Women's Run 10km	10KM	Separation >50%	2024
NOR	Drammen	Drammen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Drammen	Drammen Half Marathon - 5KM	5KM	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perselopet 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perselopet 5KM	5KM	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perselopet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Eidsvoll	Perselopet Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Hole	Hytteplanmila 10km	10KM	Comp. Rule 31.21 compliant	2025
NOR	Knarvikmila	Knarvikmila Marathon	Marathon	Comp. Rule 31.21 compliant	
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	Longyearbyen	Longyearbyen Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
NOR	Longyearbyen	Longyearbyen Marathon	Marathon	Comp. Rule 31.21 compliant	
NOR	Oslo	Oslo 10KM	10KM	Comp. Rule 31.21 compliant	2026
NOR	Oslo	Oslo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Oslo	Oslo Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Sand	Perselopet 10KM	10KM	Comp. Rule 31.21 compliant	2024
NOR	Sand	Perselopet 5KM	5KM	Comp. Rule 31.21 compliant	2024
NOR	Sand	Perselopet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
NOR	Sand	Perselopet Marathon	Marathon	Comp. Rule 31.21 compliant	2024
NOR	Sandane	Gloppen Halvmaraton	Half Marathon	Comp. Rule 31.21 compliant	2026
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	2026
NOR	Stavanger	Stavanger Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NOR	Stavanger	Stavanger Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NOR	Tromso	Polar Night 10KM	10KM	Comp. Rule 31.21 compliant	2023
NOR	Tromso	Polar Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NZL	Auckland	Auckland Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NZL	Auckland	Auckland Marathon	Marathon	Comp. Rule 31.21 compliant	2023
NZL	Auckland	Waterfront 10KM	10KM	Comp. Rule 31.21 compliant	2024
NZL	Auckland	Waterfront Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
NZL	Cambridge	Cambridge 10KM	10KM	Comp. Rule 31.21 compliant	2026
NZL	Cambridge	Cambridge Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
NZL	Christchurch	Chrischurch Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
NZL	Christchurch	Chrischurch Marathon	Marathon	Comp. Rule 31.21 compliant	2025
NZL	Dunedin	Emerson's Dunedin Marathon	Marathon	Comp. Rule 31.21 compliant	2026
NZL	Rotorua Marathon	Rotorua Marathon	Marathon	Comp. Rule 31.21 compliant	2022
NZL	Wellington	Wellington Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
NZL	Wellington	Wellington Marathon	Marathon	Comp. Rule 31.21 compliant	2023
NZL	Whanganui	Three Bridges Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
NZL	Whanganui	Three Bridges Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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	Muscat 5km	5KM	Comp. Rule 31.21 compliant	2022
OMN	Al Moujh Muscate	10km Al Moujh Muscate	10KM	Comp. Rule 31.21 compliant	2024
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
PAN	Panama City	Maratón Internacional de Panamá	Marathon	Comp. Rule 31.21 compliant	2023
PAR	Asunción	Maratón Internacional Ciudad de Asunción	Marathon	Comp. Rule 31.21 compliant	2026
PAR	Asunción	Media Maratón Internacional Ciudad de Asunción	Half Marathon	Comp. Rule 31.21 compliant	2026
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	Encamacion	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	Lima	1era "52° Campeionato 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	Huacho Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Marathon de Los Juegos Panamericanos	Marathon	Comp. Rule 31.21 compliant	2023
PER	Lima	Maratón Life Lima 42K	Marathon	Comp. Rule 31.21 compliant	2026
PER	Lima	Maratón Popular de Lima - Mapoli	Marathon	Comp. Rule 31.21 compliant	2022
PER	Lima, La Costa Verde	1era Maratón Internacional "Ciudad de Lima Bicentenario"	Marathon	Comp. Rule 31.21 compliant	2025
PHI	Clark, Pampanga	30TH South East Asian Games Marathon	Marathon	Comp. Rule 31.21 compliant	2023
PHI	Clark, Pampanga	Clark Animo 10KM	10KM	Comp. Rule 31.21 compliant	2023
PHI	Clark, Pampanga	Clark Animo 5KM	5KM	Comp. Rule 31.21 compliant	2023
PHI	Clark, Pampanga	Clark Animo Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
PHI	Clark, Pampanga	Clark Animo Marathon	Marathon	Comp. Rule 31.21 compliant	2023
PLE	Bethlehem	Free Movement Bethlehem 10km	10KM	Comp. Rule 31.21 compliant	2022
PLE	Bethlehem	Free Movement Bethlehem Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
PLE	Bethlehem	Free Movement Palestine Bethlehem Marathon	Marathon	Comp. Rule 31.21 compliant	2022
PLE	Jericho	Moon under the Sea Run - Jericho Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
POL	Bialystok	PKO Bialystok	Half Marathon	Comp. Rule 31.21 compliant	2024
POL	Bydgoscz	Bydgoscz Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
POL	Chorzow	Silesia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
POL	Chorzow	Silesia Marathon	Marathon	Comp. Rule 31.21 compliant	2022
POL	Debno	Polish Marathon Championships 2021	Marathon	Comp. Rule 31.21 compliant	2025
POL	Gdynia	Onico Gdynia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
POL	Krakow	Cracovia Marathon	Marathon	Comp. Rule 31.21 compliant	2023
POL	Krakow	Cracovia Royal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
POL	Krynica-Zdroj	Half Marathon of the Running Festival	Half Marathon	Comp. Rule 31.21 compliant	
POL	Łódź	DOZ Łódź Marathon	Marathon	Comp. Rule 31.21 compliant	2023
POL	Olesno	Polish Marathon Championships	Marathon	Comp. Rule 31.21 compliant	2024
POL	Pila	Pila Marathon	Marathon	Comp. Rule 31.21 compliant	
POL	Poznan	Poznan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
POL	Torun	Indoor World Masters Championships - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
POL	Warsaw	ORLEN Warsaw Marathon	Marathon	Comp. Rule 31.21 compliant	2023
POL	Warsaw	Pekao S A Warszawska Dycha 10km	10KM	Comp. Rule 31.21 compliant	2026
POL	Warsaw	PZU Maraton Warszawski	Marathon	Comp. Rule 31.21 compliant	2026
POL	Warsaw	Warsaw Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
POL	Wroclaw	Wroclaw Night Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
POR	Cascais	Montepio Meia Maratona de Cascais	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Funchal	Campeonato Europeo de 10km masters	10KM	Comp. Rule 31.21 compliant	2024
POR	Funchal	Maratona do Funchal - Madeira	Marathon	Downhill (-1.4 m/km)	
POR	Lisbon	EDP Maratona de Lisboa	Marathon	Separation >50%	
POR	Lisbon	EDP Meia Maratona de Lisboa	Half Marathon	Comp. Rule 31.21 compliant	
POR	Lisbon	Luso Meia Maratona	Half Marathon	Comp. Rule 31.21 compliant	
POR	Luso	Meia Maratona de Luso	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Porto	Porto Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
POR	Porto	Porto Marathon	Marathon	Comp. Rule 31.21 compliant	
POR	Santander	EDP Rock'n'Roll meia maratona Santander Totta	Half Marathon	Comp. Rule 31.21 compliant	2021**
POR	Sebutal	Meia Maratona de Sebutal	Half Marathon	Comp. Rule 31.21 compliant	2026
PRK	Pyongyang	Mangyongdae Prize International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
PUR	Carolina	Lola Challenge Weekend Half Mar.	Half Marathon	Comp. Rule 31.21 compliant	2021**
PUR	San Juan	World's Best 10km	10KM	Comp. Rule 31.21 compliant	2026
QAT	Doha	IAAF World Championships 2019 - Marathon	Marathon	Comp. Rule 31.21 compliant	2023
QAT	Doha	Ooredoo Doha 10km	10KM	Comp. Rule 31.21 compliant	2027
QAT	Doha	Ooredoo Doha 5km	5KM	Comp. Rule 31.21 compliant	2027
QAT	Doha	Ooredoo Doha Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2027
QAT	Doha	Ooredoo Doha Marathon	Marathon	Comp. Rule 31.21 compliant	2027
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	5KM "Crosul 15 Noiembrie"	5KM	Downhill, Separation >50%	2022
ROU	Brasov	Brasov Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
ROU	Brasov	Brasov Marathon	Marathon	Comp. Rule 31.21 compliant	2022
ROU	Bucharest	Bucharest International 10 K	10KM	Comp. Rule 31.21 compliant	2023
ROU	Bucharest	Bucharest International 10K's Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ROU	Bucharest	Bucharest Uniqa 10 km	10KM	Comp. Rule 31.21 compliant	2022
ROU	Bucharest	Crosul USAMV 10km Bucharest	10KM	Comp. Rule 31.21 compliant	2026
ROU	Bucharest	Crosul USAMV 5km Bucharest	5KM	Comp. Rule 31.21 compliant	2026
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	Raiffeisen Bucharest Marathon	Marathon	Comp. Rule 31.21 compliant	2022
ROU	Bucharest	Volkswagen Bucharest 10KM	10KM	Comp. Rule 31.21 compliant	2023
ROU	Bucharest	Volkswagen Bucharest Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Wizz Air Half Marathon Cluj Napoca	Half Marathon	Comp. Rule 31.21 compliant	2026
ROU	Cluj Napoca	Wizz Air Marathon Cluj Napoca	Marathon	Comp. Rule 31.21 compliant	2026
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	2026
ROU	Timisoara	UVT Liberty Marathon Timisoara	Marathon	Comp. Rule 31.21 compliant	2026

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
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	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	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	Peninsula Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
RSA	Cape Town	Peninsula Marathon	Marathon	Comp. Rule 31.21 compliant	2023
RSA	Cape Town	Retail Capital Marathon Challenge	Marathon	Comp. Rule 31.21 compliant	2025
RSA	Cape Town	Sanlam Cape Town 10km Peace Run	10KM	Comp. Rule 31.21 compliant	2026
RSA	Cape Town	Sanlam Cape Town Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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	2025
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	2026
RSA	Cape Town	Totalsports Women's Run 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Durban	Ballito to Durban Half Marathon	Half Marathon	Downhill (-5.0 m/km), Separation >50%	
RSA	Durban	Ballito to Durban Marathon	Marathon	Downhill (-3.0 m/km), Separation >50%	
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 CITYSURF Run 10KM	10KM	Comp. Rule 31.21 compliant	2022
RSA	Durban	Durban International Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Durban	Durban Run Your City 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Durban	Durban Run Your City 5KM	5KM	Separation >50%	2026
RSA	Durban	Greyville Racecourse Orcas Challenge 10KM	10KM	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	OCRAS 10KM	10KM	Comp. Rule 31.21 compliant	2025
RSA	Durban	SPAR Women's Challenge 10KM Durban	10KM	Comp. Rule 31.21 compliant	2026
RSA	East London	Buffalo Marathon	Marathon	Comp. Rule 31.21 compliant	
RSA	East London	Legends Marathon	Marathon	Comp. Rule 31.21 compliant	
RSA	Edenvale, Johannesburg	Rand Road Warriors Edendale 10km	10KM	Comp. Rule 31.21 compliant	2026
RSA	Edenvale, Johannesburg	Rand Road Warriors Edendale Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Edenvale, Johannesburg	Rand Road Warriors Edendale Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RSA	Edenvale, Johannesburg	Rand Road Warriors Edenvale 5km	5KM	Comp. Rule 31.21 compliant	2026
RSA	Edenvale, Johannesburg	Sarens Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RSA	Edenvale, Johannesburg	Sarens Marathon	Marathon	Comp. Rule 31.21 compliant	
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	Gonubie	Gonubie 10km	10KM	Comp. Rule 31.21 compliant	2024
RSA	Gonubie	Gonubie 5km	5KM	Comp. Rule 31.21 compliant	2024
RSA	Gqeberha	Gqeberha SPAR Ladies Challenge 10KM	10KM	Comp. Rule 31.21 compliant	2026
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	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	Joburg 10k CITYRUN	10KM	Downhill (-2.00 m/km)	2022
RSA	Johannesburg	Johnson Crane 10km	10KM	Comp. Rule 31.21 compliant	2023
RSA	Johannesburg	Johnson Crane Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
RSA	Johannesburg	Johnson Crane Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	Kagiso	ZET Zinqe Junioe Series Run	5KM	Comp. Rule 31.21 compliant	2023
RSA	Marikana	Platinum Belt Marathon	Marathon	Separation >50%	2023
RSA	Meyerton	Mid Vaal May 10km	10KM	Comp. Rule 31.21 compliant	2024
RSA	Meyerton	Mid Vaal May Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RSA	Meyerton	Mid Vaal May Marathon	Marathon	Comp. Rule 31.21 compliant	2024
RSA	Mossel Bay	Petro SA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RSA	Mossel Bay	Petro SA Marathon	Marathon	Comp. Rule 31.21 compliant	
RSA	Motherwell	Motherwell Freedom 10KM	10KM	Comp. Rule 31.21 compliant	2026
RSA	Mthatha	Cheetah Mthatha 10KM	10KM	Downhill (-14.00m /km), Separation >50%	2026
RSA	Mthatha	Cheetah Mthatha 5KM	5KM	Downhill (-16.80m /km), Separation >50%	2026
RSA	Mthatha	Cheetahs Mthatha Half Marathon	Marathon	Downhill (-14.00m /km), Separation >50%	2026
RSA	Mthatha	Cheetahs Mthatha Marathon (Abathembu Road start)	Marathon	Separation >50%	2026
RSA	Mthatha	Cheetahs Mthatha Marathon (N2 start)	Marathon	Separation >50%	2026
RSA	Pietermaritzburg	Mandela Day Half Marathon	Half Marathon	Downhill (-4.0 m/km)	
RSA	Pietermaritzburg	Mandela Day Marathon	Marathon	Comp. Rule 31.21 compliant	
RSA	Pietermaritzburg	Maritzburg Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RSA	Pietermaritzburg	Maritzburg Marathon	Marathon	Comp. Rule 31.21 compliant	
RSA	Pietermatizburg	Capital City 10km	10KM	Comp. Rule 31.21 compliant	2024
RSA	Pietermatizburg	Capital City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RSA	Pietermatizburg	Capital City Marathon	Marathon	Comp. Rule 31.21 compliant	2024
RSA	Port Elizabeth	ASA Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2024
RSA	Port Elizabeth	Nelson Mandela Bay 1 City Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RSA	Port Ellizabeth	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	Sanlam Cape Town Marathon - Pretoria Leg	Marathon	Comp. Rule 31.21 compliant	2024
RSA	Rustenburg	Platinum Belt Half Marathon	Half Marathon	Separation >50%	2023
RSA	Scottburgh	Scottburgh 10km	10KM	Comp. Rule 31.21 compliant	2026
RSA	Scottburgh	Scottburgh 21km	Half Marathon	Comp. Rule 31.21 compliant	2026
RSA	Sedibeng Vaal	Sedibeng Vaal 10km	10KM	Comp. Rule 31.21 compliant	2023
RSA	Sedibeng Vaal	Sedibeng Vaal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
RSA	Sedibeng Vaal	Sedibeng Vaal Marathon	Marathon	Comp. Rule 31.21 compliant	2023
RSA	Soweto	Soweto Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RSA	Tembisa	Tembisa 10km	10KM	Comp. Rule 31.21 compliant	2023
RSA	Tlhaban	Platinum Belt 10km	10KM	Downhill, Separation >50%	2023
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	Umtata	Umtata Half Marathon	Half Marathon	Downhill (-5.0 m/km)	
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	Vereenigning	Vaal Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
RSA	Vereenigning	Vaal Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
RSA	Westernaria	Zet Sinqe Series 5km Run	5KM	Comp. Rule 31.21 compliant	2025
RUS	Almaty	Almaty Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RUS	Almaty	Almaty Marathon	Marathon	Comp. Rule 31.21 compliant	
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	Gdov	Gdov Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RUS	Kazan	Kazan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
RUS	Kazan	Kazan Marathon	Marathon	Comp. Rule 31.21 compliant	2025
RUS	Khanty-Mansiysk	Khanty-Mansiysk Marathon	Marathon	Comp. Rule 31.21 compliant	
RUS	Moscow	Absolute Moscow 10km	10KM	Comp. Rule 31.21 compliant	2022
RUS	Moscow	Absolute Moscow Marathon	Marathon	Comp. Rule 31.21 compliant	2024
RUS	Moscow	International Half Marathon 'One Run'	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Moscow	Moscow Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RUS	Nizhny Novgorod	Hero Half Marathon Run	Half Marathon	Comp. Rule 31.21 compliant	2026
RUS	Omsk	Omsk Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
RUS	Omsk	Omsk Marathon	Marathon	Comp. Rule 31.21 compliant	
RUS	Perm	Perm Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RUS	Pushkin	Tsarskoselsky Marathon	Marathon	Comp. Rule 31.21 compliant	2024
RUS	Sochi	Half Marathon Sochi	Half Marathon	Comp. Rule 31.21 compliant	
RUS	Sochi	Sochi Autodrom Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
RUS	Sochi	Sochi Autodrom Marathon	Marathon	Comp. Rule 31.21 compliant	2024
RUS	Sochi	Sochi Marathon	Marathon	Comp. Rule 31.21 compliant	2023
RUS	St Petersburg	Half Marathon Zabeg	Half Marathon	Comp. Rule 31.21 compliant	
RUS	St Petersburg	SPB Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
RUS	St Petersburg	SPB Half Marathon 'The Northern Capital'	Half Marathon	Comp. Rule 31.21 compliant	2023
RUS	St Petersburg	The Northern Capital 10KM	10KM	Comp. Rule 31.21 compliant	2024
RUS	St Petersburg	White Nights Marathon	Marathon	Comp. Rule 31.21 compliant	2026
RUS	St Petersburg	White Nights Marathon Saint-Petersburg	Marathon	Comp. Rule 31.21 compliant	2021**
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	Tula	Tula 10km	10KM	Comp. Rule 31.21 compliant	2023
RUS	Tula	Tula Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
RUS	Tula	Tula Marathon	Marathon	Comp. Rule 31.21 compliant	2023
RUS	Tyumen	Tyumen Half Marathon "Steel Character"	Half Marathon	Comp. Rule 31.21 compliant	2022
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	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
SEN	Dakar	10km Eiffage de Dakar	10KM	Comp. Rule 31.21 compliant	2025
SEN	Dakar	Marathon Eiffage de Dakar	Marathon	Comp. Rule 31.21 compliant	2025
SEN	Dakar	Semi Marathon Eiffage de Dakar	Half Marathon	Comp. Rule 31.21 compliant	2025
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

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
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 10KM	10KM	Comp. Rule 31.21 compliant	2022
SGP	Singapore	Standard Chartered Singapore Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
SGP	Singapore	Standard Chartered Singapore Marathon	Marathon	Comp. Rule 31.21 compliant	2022
SLO	Ajdovscina	10Km ob Mrzli reki	5KM	Comp. Rule 31.21 compliant	2023
SLO	Bistrica	Bistrica Marathon	Marathon	Comp. Rule 31.21 compliant	
SLO	CacaK	Trka Ca (Cacak Half Marathon)	Half Marathon	Comp. Rule 31.21 compliant	2023
SLO	CacaK	Trka Ca (Cacak Half Marathon)	Half Marathon	Comp. Rule 31.21 compliant	2024
SLO	Izola	Istrski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
SLO	Izola	Istrski Maraton	Marathon	Comp. Rule 31.21 compliant	
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	Istrski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
SLO	Koper	Istrski Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
SLO	Ljubljana	Ljubljana Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
SLO	Ljubljana	Ljubljana Marathon	Marathon	Comp. Rule 31.21 compliant	2023
SLO	Ljubljana	Ljubljanski 10km	10KM	Comp. Rule 31.21 compliant	2023
SLO	Maribor	1st Maribor 5km Challenge	5KM	Comp. Rule 31.21 compliant	2024
SLO	Maribor	1st Run4Motion Half Marathon Maribor	Half Marathon	Comp. Rule 31.21 compliant	2023
SLO	Maribor	Health Run Maribor	5KM	Comp. Rule 31.21 compliant	2026
SLO	Maribor	Maribor Marathon	Marathon	Comp. Rule 31.21 compliant	
SLO	Markovci	Markoton	Half Marathon	Comp. Rule 31.21 compliant	2024
SLO	Novo Mesto	Novo Mesto Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Ormoz	Ormoz Marathon	Marathon	Comp. Rule 31.21 compliant	
SLO	Portoroz	Istrski Half Marathon	Half Marathon	Separation >50%	2023
SLO	Portoroz	Istrski Marathon	Marathon	Comp. Rule 31.21 compliant	2023
SLO	Radenci	Three Hearts Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SLO	Radenci	Three Hearts Marathon	Marathon	Comp. Rule 31.21 compliant	2026
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 10KM	10KM	Comp. Rule 31.21 compliant	2022
SRB	Arandelovac	1300 Kaplara Run 5KM	5KM	Comp. Rule 31.21 compliant	2022
SRB	Backa Topola	Pal Skenderovics Memorial 10KM Run	10KM	Comp. Rule 31.21 compliant	2026
SRB	Backa Topola	Pal Skenderovics Memorial 5KM Run	5KM	Comp. Rule 31.21 compliant	2026
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	Savski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
SRB	Belgrade	Serbia 5km	5KM	Comp. Rule 31.21 compliant	2023
SRB	Belgrade	Serbian City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
SRB	Belgrade	Serbian City Marathon	Marathon	Comp. Rule 31.21 compliant	2023
SRB	Boljevac	Rtanjski 5KM	5KM	Comp. Rule 31.21 compliant	2023
SRB	Boljevac	Rtanjski Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
SRB	Bor	Zimski Borski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
SRB	Cacak	Cacak 10km	10KM	Comp. Rule 31.21 compliant	2024
SRB	Cacak	Cacak 5km	5KM	Comp. Rule 31.21 compliant	2024
SRB	Cacak	Night Race Grand Prix Cacak 10km	10KM	Comp. Rule 31.21 compliant	2023
SRB	Cacak	Night Race Grand Prix Cacak 5km	5KM	Comp. Rule 31.21 compliant	2023
SRB	Cacak	Trka Ca / Cacak Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
SRB	Jagodina	Jagodina Marathon	Marathon	Comp. Rule 31.21 compliant	
SRB	Kostolac	Kostolac Viminacijum	Half Marathon	Comp. Rule 31.21 compliant	2023
SRB	Kovacica	Kovacica Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
SRB	Kragujevac	Kragujevac Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
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	Kucevo	Homoljski Motivi 10km	10KM	Comp. Rule 31.21 compliant	2022
SRB	Nis	Niski Polumaraton	Half Marathon	Comp. Rule 31.21 compliant	2025
SRB	Novi Pazar	Pazarski Polumarathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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%	2022
SRB	Ruma	Ruma Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	Svilajnac	Svilajnac Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
SRB	Vranje	Vranje Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
SRB	Vranje	Vranje Marathon	Marathon	Comp. Rule 31.21 compliant	
SRB	Vrbas	Vrbas 10KM	10KM	Comp. Rule 31.21 compliant	2026
SRB	Vrbas	Vrbas 5KM	5KM	Comp. Rule 31.21 compliant	2026
SRB	Zrenjanin	Zrenjanin Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
SRB	Zrenjanin	Zrenjanin Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	Geneve	Geneve Generali 10KM Race	10KM	Downhill (-4.7 m/km)	2026
SUI	Geneve	Geneve Generali 5KM Race	5KM	Comp. Rule 31.21 compliant	2026
SUI	Geneve	Geneve Generali Half Marathon	Half Marathon	Downhill (-2.23 m/km)	2026
SUI	Geneve	Geneve Generali Marathon	Marathon	Downhill (-1.11 m/km)	2026
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	Greifenseelauf	Greifenseelauf Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
SUI	Lausanne	Lausanne Marathon	Marathon	Comp. Rule 31.21 compliant	2022
SUI	Lucerne	SwissCity Lucerne - 10KM	10KM	Comp. Rule 31.21 compliant	2026
SUI	Lucerne	SwissCity Lucerne - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SUI	Lucerne	SwissCity Lucerne - Marathon	Marathon	Comp. Rule 31.21 compliant	2026
SUI	Lugano	Stralugano 10 km City Run	10KM	Comp. Rule 31.21 compliant	2025
SUI	Uster	10km Swiss Championship 2019	10KM	Comp. Rule 31.21 compliant	2023
SUI	Zurich	Neujahrsmarathon Zurich	Marathon	Comp. Rule 31.21 compliant	2024
SUI	Zurich	Neujahrsmarathon Zurich Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
SUI	Zurich	Zurich City Run 10km	10KM	Comp. Rule 31.21 compliant	2026
SUI	Zurich	Zurich Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SUI	Zurich	Zurich Marathon	Marathon	Comp. Rule 31.21 compliant	2026
SUR	Paramaribo	South America Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2022
SVK	Banska Bystrica	Banskobystricky chodecky miting 10km	10KM	n/a (race walk loop)	2025
SVK	Brastislava	CSOB Bratislava Marathon	Marathon	Comp. Rule 31.21 compliant	2026
SVK	Kosice	Kosice Peace Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
SVK	Kosice	Kosice Peace Marathon	Marathon	Comp. Rule 31.21 compliant	2022
SWE	Goteborg	Goteborgsvarvet Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
SWE	Stockholm	ASICS Stockholm Marathon	Marathon	Comp. Rule 31.21 compliant	2024
SWE	Stockholm	Swedish Marathon Championship	Marathon	Comp. Rule 31.21 compliant	2024
TAN	Dar es Salaam	CRDB Bank Dar es Salaam 10km	10KM	Comp. Rule 31.21 compliant	2025
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	2025
TAN	Dar es Salaam	CRDB Bank Dar es Salaam Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	2024
TAN	Dodoma	NBC Dodoma Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
TAN	Dodoma	NBC Dodoma Marathon	Marathon	Comp. Rule 31.21 compliant	2024
TAN	Moshi	Kilimanjaro Premium Lager Marathon	Marathon	Comp. Rule 31.21 compliant	2023
TAN	Stone Town	Stone Town Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
TAN	Stone Town	Stone Town Marathon	Marathon	Comp. Rule 31.21 compliant	
THA	Bang Plat, Bangkok	Bangkok Women's Run	Half Marathon	Comp. Rule 31.21 compliant	2021**
THA	Bangkok	Amazing Bangkok Marathon	Marathon	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Amazing Bangkok Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Bangkok Midnight 10km	10KM	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Bangkok Midnight Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Bangkok Midnight Marathon	Marathon	Comp. Rule 31.21 compliant	2024
THA	Bangkok	BDMS Bangkok Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
THA	Bangkok	BDMS Bangkok Marathon	Marathon	Comp. Rule 31.21 compliant	2022
THA	Bangkok	KOP Run Bangkok 10km	10KM	Comp. Rule 31.21 compliant	2024
THA	Bangkok	KOP Run Bangkok 5km	5KM	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Thai Sikh Run 10km	10KM	Comp. Rule 31.21 compliant	2024
THA	Bangkok	Thai Sikh Run Half Marathon	Marathon	Comp. Rule 31.21 compliant	2024
THA	Bangsaen	Bangsaen21	Half Marathon	Comp. Rule 31.21 compliant	2023
THA	Buriram	Buriram 10km	10KM	Comp. Rule 31.21 compliant	2024
THA	Buriram	Buriram Half	Marathon	Comp. Rule 31.21 compliant	2024
THA	Buriram	Buriram Marathon	Marathon	Comp. Rule 31.21 compliant	2024
THA	Chanthaburi	Chanthaburi Scenic Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
THA	Chanthaburi	Chanthaburi Scenic Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
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	Chonburi	Bangsaen42	Marathon	Comp. Rule 31.21 compliant	2023
THA	Kanchanaburi	River Kwai Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	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

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
THA	Korat	Korat Powdurance Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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	Krabi	Krabi Marathon	Marathon	Comp. Rule 31.21 compliant	2023
THA	Laem Sadet	Khung Wiman Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
THA	Mueang Kanchanaburi	River Kwai Half Marathon / Thailand Championships	Half Marathon	Comp. Rule 31.21 compliant	2023
THA	Nong Khai	Nong Khai Asean 10km	10KM	Comp. Rule 31.21 compliant	2023
THA	Nong Khai	Nong Khai Asean Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
THA	Nong Khai	Nong Khai Asean Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	Phuket	Laguna Phuket Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
THA	Phuket	Laguna Phuket Marathon	Marathon	Comp. Rule 31.21 compliant	2022
THA	Phuket	Phuket International 10.5KM	10KM	Comp. Rule 31.21 compliant	2022
THA	Phuket	Phukethon	Marathon	Comp. Rule 31.21 compliant	2022
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
TKS	Providenciales	Move-A-Thon 10k	10KM	Comp. Rule 31.21 compliant	2023
TKS	Providenciales	Move-A-Thon 5k	5KM	Comp. Rule 31.21 compliant	2023
TKS	Providenciales	Move-A-Thon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TKS	Providenciales	Move-A-Thon Marathon	Marathon	Comp. Rule 31.21 compliant	2023
TPE	Fanlu Township	Chiayi Alishan Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TPE	Fanlu Township	Taiwan Alishan Divine Tree Marathon	Marathon	Comp. Rule 31.21 compliant	2024
TPE	Hsinchu	Hsincho Ocean International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TPE	Kaohsiung	Kaohsiung Fubon Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TPE	Kaohsiung	Kaohsiung Fubon Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	2024
TPE	Taichung City	Olympic Day Run - Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TPE	Tainan City	Tainan Historical Capital International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TPE	Tainan City	Tainan Historical Capital International Marathon	Marathon	Comp. Rule 31.21 compliant	2023
TPE	Tainan City	Zengwen Reservoir Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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	Puma Ignite Taiwan Night Run 10km	10KM	Comp. Rule 31.21 compliant	2022
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	2026
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	Taoyuan	Taoyuan National Games Marathon	Marathon	Comp. Rule 31.21 compliant	2023
TPE	Yuchi Township	Sun Moon Lake Marathon	Marathon	Comp. Rule 31.21 compliant	2026
TTO	St. Augustine	UWI-SPEC Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TTO	Tobago Main Ridge Forest Reserve	Sea to Sea Rainforest Run 10k	10KM	Comp. Rule 31.21 compliant	2022
TTO	Tobago Main Ridge Forest Reserve	Sea to Sea Rainforest Run 5k	5KM	Comp. Rule 31.21 compliant	2022
TUN	Carthage	The Carthage Race / Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TUN	Carthage	The Carthage Race / Marathon	Marathon	Comp. Rule 31.21 compliant	2023
TUN	Carthage	The Carthage race 10km	10KM	Comp. Rule 31.21 compliant	2023
TUN	Carthage	The Carthage race 5km	5KM	Comp. Rule 31.21 compliant	2023
TUN	Sfax	Semi Marathon International Sfax Ville	Half Marathon	Comp. Rule 31.21 compliant	2022
TUN	Sfax	SOPAL Sfax Marathon international des oliviers	Marathon	Comp. Rule 31.21 compliant	
TUN	Sfax	SOPAL Sfax Semi Marathon international des oliviers	Half Marathon	Comp. Rule 31.21 compliant	2023
TUN	Sousse	10 km Tunisia Women s Run International	10KM	Comp. Rule 31.21 compliant	2022
TUN	Sousse	Semi marathon inernational Tunisia Women s Run	Half Marathon	Comp. Rule 31.21 compliant	2022
TUN	Tunis	Marathon Comar	Marathon	Comp. Rule 31.21 compliant	
TUN	Tunis	Semi Marathon Comar	Half Marathon	Comp. Rule 31.21 compliant	
TUR	Adana	International Adana Kurtulus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TUR	Ankara	International Ankara Democracy Marathon	Marathon	Comp. Rule 31.21 compliant	2022
TUR	Antalya	Runatolia International 10 km	10KM	Comp. Rule 31.21 compliant	2022
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	Avsa	International Avsa 10.000m	10KM	Comp. Rule 31.21 compliant	2024
TUR	Batman	Batman Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TUR	Bodrum	Bodrum Global Run 10 km	10KM	Comp. Rule 31.21 compliant	2022
TUR	Bodrum	Global Run Bodrum Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TUR	Bursa	Bursa International Turkic World Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Bursa	Eker I Run 5KM	5KM	Comp. Rule 31.21 compliant	2023
TUR	Bursa	Eker I Run Marathon	Marathon	Downhill (-41.5 m/km), Separation >50%	2023
TUR	Canakkale	I run 4 peace half marathon	Half Marathon	Separation >50%	
TUR	Darica	Darica Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
TUR	Datca	Run Datca 10K	10KM	Comp. Rule 31.21 compliant	2022
TUR	Datca	Run Datca 5K	5KM	Comp. Rule 31.21 compliant	2022
TUR	Didim	Didim 10K	10KM	Comp. Rule 31.21 compliant	2022
TUR	Didim	Didim Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TUR	Diyarbakir	Diyarbakir Sur Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
TUR	Edime	International Edmie Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Erzurum	100 Yil Erzurum Kongresi 10 K Kosusu	10KM	Comp. Rule 31.21 compliant	2023
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	2023
TUR	Giresun	Giresun 10 km	10KM	Comp. Rule 31.21 compliant	2022
TUR	Giresun	Giresun half marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TUR	Istanbul	N Kolay Istanbul Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
TUR	Istanbul	N Kolay Istanbul Marathon	Marathon	Comp. Rule 31.21 compliant	2025
TUR	Istanbul	Tuzla Bahar Kosusu 10km	10KM	Comp. Rule 31.21 compliant	2023
TUR	Istanbul	Vodafone Istanbul 10 km	10KM	Comp. Rule 31.21 compliant	2022
TUR	Izmir	International Izmir 10km road race	10KM	Comp. Rule 31.21 compliant	2025
TUR	Izmir	Izmir Half marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TUR	Izmir	Izmir International Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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	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	Krenia	International Krenia 10km road race	10KM	Comp. Rule 31.21 compliant	2024
TUR	Kyrenia	International Kyrenia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
TUR	Kyrenia	International Kyrenia Marathon	Marathon	Comp. Rule 31.21 compliant	2024
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	2026
TUR	Maris	Run Maris Run half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
TUR	Menemen Izmir	National Martys sublieutenant Mustafa Fehmi Kubilay 10 k road race	10KM	Separation >50%	2025
TUR	Mersin	Mersin Marathon	Marathon	Comp. Rule 31.21 compliant	2024
TUR	Nicosia	International Nicosia 10k	10KM	Comp. Rule 31.21 compliant	2023
TUR	Pamukkale	Pamukkale Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TUR	Patras	Achaia Half Marathon	Half Marathon	Separation >50%	2022
TUR	Polatli	Gordion Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TUR	Selcuk	International Ancient City Ephesus 10KM	10KM	Comp. Rule 31.21 compliant	2022
TUR	Selcuk	International Ancient City Ephesus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
TUR	Tarsus	Tarsus Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
TUR	Trabzon	International Trabzon Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
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	Zonguldak Devrek	Devrek Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
UAE	Abu Dhabi	Abu Dhabi "Yesl Can" 10km	10KM	Comp. Rule 31.21 compliant	2022
UAE	Abu Dhabi	Abu Dhabi Half Marathon - Corniche	Half Marathon	Comp. Rule 31.21 compliant	2021**
UAE	Abu Dhabi	ADNOC Abu Dhabi 10km	10KM	Comp. Rule 31.21 compliant	2023
UAE	Abu Dhabi	ADNOC Abu Dhabi Marathon	Marathon	Comp. Rule 31.21 compliant	2023
UAE	Abu Dhabi	Al Hundayriat Island Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
UAE	Dubai	Dubai 10km	10KM	Comp. Rule 31.21 compliant	2024
UAE	Dubai	Dubai Marathon	Marathon	Comp. Rule 31.21 compliant	2022
UAE	Ras Al Khaimah	Ras Al Khaimah Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
UAE	Yas Island	Abu Dhabi Striders 10km	10KM	Comp. Rule 31.21 compliant	2023
UAE	Yas Island	Abu Dhabi Striders Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	Dnipro	Dnipro Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
UKR	Dnipro	Dnipro Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	Kovel	Kovel Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
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	Kyiv City Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
UKR	Kyiv	Kyiv Euro 10km	10KM	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Kyiv Euro Marathon	Marathon	Comp. Rule 31.21 compliant	2023
UKR	Kyiv	Kyiv Nova Poshta Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UKR	Kyiv	Wizz Air Kyiv City Marathon	Marathon	Comp. Rule 31.21 compliant	
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

Country	City	Name of Race	Event	Drop and Separation	Expiring Year
UKR	Odessa	Nova Poshta Odessa Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
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
URU	Ciudad de la Costa	10K Ciudad de la Costa	10KM	Comp. Rule 31.21 compliant	2026
URU	Cuenca	Ruta Nocturna 10 K	10KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	10K Santiago Vazquez Fiesta del Rio	10KM	Comp. Rule 31.21 compliant	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	Half Maratón Montevideo 2022	Half Marathon	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Maratón de Montevideo	Marathon	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Maturana 10KM	10KM	Comp. Rule 31.21 compliant	2023
URU	Montevideo	OLIMPIA 10km	10KM	Comp. Rule 31.21 compliant	2023
URU	Montevideo	Peluffo Giguens 10KM	10KM	Separation >50%	2026
URU	Montevideo	Peñarol 5KM	5KM	Comp. Rule 31.21 compliant	2026
URU	Montevideo	Stockolmo 10KM	10KM	Comp. Rule 31.21 compliant	2023
URU	Montevideo	Villa Española 10 km	10KM	Comp. Rule 31.21 compliant	2025
URU	Punta del Este	Maratón de Punta del Este	Marathon	Comp. Rule 31.21 compliant	2026
URU	Punta del Este	Maratón de Punta del Este - Medio Maratón	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Atlanta, GA	AJC Peachtree Road Race	10KM	Downhill (-2.3 m/km), Separation >50%	2026
USA	Atlanta, GA	U.S. Olympic Team Trials Marathon	Marathon	Comp. Rule 31.21 compliant	2024
USA	Baltimore, MD	Baltimore Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Baltimore, MD	Baltimore Running Festival Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
USA	Big Sur, CA	Big Sur International Marathon	Marathon	Downhill (-2.2 m/km), Separation >50%	2022
USA	Boston, MA	B.A.A. 10KM	10KM	Comp. Rule 31.21 compliant	2026
USA	Boston, MA	B.A.A. 5KM	5KM	Comp. Rule 31.21 compliant	2026
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	2026
USA	Cape Elisabeth, ME	Beach to Beacon 10K	10KM	Separation >50%	2026
USA	Chandler	The Marathon Project	Marathon	Comp. Rule 31.21 compliant	2024
USA	Charleston	Cooper River Bridge Run	10KM	Comp. Rule 31.21 compliant	2026
USA	Chicago, IL	AHC IC5K	5KM	Comp. Rule 31.21 compliant	2022
USA	Chicago, IL	The Bank of America Chicago Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Chicago, Illinois	Abbott Chicago 5 km	5KM	Comp. Rule 31.21 compliant	2025
USA	Corning, NY	Wineglass Half Marathon	Half Marathon	Separation >50%	2021**
USA	Corning, NY	Wineglass Marathon	Marathon	Downhill (-1.42 m/km), Separation >50%	2021**
USA	Dallas, TX	BMW Dallas Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
USA	Detroit, MI	Detroit Free Press / Talmer Bank US Only Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2019
USA	Dorena, Oregon	On a Mission Marathon	Marathon	Comp. Rule 31.21 compliant	2025
USA	Duluth, MN	Garry Bjorklund Half Marathon	Half Marathon	Separation >50%	2022
USA	Duluth, MN	Grandma's Marathon	Marathon	Separation >50%	2022
USA	El Paso, TX	El Paso Marathon	Marathon	Comp. Rule 31.21 compliant	2024
USA	Elizabeth City, NC	Coast Guard Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Elizabeth City, NC	Coast Guard Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Eugene, OR	World Athletics Championships Oregon 2022 Marathon	Marathon	Comp. Rule 31.21 compliant	2026
USA	Grand Rapids, MI	Amway River Bank Run 25K	25KM	Comp. Rule 31.21 compliant	2021**
USA	Greensboro, NC	CannonBall Marathon	Marathon	Comp. Rule 31.21 compliant	2025
USA	Hardeeville, SC	USATF Half Marathon Championships	Half Marathon	Comp. Rule 31.21 compliant	2026
USA	Hollywood, FL	Margaritaville Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
USA	Honolulu, HI	Honolulu Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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	2021**
USA	Houston, TX	We Are Houston 5km	5KM	Comp. Rule 31.21 compliant	2026
USA	Indianapolis, IN	Indianapolis Monumental Marathon	Marathon	Comp. Rule 31.21 compliant	2024
USA	Las Vegas, NE	Rock 'n' Roll Las Vegas 10k	10KM	Comp. Rule 31.21 compliant	2022
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 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
USA	Las Vegas, NV	Rock 'n' Roll Las Vegas Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Los Angeles, CA	Los Angeles Marathon	Marathon	Downhill (-1.60 m/km)	2025
USA	Maui, HI	Maui Marathon	Marathon	Separation >50%	2024
USA	Maui, HI	Maui Oceanfront Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2024
USA	Miami, FL	North American Intercontinental Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Monterey Bay, CA	Monterey Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
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	United Airlines New York City Half	Half Marathon	Separation >50%	2026
USA	Philadelphia, PA	Philadelphia Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Philadelphia, PA	Rock 'n' Roll Philadelphia Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
USA	Pittsburgh, PA	Pittsburgh Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
USA	Portland, OR	Portland Marathon	Marathon	Comp. Rule 31.21 compliant	2021**
USA	Sacramento, CA	California International Marathon	Marathon	Downhill (-2.2 m/km), Separation >50%	2021**
USA	San Antonio, TX	Humana Rock 'n' Roll San Antonion Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	San Diego, CA	Rock 'n' Roll San Diego Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2021**
USA	San Diego, CA	Rock 'n' Roll San Diego Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Tempe, AZ	Humana Rock 'n' Roll Arizona Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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	Valley Cottage, NY	Project 13.1	Half Marathon	Comp. Rule 31.21 compliant	2025
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	Apple Tree Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
USA	Vancouver, WA	Apple Tree Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Waco, TX	Silo District Marathon	Marathon	Comp. Rule 31.21 compliant	2022
USA	Washington, DC	United Airlines Rock 'n' Roll Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
USA	Washington, DC	United Airlines Rock 'n' Roll Marathon	Marathon	Comp. Rule 31.21 compliant	2022
UZB	Tashkent	International Tashkent Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2025
UZB	Tashkent	International Tashkent Marathon	Marathon	Comp. Rule 31.21 compliant	2025
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 Caracas CCS	Marathon	Comp. Rule 31.21 compliant	2022
VEN	Caracas	Medio Maratón CAF Caracas	Half Marathon	Comp. Rule 31.21 compliant	2022
VEN	Miranda	Media Maratón Francisco de Miranda	Half Marathon	Comp. Rule 31.21 compliant	2022
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	Da Nang	Da Nang 10km	10KM	Comp. Rule 31.21 compliant	2022
VIE	Da Nang	Da Nang 5km	5KM	Comp. Rule 31.21 compliant	2022
VIE	Da Nang	Da Nang International Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
VIE	Da Nang	Da Nang International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
VIE	Dong Van, Ha Giang Province	Ha Giang 10km	10KM	Comp. Rule 31.21 compliant	2022
VIE	Dong Van, Ha Giang Province	Ha Giang Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
VIE	Dong Van, Ha Giang Province	Ha Giang Marathon	Marathon	Comp. Rule 31.21 compliant	2022
VIE	Ha Long City	Techcombank Ho Chi Minh City International Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
VIE	Ha Long City	Ha Long Bay 10km	10KM	Comp. Rule 31.21 compliant	2022
VIE	Ha Long City	Ha Long Bay 5km	5KM	Comp. Rule 31.21 compliant	2022
VIE	Ha Long City	Ha Long Bay Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2022
VIE	Ha Long City	Ha Long Bay Marathon	Marathon	Comp. Rule 31.21 compliant	2023
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	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 Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
VIE	Hanoi	Techcombank Ha Noi Marathon	Marathon	Comp. Rule 31.21 compliant	2026
VIE	Ho Chi Minh City	Ho Chi Minh City International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International 10KM	10KM	Comp. Rule 31.21 compliant	2022
VIE	Ho Chi Minh City	Techcombank Ho Chi Minh City International Marathon	Marathon	Comp. Rule 31.21 compliant	2022
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 5KM	5KM	Comp. Rule 31.21 compliant	2022
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	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 10km	10KM	Comp. Rule 31.21 compliant	2023
VIE	Quy Nhon	VnExpress 5km	5KM	Comp. Rule 31.21 compliant	2023
VIE	Quy Nhon	VnExpress Half Marathon Quy Nhon	Half Marathon	Comp. Rule 31.21 compliant	2023
VIE	Quy Nhon	VnExpress Marathon Quy Nhon	Marathon	Comp. Rule 31.21 compliant	2023
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
ZAM	Lusaka	Lafarge Lusaka Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	
ZAM	Lusaka	Lafarge Lusaka Marathon	Marathon	Comp. Rule 31.21 compliant	
ZAM	Lusaka	Lusaka FitnessSquad ABSA Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2023
ZAM	Lusaka	Lusaka FitnessSquad ABSA Marathon	Marathon	Comp. Rule 31.21 compliant	2023
ZIM	Victoria Falls	Econet Victoria Falls Half Marathon	Half Marathon	Comp. Rule 31.21 compliant	2026
ZIM	Victoria Falls	Econet Victoria Falls Marathon	Marathon	Comp. Rule 31.21 compliant	2026