

SUBSCRIBER-EXCLUSIVE SUPPLEMENT

# RUNNER'S WORLD

# 100 BEST RACES IN THE WORLD



▼  
**Hand-picked by  
a panel of athletes  
and experts**

▼  
**Every terrain, every  
distance, at home  
and abroad**

▼  
**Inside knowledge  
on each race and  
how to enter**



TIME TO REFLECT  
The most isolated  
and beautiful race  
in the world?

PHOTOGRAPHY: 54. BANK OF AMERICA CHICAGO MARATHON/KEVIN MORRIS; 71. ANDRES VARGAS, THE COASTAL CHALLENGE; 73. BRÁULIO ROMERO; 76. BENEDICT TUFINELL

**73** 🌿 🏠 🏔️  
**Mongolia Sunrise to Sunset**  
 Mongolia

■ This might be the most beautiful and isolated event in the world. It's a 14-hour drive from Ulaanbaatar to Toilogt Ger camp, the base for this marathon and ultra, and you'll spend a week there altogether, acclimatising to the altitude and the tranquility of the place. Both races involve a significant elevation gain and the cut-offs are strictly enforced – definitely a good thing, since you don't want to get lost up a mountain in northern Mongolia.  
 6-13 August 2022, [ms2s.dk](http://ms2s.dk)

**74** 🌿 🏠 🌞  
**Chicamocha Canyon Race**  
 Colombia

■ San Gil, a town in the Andes, north of Bogotá, is Colombia's king of outdoor sports, and this 100-mile ultra is the jewel in its crown. It's in the Chicamocha Canyon, surrounded by dramatic mountains, and if you'd rather save some energy to enjoy the region's other activities – such as rafting, caving, kayaking or hiking – there's also a half marathon, marathon or 100K ultra to choose from.  
 24-27 June 2022, [chicamochacanyonrace.com](http://chicamochacanyonrace.com)

**75** 🏠 🏠 🏔️ 🌞  
**Satara Hill Half Marathon**  
 India

■ Uphills are hard and downhill are easy, right? Well, maybe. This event takes both to the extreme, first with 413m of ascent in 10.5km up the hills near the old town of Satara in Maharashtra. You turn at the halfway point to head straight back down – only to realise that constant downhill is painful work, too. At least you have a wonderful view to enjoy.  
 September 2022, [runsatara.com](http://runsatara.com)

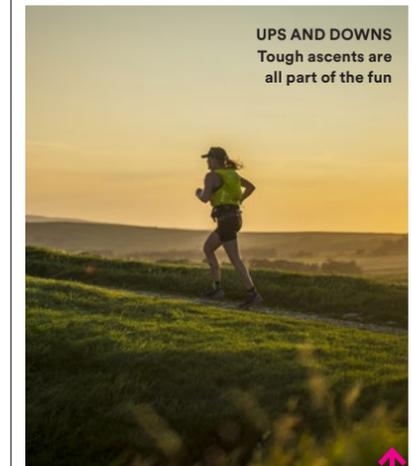
**76** 🌿 🏠 🌞 🏔️  
**Endurancelife Gower**  
 Glamorgan, Wales

■ The Gower peninsula on the south coast of Wales isn't the first place you think of when you consider the most beautiful places in the country – but that's only because most people haven't been there. Of the four distances – 10K, half, marathon and 53K ultra – the half gets the mix of hilly challenge and dramatic yet understated scenery just right. Watch out for the energy-sapping sand dunes.  
 5 November 2022, [endurancelife.com](http://endurancelife.com)

**77** 🏠 🏠 🏠  
**Self-Transcendence 24-hour Track Race**  
 London, England

**Recommended by Adharanand Finn:** 'There's something uniquely challenging about running around a track for 24 hours. And the last five minutes, when everyone shares in the cathartic madness of what they've just done, is just wonderful.'

■ At some point, running for this long becomes a different sport entirely. This race leaves the competitive element to one side and runners start encouraging each other regardless of whether they're flying or crawling.  
 17-18 September 2022, [srchinmoyraces.org](http://srchinmoyraces.org)



**78** 🌿 🏠 🏔️  
**Ultra X England**  
 Derbyshire, England

**Recommended by Renee McGregor:** 'You can opt for 125K over two days or 50K over one, both with big elevations. I did the 50K and it's one of the friendliest races I have ever run.'

■ Regardless of which event you choose, you'll be running with like-minded people on some of the best trails in the country. The Great Ridge from Lose Hill to Mam Tor is a real highlight, as is the tough ascent up Kinder Scout on the first day.  
 18 September 2022, [ultra-x.co](http://ultra-x.co)