

KELVIN KIPTUM

KENYAN ON THE PROWL

CURRENT ACTIVITIES

HYDERABAD RUNNERS
IN OCTOBER

RUNNING NEWS

FROM AROUND
THE WORLD



CURRENT ACTIVITIES OF HYDERABAD RUNNERS

Updated Sunday Long Run (SLR) list

The new updated SLR list is here for the months of November, December & January.

SUNDAY LONG RUNS CALENDAR

November 2023 to January 2024

HYDERABAD[®]
RUNNERS
discover yourself



NOVEMBER 2023

- 5 SUNDAY** SLR, 14/20, Lower Tank Bund, Domalguda, Indira Park Runners.
- 12 SUNDAY** SLR 13/16, Chandanagar, Hill Park, Hill Park Runners, 13/16, Uppal, Uppal Runners.
- 19 SUNDAY** Dry Run for Stadium Run, 16/32, Ramachandrapuram, Kollur, HRS
- 25 SUNDAY** Hyderabad Runners Stadium Run 2023
Race Categories: 24 Hours Solo Run, 12 Hours Solo – Night & DayRun, 12 Hour Team Relay- Night & Day Run, 6 Hours Solo – Night 1, Night 2 & Day 1, Day 2 Run.
Gaudium Sportopia Athletic Track, Volunteers

DECEMBER 2023

- SLR** 10/24, Gachibowli, L&T Fitness **3 SUNDAY**
10/24, Rabbit Park, Secunderabad, Alwal Runners
- Anniversary Run, 13/32, ECIL Run, Cherlapalli, Secunderabad, ECIL Runners** **10 SUNDAY**
- Anniversary Run, 5/10/21.1, PBEL City Winter Half, PeeranCheruvu Runners** **17 SUNDAY**
- HR Events, Hyderabad Runners: KIDS Run 2023 1Km/2Kms/4Kms, Hitec, Volunteers.** **23 SATURDAY**
- Anniversary Run, 16/26, Uppal Run 2023, Peerzadiguda Bhagyanagar Nandanavanam Park, Uppal Runners** **24 SUNDAY**
- Monthly Meet UP, 5/5/5, HRS - Meet, Sanjeevaiah Park, Self Support.** **30 SATURDAY**
- Anniversary Run, 5/19/21, LB Nagar Half Marathon, LB Nagar Runners** **31 SUNDAY**

JANUARY 2024

- 1 MONDAY** New Year Run, 5/5/5, Jubilee Hills, KBR Park, KBR Runners
- 7 SUNDAY** Anniversary Run, 16/26, Ramachandrapuram, BHEL, BHEL ACE Runners,
- 14 SUNDAY** SLR, 13/13, Khairatabad, Sanjeevaiah Park, SP Runners
- 21 SUNDAY** Anniversary Run, 5/5/10, Kothaguda, Hitec City Run 2024 Hitec City Runners
- 27 SATURDAY** Monthly Meet UP, 5/5/5, HRS - Meet, Botanical gardens,
- 28 SUNDAY** SLR 10/13, Kukatpally, KPHB 5th Phase, RTP Runners 20/35, Secunderabad, Alwal Runners



Date | Name Of The Run |
Distance | Event | Location | Sag Support By
All the runs are subject to local authorities / police permission

Farewell Run for Amit Kshirsagar

Date: 14th Oct, 2023

Location: Botanical Garden

Amit Kshirsagar, one of our most decorated runners moved out of India recently. Amit started his running journey in Hyderabad and went through a massive transformation from a sedentary lifestyle to someone who ran the 100 miler runs. While he was here, he mentored and counselled many runners with his experience. Amit has completed back to back Comrades Ultra Marathons in 2019 and 2020 and continues to participate in many marathons and Ultra runs now.

Amit has volunteered to Hyderabad Runners programs regularly and has been one of race directors of the inaugural Stadium Run in 2021.

We organised a farewell run on 14th October at the botanical gardens to wish him well for the future.



Starlight Strides 2023 (Women's Night Run)

Date: 15th Oct 2023

Location: Gachibowli Stadium

The 4th edition of **Starlight strides**, women's night run was successfully conducted at the Gachibowli stadium on 15th October. Over 450 enthusiastic runners finished the race under stars. **Navya Vadde** won the timed 10K run with a timing of 00:47:11. **Nelisiwe Magongo** and **Yankey Dukpa** grabbed the 2nd and 3rd spots with timings of 00:49:40 and 00:50:21. **Sunima Dila** won the timed 5K event in 00:24:44 while **Neha** and **Aditya Devi** came 2nd and 3rd with timings of 00:25:14 and 00:27:26. It was a memorable event and we'd like to thank all the volunteers who pitched in.



HR Monthly 'Meet & Greet' Run

Date: 28th Oct 2023

Location: KBR Park

October's "Meet and Greet" run was held at the KBR park on 28th October. It was good to see the old and the new runners participate; it presented the perfect opportunity for everyone to know one another, interact with one another, and to run together. These runs are aimed at fostering new friendships and to revive the old ones.



Monthly Special Run : The Oxygen Park Run

Date: 29th Oct 2023

Location: Kandlakoya Oxygen Park

In October, the Special run bandwagon reached the Oxygen park at Kandlakoya in the Northern part of the city. It was a perfect setting for an SLR; it was a new route with a good elevation and the scenic surroundings, the good weather and the enthusiasm of the volunteers added to the fun.

Over 60 runners and volunteers took part in the run; thanks to the **Kompally Runners** for volunteering.



RUNNING NEWS

FROM AROUND THE WORLD – OCT 2023

Chicago Marathon – The 45th edition of the **Chicago Marathon** was held on 8th October 2023. This year's edition saw over 48,000 runners participate in the event. Kenyan runner **Kelvin Kiptum** set a new marathon world record with a time of 2:00:35 beating the previous world record of 2:01:09 set by his compatriot, Eliud Kipchoge. The women's race was won by Dutch runner **Sifan Hassan** with a timing of 2:13:44, a new course record. Seven runners from the Hyderabad Runners' community participated in this year's Chicago Marathon.

Big Backyard Ultra – Invented by Gary "Lazarus Lake" Cantrell (creator of the Barkley Ultra) this is a last man standing race. Participants run a 4.167-mile loop every hour and are eliminated if they fail to complete a loop in an hour. The winner is the one who completes a loop that no other competitors complete. This year, the event was held on Oct 21. Ultra runner **Harvey Lewis** was the winner. He completed 108 laps running a total of 724 km after running 5 days, a new World Record.

Bengaluru Marathon – Closer home, The **Bengaluru Marathon** was conducted on 8th Oct 2023. **Anish Thapa** of Services (2:18:06) and Maharashtra's **Jyoti Gawate** (3:08:53) emerged as the men's and women's champions.

SpiceCoast Marathon 2023 – Kochi's flagship running event, the **SpiceCoast Marathon 2023** was held on 29th Oct. **Jose Ellickal** (3:02:55) and **Trupti Katkar Chavan** (4:31:55) emerged as the stars of the Ageas Federal Life Insurance Kochi Spice Coast Marathon 2023.

Starlight Strides – The 4th edition of **Starlight Strides**, women's night run was successfully conducted at the Gachibowli stadium on **15th October**. Over 450 enthusiastic runners finished the race under stars. **Navya Vadde** won the timed 10K run with a timing of 00:47:11. **Nelisiwe Magongo** and **Yankey Dukpa** grabbed the 2nd and 3rd spots with timings of 00:49:40 and 00:50:21. **Sunima Dila** won the timed 5K event in 00:24:44 while **Neha** and **Aditya Devi** came 2nd and 3rd with timings of 00:25:14 and 00:27:26. It was a memorable event and we'd like to thank all the volunteers who pitched in.



(Pic courtesy: <https://www.irunfar.com/>)



(Pic courtesy: <http://runnersworld.com/>)



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