

Hellen Obiri

THE WONDER WOMAN



CURRENT ACTIVITIES
HYDERABAD RUNNERS
IN NOVEMBER

RUNNING NEWS
FROM AROUND
THE WORLD

CURRENT ACTIVITIES OF HYDERABAD RUNNERS

Support to Telangana Athletics Association

Date: 07th Nov, 2023

Location: LB Stadium

Hyderabad Runners Society (HRS) continues to partner and support Telangana Athletic Association. As in previous years, HRS donated tracksuits and sports kits to the Telangana athletes who participated in the Junior National Championship held at Coimbatore between 7th and 10th November. Kits worth about INR 3 Lakhs were handed over to the Telangana athletes at Lal Bahadur Stadium.



Beyond The Track – Webinar

Date: 04th Nov, 2023

Location: Online

We hosted a webinar on the topic of **running mechanics, injury prevention and management**. As part of this, we spoke to **Dr. Chandana Mannedi**, MPT (Ortho, Manual and Sports). She's also the founder of **Flex Pilates**. The session was moderated by **Dr. Kitu Sheoran** from Hyderabad Runners.

The session covered important aspects like bullet-proofing one's knees and back for a long running career, how to prevent detect and recover from running injuries and also covered the movement routine for peak performance in running.



Recording link: https://youtu.be/Wuo_dOwuyz0

Gaudium Stadium Run 2023

Date: 25-26 November 2023

Location: Gaudium Sportopia

The 3rd edition of **Gaudium Stadium Run** was successfully conducted on 25th and 26th November at the Gaudium Sportopia campus in Velimela village on the outskirts of Hyderabad.

Nearly 600 runners participated across Solo (6 Hours, 12 Hours and 24 Hours sections) and the Team Relay Categories. In total, 29,837 laps were run by all the participants covering a total of 12,427.3 kilometres in 24 hours.

Stay tuned to the next edition of **Rundezvous** for the full detailed report.



Farewell run for Santhosh Bhadran

Date: 30th November, 2023

Location: Botanical Gardens

On 30th Nov, the Hyderabad Runners family got together to bid adieu to **Santhosh Bhadran** on his moving out of Hyderabad.

About 8 years back, Santhosh moved to Hyderabad from Bangalore and joined our running community. He made rapid strides in his running journey, inspiring many fellow runners. He is known for his intensity and pace in running with a genuine nature to endear himself to everyone around. Santhosh has mentored and guided many fellow runners in Hyderabad, sharing his valuable inputs and just by running with or ahead of them!

He has participated in many events like the Khardungla Challenge, Comrades Marathon, Barefoot Marathon (and won it too) etc. He has also been a Boston Qualifier as well. Santhosh won the Runner of year award from the Hyderabad Runners in 2018.

Over the years, **Santhosh** and his wife **Ambili** have been volunteering in various events and programs of the Hyderabad Runners, including multiple Hyderabad Marathon editions.

Hyderabad Runners wishes Santhosh and his family the very best of times at their new abode !



RUNNING NEWS

FROM AROUND THE WORLD – NOV 2023

IAU 50K World Championship – For the first time, the IAU (International Association of Ultrarunners) **50K World Championship** was hosted in India at Hyderabad on 5th November. The event saw enthusiastic participation from runners around the world and many prominent ultra runners from India participated as well. 77 athletes from 17 federations world over participated in the event. **Chakib Lachgar Latrache** from Spain won the gold with a finishing time of 2:48:20. **Carla Molinaro** of Great Britain won the women's race with a timing of 3:18:23.

Spain and Great Britain won the men's and women's team competition. Indian men came second in the team competition.

New York Marathon – November was also the month of the **New York Marathon**, the largest marathon in the world! This year's edition saw a record participation from 148 countries. Ethiopia's **Tamirat Tola** won the men's title with a new course record time of 2:04:58, while **Hellen Obiri** of Kenya claimed the women's title with a timing of 2:27:23. Obiri had also won the Boston Marathon this year. In the process, she also became the first woman in 34 years to win the Boston and the NYC marathons in the same year. The last woman to do so was Norwegian Ingrid Kristiansen in 1989. This year, 93 Indians finished the NYC marathon while Hyderabad saw 5 runners participate in the world's biggest marathon.

Malnad Ultra – One of the largest trail running events in India, **The Malnad Ultra** was flagged off on 25th November. This year's event had 30, 50 and 100K distances. **Shashwat Rao** came first in the 100K event with a timing of 12:14, while **Soma Dutta** was the first female in the 100K distance with a finishing time of 18:12. In the 50K category, **Philippe Policisto** came first with a timing of 6:03:58 and **Trupti Katkar Chavan** was the winner in the women's category with a timing of 7:18:38. In the 30K category, **Sannat Sachdev** came first amongst men with a timing of 2:38:25 while **Sangavi S** won the women's category with a timing of 3:46:28.



Picture: Hellen Obiri

Picture credits: Canadian Running magazine

HYDERABAD



RUNNERS

EDITORIAL TEAM & SOCIAL MEDIA HANDLES



EDITORIAL TEAM

Amritha Chandramouli
Prasad Vadali
Revathi Turaga
Sagarika Melkote
Samuel Sudhakar

Shalini Sinha
Sujai Antony
Vijigeesha Veluri
Sunder Nagesh K (Editor)

Hyderabad Runners' Social Media handles

Phone Number: +91 9701055611

Email: newsletter@hyderabadrunners.com



Facebook: <https://www.facebook.com/HyderabadRunners/>



Instagram: <https://www.instagram.com/hyderabadrunnerssociety/>



YouTube: <https://www.youtube.com/channel/UCuQaK7xkmqtbqA2tDWxPuFA>



Twitter(x): <https://twitter.com/hydrunners>

ADDRESS

Hyderabad Runners Society
Apmas Building, 3rd Floor,
Hig Huda Colony, Next to Light & Light,
Tanasha Nagar, Manikonda,
Hyderabad, Telangana, 500089.

Cover page image source: NYC Marathon Twitter Handle