

## BLAZING AN ENVIABLE STREAK

### CURRENT ACTIVITIES OF HYDERABAD RUNNERS- APRIL

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### 11TH ANNUAL AWARDS NIGHT OF THE HYDERABAD RUNNERS





# CURRENT ACTIVITIES OF HYDERABAD RUNNERS- APRIL

## 11<sup>TH</sup> ANNUAL AWARDS NIGHT OF THE HYDERABAD RUNNERS

**Date:** 06th April, 2024

**Location:** Hotel Avasa, Madhapur

Nearly 400 runners from the running community participated in the 11th edition of the Annual Awards night. Winners were handed over awards across 35 categories. The winners were picked by a jury comprising runners from the Hyderabad Runners community.



## MHJ RUNNERS 2ND ANNIVERSARY RUN 2024

**Date:** 07th April, 2024

**Location:** My Home Jewel, Madinaguda

600 runners participated in the 2nd Anniversary Run of the MHJ (My Home Jewel) Runners group.



## FARMHOUSE RUN 2024

**Date:** 14th April, 2024

**Location:** Prasads Farmhouse, Gandipet

Farmhouse run is a Special run in the HR run Calendar. This year, we had over 350 runners participating in it. Runners participated in the 10K and the Half-marathon categories. As part of the run, runners got to run on the Bund of Gandipet, Himayath Sagar.

## PANCHAJANYA RUN 2.0

**Date:** 07th April, 2024

**Location:** Panchajanya Community, Miyapur

225 runners from various running groups participated in the Panchjanya annual run 2.0.



## OUTDOOR KIDS SUMMER CAMP 2024

**Date:** 15th April, 2024 Onwards

**Location:** 19 locations

Hyderabad Runners launched its annual **Outdoor Kids Summer Camp** for children aged 6-14, focusing on fitness, teamwork, and running skills. Activities include running techniques, fitness challenges, team building, nature exploration, and learning about healthy habits.

Nearly 800 kids are a part of it this year across 19 locations in Hyderabad.



## DONATION TO BHAGYA LAKSHMI

**Date:** 20th April, 2024

**Location:** GMC Stadium. Gachibowli

Continuing the tradition of sponsoring the needy Athletes, Hyderabad Runners helped Bhagya Lakshmi, the athlete who trains at the Gachibowli stadium. Hyderabad Runners provided her with shoes, whey protein, other nutrition and hydration related items.



## VILLAGE RUN 2024

**Date:** 21st April, 2024

**Location:** Suja Prabhu Kuteer Farmhouse, Shamshabad

The 2nd anniversary of the Indira Park Runners group was held on the 21st April. Over 350 runners participated in the anniversary run that passed through some scenic village landscapes. All the finishers were given special medals and breakfast was also served for all.



## JOG AND PLOG (LAKE CLEANING AT UNDER THE MOON)



**Date:** 21st April, 2024

**Location:** Gandicheruvu (Under the Moon lake), Yadgarpally, Keesara, Hyderabad.

Hyderabad Runners has been supporting the community lake clean-up activities since 2021. This time around, the activity was held at Gandicheruvu in Yadgarpally village near Keesaragutta.



It's arguably one of the most scenic lakes around Hyderabad. However, of late, the lake's surroundings have become dirty due to human activity and due to people leaving trash in and around the lake.

On the 21st April, more than 60 environment enthusiasts came forward to clean the lake and its surroundings. In total, they collected 35 bags of waste from the lake surroundings. Following the clean-up drive, all the volunteers were provided breakfast.

### MONTHLY MEETUP RUN – CELEBRATING THE TOKYO, BOSTON & KALIMPONG ULTRA FINISHERS

**Date:** 27th April, 2024

**Location:** Sanjeevaiah park, Hussain Sagar Lake

April month's meetup run was held on the 27th inside the Sanjeevaiah Park. The running community got a chance to meet the Tokyo marathon, Boston marathon & Kalimpong Ultra finishers. Quite a lot of them got their personal bests at these events.

35 runners participated in the meetup run. Everyone ran an easy 5K inside the Park; this was followed by a Q&A session where the finishers of these prestigious runs answered queries ranging from their training schedules to managing professional, personal and social lives to managing sleep and hydration, nutrition and a host of other things.

### SUNDAY LONG RUN BY THE KAKATIYA RUNNERS

**Date:** 28th April, 2024

**Location:** Kakatiya Park, Habsiguda

Kakatiya Runners hosted the running community on the 28th April. The SLR started and ended at the Kakatiya park premises in Habsiguda. This is a relatively newer location and it was heartening to see the response from the running community – Over 80 runners participated in the SLR that took the runners inside the lanes of Habsiguda to the Osmania University campus and the run finished at the Kakatiya park.



# HYDERABAD MARATHON 2024 UPDATES



1. The **early bird registrations** saw an overwhelming response and these were closed on 15th April.

2. **Total number of registrations** have crossed **7200** across various categories.

3. The **group registrations** are underway. Interested people (with a group of over 20 people) can reach out to [executive@hyderabadrunners.com](mailto:executive@hyderabadrunners.com)

4. The **Philanthropy** initiative has also taken off in the right earnest with 14 NGO's from around Telangana joining our endeavor this year.

5. One can donate to the NGOs by donating to the individual NGO's via our philanthropy page

- <https://www.nmdchyderabadmarathon.com/philanthropy>

6. One can also choose to donate a small token amount to the NGOs during the event registration process too.

7. Individual fundraiser pages are also available now for runners to raise funds via the Hyderabad Marathon 2024. Check out the Philanthropy page today.



# RUNNING NEWS

## FROM AROUND THE WORLD – APRIL 2024

### Boston Marathon

The 128th edition of the **Boston Marathon** was held on 15th April. Ethiopia's **Sisay Lemma** won the men's event with a time of 2:06:17 while **Hellen Obiri** defended her women's title with a time of 2:22:37.

This year saw a record breaking 33,000 applications which led to B.A.A (Boston Athletic Association) imposing a cutoff time of 5:29.



Sisay Lemma and Hellen Obiri

Picture credits: [www.olympics.com](http://www.olympics.com)

### London Marathon

The 44<sup>th</sup> edition of the **London Marathon** took place on 21st April. This year saw 315 participants from India, an all time record. **Alexander Mutiso** of Kenya won the men's event with a time of 2:04:01. The highlight of the race was **Peres Jepchirchir** who created history by winning the women's race at 2:16:16 to become the fastest marathon by a female runner without male pacemakers.



Alexander Mutiso & Peres Jepchirchir

Picture credits: [www.rnz.co.nz](http://www.rnz.co.nz)

### Gran Canaria World Trail Majors Series race at Mt. Fuji

One of the most prestigious races of the **World Trail Majors**, the **Mt.Fuji** race was held on 26th and 27th April. The race had 2 categories – 69 kilometers and 166 kilometers. 3400 runners from all around the world competed across these two categories.

In the 166K category, **Courtney Dauwalter** (USA) won the women's race in a time of 19:21:22, and **Guomin Deng (CHN)** won the men's race in 19:10:34.

In the 69K category, **Yuri Yoshizumi (Japan)** and **Andreu Simon Aymerich (Spain)** won the women's and the men's categories.

### TCS World 10K Bengaluru

The **15th edition** of the **TCS World 10K Bengaluru**, one of the most premium 10K races, was held at Bangalore on 28th April.

Kenya's **Lilian Kasait** won the overall women's title with a time of 00:30:56. **Sanjivani Jadhav** (00:34:03) came first amongst the Indian women. The overall men's title went to **Peter Mwaniki Njeru** of Kenya (00:28:15) while **Kiran Matre** came first among Indian runners at a timing of 00:29:32, a new event record.



Picture credits: <https://twitter.com/TCSWorld10K>



# 11th ANNUAL AWARDS NIGHT OF THE HYDERABAD RUNNERS

**The 11th Annual Awards night** of the Hyderabad Runners was held on 6th April at Hotel Avasa in Madhapur.

Nearly 400 runners from the running community participated in the 11th edition of the Annual Awards night. Winners were handed over awards across 35 categories. The winners were picked by a jury comprising runners from the Hyderabad Runners community.

The runners also showcased their singing and dancing skills as they regaled fellow runners and their families with some song and dance 😊 Some performed skits as well. It was definitely a departure from the usual shorts and tees that we are used to seeing the runners in as they dressed in their best outfits for the awards ceremony.

Hearty congratulations to all the winners; you all inspire in many ways 😊



## LIST OF WINNERS

S.No.	Category	Names
1	Best Runner (Female)	Suman Ojha
2	Best Runner (Male)	Venkata Satish Jayanthi
3	Hall Of Fame	Vijay Yargal
4	Best Corporate Running Group	Novartis
5	Best Running Community	Peerancheruvu Runners ( PBEL CITY)
6	Best Running Group	Uppal Runners
7	Best Mentor	Vaid Chaudhary
8	Best Trainer	Srinivas Pedda
9	Best Runner Duo	K. Vijay Bhasker Reddy & G. Hari Prasad
10	Best Runner Couple	Bhavna Baldwa and Anand Baldwa
11	Best Runner Couple	Shashi Singh and Atul Singh
12	Best Runner Family	Digambar Jha, Jyotipriya Chaki, Nishtha Jha
13	Best Runner Family	Liza Ravi Daksh, Ravi Daksh, Vibhu Daksh and Vidyut Daksh
14	Best Debut - Half Marathon (Female)	Anamika Lahiri
15	Best Debut - Half Marathon (Male)	Biren Sahoo
16	Best Debut - Marathon (Female)	Sathya Cherukumalli
17	Best Debut - Marathon (Male)	Sai Kumar Limmada
18	Best Upcoming Runner (Female)	Soujanya Gudala
19	Best Upcoming Runner (Male)	Narendra Alluri
20	Best Upcoming Runner (Male)	Sarvagya Jain
21	Most Improved Runner (Female)	Sunita Pucha
22	Most Improved Runner (Female)	Aditya Devi
23	Most Improved Runner (Female)	Kitu Sheoran
24	Most Improved Runner (Male)	Sunder Nagesh Kamapantula
25	Most Improved Runner (Male)	Sandeep Voggu
26	Most Improved Runner (Male)	Saugat Roy
27	Most Improved Runner (Male)	Nagabhushana Rao Chalamalasetti
28	Special Recognition	Lakshminarayana Varimadugu & Sree Divya Akula
29	Special Recognition	Sravan Dwibhashyam
30	Special Recognition	Sudhakar Silveru
31	Special Recognition	Subhasis Ghosh
32	Special Recognition	Venkatesh Vallakati
33	Special Recognition	Gautam Raju
34	Special Recognition	Revathi Turaga
35	Special Recognition	Sagar Kapatia



# BLAZING AN ENVIABLE STREAK



Consistency is an amazing thing; it sometimes takes an interest to a hobby to a passion to an everyday chore to a streak. Yes, a Streak. One such thing has now been accomplished by one of our own runners, **Nishikant Mohanty** who has now been running a half-marathon every week for over 200 weeks. Sounds crazy ? Yes, Runners are crazy.

**Nishikant** spoke to our team member, **Sujai** in a freewheeling chat. Excerpts from the same are here:

## WHERE AND HOW DID IT START ?

At the beginning of 2020, a close friend suggested a running challenge; to complete 2020 km of running in the year 2020. The idea struck me, and I decided to go for it. I drew up a plan for the year, week by week. Everything was going well, till COVID hit the Indian shores. When the 1st lockdown was lifted, and a few runners resumed running, I realized I had to do 50 kilometers a week (for the remaining weeks in 2020) to get past 2020 kilometers. A half-marathon every week would help me get the required weekly mileage. The saga of the weekly half-marathons started from there; from 31st May 2020.

Doing my weekly runs, with a weekend half-marathon helped me build a strong endurance, unaware of what it was preparing my body for. I eventually ran my first Marathon in December 2021. By then, I had run more than 100 half-marathons ! As a result of my endurance, my debut Marathon was rather comfortable.

## HOW HAVE THE WEEKLY HALF-MARATHONS HELPED ?

A Half marathon every week has helped in a strong base. So, when I decided to shift to more structured training, guided by **Ravi Kiran** (friend and mentor), the base helped me to adapt to the tough training schedule, without hitting injuries.

### *Building a strong base*

It helps to build on a **strong base**, when you plan to train for an event, especially for longer distances. It prepares the body for tough training that you need to undertake in preparing for events. **Importantly, it helps to stay injury free.**

### *Builds Resilience*

At a mental level, these long runs help build **resilience**. They make you tough within to withstand and recover from difficult situations, injuries, and setbacks. During every run, there is always a battle between the body and the mind. When your mind gets the better of the body, you are ready to take on the tougher battles, be it in runs or in life.

### *Consistency is key !*

As with anything else, **consistency helps** in the long run. And it does, "*in the long run too*" Running a half-marathon every week, come rain or shine, has built a steely mental frame, along with the physical benefits that accrue from it. This, I feel, is a key quality for long-distance running. I get excited about taking up ultra distance challenges. Outside of running, this has helped me to deal with challenges and crises in personal/ professional life with a rather calm head



### ULTRA-MARATHON DISTANCE IS MY SWEET SPOT!

I attempted my first 12-hour **Stadium Run** organized by the Hyderabad Runners in 2022. Since it was my first attempt at running anything for more than 5 hours, I went conservative, and finished with about 79 km, with energy reserves for another 2-3 hours. I became more confident in the 2023 edition of the Stadium Run. The joy of running at 5:30 pace for the last 45 minutes after being on the track for 11 hours is an experience difficult to describe in words. I eventually clocked 91 km, finishing 3rd in the event.

### *Passion occasionally tending to Insanity!*

All this couldn't have been possible without a passion, and on occasions a sheet of insanity over passion! There were occasions when I ran the entire half-marathon distance in heavy torrential rains! Or choosing to run a 50 KM to celebrate my 50th birthday! Or a 55 km practice run for the 12-hour stadium run!

At the heart of it, I enjoyed them thoroughly.

**Better Than Yesterday:** I have adopted this philosophy in my runs, and that has helped improve my running.

**I like to finish my runs with a palindrome, making it numerically interesting!**

### CAUTION FOR RUNNERS

It is important to not rush into running a half-marathon or a Marathon. Or running them more frequently. A progressive approach is advised. Equal focus should be on recovery, strength training, diet, and rest/ sleep. Cross-training (cycling and swimming being preferred sports for runners) helps to strengthen muscles and reduce injuries. As in mountaineering, where mountaineers acclimatize at a certain altitude before scaling higher altitude, runners should try making a base before attempting longer distances.

### STAYING INJURY-FREE

For runners, it is imperative to stay injury free to have a long running life. I have stuck to few things basic:

1. Follow 80-20 principle - 80% easy runs, remaining 20% hard
2. Gradual progression in training
3. Compliment runs with adequate strength training.

**The journey continues to unfold. To new learnings, new challenges.**

With this, we concluded our interview with Nishikant. **Here's wishing him the very best and hope he marches on to many more things in life.**

Good luck Nishikant !!





# EDITORIAL TEAM & SOCIAL MEDIA HANDLES



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