

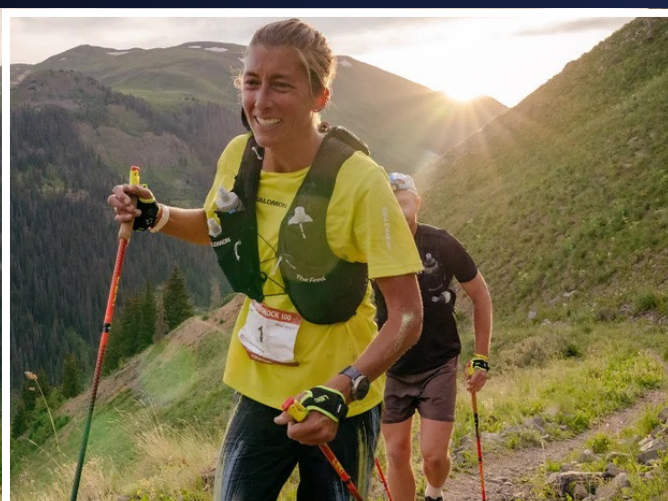
JOURNEY TO TRIUMPH

CURRENT ACTIVITIES
OF HYDERABAD RUNNERS - JULY

HYDERABAD MARATHON
UPDATES

WORLD ATHLETICS
LABEL

RUNNING NEWS
FROM AROUND THE WORLD



CURRENT ACTIVITIES OF HYDERABAD RUNNERS- JULY

SUNDAY LONG RUN

Date: 07th July, 2024

Location: Ghar-E-Mubarak & Osmania University

The Sunday long run (SLR) returned to Ghar-E-Mubarak after a year; it's a celebratory run that Hyderabad Runners has been organizing Sunday long run to support 'Save The Rocks' foundation. The association goes back to 2015. A rockwalk was conducted after the Sunday long run where runners enthusiastically participated and walked away with a lot of memories. The rockwalk was to spread awareness about the rock formations in and around Hyderabad and also to talk about their ecological and geological importance. 150 Runners attended the SLR.

Another SLR was simultaneously held at the Osmania University campus where nearly 80 runners participated.



SUNDAY LONG RUN

Date: 14th July, 2024

Location: ECIL & BHEL

The Sunday long runs on 14th July attracted runners from far and wide and these stood to be one of the most well attended SLRs in July. Over 200 runners participated in the SLR at BHEL and more than 100 participated at the ECIL SLR. The weather was really pleasant at both the locations and it was so heartening to see all the runners clock their best miles.



SUNDAY LONG RUN

Date: 21st July, 2024

Location: Rabbit's Park & Hitex Road

The Sunday long runs on the 21st July were held at the Rabbit's Park in Trimulgherry and from the Seven sister's restaurant near the Hitex. Over 50 runners participated in the SLR at Rabbit's park and more than 160 participated near the Hitex. Thanks to the volunteers from the Alwal Runners and the Hitex Runners groups for volunteering for the SLR.



MONTHLY MEETUP RUN

Date: 27th July, 2024

Location: BHEL R&D Campus

Hyderabad Runners has always looked at expanding its base and it has come a long way in the last 17 years. We now have more than 46 sub-groups across Hyderabad and its suburbs. We recently expanded our K25K program to the BHEL R&D campus near Balanagar. 17 people are a part of the training there. To encourage them, July month's meet-up run was held there on the 27th. 15 people from the BHEL R&D campus came for the run followed by a tete-a-tete session. To encourage the new location and the new trainees, 45 runners from the Hyderabad Runners community joined for this little run.



CENTRO PROMO RUN

Date: 28th July, 2024

Location: Centro Grande store, Jubilee Hills

Centro is the goodie bag partner for the NMDC Hyderabad Marathon powered by IDFC First Bank and on 28th July, Hitex welcomed runners from far and wide for an SLR originating from their main store in Jubilee Hills. Over 450 runners participated in this run and over 25 volunteers from the L&T Runners group helped in executing this run. Centro was gracious to provide all the runners and volunteers with breakfast after the run.



HYDERABAD MARATHON 2024 UPDATES



Event dates: 24th & 25th August

Total number of runners—over 25,500

The event has obtained a **World Athletics basic label** this year

Categories: 5K, 10K, half-marathon, Marathon

Philanthropy has been a key focus this year with over 52 lakhs raised on our website till date

The **fundraising initiative is open till 30th September, 2024**. Runners and readers are invited to donate to the various NGOs via our Philanthropy initiative and help us touch more hearts

Corporate Talks

As part of the corporate engagement initiative to motivate employees of corporates in Hyderabad, senior runners from the Hyderabad Runners visited a couple of corporates. On 2nd July, **Johanna Hull** from the **ECIL Runners** spoke to the employees of **Qualcomm**. On 18th July, **Johanna, Srikanth Thaduri** and **Ravi** from the **ECIL Runners** spoke to the employees of **Infosys**.



Basic Life Skills

Basic life skills are essential at the time of emergencies and one has to be equipped to handle such emergencies. One way to address this is to equip individuals with training in Basic life skills. And at events like the Hyderabad Marathon, such emergencies have to be handled immediately. To handle such situations, as many volunteers of the Hyderabad Marathon are being trained on Basic Life skills in association with the Care Hospital. On 6th and 18th July, these sessions were conducted at the two branches of Care hospitals in Banjara Hills and Hitec city.



Blood Donation Camp

On 17th July, a blood donation camp was held at Hitex (our venue partner for the Hyderabad Marathon 2024) in association with Blood Warriors, one of our NG\O partners for this year's Hyderabad Marathon. Nearly 40 donors donated blood and pledged to be a part of the blood bridge initiative to help Thalassemia patients.



HYDERABAD MARATHON GETS ITS OWN CERTIFICATE AND "MEDAL"!



The title must seem baffling to many and rightly so. After all, isn't a marathon all about medals and certificates for the run finishers? But what if the marathon itself is awarded a certificate and a medal of sorts?

Be that as it may, the year 2024 will add another feather to the Hyderabad Marathon's cap.

World Athletics (formerly abbreviated to IAAF), the international governing body for all athletic events and competitions, including marathons has granted a "label" certification to the full marathon. Equivalent to what was formerly called a "Bronze" certification, this basic level of certification is preliminary in, firstly, recognising the Hyderabad Marathon as a world class event and secondly, the stepping stone to achieving the highest (Platinum) label that is granted for road races.

The award of the “Label”(or what was earlier the Bronze certification) for the Hyderabad is by no means, a simple task. There are several important criteria to be fulfilled even before applying for the label, even more stringent rules and regulations to be followed. Firstly, the marathon course itself. The Hyderabad marathon course has been certified by **AIMS** (Association of International Marathons and Distance Races) for some years now.

World Athletics stipulates either an AIMS certification or a course certification by their own approved certification body. This ensures that the marathon distance is absolutely accurate.

The race timing of individual runners is to be captured using a reliable timing system, with a timing chip only. This is of prime importance to the runner too, as they get points for their participation in “label” race, and their ranking is dependent on the same. As an additional bid to attract more world class elite runners to the Hyderabad Marathon, the prize money for the podium finishers has been almost doubled in 2024.

For a **label certified race**, the podium finishers will need to undergo stringent doping tests before the winners are finally declared. All results announced on race day are provisional and the actual results are dependent on the outcome of the strict anti-doping protocols that World athletics follows. The body fluid samples will be sent to an undisclosed location outside of India for testing. Interestingly, it's not limited to only the podium finishers, but even a random selection of elite runners can be picked for undergoing these anti-doping tests and they will have to comply. Medical and emergency support too, during the race, must to be certain standards, as per the norms set out by World Athletics. The preparedness and the level of medical support on the ground is assessed by the observers from World Athletics, who will be present in person during race day.

Apart from these, there are several other criteria like road safety and security for the runners. Traffic control and blocking of roads is mandated, and must be in accordance with World Athletics standards. Insurance is another important aspect and is mandated. Publication of results in a timely manner is to be adhered to.

Every race aspiring for the label certification is required to have a certain number of elite international athletes participating in both genders.

The Race Management Team needs to be experienced and competent enough to oversee and execute the marathon.

The criteria increase in number as the certification levels go higher. In India, the Hyderabad Marathon will be only the second to be granted the “label” certification, after the Tata Mumbai Marathon. However, one must bear in mind that the Mumbai Marathon has been managed by a professional organisation since inception, while Hyderabad Marathon continues to be driven by volunteer effort.

The Hyderabad Marathon has the reputation of being one of the best organised races in the country. With participation numbers increasing year on year, it has the distinction of being the second largest race in India, next to the Mumbai Marathon. This year, apart from aiming for the “Label” certification, there is a focus on the various charities that are associated with the marathon and an ambitious target for fundraising has been set. With efforts underway to make the marathon more sustainable, the use of eco-friendly material plates and cutlery for the post marathon breakfast and reduction of plastic flex used for signages are some of the steps the organisers have taken.

When the first edition of the Hyderabad Marathon was held in 2011, with about 1500 runners, it was more about the organiser's dream of seeing a marathon in their city materialising before their eyes. Since then, the marathon has gone from strength to strength in every aspect. With this certification, **there is little doubt that the Hyderabad Marathon will be catapulted into the big league.** It is very possible that the marathon will be promoted to the next level of certification as the years go by and will be mentioned in the same breath as the World Majors. After all, the Hyderabad Marathon is already called a world class race.

RUNNING NEWS

FROM AROUND THE WORLD – JULY 2024

Hardrock 100

This is a uniquely exhilarating trail run that spans through the mountainous loops of Colorado's San Juan Mountains, a challenge usually braved by ardently trained trail runners. The route traverses through a climb of more than 33,000 feet (10,000 meters) at an average elevation of roughly 11,000 feet (3,350 meters) and a high point of 14,058 feet (4,284 meters) the course covers a total of 102.5 miles. This year's race kicked off on 12th July with 146 runners having 48 hours to complete the race. The women's title was headlined by **Courtney Dauwalter** with a startling timing of 29:28:14, her third straight course record win. In the men's category **Ludovic Pommeret** grabbed the top position with a stunning timing of 21:33:06.



Courtney Dauwalter

Picture credits: run.outsideonline.com



Ludovic Pommeret

Picture credits: run.outsideonline.com

Hexaware Dream Runners Half Marathon

This annual fundraiser event of Dream Runners Foundation, Chennai is conducted every year to support the cause of providing prosthetic legs for the underprivileged, aiding survivors of domestic violence and offering financial aid to schools in need. This year's race was conducted on 23rd July and witnessed participation from 5000+ enthusiastic runners. One of the main highlights of the event was the selfless act by a team of 10 Samaritan runners who picked the discarded bottles, cups, paper, etc. on their way to keep the roads clean for the runners. **Akshay Kumar** bagged the top spot in the men's category with a startling timing of 1:06:40. In the women's category, **Prajakta Godbole** sealed the top position with a classic finish at 01:27:57.



Picture credits

Facebook page of Dream Runners

Siddipet Half Marathon

The second edition of this widely attended event was conducted on the 28th July by the Siddipet Runners Association. The event experienced an overwhelming response with over 3000+ participants from across the country. **Ramesh Chandra** secured the first spot in the men's Half-marathon category with a splendid timing of 01:10:20. **Maripally Uma** won the women's half-marathon in 01:33:43. **Sunima Dila** scored yet another medal in the women's 41-50 Years age category with a stunning timing of 01:51:17 and **Johannah Hull** topped the women's 30-40 years category by finishing with a striking timing of 02:11:47.



NEB Stadium Run

Stadium Runs are specially curated for seasoned runners and fitness enthusiasts. It's a track provided for pro runners who are looking at bettering their mileage and timing. Organized by NEB Sports, the Bengaluru Stadium run was held on 27th and 28th July at Sri Kanteerava Stadium. Several running groups and corporate teams participated and excelled in the team relay events. In the individual category Vipul Kumar finished 100 KMS with a stunning timing of 07:14:11.



CONGRATS! 100K WINNERS

		
ENERJIVA ATHLETE VIPUL 7:14:17 WINNER	ENERJIVA ATHLETE SAURAV 7:38:52 1 ST RUNNER UP	BINAY 7:50:38 2 ND RUNNER UP

27&28 JULY 2024 SREE KANTEERAVA STADIUM BENGALURU
 




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Facebook page of NEB Sports

EDITORIAL TEAM & SOCIAL MEDIA HANDLES



EDITORIAL TEAM

Amritha Chandramouli
Javhara Khambati
Johannah Hull
Nikita Bhatia
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



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



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



<https://www.youtube.com/@HyderabadMarathon>



<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.