

HYDERABAD MARATHON AND BEYOND..

CURRENT ACTIVITIES OF HYDERABAD RUNNERS – AUGUST

HYDERABAD MARATHON UPDATES

RUNNING NEWS FROM AROUND THE WORLD



CURRENT ACTIVITIES

OF HYDERABAD RUNNERS- AUGUST

Sunday long Run NMDC Dry Run 2024

Date: 04th August, 2024

Location: Necklace road to the Gachibowli stadium

Over 1000 people turned up for this special long run. This turned out to be a celebratory SLR with a medal too. From a motley group of 30-40 people in 2011 for the Dry Run to now 1000+ runners, the Hyderabad Runners has come a long way as a running community. NMDC gave T-shirts and medals for all the participants. Breakfast was also arranged for everyone at the Gachibowli stadium entrance.

SUNDAY LONG RUN

Date: 11th August, 2024

Location: Botanical gardens & Bhagyanagara Nandanavanam

The Sunday long runs on 11th August were held at the Botanical gardens in Kondapur and at the Bhagyanagara Nandanavanam on the Warangal highway. Runners entered the tapering phase by now, Nearly 220 runners participated at the SLR in Botanical gardens while the Nandanavanam SLR had nearly 40 runners in attendance.



INDEPENDENCE DAY RUN

Date: 15th August, 2024

Location: Aparna Zenith Township, Nallagandla

Aparna Zenith township in Nallagandla organized their community run on 15th August on the occasion of the Independence Day 2024. 242 runners participated in this event across the 3K and 5K categories. Medals and breakfast was given to all the participants post run.



SUNDAY LONG RUN

Date: 18th August, 2024

Location: Aparna Serene Park & Telangana Secretariat

The last Sunday long runs before the Hyderabad Marathon 2024 were held at the Aparna Serene park and at the Telangana Secretariat. The Aparna Serene park SLR saw more than 120 runners participate in it while the one at the Telangana Secretariat saw around 30 runners.

K25K GRADUATION RUN

Date: 24th August, 2024

Location: Hitex campus

The K25K (Kouch-2-5K) graduation run for the latest K25K batch was held on the 24th August at the Hitex campus as part of the 5K run for the Hyderabad Marathon 2024. The graduation run was a culmination of 6 weeks of training across 14 locations of the Hyderabad Runners - nearly 450 people were a part of the K25K program for 6 weeks.



VIJAY YARGAL AS A VOLUNTEER AT PARIS

Date: August–September, 2024

Location: Summer Olympics and Paralympics, Paris, France

One of our senior ultra runners, **Vijay Yargal** was selected as a volunteer at the Paris Olympics 2024! He represented India as a volunteer at the Paralympics, selected after a very challenging qualification process.

Vijay is a volunteer par excellence, and is someone who leads with his heart. He has championed our Project Champion initiative taking physical literacy to government schools and is an active volunteer for multiple HR events. He's also known to be very humble and has always been equanimous in his outlook in anything he does. He volunteered at multiple venues for various sports. It's a moment of pride and happiness for all of us at the Hyderabad Runners community that one amongst us has been chosen as a volunteer at the biggest sporting event on the planet.



SUNDAY LONG RUN CALENDAR (SEPTEMBER – NOVEMBER 2024)



SUNDAY LONG RUNS CALENDAR



SEPTEMBER 2024 TO NOVEMBER 2024



SEPTEMBER 2024

SUN	01	5 10 21.1 KMS	Volunteers Run for Hyderabad Marathon 2024 HM-Necklace Road MMTS Station, 10KM-Hitec Main Gate, HRS Volunteers.	
SUN	08	6 12 16 KMS	Kokapet, Sri Krishna Goseva Gate, Kokapet & Gandipet Runners UPPAL, HMDA Layout, LB Nagar Runners.	
SUN	15	7 10 14 KMS	Manikonda, Alkapoor Town Ship, Alkapoor Runners Secunderabad, Rabits Park, Alwal Runners.	
SUN	22	5 10 12 KMS	Khairatabad, Secretariat Parking, SP Runners	
SAT	28	5 KMS	HRS - Monthly Meet-Up, Narsingi Forest Trek Park, Self Support	
SUN	29	6 10 16 KMS	UPPAL, HMDA Layout, LB Nagar Runners.	

OCTOBER 2024

	Gachibowli, Vihanga Maingate, Vihanga Runners	8 12 18 KMS	06	SUN
	Kothaguda, 7- Sisters Maingate Hitec City Runners Uppal, HDMA Layout, Uppal Runners	5 14 16 KMS	13	SUN
	Kukatpally, IDL Lake, IDL Runners Habsiguda, Kakatiya Park, K-Runners	6 13 19 KMS	20	SUN
	HRS - Monthly Meet-Up, Durgam Cheruve Lake front Park, Self Support	5 KMS	26	SAT
	DRY RUN for Stadium Run, Gaudium Sportopia Athletic Track, Kollur, HRS Volunteers	5 10 15 KMS	27	SUN
	Hyderabad Runners TENTATIVE Starlight Strides 2024 (Women's Night Run) Race Categories :: 5 Kms & 10 Kms* TBT, HRS Volunteers	5 10 KMS	27	SUN

NOVEMBER 2024

SUN	03	6 14 20 KMS	Gachibowli, Urdu University Gate, L&T Fitness DRY RUN for Stadium Run Gaudium Sportopia, Athletic Track, HRS Volunteers	
SUN	10	21.1 19 10 KMS	Tarnaka, Arts Collage, Osmania University, OU Runners	
SAT	16		Hyderabad Runners : Stadium Run 2024 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, Kollur HRS Volunteers	
SUN	17			
SAT	23	5 KMS	HRS - Monthly Meet-Up, TBT, Self Support	
SUN	24	5 10 16 KMS	Kondapur, Botanical Gate Parking, MHJ Runners Khairatabad, Secretariat Parking, IP Tribe	

Date | Name Of The Run or Event | Location | Supported By | Distances
All the runs are subject to local authorities, Police permission.

HYDERABAD MARATHON 2024 UPDATES



- Event dates: 24th & 25th August
- Total number of runners-over 26,000
- 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 ~ 80 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 8th August, **Gautam Raju** and **Madhujit** spoke to the employees of **Reserve Bank Of India (RBI)**. On the same day, **Chaitanya** visited the **Hexagon** campus while **Johanna Hull** and **Srikanth Thaduri** visited **Centific Global**. On 20th August, **Madhujit** visited **Advanced Auto Parts**.

Unveiling the World Athletics label

On 2nd August, Honorable Chief Minister **Revanth Reddy** unveiled officially the news of the NMDC Hyderabad Marathon 2024 getting the World Athletics label tag. Representatives from the Hyderabad Runners Society met the Chief Minister to inform him of the plans for the event and also invited him for the prize distribution ceremony on the 25th.





Press Conference for the Hyderabad Marathon 2024

The press conference for the NMDC Hyderabad Marathon 2024 powered by IDFC First Bank was held on 20th August at the Hyatt place. Hyatt are our hospitality partners for the event. The event was graced by **Amitava Mukherjee**, Chairman and Managing Director (additional charge) & Director-Finance, NMDC, and **Nirish Lalan**, Head Branch Banking South, IDFC FIRST Bank. They unveiled the participant T-shirt and finishers medal for the upcoming event. Two-time women's boxing champion, **Nikhath Zareen** was also present for the event; she's also the face of the event too. The race director, **Rajesh Vetcha** and **Abhijeet Madnurkar**, president of the Hyderabad Runners Society were also present along with other office bearers and staff; as were members of the organizing team of the Hyderabad Marathon 2024.



Expo for the Hyderabad Marathon 2024

The expo for the NMDC Hyderabad Marathon 2024 was held on the 23rd and 24th August at the Hitex premises. Multiple brands set up their shop at the expo through the expo partner, SportExpo. The expo is one of the most widely attended events in the running community, so much so that the footfalls here make it the second most widely attended running expo in the country after the Tata Mumbai Marathon. Over 50 stalls were set up at the expo to serve the running community.



Hyderabad Marathon 2024: Greensole initiative

Used shoes were collected at the Greensole counter at the Hyderabad Marathon expo at Hitex. The counter saw a good number of runners give away their used shoes to be upcycled and distributed to the disadvantaged community by Greensole, a Mumbai based shoe upcycling startup. Greensole shall be repurposing the collected shoes and these shall be given to the needy people as part of their #donatingwalks initiative.



Hyderabad Marathon 2024: 5K run

The untimed 5K fun run was organized on the 24th August at the Hitex premises. Over 7000 runners participated in the event which over the years has served as the curtain raiser event for the Hyderabad Marathon weekend.



Hyderabad Marathon 2024: Marathon, Half Marathon and 10K runs

The main events of the marathon weekend – the Marathon, Half Marathon and the 10K runs were conducted on the 25th August. The Marathon was flagged off at 04:30 AM from the People's plaza while the Half Marathon started from the same venue at 05:35 AM. The 10K run was flagged off at 07:00 AM from the Hitex premises. All the runs concluded at the sprawling Gachibowli stadium. The event was a culmination of months of preparation and was a joint collaboration by a lot of entities – the Hyderabad Runners Society, the Government, the civic bodies, the police, the civil society, the NGOs, the public and of course, the runners themselves. Thousands lined up on the streets of Hyderabad to greet the runners as they went about conquering their distances.



RUNNING NEWS

FROM AROUND THE WORLD – AUGUST 2024

Paris Olympics

Track and field events at the 2024 Paris Olympics were nothing short of spectacular, featuring numerous record-breaking performances by ace athletes from across the globe. The event encompassed countless breathtaking moments. The events were mostly owned by the U.S. after mixed results at the Tokyo Olympics. Americans combined to earn 34 total medals, the most by the U.S. in track and field since the 1984 Los Angeles Olympics.

Track & Field Key Highlights

Noah Lyles of the USA dominated the sprints, winning gold in the men's 100m and 200m events.

Sydney McLaughlin-Levrone set a new world record in the women's 400m hurdles with a time of 50.37 seconds.

Armand Duplantis from Sweden broke the world record in men's pole vault, clearing 6.25 meters.

Jacob Ingebrigtsen became just the fourth athlete in history to break the 3:27:14 barrier for 1500m event, by creating a world record with a timing of 3:26:73.

Faith Kipyegon of Kenya won her third consecutive Olympic gold in the women's 1500m, setting a new Olympic **record of 3:51.29**.

Beatrice Chebet gave an outstanding performance by winning two gold medals in both 5000m and 10000m events with a **record time of 14:28:56 and 30:43:25** respectively.

The USA swept all **four hurdle events** for the first time in history and earned a total of 34 medals in track and field, the most since the 1984 Los Angeles Olympics.

Arshad Nadeem from Pakistan set a new Olympic record in men's javelin with a throw of 92.97 meters.

In the Marathon category, the top positions were secured by:

Men's Marathon

Gold: Tamirat Tola (Ethiopia) with a timing of 2:06:26, setting a new Olympic record.

Silver: Bashir Abdi (Belgium) with a timing of 2:06:47.

Bronze: Benson Kipruto (Kenya) with a timing of 2:07:00.

Women's Marathon:

Gold: Brigid Kosgei (Kenya) with a timing of 2:18:11.

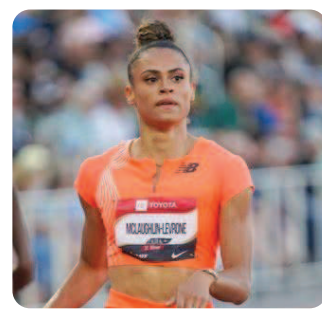
Silver: Peres Jepchirchir (Kenya) with a timing of 2:18:32.

Bronze: Lonah Chemtai Salpeter (Israel) with a timing of 2:19:45.

These athletes delivered outstanding performances, making the marathon events truly memorable.



Noah Lyles



Sydney McLaughlin-Levrone



Jacob Ingebrigtsen

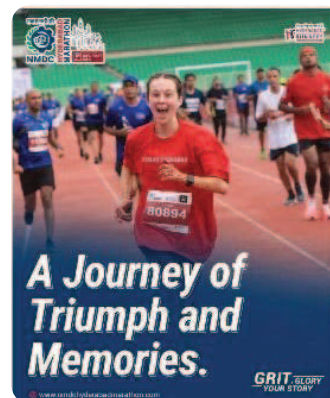


Faith Kipyegon

NMDC Hyderabad Marathon

The 13th edition of the flagship event of the Hyderabad Runners Society (HRS) kicked off on August 24th with a curtain-raiser 5K run. The Marathon, Half Marathon, and 10K run took place the following day, August 25th. Over 25,000 enthusiastic runners from the city, across the country, and around the globe participated in the event. Thanks to the gracious weather, the zeal and vibrancy of the occasion were doubled.

Hammington Kimayo secured the top position in the elite men's Marathon category with an impressive timing of 02:26:06. **Sheila Chebet** broke the elite women's Marathon record, finishing with an astonishing timing of 02:39:24.



Ultra-Trail du Mont-Blanc (UTMB 2024)

It was a thrilling event with impressive performances from the winners. The UTMB is known for its challenging course, which spans 171 kilometers (106 miles) around the Mont Blanc massif, with nearly 10,000 meters (32,500 feet) of elevation gain. This year's race saw over 2,500 runners from around the world participating in it.

- **In the men's race, Vincent Bouillard** from France emerged as the surprise winner, completing the 171-kilometer course in **19:54:23 hrs.** This remarkable achievement made him the fifth runner to break the 20-hour mark in UTMB history. Bouillard's victory was unexpected, as he is not a professional athlete but a full-time shoe engineer for Hoka.
- **In the women's race, American Katie Schide** claimed victory with a course record time of **22:09:31 hrs.** She broke the previous record by 21 minutes and secured her second UTMB win. Schide's performance was dominant, leading the race almost from start to finish.



Katie Schide

Claiming her second UTMB win in three years, this time in course-record time.
Photo: iRunFar/Meghan Hicks



Vincent Bouillard

after becoming the unlikely champion of the 2024 UTMB.
Photo: iRunFar/Meghan Hicks

Leadville 100:

Known as the "Race Across the Sky", it was a remarkable event this time around with extraordinary performances from the winners.

- In the men's race, **David Roche** shattered the long-standing course record, finishing the 100-mile race in 15:26:34 hrs. This broke the previous record set by Matt Carpenter in 2005 by over 16 mins. Roche led the race from the start and maintained his lead throughout, finishing 30 minutes ahead of the second-place runner, Adrian Macdonald.
- In the women's race, **Mary Denholm** dominated from start to finish, completing the course in 18:23:51 hrs. This time was the second-fastest in the history of the women's race, just shy of Ann Trason's record set in 1994. Denholm's performance was exceptional, finishing more than three hours ahead of her closest competitor, Zoe Rom.

The Leadville 100 is renowned for its challenging terrain, with nearly 4,800 meters (15,748 feet) of elevation gain, making these achievements even more striking.



Keegan Swenson

dominated the 2023 Stages Cycling Leadville Trail 100 MTB Produced by Life Time, smashing the course record by more than 15 minutes.



Sofia Gomez

Villafane finished in first place in the women's race, leading most of the day in a close battle with second-place finisher Ruth Winder and third-place Alexis Skarda.



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