

# MANIPAL MARATHON 2019

Since the first edition of Manipal Marathon, the running culture in Manipal has been revolutionized. Every other person wanted to be stronger and fitter. The third edition of Manipal Marathon was held on the 17<sup>th</sup> of February, 2019. It attracted over seven thousand people from all over the country and also managed to get a good number of international runners.

The categories for the marathon were 21.1 km (half marathon), 10km, 5km (timed), and 3km (fun run). The marathon catered not only to seasoned runners who wanted to push beyond their limits, but was also a great platform for first timers to test their abilities. For the first time ever, the marathon was organized without any outside support, with the help of student clubs like Manipal Runners' Club and Volunteer Service organization. Due to the huge number of participants, around 300 VSO volunteers were a part of the event. They diligently performed their jobs at water stations as well as distance markers, encouraging and guiding the runners.

The event began at 5:30 am with a zumba and warm up session for the half marathon participants. With a red carpet, huge digital timing display and the Manipal Marathon arch, the starting line gave the runners a rather warm welcome. To fill the atmosphere with more energy; music played, dhols and dance performances took place at the starting line. The half marathon was flagged off at 6am, 10km at 6:15am, 5km at 6:30am and 3km fun run at 7am. The route of the marathon was beautifully designed, in order to showcase the most scenic, green and clean roads of Manipal and Udupi. To add to the runners' challenge, the last kilometer of the 21.1km and 10 km was up a hill. After the race, the runners received their finisher medals and exclusive printed photographs of them running Manipal Marathon.

The run was followed with a formal event and a carnival organized by VSO, which attracted a huge number of people. Seven thousand people came together and raised their voices to spread awareness about mental health, and proved the fact that being mentally fit is just as important as being physically fit. "The hardest step is taking the first step", was the tag line for the year. Dr. Vinod Nayak, the sports secretary of MAHE said, "Stress created by academics, problems with family as well as certain hormonal imbalances are the leading causes for students to feel depressed and anxious. Physical fitness and professional help are the most efficient and practical solutions to recover."

A huge number of students from Manipal Academy of General Education participated with great amount of enthusiasm. They did not let their young age come in the way of achieving their goal, and ended up giving tough competition to all the runners. ASARE school for specially-abled children participated as well. They were a source of constant inspiration and positivity for the runners.

Many changes were brought about in this year's Manipal Marathon, which brought it on par with the other marathons in the country. Firstly, Manipal witnessed a bib expo which was one of its kind. From photobooths, to music, to merchandise, it was a true celebration of running! Secondly, a total of nine pacers ran the half marathon and 10km. These pacers made sure that the runners running with them finished the race under a stipulated time. Thirdly, the 3 km t-shirt distribution took place on the day of the event. It was distributed in an extremely smooth and professional manner, and got over in under 2 hours.

## **VOLUNTEERS-**

Volunteer Service Organisation has been a diligent partner, and helped organize two editions of the marathon by providing with volunteers in order to do all of the ground work. VSO aims to develop the spirit of selfless service by responding to the community's needs, addressing the issues of society, and developing the leadership and learning skills of the volunteers. Students, faculty, and staff strive to ameliorate the conditions of the impoverished and the less fortunate. They come together in hopes of forging a path to a better society.

## **ORGANISERS-**

Manipal Runners' Club (MRC) organizes Manipal Marathon annually. MRC organizes runs to various destinations like beaches, bridges and multiple scenic locations. The club attracts people from all walks of life, ranging from undergraduates, to graduates, to local residents and even professors. MRC is an open platform for both marathoners as well as first timers to come together, celebrate the joy of running and make the best of friends in the process. With every passing year, MRC strives to organize a better marathon in order to promote running, give talented individuals a platform to showcase their potential, and encourage maximum number of people to take up running as a way of life!

The club was started with the objective of inculcating the art of running into the daily routine of maximum number of people. And ever since it's inception it has grown leaps and bounds.

## **RESULTS-**

### **OPEN CATEGORY**

#### **21K Men**

POSITION	NAME	PLACE	TIMING
1	Ibrahim Mukunga Wachira	Kenya	1:08:58
2	Isaac nduro	Kenya	1:10:34
3	Mahakuteshwar	Belgaum	1:19:38

**21K Women**

POSITION	NAME	PLACE	TIMING
1	eunice lucia	Kenya	1:19:10
2	chritine kambua	Kenya	1:24:53
3	Anita Kumari S	Shimoga	1:48:54

**10K Men**

POSITION	NAME	PLACE	TIMING
1	Amanuel Abdu	Kenya	32:14
2	Sandeep	Bangalore	32:32
3	Mikiyas Yemata Lemlemu	Kenya	33:24

**10K Women**

POSITION	NAME	PLACE	TIMING
1	Ishani Singh	Manipal	1:04:39
2	Cheryl Mascarenhas	Mumbai	1:08:41
3	Raksha	India	1:11:50

### 5K Men

POSITION	NAME	PLACE	TIMING
1	Basavaraj Neelappa Godi	India	15:38
2	Chandan	India	15:50
3	K HANUMESH	India	16:02

### 5K Women

POSITION	NAME	PLACE	TIMING
1	Suma	India	18:39
2	Preethisha shetty	India	22:31
3	Nilufer	India	25:22

### Sponsors and Partners

Macsha – timing partners  
VSO- organising partner  
UDAAA- organising partner  
Syndicate –associate sponsor  
Adani- associate sponsor  
ICICI- title sponsor  
SBI- refreshment partner  
Toyota- transport partner  
MI- lifestyle  
Udayvaani- media partner  
Spandana TV- media partner

Manipal Blog- media partner  
MTTN - media partner  
The Manipal Journal- media partner  
MIT Post- media partner  
Chef On wheels-nutrition partner  
MAPS-volunteer partner

#### **Organizing team-**

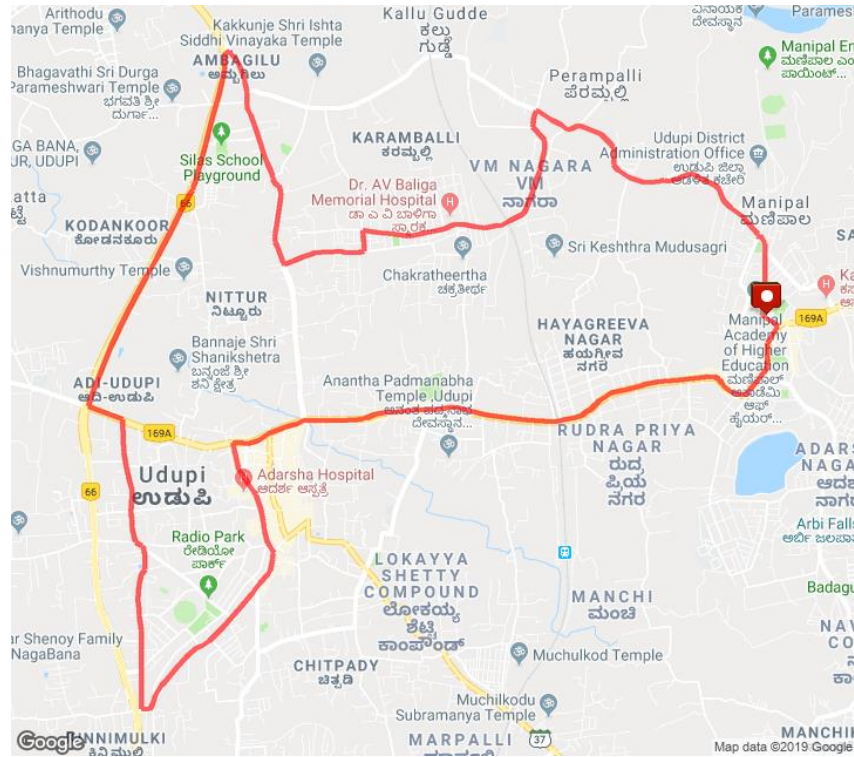
1. Sports Secretary, MAHE- Vinod Nayak
2. Joint sports secretary, MAHE- Shobha Erappa
3. Advisor- Dr. Girish Menon
4. Core Committee President- Rahul Konapur
5. Core Committee Vice President- Navaal Rai
6. Webmaster- Navaneetrsha Upadhayay
7. PR head and Event manager – Sriya Peri
8. Head of Logistics- Anish Aithal
9. Race Director- Likhith Shivaprasad
10. Head of Operations- Abhishek Yadav
11. Head of Media Relations- Anushka Singh

#### **Testimonials-**

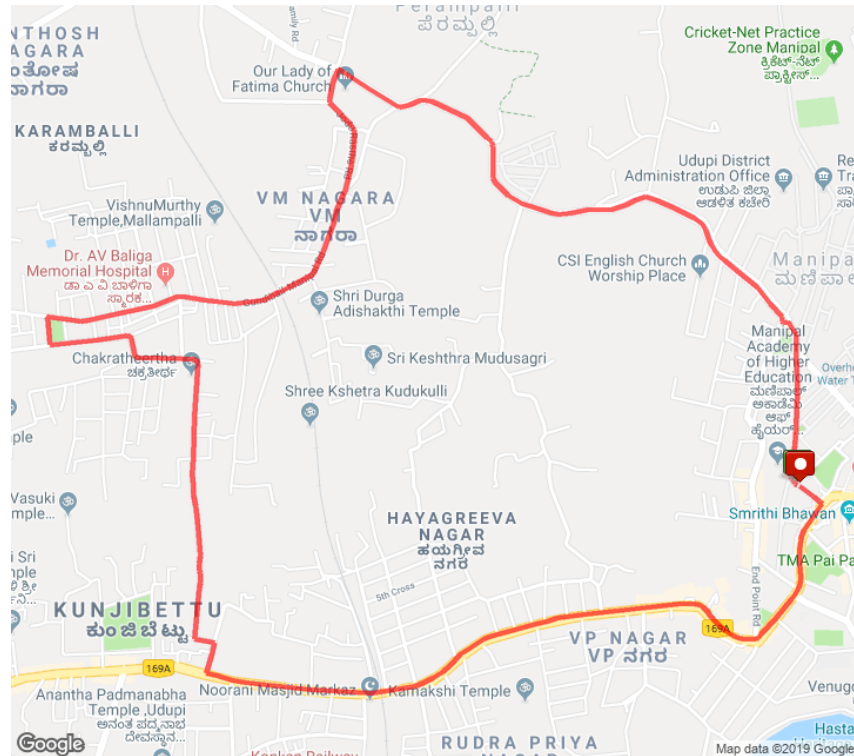
1. **Colonel K Thammayya Udupa-** “The route itself is very challenging, due to the steep downhill gradient at the beginning and the steep climb at the very end of the event. Of course, the high level of humidity also takes its toll on the participants. But, the excellent organization easily make up for these challenges.”
2. **Rakshith Shetty-**“ Manipal Marathon was organized very well this year. The participants were accurately instructed about the route and there was absolutely no problem for the runners. I finished 5th in the half marathon with the timing of 1hr 32mins. Manipal Marathon has always been a good experience because of excellent coordination and management. And the organizers do an amazing job with raising awareness through the run which adds to its value.”
3. **Thanmai Chochipatla-** “the volunteers were very helpful and were cheering for all the participants throughout the run. Water stations were very helpful as they were sufficient throughout the route. Thanks to Manipal Runners’ Club for organising such a great event and making it a huge success. I had joined the Manipal Runners’ club a few weeks ago, so I hope to run more with them.”

# ROUTES

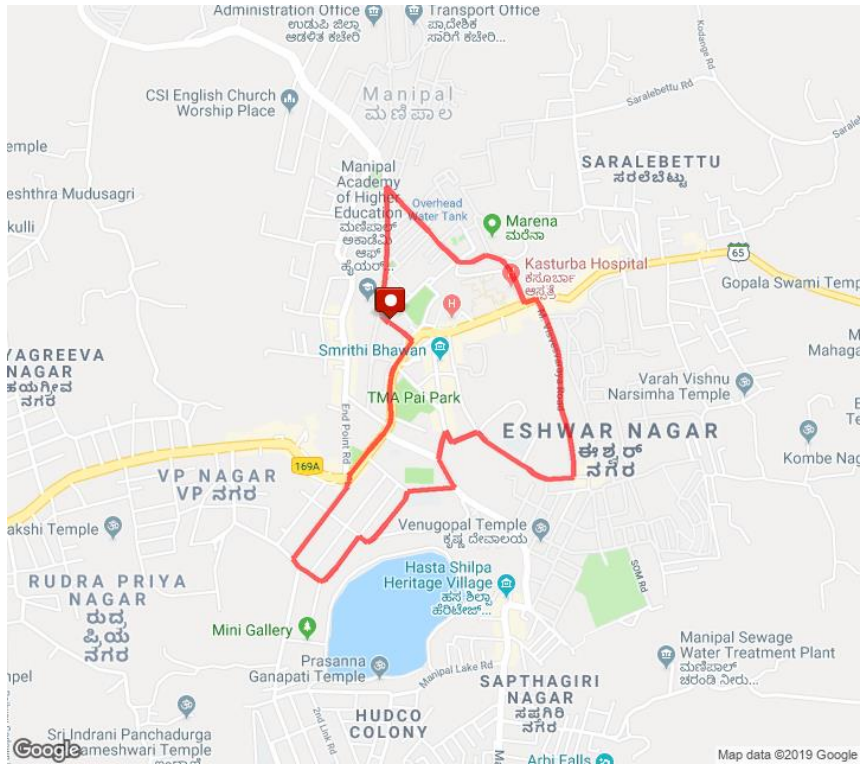
## 21K



## 10K



5K



3K



**Registrations breakdown-**

<b>Category</b>	<b>MAHE</b>	<b>Non- MAHE</b>
21km	128	110
10km	265	129
5km	521	213
3km	2308	949