

Jun I 2018

JSTON

Distance running fortnightly



TCS WORLD 10K IN NUMBERS

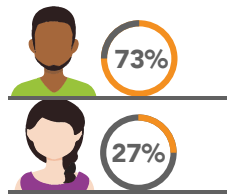


TCS
WORLD 10K
BENGALURU
TATA CONSULTANCY SERVICES



TOTAL NUMBER OF PARTICIPANTS IN TCS WORLD 10K 2018

24,088



32 TOTAL NATIONALITIES



MEET THE WINNERS



GEOFFREY KAMWOROR
KENYA
28:14

BIRHANU LEGESE
ETHIOPIA
28:39

MOSINET GEREMEW
ETHIOPIA
28:40

ELITE
INTERNATIONAL
ATHLETES

AGNES TIROP
KENYA
31:18 (EVENT RECORD)

SENBERE TEFERI
ETHIOPIA
31:23

CAROLINE KIPKIRUI
KENYA
31:28

SURESH KUMAR
30:12

MAN SINGH
30:12

SHANKAR M THAPA
30:40

ELITE
INDIAN
ATHLETES

SANJIVANI JADHAV
33:39 (EVENT RECORD)

SWATI GADHAVE
35:08

KIRANJEET KAUR
35:25

WHAT'S THE STORY?

KENYANS DOMINATE AS KAMWOROR AND TIROP WIN AT THE TCS WORLD 10K BENGALURU 2018



+

SANJIVANI JADHAV EMERGES AS THE NEW DISTANCE RUNNING STAR FROM INDIA



JST SO YOU KNOW



**WOMAN RUNS BLAZING
FAST HALF MARATHON
IN A BLAZER!**

Karoline Skatteboe, 24, of Cambridge, Massachusetts, finished the 2018 Boston Marathon as everyone else did that day - wet, cold, and ready for some fun.

Even though she ran an impressive 3:03:00 just 6 minutes off of her marathon Personal Record, She was determined that her next race should be a light-hearted effort.

For that, she went seeking a Guinness World Record for fastest half marathon completed in a suit by a woman.



Rob Pope, a 39-year-old from Liverpool, England, gave the London Marathon 2018 a Hollywood ending by setting a Guinness world record for fastest marathon in film character costume.

He was dressed head-to-toe as his favorite film character, Forrest Gump, as he flew to the finish in 2:36:28.

Rob set out to emulate the epic cross-country run undertaken by Gump in the Oscar-winning movie.



**LIVING THE HOLLYWOOD
DREAM IN STYLE!**

5 TRAVEL HACKS FOR RUNNERS

1 Wear shoes that match your work and running attire to help you walk with ease.

2 Foam roll and Hydrate... almost at the same time

3 Find running routes with the help of a local

4 Meet up with a local running club

5 Can't stay motivated while traveling? Run for a cause



5 STRETCHES TO EASE YOUR LOWER-BACK PAIN



Child's Pose



Cat/Cow Stretch



Lower-Back Twist



Knee-to-Chest Stretch



The Pelvic Tilt