

सर्वे धावकाः कुटुंबकमः

ALL RUNNERS, ONE FAMILY !

TITLE SPONSOR

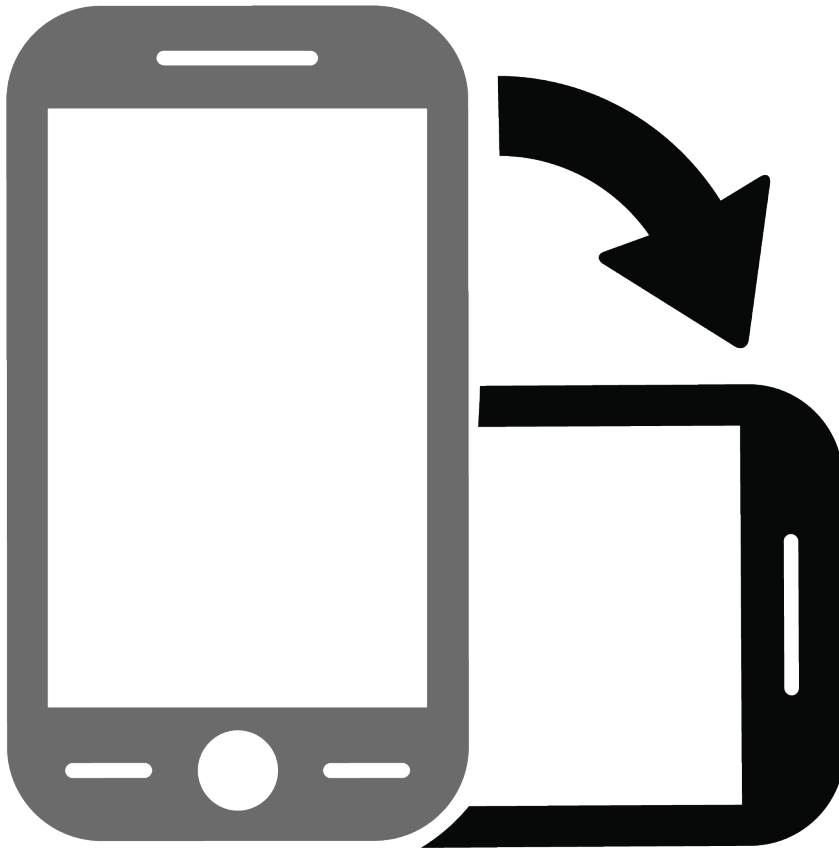


Jai Balaji Group



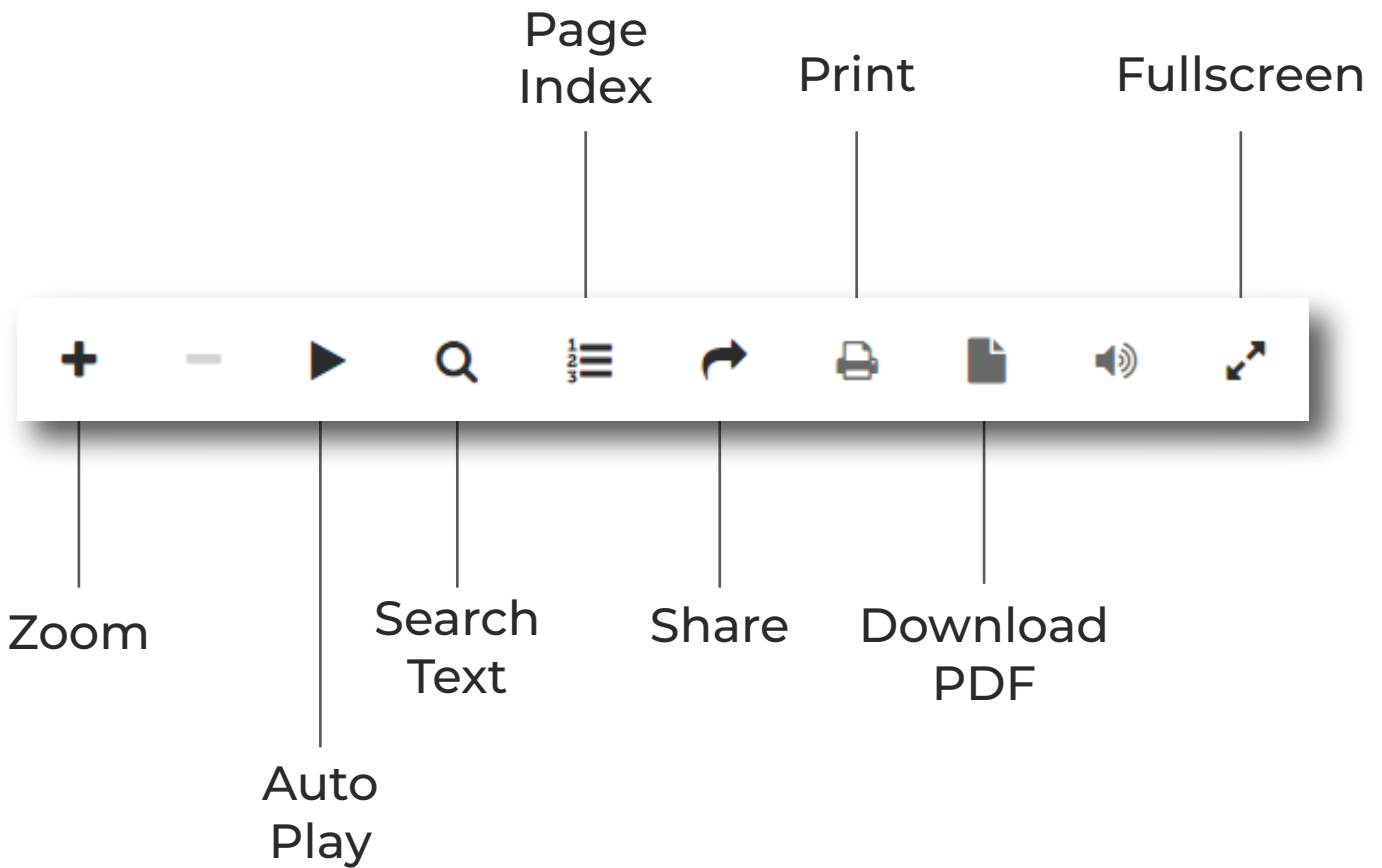
JBG  Jai Balaji Group
Satara Hill  **Half Marathon**
The *Ultra* Half Marathon
POWERED BY **SKECHERS**
Sunday, 3rd September 2023

OFFICIAL
RACE
GUIDE
2023

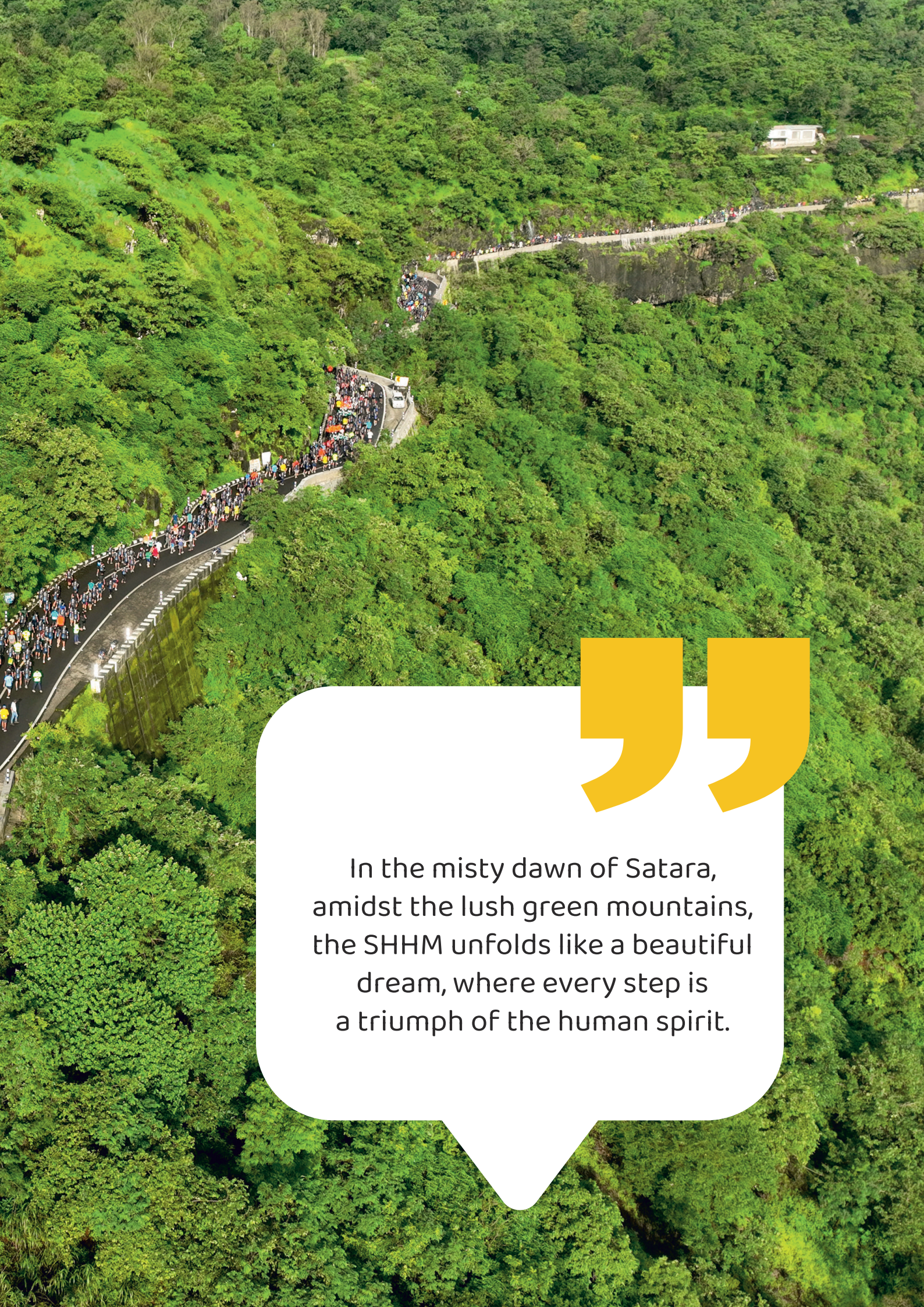


VIEW THIS GUIDE IN
HORIZONTAL MODE
FOR BETTER EXPERIENCE

HOW TO USE THE NAVIGATION BAR







”

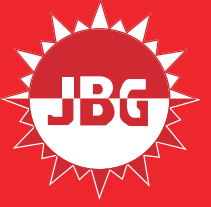
In the misty dawn of Satara, amidst the lush green mountains, the SHHM unfolds like a beautiful dream, where every step is a triumph of the human spirit.



**ALL RUNNERS,
ONE FAMILY !**

30:05 AM





Jai Balaji Group



Mr. GAURAV JAJODIA

Director, Jai Balaji Group

Dear Runner,

On behalf of Jai Balaji Group, we extend our warmest greetings to each and every one of you participating in this exhilarating 12" edition of JBG Satara Hill Half Marathon 2023. Your commitment to pushing your limits and embracing this challenge is truly inspiring!

As the proud Title sponsor of this remarkable event, we want to take a moment to celebrate your hard work, determination, and the spirit of camaraderie that brings us all together today. The road ahead might be long, but remember, it's not just about the finish line- it's about the journey, the shared memories, and the personal achievements you'll gain along the way.

We believe that marathons embody the values of perseverance, dedication, and resilience - values that resonate deeply with us at Jai Balaji Group. Your journey through these miles mirrors the journey we embark upon every day, striving for excellence and embracing the challenges that come our way.

As you run, draw strength from the cheers of the crowd, the rhythm of your heartbeat, and the camaraderie of fellow participants. Let each step remind you of your incredible ability to conquer goals and overcome obstacles. Remember, you are not just running for yourself; you're running to inspire others, to ignite the spark of determination in those watching, and to prove that with hard work, anything is possible.

Throughout the race, keep your spirits high, stay hydrated, and embrace the support of those around you. As you cross that finish line, know that you're accomplishing something truly extraordinary. Your dedication to this race reflects your commitment to personal growth and the pursuit of greatness.

Thank you for allowing Jai Balaji Group to be a part of your journey. We're cheering you on every step of the way! Let's make your run on 3 September 2023 an experience to remember.

Best of luck and may your determination carry you to new heights!

Warm regards,

Mr. Gaurav Jajodia

Director, Jai Balaji Group

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YOU ARE INVITED



JBG EVENT CALENDAR

JBG  Jai Balaji Group

Satara Hill
Half Marathon

The *Ultra* Half Marathon

Sunday, 3rd September 2023

JBG  Jai Balaji Group

KOLIKATA
WORLD
10K

NOV 26, 2023

JBG  Jai Balaji Group

17th
DEC
2023

JAI BALAJI GROUP
DURGAPUR 10K

2ND EDITION

JBG  Jai Balaji Group

GORKHA 10K

14th April, 2024



TAP / CLICK
TO WATCH

We, at JBG Endura 101, actively represent a holistic approach towards sports and its numerous entailing activities. Our one of a kind ventures deem to provide the participants not only with a wide array of activities and challenges but also follows suit with nutrition and training tactics as well as a fitness dashboard that tracks your progress as a whole. This overall holistic viewpoint strives to make the world of sports a tad bit easier with an added bonus of enjoyment and glee involved.



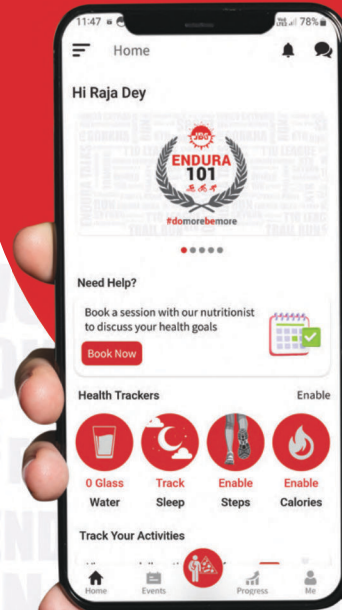


Only for JBG SHHM 2023 Participants



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Couch to 5k

12 weeks running plan

Physiotherapy

What should I eat?

One time consultation for correct nutrition

- Fatigue
- Stress
- Fatty Liver
- Periods Issues
- PCOS
- Stomach Issues
- Acidity
- Over Weight
- Substance

Event Registrations



LEONARD BARSOTON
Head Coach - Running

- He is a Kenyan long-distance runner.
- Represented Kenya twice in IAAF World Cross Country Championships
- Silver medallist in 10,000 metres African Games
- 2 times podium winner of TSK25K



AYESHA BILLIMORIA
Rehab & Mobility Coach

- Popularly known as the FITGIRL INDIA
- 3 time national champion in the 200mtrs from the year 2001 to 2003
- Represented the state of Maharashtra for 17 consecutive years
- Held several national and state titles along with being the Fastest Girl in India



ARVIND PANWAR
Head Coach - Cycling

- 3-time National ITT Champion

#domorebmore



Dr. SANDEEP S. KATE
Founder President,
Satara Runners Foundation

What's so Special about the Satara Hill Half Marathon course that makes runners from all corners of the country come back year after year ? Well yes, it's the lure of lush greenery along the route, the drizzling rains, the waterfalls along the way, the thrill of overcoming the challenging course...

Yes it is all that, but I believe it's something else that makes it much more special than any of these things. What might that be, you ask ?

Well, I think it's the festive spirit of the event, the camaraderie of the local running community & the boisterous cheering by local Satara citizens along the route, that makes our event 'extra' special.

This year's theme at JBG SHHM - 'Sarve Dhavakaha Kutumbakam' aims to celebrate this very spirit of fellowship, kinship & universal brotherhood / sisterhood that the sport of Distance Running has come to truly embody & represent.

On the marathon route, we are all ONE.

The JBG Group has joined hands with us to become a part of our extended family this year.

With the visionary leadership & support of Mr Gaurav Jajodia, a keen & accomplished sportsman himself, we are sure that this bond will only grow stronger going ahead & carry our event to newer heights.

Have a safe run & strong finish on Race Day!

Warm regards,

Dr Sandeep Kate

Founder President, Satara Runners Foundation

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JITENDRA BHOSALE
President, JBG SHHM

I welcome runners from all over the country, coming to participate in the 12th edition of the JBG SHHM.

It is a moment of great joy for my team to have all of you here in Satara, a city which is of historic importance, being a former capital city of Maratha empire and a pious throne of Rushi Charaka who contributed a unique knowledge of health in Ayurveda.

I sincerely hope that the scenic route and our relationship with running community should add to a long lasting "Kandi" sweetness in your marathon journey.

Warm regards,

Mr. Jitendra Bhosale
President, JBG SHHM

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ABHISHEK BHANDARI

Race Director, JBG SHHM

Dear Runner,

We are very excited & well prepared to make sure you have a great experience during your run. The Route of Satara is challenging, so it's important that your targeted finish timing is in sync with your training for the event. The first part of the route is in the city where there are rolling hills and there is a continuous gradual climb in the second part. But that helps you after the turnaround as you can recover during the downhill. Yes, it's a race, but when you come to Satara it's also very important to enjoy the experience. Enjoy the waterfall on route where the cold water can take away all the fatigue which you have experienced during your climb. The scenic view of the dam backwaters at the turaround are mesmerising and the picturesque mighty Ajinkyatara Fort on the downhill is a sight to behold. Dance to the music at the cheering stations and feel the energy of the cheering from the locals along the route when you are back in the city.

Please study the Route map for all the hydration stations, toilets etc and also the medical facilities in case you need anything on route and also at the ground. You can also keep the map handy with you during your run so you are well prepared for your run.

This year we have the Expo for two days to give a better experience for Bib collection to all our runners. We appeal to all Satara local runners to come on Friday the 1st September to collect their Bibs, so it will also help us to manage the bib distribution well.

As you know, we are a community based event where we all work along with our families, many social organisations, government machinery, volunteers and people from all walks of life from the city work tirelessly to give you all a memorable experience.

Wish you all the best for your run and hope you carry lots of memories from Satara and have a great experience during your stay here.

Your Race Director,
Abhishek Bhandari
Team JBG SHHM 2023

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Dr PRATAPRAO GOLE
Medical Director, JBG SHHM 2023

Dear Runner,

The team at Satara Hill Half Marathon believes that your health & safety is of prime importance and wishes to ensure that you always find yourself safe & healthy.

Keeping this in mind, we have come up with following measures to keep you safe throughout the race.

We have partnered with Pratibha Hospital & Heart Care Center, Satara, who will provide Medical Support in case you need any.

We have dedicated phone lines for medical emergencies that will be active throughout from 06.30 am to 10.30 am on race day. The numbers you can get in touch with are 9970 133 337 & 9765 401931

Please save these mobile numbers for all medical emergencies during the race. If you see someone uncomfortable during the race, stop them, call the medical hotline shared above and spot a volunteer to attend to them.

Please save these mobile numbers for all medical emergencies during the race. If you see someone uncomfortable during the race, stop them, call the medical hotline shared above and spot a volunteer to attend to them.

In last 500 meters of the race we have 3 intensive care physicians equipped with AED to care for sudden cardiac arrest.

We also have medical spotters along the Route to help in case of emergency. Please do not hesitate to approach a spotter if you or any other fellow runner seems to be in medical distress.

Long distance running can add stress to your body, therefore it is important to know that you are prepared to run the distance. You might have trained yourself for the run, but you may have an underlying health condition that you are not aware of.

Additionally, please know that certain cardiovascular health situations arise from endurance exercises such as running, so it becomes even more important for you to be absolutely healthy before and at the time of running the race.

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We request you to refer to the MEDICAL CHECKLIST below, as a precautionary measure before you set off on your run.

- Do you experience chest pain while running / walking / climbing stairs or during any other form of physical exertion?
- Have you ever felt dizzy, or had blackouts during any form of exercises?
- Do you get short of breath while walking short distances or climbing a flight of stairs?
- Do you experience pain in joints or have backaches while walking?
- Are you on any regular medication for diabetes, or high blood pressure, or heart condition?
- Have you suffered any viral illness or fever in the last 2 weeks? Did you suffer from an upset stomach in the last 2 weeks?
- Have you had any prolonged illness in the last 3 months?
- Do you suffer from epilepsy?
- Do you have chronic stress and have not been sleeping well for a long period of time?
- Have you been advised to undergo coronary angiography &/or have you undergone any revascularisation procedure in the past?

You must not participate in the race before getting a clearance from your treating Doctor if you are feeling unwell or/and if answer to any of the questions above is a **'YES'**.

Your Safety Is also Your Responsibility : We are fully prepared to support you through the race but only you know how you are feeling and how ready you are. While we would love to have you at the start line, and celebrate your success together, ensuring your health readiness is over and above everything else.

Often, taking a step back is a better strategy to be able to keep going forward later. Please be absolutely certain of your health before for the race.

Since we are very close to the race day, we advise you to take it easy. Try to stay on your feet a little less until the race day.

Try to avoid training on Friday to avoid any injuries and exhaustion. Use Saturday to do a shake off run, which basically means getting your body used to what it will be in for on Sunday.

Last but not the least, it is your pre-race warm up that could make all the difference. We advise you to arrive at the venue early and complete a good warm up which will get your body primed and ready for action.

On the Route

This is a hilly route with lots of inclines & declines that'll test your endurance & challenge you, especially if you've not trained sufficiently & specifically for such a route.

We recommend a Walk and Run strategy, with frequent walking breaks. Try not to get out of breath at any point of time, and make sure you are at a comfortable pace, wherein you're able to speak a few words with a fellow runner.

DO NOT PUSH yourself too hard. Remember, nothing is more important than safety.

Do not try anything new on Race Day. Try to stick to whatever you did during your practice runs, especially your clothing, hydration, food/energy & shoes.

Make sure to stay hydrated by stopping at our Energy & Water Stations, placed frequently at distances of approx 1 to 1.5 km all along the route. Use these Aid Stations to take frequent walking breaks and grab a drink, especially during your uphill climb.

If you or any of your fellow runners are in any kind of discomfort or pain, do not hesitate to call out to our Volunteers and/or Spotters along the Route. They will make sure that you get the help you need.

Satara Hill Half Marathon is known for its natural beauty, drizzling rains, waterfalls & pleasant climate. However, if it happens to get hot or humid due to lack of rains, make sure to visit one of our cooling stations along the route and dunk yourself in iced water. This will make sure you don't suffer from heatstroke or exhaustion.

Finally, we wish you a safe run & strong Finish on Race Day.

All the Best,

Dr Prataprao Gole

Medical Director

JBG SHHM 2023

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Men's GO RUN Collection Experience unmatched comfort during your runs with our selection of running footwear for men from Skechers Performance. Choose from our range, featuring the acclaimed Skechers GO RUN collection known for its high-performance capabilities, and seize the opportunity to find the perfect pair of shoes available at your fingertips.

ONE FAMILY ONE COMMUNITY ONE TEAM





 **SATARA
RUNNERS**
FOUNDATION

FROM SMALL BEGINNINGS TO A NATIONAL EVENT

The SATARA HILL HALF MARATHON (SHHM) is an event organized by the SATARA RUNNERS FOUNDATION, a non-profit group created by a diverse group of individuals who share a passion for running. Their collective effort began in 2012 when they organized a small run in their hometown of Satara, India.

Since then, the group has achieved tremendous growth, transforming the event into one of the most beloved running events in India. The success of SHHM can be attributed to the commitment and dedication of its volunteers, many of whom are members of the SATARA HILL RUNNERS. This group of enthusiastic runners are a tight-knit community, who work tirelessly to create a runner-friendly, world-class event that is both fun and adventurous.

MISSION

The mission of Satara Runner's Foundation is to promote a healthy and active lifestyle through running, by organizing world-class running events, providing training and support to runners of all levels, and fostering a community of like-minded individuals who are passionate about running.

VISION

The mission of Satara Runner's Foundation is to promote a healthy and active lifestyle through running, by organizing world-class running events, providing training and support to runners of all levels, and fostering a community of like-minded individuals who are passionate about running. Our vision at Satara Runner's Foundation is to inspire and empower people to embrace running as a way of life, and to create a culture where running is accessible, inclusive, and celebrated. We aim to be recognized as a leading organization in the running community, dedicated to improving the health and well-being of individuals and communities through running.

ONE FAMILY ONE COMMUNITY ONE TEAM

FOUNDER PRESIDENT

Dr. Sandeep Kate

EXECUTIVE COMMITTEE 2023

RACE DIRECTOR

Abhishek Bhandari

PRESIDENT

Jitendra Bhosale

VICE PRESIDENT

Nishant Gavali

SECRETARY

Dr Ranjita Gole

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Dr. C. Ghorpade
Adv. Kamlesh Pisal
Dr. Prataprao Gole
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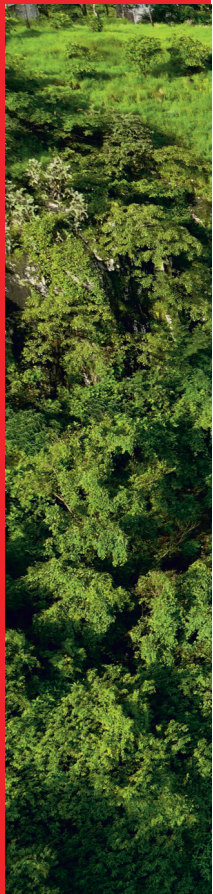
TEAM MEMBERS

Mr. K. Rajpurohit
Dr. Ajay Shedge
Ar. Sudhir Shinde
Mr. Vishal Dhane
Dr. Ashwini Deo
Dr. Mahesh Vibhute
Dr. Deepak Thorat
Dr. Kavita Bankar
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Mrs. Sheela Nalawade
Mr. Bhaskar Patil
Dr. Adish Patil
Mrs. Leena Sathe
Dr. Rajesh Shinde
Ms. Bhavika Mutha
Mr. Milind Halbe
Ar. Niteen Kirve
Mr. Sarang Gujar
CS Neha Doshi

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A QUICK CHECKLIST BEFORE RACE DAY

1. Read this handbook thoroughly
2. Visit the SHHM Fitness Expo to collect your running number BIB at **Ajinkyatara Sahakari Sakhar Karkhana, Shendre, Satara)**
Friday, 1st September 2023 - 12 pm to 7 pm
Saturday, 2nd September 2023 - 10 am to 6 pm
3. Do get your email confirmation and your photo identity proof at the Expo.
4. At the Expo, while collecting your running number bib from the counters, check all your personal details (spelling of your name, gender and date of birth). This is important to generate correct results post the race.
5. Do check that your medical/health insurance is up to date and valid.
6. Confirm that your emergency contact person (as given by you in the application form) is available and easily reachable on race day in case of any emergency.
7. Check the weather forecast to plan on appropriate running clothing and equipment



ELEVATE YOUR RUN

We invite you to discover the remarkable and challenging character of the JBG SHHM Course. With a total elevation gain of 420m, this iconic route has become legendary among seasoned runners who crave a truly unique and exhilarating race experience. You'll conquer steep hills, traverse winding paths, and push yourself to the limit on this incredible journey through Satara's breathtaking landscapes.

Whether you're a seasoned pro or a first-time marathoner, the JBG SHHM Marathon Route offers a thrilling challenge that will test your physical and mental endurance. So lace up your running shoes, take a deep breath, and prepare to embark on a journey that will stay with you long after you cross the finish line.



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RACE VENUE

**JBG SHHM 2023 will be held on
Sunday, 3rd September 2023
At Police Parade Ground, Satara City**

Flag off time for JBG SHHM 2023 is: 6:30 am

Reporting time is: 5:30 am



Scan this QR code to reach Race Venue

BAGGAGE

There will be a Baggage counter near the Holding area. Please ensure that you provide locked / sealed baggage only. No loose items like mobiles/keys etc will be accepted. It is compulsory to attach the baggage tag (provided in your race kit) to your baggage. This is a service provided to help the runners. The organizers cannot be held responsible for any damage to or loss of valuables/money. The baggage counter will be closed at 11.00 AM sharp

AFTER THE RACE

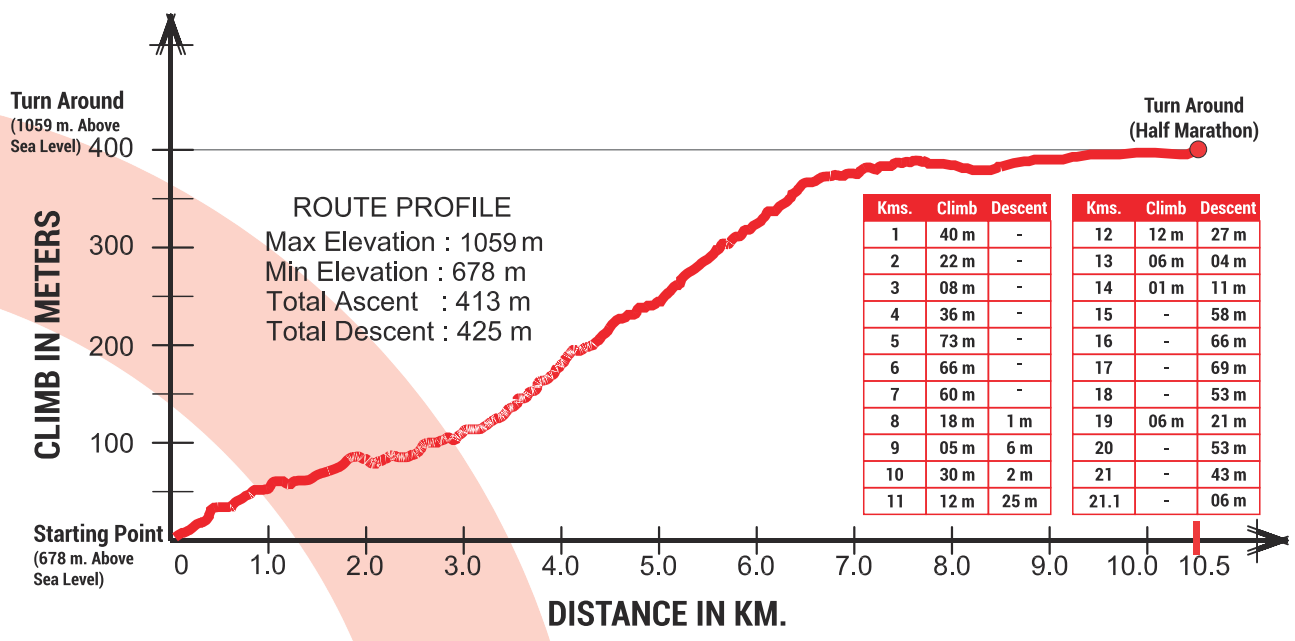
All finishers will get a Finishers medal and a Post-race brunch. Participation / Finishers certificates will NOT be given out at the venue. You will be able to download the e-certificate, with your Timings, from our Website in about 7 days time after the event.

ROUTE MAP



SHHM ROUTE ELEVATION PROFILE

India's Most Challenging & Beautiful Half Marathon Course

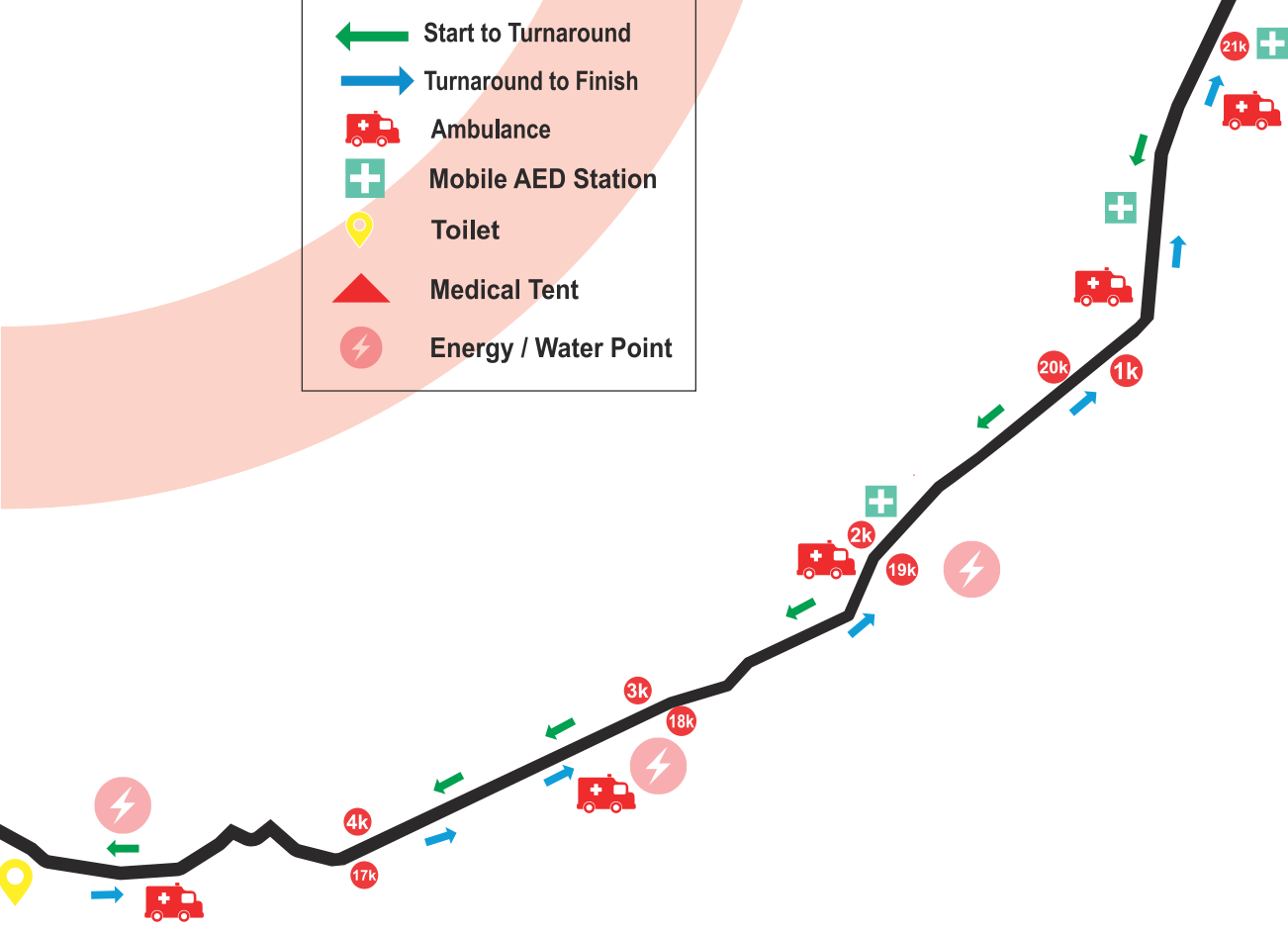


POLICE PARADE GROUND

START & FINISH

LEGEND

- ← Start to Turnaround
- Turnaround to Finish
- Ambulance
- Mobile AED Station
- Toilet
- Medical Tent
- Energy / Water Point



Scan this QR Code For Route Details



Scan this QR Code For Age Categories & Prize Money details



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<https://photos.oneglint.com/preorder?eventId=SHHM2023>





KNOW YOUR RUNNING NUMBER BIB

Confirmed half marathon participants will each be handed their running number BIBs at the Fitness Expo, along with 4 safety pins (to affix the bib). Please do not misplace your bib – we will not be able to reissue.

Attention please verify your BIB details before leaving the Fitness EXPO hall

RACE / BIB NUMBER
Your Unique number for results, ranking etc.

Age Category / Gender
For prize and ranking in your age group and gender

Line Up Section

T-SHIRT - 44

JBG Satara Hill Half Marathon
The Ultra Half Marathon
POWERED BY SKECHERS
Sunday, 3rd September 2023

TITLE SPONSOR
JBG Jai Balaji Group

AGE
40-44
MALE

10001

YOUR NAME HERE

LINE UP SECTION
A

ORGANISED BY
SATARA RUNNERS

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T-SHIRT - 44 **DH**

1. Your Timing Device for the event is a single use B-tag
2. In order to receive an accurate time, please confirm your bib is clearly visible on the front of the chest, NOT on your back / thighs.
3. It should not be covered by jackets, runner belts, water bottles, etc.
4. DO NOT FOLD or wrinkle the bib.
5. The BIB should be fixed to your T shirt in all 4 corners using Safety pins provided in your Race kit. Make sure that the pins don't pierce the B tag at the back side of the BIB.
6. REMEMBER: NO Bib = NO Timings / Prizes
7. Please make sure you do not step on the Timing mat before the start of your race. If you do that, we may not be able to ensure that we record your exact starting time and provide your accurate timings.

How To Wear Your Bib?



Secure your bib to the front of your running vest with safety pins provided.

Do not cut or alter the bib in any way – the entire bib must be clearly visible to all.

Before you fix your running bib, please write the name and contact details of the person on the back side of the Running BIB so we can call in case of any race day emergency (such person must not be a participant of the event).

Important: You must be extremely careful that neither your bib nor timing tag, gets exchanged with any other runner's bib/timing tag, or handed over to any other person. Running bib and timing tag are assigned specifically to each runner; any exchange would result in disqualification of your participation from the JBG Satara Hill Half Marathon 2023.

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FINISHER'S MEDALS

We believe that JBG Satara Hill Half Marathon is not merely a race; it's a journey of self-discovery. With each stride, runners strive to achieve their personal best and overcome any obstacles that come their way. And what better way to commemorate this monumental achievement than with a finisher's medal?

At Satara Runners' Foundation, we believe in rewarding runners based on their performance and dedication. That's why we have created three distinct categories of finisher's medals, each with its own unique design, for runners who achieve specific cut-off times.

With these three categories of finisher's medals mentioned below, we hope to inspire and motivate runners to strive for excellence, push beyond their limits, and achieve their personal best. And when they finally cross that finish line and receive their well-deserved medal, they can proudly hold it up and say, "I did it."

NO MEDAL AFTER 10:30 AM

We would like to inform you that in order to ensure the race is concluded on time and properly, no medals will be awarded after 10:30 am. Please note that the cut-off times will be strictly enforced as per the official clock at the race venue.

The time considered for the Medal Category, will start at 6:30 am as soon as the race is flagged off and NOT when you cross the Timing mat Start line. Therefore, we encourage you to adjust your pace and effort accordingly, keeping in mind the above-mentioned cut off times.

The Finisher Medals will be awarded according to Gun Time but your Ranking and Official Timing will be as per Chip time.



**Hill Champion
CUT OFF @ 8:30 AM**



**Hill Conqueror
CUT OFF @ 9:00 AM**



**Hill Challenger
CUT OFF @ 10:30 AM**

Starting 2016 we have been awarding a special medal for runners who would be finishing their 5th Half Marathon at Satara (having run in any 4 out of the previous editions). This special medal has been dedicated to our very own Mr Shankar Natha Pawar, a 96 year old Veteran Runner from Satara. He is an inspiration to all runners & we are proud to dedicate this medal to his legacy.

5 TIME FINISHER'S MEDAL



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PRIZES & AGE CATEGORIES

Please find below the birth date chart to assist you in identifying your age group. We request that you take note of the age category that corresponds with your birth date, as this will be taken into consideration during the prize distribution at the JBG SHHM venue. Thank you for your cooperation.

Age Groups	Date of Birth (D/M/Y)
Open (Min 16 Years Complete)	Born on or before 3/9/2007
30 to 34	4/9/1988 to 3/9/1993
35 to 39	4/9/1983 to 3/9/1988
40 to 44	4/9/1978 to 3/9/1983
45 to 49	4/9/1973 to 3/9/1978
50 to 54	4/9/1968 to 3/9/1973
55 to 59	4/9/1963 to 3/9/1968
60 to 64	4/9/1958 to 3/9/1963
65 to 69	4/9/1953 to 3/9/1958
70 Years+	Born on or before 3/9/1953

Age groups above are calculated based on the event date for JBG SHHM 2023, i.e. September 3, 2023

Rules & Regulations

RACE WINNERS

The first 3 Indian Half marathon finishers will be entitled to prize money in Table I (Open Category).

The first three Indian finishers from each of the General Age group categories will be entitled to the prize money in their respective General Age group category (From Table II to Table X)

If a runner from a General Age group category ends up among the First Three winning positions of the Indian Open category, then he/she will be entitled to receive both the prizes; the prize from the Open category as well as the Prize in his / her own age group category.

FINISH POSITIONS OF ALL RUNNERS WILL BE BASED ON CHIP TIME (NOT GUN TIME) THE FINISHER MEDALS WILL BE AWARDED ACCORDING TO GUN TIME

ADDITIONAL RULES

In addition to the above rules, entitlement to Finish/Podium positions and prize money winnings are subject to:

A. Bib tag timing captured across all timing points on the course, including at the start and finish mats,
B. Physical verification by technical officials.

C. Race day images will be screened visually after the race and if any participant is found wearing a running bib not allotted to him/her, the participant registered for that running bib will be disqualified from the race and the Event's subsequent editions.

Runners found to have interchanged their running number bib and/or bib tag with others will be disqualified from the competition. Such runners shall not be entitled to any timing or prize money (where applicable).

Prize winners declared may be required to submit further proof of identity/age, as may be required by the organizers, for disbursement of prize money.

The winners should not remove their bibs before Prize distribution. Their bibs should be clearly visible during the prize distribution, not covered by jackets, etc.

PROTESTS AND APPEALS

A. The athlete and/or his/her representative can appeal to the Race Referee in relation to the Official race results declared, in writing, within 30 minutes of the official announcement of the results of the relevant race category on race day.

B. The protest letter needs to be submitted at the Result Appeals Desk along with a Protest Fee of INR 1,000/-

Organiser's decision on rankings and entitlements of prize money will be final and binding on all.

In case any question arises or controversy exists that is not already covered by the prize/ranking rules, the

TABLE 1

PRIZES	Open Male	Open Female
1st PRIZE	50,000	50,000
2nd PRIZE	30,000	30,000
3rd PRIZE	20,000	20,000
TOTAL	100,000	100,000

TABLE 2

PRIZES	Male (30-34 Years)	Female (30-34 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 3

PRIZES	Male (35-39 Years)	Female (35-39 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 4

PRIZES	Male (40-44 Years)	Female (40-44 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 5

PRIZES	Male (45-49 Years)	Female (45-49 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 6

PRIZES	Male (50-54 Years)	Female (50-54 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 7

PRIZES	Male (55-59 Years)	Female (55-59 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 8

PRIZES	Male (60-64 Years)	Female (60-64 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 9

PRIZES	Male (65-69 Years)	Female (65-69 Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

TABLE 10

PRIZES	Male (70+ Years)	Female (70+ Years)
1st PRIZE	15,000	15,000
2nd PRIZE	10,000	10,000
3rd PRIZE	7,000	7,000
TOTAL	32,000	32,000

LINE UP SECTION

What are the Line-Up sections at SHHM? Is there any Qualifying criteria to participate in SHHM 2023?

There are 4 Line-Up sections at JBG SHHM.

LINE-UP: |E|A|B|C|

Section E: is for the Elite Runners

Section A: is for the fast runners, nearest to the Starting line.
It is followed by the intermediate runners in Section B & the last section is

Section C: which is farthest from the Start Point.

Please check the information on the opposite page for the Qualifying criteria for participation in JBG SHHM & Seeding /Line Up section allotment for JBG SHHM 2023.

If you do not have a Timing Certificate from a previous event, you can still participate, but you will be allotted line up section C.

However, we strongly advise you to train well for the event, especially if this is your first event. Follow one of our training programs to make sure you reach the Starting line fully prepared.

Those who do not have / cannot provide any Timing Certificate from a previous event will be automatically allotted Line-Up section C.

If you wish to have a better seeding/Line Up section (A or B), then please provide your Finish Time certificate or Results link from a Half or Full Marathon event held on or before 1 January 2022, at the time of Pre-registration.

The cutoff times for the qualifying / allocation for Line-Up sections are as follows :

FULL MARATHON QUALIFYING CUT OFF TIME IN HH:MM:SS

JBG SHHM CORRAL / LINE UP SECTION	A	4:15:00
	B	5:29:59
	C	5:30:00 AND ABOVE

HALF MARATHON QUALIFYING CUT OFF TIME IN HH:MM:SS

JBG SHHM CORRAL / LINE UP SECTION	A	2:00:00
	B	2:29:59
	C	2:30:00 AND ABOVE

MEET YOUR PACERS

Uttar Pradesh



Navnath
2 hr 00 min

West Bengal



Rahul
2 hr 00 min

Telangana



Ravi
2 hr 10 min

Odisha



Avinash
2 hr 10 min

Andhra Pradesh



Vinay
2 hr 20 min

Rajasthan



Shailesh
2 hr 20 min

Punjab



Avinash
2 hr 30 min

Delhi



Dayanand
2 hr 30 min

Goa



Sachin
2 hr 40 min

MEET YOUR PACERS

Gujarat



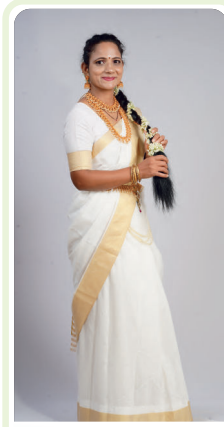
Shubhangi
2 hr 40 min

Kerala



Zunjarrao
2 hr 50 min

Tamilnadu



Madhuri
2 hr 50 min

Karnataka



Vaibhav
3 hr 00 min

JK & Ladakh



Harshala
3 hr 00 min

Maharashtra



Aruna
3 hr 15 min

Madhya Pradesh



Rohan
3 hr 30 min

North East / Seven Sisters



Jitendra
3 hr 45 min

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S. K Police Academy

Sawkar College Interns

100 KP's

Krishna Institute of Physiotherapy

MSMRA Satara Unit (MR Associates)

PIS Satara

Maharaja Club

Bhandari Associates

Vidyarthi vahtuk Seva Sangh

Suvidha Friends Circle

Gujrati Vishanima Samaj Satara

Cool Zone

Jain Social Group

Sajag Foundation

Saturday Club





HAVE A
**SAFE RUN &
STRONG FINISH**
ON RACE DAY!

