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**ELITE**  
**42.195 KM**

Joint Title Sponsor

# Welcome to the Tata Mumbai Marathon

For the past 18 editions, Tata Mumbai Marathon has personified the pulse of Mumbai – a pulse that brings us together as a nation, no matter the circumstances. Millions of hearts beating, in sync, for something greater than itself.

Each heartbeat - a celebration of our resilience, can-do, will-do spirit, quest for betterment, desire to inspire, and an unshakeable faith in ourselves.

Whether you run for a personal best or come together to raise funds for a cause close to your heart, whether you are on that startline to support your loved one, or a runner from the furthest corner of the world, here to cross the finish line for the first time, each step you take is a story waiting to be told.

So, let your heartbeat resound from the start line or echo from the corners of the country. No matter where you're running from, you are a part of the 'Mumbai Spirit'.

This guide contains details important to your race day experience on Sunday, 21st January 2024, and race results thereafter. Please go through the content carefully before coming for your race. Regular updates will be uploaded on the event website.

The countdown has begun. We look forward to welcoming you on the start line of the 19th edition of the Tata Mumbai Marathon!

***#HarDilMumbai***



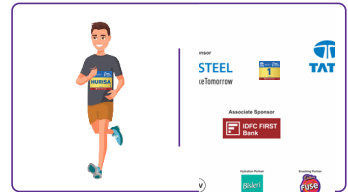


Commitment  
Adaptability  
Resilience  
Empathy

**RUN LIKE MUMBAI**

# 1. RUNNING NUMBER BIB

Confirmed marathon elite athletes will each be handed over a packet containing 2 running bibs and 8 safety pins (to affix your bib). **Please do not misplace the bibs – we will not be able to reissue.** One bib will have either your last name or first name, and the second bib will have your race number printed onto it. **On race day, the bib with your name has to be affixed onto the front of your running vest, and the second bib (with your race number printed) affixed onto your back.**



## YOUR BIB BACK:

Before you fix your running bib, please write your current medical condition, if any, and any medicines your doctor may have prescribed for you. Also write the name and contact details of the person we can call in case of any race day emergency (such person must not be a participant of the event).

**MARATHON 42.195 KM**

**IMPORTANT:** Participants are advised to carry their own first aid kit. In case of any medical emergency, please contact the nearest medical aid station. This bib is not to be used for any other purpose. It is the responsibility of the participant to ensure that the bib is used for the intended purpose only.

**SAFETY IN CASE OF EMERGENCY ON RACE DAY**

Participant's Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Medical Condition if any: \_\_\_\_\_

**SAFETY IN CASE OF EMERGENCY ON RACE DAY**

1. Do not fold or crumple the bib.
2. Do not pierce the bib while pinning it to your vest.
3. Do not remove the bib from your vest.
4. Do not place any other items on the bib.
5. Do not place any other items on the bib.
6. Do not place any other items on the bib.
7. Do not place any other items on the bib.
8. Do not place any other items on the bib.

**MARATHON ELITE**  
**ELITE ATHLETE TEST: Capital Crosses, vpp, CMET**  
**RACE ENTRY:** 10:00 AM  
**RACE START TIME:** 10:30 AM  
**FINISH CUT-OFF TIME:** 04:30 PM

\*Bib is the property of Tata Motors Marathon 2024.  
For more details regarding call or email Helpline on 022-22222222.  
Please carry your own 8 safety pins to attach your bib on race day.

**BIB TAG**

RFID bib tags has been attached to the bib backs. In light of this, a few Don'ts to make a note of. This is to make sure that the effectiveness of the tags does not reduce.

- Don't fold or crumple your number bib or timing tag.**
- Don't pierce the tag while pinning on number bib on your vest.**
- Don't remove the timing tag from the bib.**
- Don't place your bib on your television set or near any electronic gadget.**

**Important:** You must be extremely careful that none of your bibs, or timing tags, get exchanged with any other athlete's/runner's bibs/ timing tags or handed over to any other person. Running bibs and timing tags are assigned specifically to each athlete; any exchange would result in disqualification of your participation from this competition and from the subsequent edition of the Tata Mumbai Marathon.

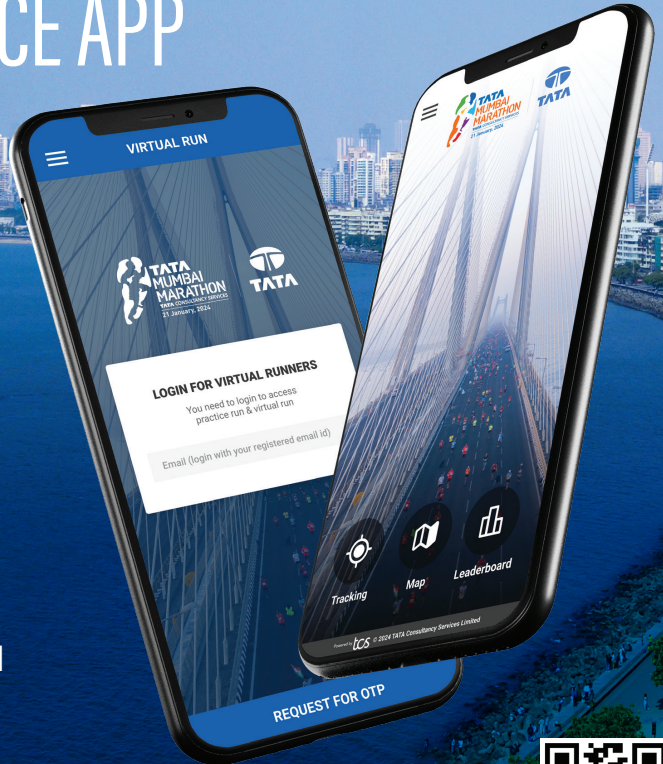
**Medical Precautions:** If you feel feverish, or have been vomiting, have had diarrhoea or chest pains or generally are feeling unwell, please seek a doctor's clearance for competing in the race. It is unfair to you and your family to risk illness and become a medical emergency. Athletes need to take responsibility of their own health by adopting right practices regarding training, eating and hydration. We encourage you to go through the medical advisory uploaded on the events website.





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ALL RACE RELATED INFORMATION  
AT ONE PLACE



DOWNLOAD THE TATA MUMBAI MARATHON APP



## 2. MARATHON LEADING TIMES

### MEN

Overall Event Record	HAYLE LEMI (ETH), 2:07:32, 2023
Indian Event Record	NITENDRA SINGH RAWAT, 2:15:48, 2016
Current World Record	KELVIN KIPTUM (KEN), *2:00:35, Chicago, 08 OCT 2023

### WOMEN

Overall Event Record	ANCHALEM HAYMANOT (ETH), 2:24:15, 2023
Indian Event Record	SUDHA SINGH, 2:34:55, 2019
Current World Record	TIGIST ASSEFA (ETH), *2:11:53, Berlin, 24 SEP 2023

\* pending ratification



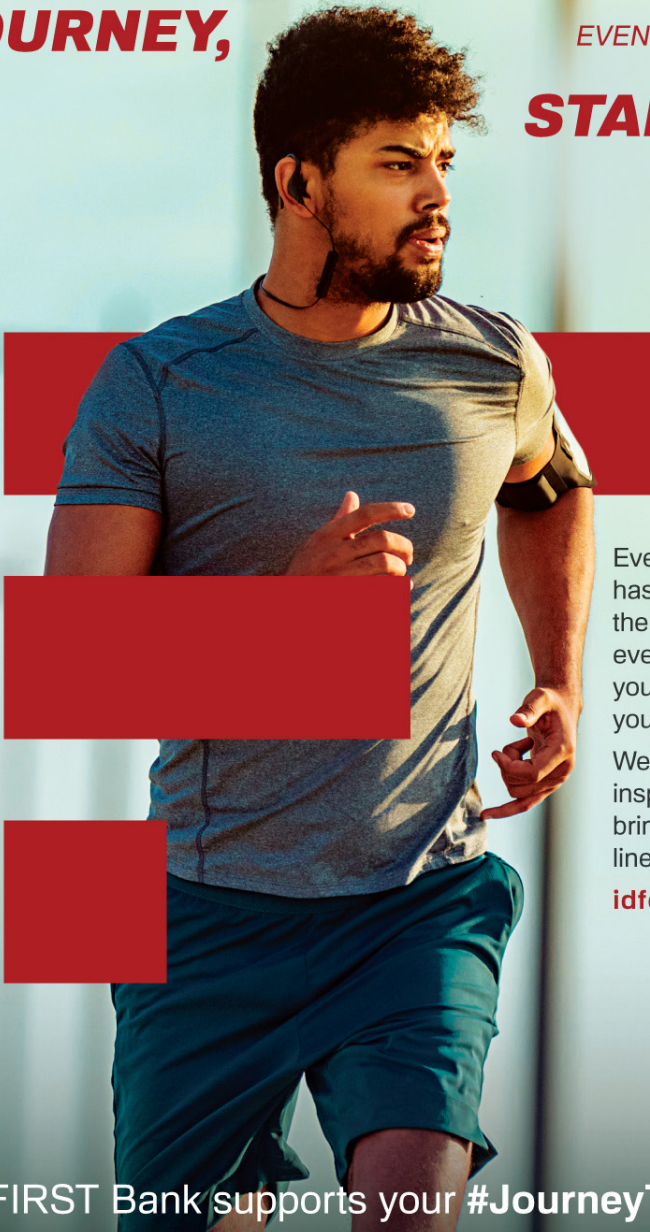
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**ALWAYS YOU FIRST**

MANY PEOPLE MAKE  
**A JOURNEY,**

EVEN BEFORE THEY  
GET TO THE  
**STARTING  
LINE**



Every step you've taken has brought you closer to the starting line, just like every bit you save gets you closer to achieving your goals.

We're celebrating the inspiring journeys which bring you to the starting line.

[idfcfirstbank.com](https://www.idfcfirstbank.com)

IDFC FIRST Bank supports your **#JourneyToTheStart**

### 3. PRIZE MONEY STRUCTURE

(A) TOP OVERALL MARATHON ELITE FINISHERS *[includes elites of all nationalities]*

Finish Posn	Amount in US Dollars	
	Men	Women
1st	50,000	50,000
2nd	25,000	25,000
3rd	15,000	15,000
4th	10,000	10,000
5th	7,000	7,000
6th	6,000	6,000
7th	4,500	4,500
8th	3,500	3,500
9th	2,500	2,500
10th	1,500	1,500

(B) TOP INDIAN MARATHON ELITE FINISHERS *[for Indian citizens residing in India]*

Finish Posn	Amount in Indian Rupees	
	Men	Women
1st	5,00,000	5,00,000
2nd	4,00,000	4,00,000
3rd	3,00,000	3,00,000
4th	2,25,000	2,25,000
5th	1,75,000	1,75,000
6th	1,50,000	1,50,000
7th	1,00,000	1,00,000



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### (C) EVENT RECORD BONUS

Category	Men	Women
(i) Marathon Elite (Overall) Champion	USD 15,000	USD 15,000
(ii) Winner amongst Indian Elite Marathoners	₹ 2,00,000	₹ 2,00,000

To view for prize money rules

[CLICK HERE →](#)

All prize money winnings are subject to prize money rules and race regulations.



Bisleri  
**#CARRY**  
**YOUR GAME**



Official Hydration Partner for



## 4. EVENT VENUE

The Marathon Elite race will start from outside the Chhatrapati Shivaji Maharaj Railway Terminus (CSMT). On race day (21st Jan 2024), you need to assemble inside Elite Tent diagonally opposite the Bus Depot, at least one hour prior to the start time.

Do ensure that you have pinned the running number bibs to your running vest as directed prior to entering the venue premises. Entry is restricted to only confirmed athletes wearing valid number bibs and duly accredited individuals. You may be required to undergo frisking by the security officials. **You are requested to cooperate with the security and police personnel. This is in interest of everyone's safety on race day.**

To view Event Venue map

[CLICK HERE →](#)

### ELITE ATHLETE TENTS

On entering the event venue, you must report at respective Elite Athlete tents. Following facilities will be available within the tents for all marathon elite athletes:

### BEFORE YOUR START



Chemical toilets



Bisleri water



Medical aid – courtesy Asian Heart Institute.



**Baggage storage** - only one bag can be stored by an athlete. Do retain the counterfoil of the baggage tag for ease of baggage retrieval post your run. Please do not leave valuables like mobile phone, camera, watch, etc. in the bag stored. **Procam International is not responsible for any loss, theft or misplacement of your bag or contents stored therein.**





**TATA  
MUMBAI  
MARATHON**  
TATA CONSULTANCY SERVICES  
21 January, 2024



**COMPETITION  
CAN'T STOP YOU.  
BUT BHOOKH  
CAN.**



**Bhookh ko hara,  
Sab ko hara.**



**THE OFFICIAL SNACKING PARTNER**

# 5. RACE ROUTE

Here is the official Elite Marathon Route and facilities provided.

[CLICK HERE →](#)

## TIMING YOUR RACE

There are 8 timing corridors on the marathon elite route. Please do ensure you pass through these timing corridors placed at designated timing split points on course, in addition to the timing mats under the start and finish gates.

*Timings and rankings will not be generated for athletes who miss running through all timing points; performance of such athletes will be considered as incomplete and will not be considered for rankings nor prize money winnings.*

## RACE DAY EMERGENCIES

For any assistance or to report a medical or any other emergency on race day, reach out to the event volunteer closest to you or simply call the **Event Helpline Number +91-22-42020200**

Hospitals located near the route.

[CLICK HERE →](#)

We look forward to your cooperation and assistance in making this event a safe and enjoyable one for all.





**TATA  
MUMBAI  
MARATHON**  
TATA CONSULTANCY SERVICES

21 January, 2024

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**5**

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**2x**

Faster  
Hydration

**10x**







Less Sugar  
than other  
energy drinks

## 6. ON CROSSING THE FINISH LINE

The finish line is outside CSMT (under the gate you started your race from). Open your arms as you cross the finish line – race officials, television cameras and photographers will find it difficult to identify you.

Once you cross the finish line, keep moving ahead towards the elite athlete tents. In case of any medical emergency, the same will be attended to. The top 3 men and women finishers (overall and Indian) will be escorted to the prize distribution stage for the presentation ceremony. **Friends, family members and coaches/conditioners/physiotherapists, are not permitted in the finish area.**

### FACILITIES PROVIDED POST THE FINISH LINE

-  Bisleri water station.
-  Fast&Up Energy Drink station
-  Medical base camp, courtesy Asian Heart Institute
-  Finisher Medal.
-  Toilets (men & women)
-  **Baggage retrieval.** Don't forget to collect the bag you deposited by 11:45 a.m. on race day. If you unable to do so on race day, please do connect with our event helpline **(+91-22-42020200)** by 2 p.m. on 22nd January 2024.

### ANTI-DOPING TEST

Anti-doping tests will be conducted for random selected men and women elite athletes. Anti-doping tests will be conducted in accordance with the World Athletics Anti-Doping Rules. Any athlete refusing to undergo these tests, where chosen, for whatever reasons, shall forfeit his/her finish

position and prize money entitlement. An athlete refusing to undergo such test will also be disqualified from participation at the 2024 and 2025 editions of the event.

### TIMING RESULTS

Provisional finish timings and rankings will be available on the event website by 5 p.m. on race day.

### TIMING CERTIFICATES

Timing certificates will be available for download from the event website within one week of receiving final anti-doping results. Rankings will appear on certificates of only those athletes who have crossed the finish line within the race time limit and whose bib tag timings have been reflected across all timing mats on the marathon elite course, including start and finish mats.

**Don't litter, it makes the world bitter.** 

- We need your help to keep the race litter free.
- Used bottles must be thrown in in designated waste bins stationed along the route and at the venue. Do not drop bottles on the road for runners behind to trip over.
- There are designated waste stations at the venue. Do dispose the peels/leftovers in the bin nearest to you. Our green marshals will be able to clear the place easier and faster.
- There are several other green initiatives.

[CLICK HERE TO KNOW MORE →](#)

Race Regulations

[CLICK HERE →](#)

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# Sowing the seeds for a better tomorrow

Nand Ghar, Vedanta's flagship social impact project, is modernising 13.7 lakh Anganwadis across India with an aim to impact the lives of 7 crore children and 2 crore women

-  Pre-school education to children through smart TV for e-learning, BaLA designs and smart kits
-  Nutritious hot cooked meals and multi-millet nutri bars served to children, everyday
-  Primary healthcare access at Nand Ghar doorstep through integrated healthcare model
-  Women empowerment through skilling, credit linkage and enterprise development
-  Solar panels, water purifiers, clean toilets and real-time technology led monitoring through mobile application



## #RUNFORZEROHUNGER

For every kilometer that you run at the TATA Mumbai Marathon, Vedanta will contribute one meal on your behalf to a child through its Nand Ghar initiative.

# 7. IMPORTANT RACE DAY TIMINGS



\* Marathon elites reaching the elite athlete tents after 6:15 a.m., and not wearing the valid bib, will not be allowed to compete in the 2024 edition of the Tata Mumbai Marathon.

\*\* Starting your race after the cut-off time mentioned above will result in the non-generation of your race day timing.

# Running With Mumbai Since 2004



Trident, Nariman Point, Mumbai has been the official Hospitality Partner of the Mumbai Marathon for 19 years in a row. We look forward to the opportunity of hosting the participants at our iconic hotel on the Queen's Necklace at Marine Drive, yet again!



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# Enrol. Fly. Earn.

Club Vistara is the official Loyalty Partner for the Tata Mumbai Marathon 2024. Scan the QR code below to enrol with Club Vistara and unlock an exclusive offer of 2000 CV Points\* on your first Vistara flight. Enjoy rewards beyond the finish line and keep doing more of #WhatYouLove.



Get up to 11 CV Points per INR 100 spent



Accelerated earning with various partners



Enjoy exclusive Vistara privileges



Complimentary inflight Wi-Fi for chat and messaging apps\*



Convert bank/hotel reward points to CV Points



Redeem CV Points for Award flights and upgrades



Complimentary upgrades and rescheduling fee waivers



Get extra check-in baggage allowance



Earn and redeem CV Points with partner airlines

Visit the Club Vistara Zone at the Get Active Expo from 17 January 2024 to 20 January 2024 for a chance to win exciting prizes.



Scan the QR code to enrol now and avail the offer.

\*T&C Apply

# No, no – your eyes are not damaged

It's your brain. It's suffering from loss of focus. Common thing really – it's happening to all of us. Remember when you could sit down and write a 500-word essay in one go?

Try that now. You don't want to? Hmm...

Without realising it, your mind is losing its ability to focus. Because everything around is telling it to jump. From this to not this. Then back to this. Now to that. And the other. Shifting focus all the time and not concentrating on any one thing at all. When was the last time you read 103 words at one go? That's 109 now, and you'll see your focus is returning. Reading does that.

Reading grabs hold of your mind and keeps it engaged on just one thing. With the disturbances shut out, your brain can get back to being sharp. Memory gets sharper too. And imagination more vivid. Your ideation improves. Soon, you're halfway to being Einstein...

Don't stop, now that you've started. Pick up a book and carry right on.





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# UNITED WAY MUMBAI

## SOCIAL IMPACT. DONE RIGHT.

United Way Mumbai is a non-profit organization working in urban and rural communities across India to identify and implement the most impactful solutions to community problems. We work closely with a network of 500+ NGOs and a large number of corporates for their CSR programmes, employee giving campaigns and community impact projects. This includes designing CSR policy and strategies, due diligence of NGO partners, programme implementation, employee volunteering, impact assessments and financial and programmatic reporting. By working collaboratively with our partners, we build coalitions that advance research-based strategies, invite individuals and organizations into meaningful action, and advocate for lasting social change.

United Way Mumbai (UWM) has been the official Philanthropy Partner of the Tata Mumbai Marathon since 2009. As the Philanthropy Partner, UWM enables participating NGOs to leverage the fundraising potential of the TMM and raise funds for their causes. Over the past 14 years, this platform has helped raise INR 357 crore for the development sector.

### TMM 2024 IN NUMBERS

**12,000+**

Runners running through charity

**267**

NGOs

**179**

Corporates

**1500+**

Fundraisers

**140**

Change Runners

**39**

Young Leaders



Fitness program for older Old



Social Awareness



Art Base Intervention



Wellness Naturopathy



Health Camp

# A Golden Partnership For Your Golden Years

**Adhata Trust** is a not-for-profit organization working with older persons, since 2012. We work to decrease isolation, provide supportive care, and facilitate **aging in place**. As an organization working for the well-being of older persons, Adhata Trust believes in and actively promotes **positive Aging**.

At Adhata, we subscribe to the belief that adopting an Intergenerational approach to aging is mutually beneficial to seniors and youth. For us, this means having both, school and college interns involved with, and actively engaging with our members.

**JOIN THE CAUSE**



[www.adhatatrust.org](http://www.adhatatrust.org)



[team@adhatatrust.org](mailto:team@adhatatrust.org)



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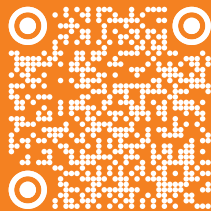
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**since 1972.**  
**Continuing to**  
**work towards**  
**a disability Friendly Nation.**  
**Happy to be the**  
**facilitator for**  
**the Champions with**  
**Disability Race.**



# united

we run, we break barriers,  
we shatter stereotypes,  
we grow, we show the world  
what we're made of, we love,  
we create a world where  
no one is left behind.

#UnitedWeRun  
at the Tata Mumbai Marathon 2024.



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**EVENT CONTACT DETAILS:**

Event Helpline: +91 22 420 20 200 (Mon to Sat, 10 am to 7 pm)

WhatsApp: 8976994484

Event Website: <https://tatamumbaimarathon.procam.in/>

Email: [tatamumbaimarathon@procam.in](mailto:tatamumbaimarathon@procam.in)