



THE BISHOP'S CO-ED SCHOOL, UNDRI REPORT ON LONG DISTANCE RUN 2023-2024

MARATHON: MIND OVER MILES

A remarkable long distance run for students and parents of The Bishop's Co-Ed School, Undri took place, engaging a total of 150 enthusiastic participants. The event was organized to promote physical fitness, healthy competition, and foster a sense of community and responsibility among the students.

The Long Distance Run was flagged off by Police Inspector, Mr. Sanjay Mogle a parent of one of our student in the august presence of our Principal, Mr. J. Luke, Headmaster, Mr. R. Russell and Junior College Co-ordinator, Mrs(Dr). U. Baig. The Long Distance Run was conducted for two categories Under-14 Boys and Girls and Parents (Ladies) 3 Kms and Under-17 Boys and Girls and Parents (Gents) 5 Kms.

The run started promptly, with the participants showcasing their stamina and determination. The route was carefully planned to ensure safety and variety, covered scenic areas within the vicinity of Undri. The weather on that day was favourable, adding an extra layer of enjoyment to the run.

The young runners exhibited impressive endurance and sportsmanship throughout the event, encouraging and motivating one another. The cheers from teachers, parents, and fellow students resonated, creating an uplifting atmosphere.

Not only did this Long Distance Run promote physical well-being, but also instilled values of teamwork and perseverance among the participants. The sense of accomplishment on each child's face at the finish line reflected the success of the event.

The school administration, teachers, and parents played crucial roles in organizing and supporting this event and ensuring its smooth execution. As a result, the long distance run not only contributed to the physical health of the students but also fostered a sense of unity within the school community.

The Prize winners were as follows:

❖ UNDER – 14 (BOYS) – 3km

PLACE	NAME	HOUSE	TIME
1 ST	SHRIRANG TOKE	O'CONNOR	15:35
2 ND	AARUSH KADAM	YOUNG	17:40
3 RD	KANISHK KADU	WINTLE	17:43

❖ **UNDER – 14 (GIRLS) – 3km**

PLACE	NAME	HOUSE	TIME
1 ST	AVNI TAMBE	YOUNG	22:20
2 ND	AARYA SONI	O'CONNOR	22:49
3 RD	ASHRETA LEKHI	WINTLE	23:48

❖ **UNDER – 17 (BOYS) – 5km**

PLACE	NAME	HOUSE	TIME
1 ST	NISHIT PHADKE	WINTLE	22:21
2 ND	RUPESH HEREKAR	WINTLE	22:26
3 RD	YOHAN THOMAS	WINTLE	23:43

❖ **UNDER – 17 (GIRLS) – 5km**

PLACE	NAME	HOUSE	TIME
1 ST	SAYURI THOKAL	RAE	31:46
2 ND	S.HANSIKA SUNDARAM	O'CONNOR	35:14
3 RD	AVNI BHATTAD	YOUNG	38:74

❖ **OPEN Division Parents - Ladies– 3km**

PLACE	NAME
1 ST	ANJU ZUZARTE
2 ND	FAZILAT KHAN
3 RD	SUKRITI DAS

❖ **Open Division Parents - Gents – 5km**

PLACE	NAME
1 ST	VIJAY GUJAR
2 ND	SURENDRA AMBEKAR
3 RD	MALCOM D'SOUZA

Overall, the Long Distance Run held on January 28th, 2024, was a resounding success, leaving a positive impact on the participants and reinforcing the importance of an active and healthy lifestyle within the school environment.

Report By:



Melroy Fernandes



