

RUN SRINI.....RUN

I (Dr. Y. Srinivas Rao) was born on 1st March 1961 to my beloved parents Sri. Y Sambasiva Rao and Smt. Swarajya Laxmi in Nizamabad of Telangana State. I have completed my B V Sc from College Veterinary Sciences Rajendranagar Hyderabad and M.V.Sc (Dairy Production) from College of Veterinary Science, Tirupathi, and was awarded the HEH The Nizam's gold medal for highest OGPA ,joined in Animal Husbandry Department on 13th August 1986 as Vety Asst Surgeon and retired as Deputy Director QAL on 31st January 2019.

I am a veterinarian by profession and a runner by passion. Sports have been my passion since school days and I was lucky to be educated in Central School, Golconda where we had good facilities and coaches.

I was the college and A P Agricultural University champion in 100 mts, 200 mts, long jump and triple jump in Veterinary College, Rajendranagar and Tirupathi. I was the captain of the University Basketball team and represented the university in Hockey, basketball, Cricket and Athletics.

I continued to play all sports and games throughout my service in the department and won many prizes in athletics, shuttle- badminton, tennis, ball-badminton, table- tennis and tennikoit.

I was declared as a borderline diabetic in 2014 by the doctors and was prescribed medicines for diabetes. I didn't want to take medicine and started long distance running as an exercise and for the joy of eating sweets. I started participating and winning races within one year of starting long distance running. Running became a passion for me, and I started travelling to many cities in India to participate in various running races.

I won many 10 Km races and moved to half marathon (22.0975 Kms) and marathon (42.195 Kms). I have won races in Hyderabad, Vijayawada, Vizag, Nagpur, Chennai, Pune, New Delhi, Goa, Shirdi, Rohtak and Mumbai. I travelled to the USA in 2019 and participated in a few races there. I won a couple of 10K races in Irwing, Dallas and Kalamazoo, Michigan. I have participated in nearly 66 races so far and have been a podium finisher in 58 races. Some of the salient races won are as follows:

- Winner of Freedom Hyderabad 10 K race in 2015 and 2016
- Winner of Amaravathi marathon (Vijayawada) in 2015, 2016 and 2018.
- Winner of Rotary Arneja run (Nagpur) in 2017 and 2018
- Winner of Dream Runners Half marathon (Chennai) 2018
- Winner of 10 K Intensity run in Hyderabad 2017
- Winner of Zero Mile marathon (Nagpur) 2016

- Winner of 10 K race in Nagpur marathon in 2018
- Winner of Cult fit 10 K run in 2019
- Winner of 10 K race in Irving, Dallas in 2019
- Winner of 10 K race in Kalamazoo, Michigan
- Runner up in 10K race of Airtel Hyderabad Marathon 2015
- Runner up in Chennai 10 K run 2016
- Runner up in Rotary Arneja Run (Nagpur) in 2016
- Second Runner up in Goa River Marathon 2016
- Runner up in Texathon (Mumbai) 2017
- Runner up in Veterun (Pune) 2016
- Runner up in Nagpur Marathon 2017
- Runner up in Dream Runners Half marathon (Chennai) 2017
- Declared as Best upcoming veteran runner 2016-17 by Hyderabad Runners
- Runner Up in Inorbit Durgam cheruvu run in 2019
- Runner up in Hyderabad Runners Club run half marathon in 2019
- Runner up in Hyderabad ultra marathon 12.5 Km in 2018
- Runner up in HDFC Saveathon 10 K in 2019

The total prize money won is more than three lakh rupees.

MASTERS ATHLETIC ASSOCIATION

I started participating in Masters Athletic meets (above 35 years age) from 2008 and won many medals at district and state level in 100 mts, 200 mts, long jump, triple jump, 1500 mts, 5K and 10K races. Participated in National meets in Lucknow, Pondicherry, Vidisha, Rohtak and Hyderabad and won silver medal in 5K race, bronze medals in 10K, Triple jump and 100 mts races. Participated in international meet held in Bangkok, Thailand.

My motto is "Never give up when you are tired....Give up only when you are DONE ".

CYCLING:

I started cycling as an alternative sport in 2019. Completed 100 kms, 200 Kms and 300 Kms brevet events. Took up Kashmir to Kanyakumari (K2K) expedition and completed the grueling 3880 kms cycling event in 23 days during November 2021.



అవగాహన కల్పింపేందుకే..

రోజూ బాబావు పని కిలోమీటర్ల పైన
పరుగెత్తుతుంటా. గతంలో జరిగిన
పలు మారథాన్స్‌లో పాల్గొని పతకాలు
గెలుచుకున్నాను. నా రన్ పతకాలు
కోసం కాదు.. ప్రజల్లో పరుగుపై అవగా
హన కల్పించాలన్నదే నా ఉద్దేశం. వెటరన్స్
కేటగిరిలో తొలిస్థానంలో నిలిచినందుకు ఆనందంగా ఉంది.



- డాక్టర్ శ్రీనివాసరావు, బంగారు పతక విజేత













