

TEN YEARS, ONE FINISH LINE AT A TIME

The Ananth Sornalingam Story



There's a particular kind of runner who doesn't chase medals or personal bests as the end goal, but treats every run as a small chapter in a much longer story.

Ananth Sornalingam is exactly that kind of runner. Ten-plus years into his journey, his relationship with running has evolved from a fitness habit into something closer to a way of life, one built on discipline, humility, and an unshakeable belief in showing up consistently.

His story is a reminder that the biggest transformations rarely happen overnight. They happen one run, one lesson, one small correction at a time.

**A DECADE ON
THE ROAD, HILLS,
AND EVERYTHING
IN BETWEEN**

Ananth's running résumé reads like a runner's checklist of milestones. Over more than ten years, he has completed distances across the entire spectrum, 10K events, half marathons, full marathons, and the ultimate test of endurance, a 50km ultra marathon.

What sets his experience apart isn't just the distances, but the variety of terrain he has taken on. Road running, hill running, and off-road ground running have all featured in his training, giving him a well-rounded understanding of how different surfaces demand different strategies, muscles, and mindsets.

He hasn't limited himself to running alone either. His fitness routine includes gym training, cycling, swimming, walking, and hill walking, a cross-training philosophy that has clearly shaped his resilience and injury-free longevity in the sport.

"Running is not just about finishing a race. It is about building a healthy body, a strong mind, disciplined habits, and a positive personality."

— ANANTH SORNALINGAM



**MORE THAN MILES:
WHAT RUNNING
REALLY GAVE HIM**

Running became a tool for mental strength and stress management, a space where the noise of daily life quieted down and clarity took over.

Over time, it shaped his discipline and consistency, taught him to trust the process, and built a quiet confidence that has carried into other areas of his life.

Perhaps most notably, it developed his leadership qualities, the kind that come not from titles, but from showing up reliably, leading by example, and supporting others along the way.

Running, for Ananth, was never just exercise. It was character-building in motion.

THE STRUGGLES NOBODY WARNS YOU ABOUT

Every runner has an origin story, and few of them are smooth. Ananth's early days were shaped by the same mistakes that catch most beginners off guard. He started out with the wrong running shoes, not realizing how much footwear affects form, comfort, and injury risk.

He had little to no knowledge of proper warm-up and cool-down routines, a gap that led directly to muscle and joint pain in his early training.

Choosing the right gear and the right training methodology took time, trial, and more than a few uncomfortable lessons.

These weren't setbacks that discouraged him. They were the raw material for everything he knows today.

LESSONS EARNED THE HARD WAY

A decade of running, injuries, recoveries, and race days has left Ananth with a set of principles he now considers non-negotiable. They read less like tips and more like a runner's code of conduct:

- Warm up before every run, and cool down after. Skipping this step, he learned early, is one of the fastest paths to injury.
- Build distance gradually. The body adapts through progression, not sudden jumps. Rushing mileage is rushing toward setbacks.
- Recovery is training too. Rest isn't the absence of effort, it's the process that allows the body to come back stronger.
- Wear the right shoes, and replace them on time. Worn-out footwear is a silent contributor to nearly every overuse injury.

- Cross-train deliberately. Strength work, cycling, and swimming don't just add variety, they actively reduce injury risk and build a more complete athlete.
- Consistency beats intensity. Small, steady improvements, repeated daily, compound into results that no single hard effort can match.

Together, these lessons form less of a checklist and more of a philosophy, one earned through years of trial, error, and adaptation.

THE MWC RUNNERS EFFECT

If you ask Ananth about the biggest influence on his running journey in recent years, he doesn't point to a race or a training plan. He points to a community.

MWC Runners Club, he says, has been transformative, not only for his own fitness, but for many others who found their way into the group.

RUNNING AS A WAY OF BUILDING CHARACTER

For Ananth, the finish line was never really the point.

"Running is not just about finishing a race," he reflects. "It is about building a healthy body, a strong mind, disciplined habits, and a positive personality. Every run is an opportunity to learn, improve, and become a better version of yourself."

It's a philosophy that reframes running entirely, not as a series of events to complete, but as an ongoing practice of self-improvement. Every session becomes a small opportunity to grow, whether or not it shows up on a race certificate.



He has watched members move from sedentary, inactive lifestyles into genuinely active, health-conscious ones, a shift he considers one of the club's quiet but powerful achievements.



"MWC Runners Club was one of the groups where it changed not only me, but many people's health and fitness. It has moved many from a sedentary lifestyle to an active lifestyle. I am proud to be part of this group, and I will extend my support to the fullest to this team."

— **ANANTH
SORNALINGAM**

It's a sentiment that captures what the club has always aimed to be: not just a group of individuals training separately, but a community pulling each other toward better health, together.

CLOSING THOUGHT

Ananth Sornalingam's journey is a reminder that running rewards patience far more than urgency. A decade in, his story isn't about one dramatic breakthrough, it's about hundreds of small, disciplined choices, stacked over years, that quietly built a stronger body, a sharper mind, and a runner who now gives back to the very community that helped shape him.

Thanks to all members supporting.

MWC RUNNERS CLUB
Run Smarter, Run Together