



ATHLETICS FEDERATION OF INDIA

NEWSLETTER/INAUGURAL EDITION/JULY 2019



President's Message

It gives me immense pleasure that the inaugural AFI Newsletter is with you. We have put this together to be able to share the latest developments in our sport. It is an apt time for us to bring this Newsletter to you as Indian track and field sport is excitingly poised to break through and make a mark on the larger stage sooner than later.

With a bunch of talented athletes training with efficient coaches and support staff at various locations, thanks to the assistance provided by the Ministry of Youth Affairs and Sports and its field arm, the Sports Authority of India, we are sure that our decision to look beyond Asia will pay dividends. We have a clear roadmap and it is a matter of time before we achieve our goal of producing an athlete of world standards.

There is no doubt that we would not have got to this stage without the contribution of many people – athletes, parents, coaches, support staff and several others. We are grateful for the growing fan base that Indian athletics has been privileged to have. We are confident that the number of our benefactors and well-wishers will only keep rising.

We are sure you will find this Newsletter an interesting way to keep abreast of the developments in the world of track and field sport. We welcome your feedback and suggestions. Please feel free to write back to us on how we can improve this product and make it more relevant. We will be only too happy to incorporate your suggestions.

Adille J. Sumariwalla

Shivpal, Annu help India retain Diamond League link

Javelin throwers Shivpal Singh and Annu Rani, silver medallists in the Asian Athletics Championships in Doha in April this year, became the latest Indians to compete in the IAAF Diamond League in Oslo and Lausanne respectively. Their foray has kept the Indian link with the prestigious competition going this year in Neeraj Chopra's absence.

The 23-year-old Shivpal Singh finished eighth with a best throw of 80.87m in Oslo on June 14 while Annu Rani, 26, took the seventh spot with a best throw of 59.35m in Lausanne on July 6. The two throwers enjoyed the experience of competing with some of the best names in the business and will have added layers to their approach to big-ticket events.

EUROPEAN COMPETITION RESULTS- JUNE 2019

Sr. No.	Athlete	Event	Competition	Rank	Results
1	Shivpal Singh	Javelin Throw	IAAF Diamond League, NOR	8	80.87 mt.
2	Annu Rani	Javelin Throw	4th Jena Javelin Throwing Festival, GER	3	60.46 mt.
3	Jinson Johnson	1500 M M	Nijmegen Global Athletics, NED	6	3:37.62 PB
4	Shreeshankar M	Long Jump	Pierre-Benite Envol meet, FRA	2	7.93 mt.
5	Hima Das	200 M W	Poznań Athletics Grand Prix 2019, POL	1	23.65
6	Vismaya VK	200 M W	Poznań Athletics Grand Prix 2019, POL	3	23.75 PB
7	Saritaben P	400 M W	15th Kunto Meeting, POL	1	52.77 PB
8	Vithya R	400 M W	15th Kunto Meeting, POL	3	53.73 PB
9	Triender Toor	Shot Put M	Poznań Athletics Grand Prix 2019, POL	3	19.62

**XXIX International Meeting
G.Kossanov Memorial 6-7 July 2019 Almaty, Kazakhstan**

S.N.	Athlete	Event	Rank	Results
1	Mohammed Afsal	800 M M	1	1:49.0s
2	Gagandeep Singh	Discus Throw M	1	52.39M
3	Navjeet Kaur	Discus Throw W	1	54.8 M
4	Mithra Varun	Discus Throw M	2	49.54
5	Jyothi	Hammer Throw W	2	58.69 M
6	Anita	Hammer Throw W	3	55.38 M
7	Mohd. Salahuddin	Triple Jump	1	16.64 M PB
8	Mohd. Zuber	Triple Jump	2	16.21 M
9	Sahil Silwal	Javelin Throw	1	77.4
10	Rohit Yadav	Javelin Throw	2	75.36 PB
11	Harsh Kumar	400 M M	1	46.46
12	Ajay Kumar Saroj	1500 M M	1	03:46.0
13	Shreeshankar M	Long Jump M	1	7.88 M
14	Archana	100 M W	1	11.64s
15	Lili Das	1500 M W	1	04:23.4
16	Navjeet Kaur	Sho Put W	1	15.11 M
17	Archana, Revathi, Rashmi, Hina	4x100m Relay W	1	45.61s
18	Gajanand Mistri	400 M M	2	47.13s
19	Mithra Varun	Discus Throw M	2	49.54m
20	Jisna Mathew	400 M W	2	52.96s
21	Jothi	Hammer Throw W	2	58.69 M
22	Anita	Hammer Throw W	3	55.38

UPCOMING EVENTS

S.N.	Events	Dates	Venue
1	Kladno Meeting	13 July, 2019	Kladno, Czech R.
2	Tabor Meeting	17 July, 2019	Tabor, Czech R.
3	AFI AGM	19-21 July, 2019	Agra, India
4	Nove Mesto Meeting	20 July, 2019	Nove Mesto, Czech R.

Triple jumper Md Salahuddin joins 16.50m Club

Triple jumper Mohammed Salahuddin's 16.64m effort on July 7 to win gold in the Qasanov Memorial Athletics Meet in Almaty, Kazakhstan, became only the fourth Indian in the last 10 years to go past the 16.50m barrier. The 25-year-old led a string of good performances by the Indian team in the four-nation meet. India finished with 19 medals, including 12 gold.

National record holder Renjith Maheswary (17.30m), Arpinder Singh (17.17m) and Praveen Chitravel (16.51m) preceded Salahuddin, son of former triple jumper Mohammed Nizamuddin and long jumper Mujitha Begum, in the 16.50m Club. Hammer thrower Jyoti Jakhar Rana was among those who were close to their best, sending the ball and chain over 58.69m.

Army & AFI make IAAF 24;1 Global Running Day in Delhi a success

A slightly earlier start due to the 'red code' weather warning in Delhi didn't deter the 3000 regular and first time runners gathering at the Cariappa Parade Ground to first warm up with yoga and Zumba before heading off for their #FirstMile.

General Bipin Rawat, Chief of Army Staff completed the run and received his participation Certificate from AFI President, Adille J Sumariwalla. Commenting at the end of the event, AFI President Adille J Sumariwalla said: "The participants did an excellent job in spite of the heat and red code warning. We did start a little early to help the runners and the Army gave us full support – both as participants and organisers. I would like to thank the thousands that turned up and ran today, many ran their very first mile today. They were incredible.," he said.





Coaching staff happy with progress of quartermilers

The Athletics Federation of India's desire to let track and field sport touch the hearts of millions of Indian sports fans by causing ripples on a stage above the Asian continent received a shot in the arm when the Ministry of Youth Affairs and Sports approved the Annual Calendar of Training and Competition.

After the fine showing in the Asian Games in Jakarta last year and the Asian Athletics Championships 2019 in Doha in April, India has trained its sights on doing something special at the IAAF World Championships 2019 in Doha and the Olympic Games in Tokyo next year. Its preparations have begun in right earnest with a number of camps and competitions identified.

The coaching staff is happy with the progress made by the bunch of sprinters which is training in Spala, Poland, and has competed in athletics meeting nearby. The squad is in early stages of preparation for the IAAF World Championships 2019 to be held in Doha, Qatar from September 28 and has been focusing on making technical improvements, including judging race pace. The focus has been on technical analysis and enabling the athletes to understand and manage the race pace. The athletes have spent time with coach Galina Bukharina, breaking down their performances from start to finish over the 400m. The sprinters who seem to not be very exhausted at the finish of the quarter-mile could well be encouraged to go all-out in big-ticket events.

The coaching staff indicated that the athletes' progress has thus far been analysed against the backdrop of the Indian 4x400m quartets in the World Relays in Yokohama, Japan, in May. After a series of competition in July, the coaching staff will step up the training programme ahead of the World Championships. The team's coaching unit insisted that India's leading runners – notably Muhammad Anas Yahya and Hima Das – were up against some very good runners in the Poznan Athletics Grand Prix on July 2. Competing in the 200m races, Anas clocked a season best time of 20.75 seconds, finishing third behind two South African runners while Hima Das won the title in 23.65 seconds.

The coaching staff said it was unfortunate that the experienced MR Poovamma could not compete in the women's 400m against a bunch of runners from Cuba, Barbados and Great Britain as she was nursing a niggle. However, running in all-India four-woman heats, R Vithya and V Subha clocked personal best times of 54.33 and 54.35.

Tlading Wahlang leads India's strongest finish in Trail World Meet

The Indian team, comprising Tlading Wahlang, Kieren D'Souza, Radhey Kumar Thakur, Ullas Narayana and Rajasekar Rajendran, finished 30th among 42 national squads in the the 2019 Trail World Championships in Miranda do Corvo, Portugal on June 9.

With a time of 4 hours 30 min 12.90 seconds, Meghalaya's Tlading Wahlang took the 114th spot among 204 men vying for honours in the men's race. Kieren DSouza (133rd in 4:37:40.42), Radhey Kumar Thakur (148th, 4:51:10.46), Ullas Narayana (167th, 5:06:59.29) and Rajasekar Rajendran (194th, 5:39:57.57) were among the finishers in the gruelling race.

Tlading Wahlang, a farmer from Shngimawlein a distant village in South West Khasi Hills district of Meghalaya, braved all the odds and put his heart and soul to compete with the best. His story of hardship and strife is an inspiration. Kieren D'Souza said his goal was to push himself hard till the 34km mark and then roll in over the last 10km but paid for a few mistakes around 22km. The race was run on a 44.2km course across a technical terrain with 2200m of steep climbing and descents. The weather also offered challenge, with a cool but a very humid morning yielding to a warm and still-humid summer day. The Indian team was offered wonderful support by crew members Sandeep Kumar and Dr. Carolyne Lyngdoh.

Signposts

Approved:

The Ministry of Youth Affairs and Sports approved the Athletics Federation of India's Annual Calendar for Training and Competition on June 10. AFI was the first National Sports Federation to complete the ACTC requirements of the Ministry. The Calendar was prepared and presented to the Ministry by AFI Planning Committee Chairman Dr. Lalit K Bhanot, AFI President Adille Sumariwalla and National Coaches.

Taken Charge:



Volker Hermann has taken charge as AFI High Performance Director on July 1. The 35-year-old German, a certified IAAF Lecturer, will be responsible for planning and strategising technical aspects as well as analysing the performances of the Indian athletes. Hermann has served as Scientific Consultant to the German Athletics Association from 2012 to 17 and was Technical Director of Singapore Athletics Association.

Returned:

Andrei Filioneu returned to India as Recovery Expert. The 52-year-old Belarussian doctor joined the Indian team training in Spala, Poland, on July 1. He had been with the AFI as Recovery Expert from 2014 to 2016.



IAAC CECS Courses India: A Big Hit

The Athletics Federation of India's bid to improve the standard of track and field coaching by encouraging coaches to take IAAF CECS Level-1 Course has met with a rousing response.

A number of former internationals – 2002 Asian Games silver medallist Soma Biswas, 2012 Olympian Sahana Kumari and 2010 Asian Games gold medallist Ashwini Akkunji, to name just a few – have qualified to undergo the IAAF CECS Level-2 Course.

AFI will organise six IAAF CECS Level-1 Courses in the Winter Session this year. They will be held at SAI NS NIS Patiala and SAI LNCPE Thiruvananthapuram from October 15 to 26, in LNIPE Gwalior, SAI NS NIS Patiala, and SAI LNCPE Thiruvananthapuram from November 1 to 12 and LNIPE Guwahati from December 10 to 21.

AFI will also organise five IAAF CECS Level-2 Courses at NS-NIS Patiala for Sprints & Hurdles, Throws and Combined Events from November 15 to 22, for Middle-Long Distance-Race Walking and Jumps from November 30 to Dec 7.

The last date for submission of entries online for both courses is July 31, 2019. Further details may be had from the AFI website www.indianathletics.in and from Divesh Bhal (diveshbhal@gmail.com)

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