

ATHLETICS FEDERATION OF INDIA

SEPTEMBER 2021

NEWSLETTER



HARMILAN, PRAVEEN PICK UP BEST ATHLETE AWARDS IN NATIONAL OPEN CHAMPIONSHIPS



Harmilan

Harmilan Kaur Bains (Punjab) and Praveen Chithravel (Tamil Nadu) were declared the best female and male athletes in the 60th National Open Athletics Championships held at the Jawaharlal Nehru Stadium in Warangal from September 15 to 19. They won the women's 1500m with a National Record and men's Triple Jump with a personal best respectively.

Harmilan Bains, a 23-year-old start-to-finish specialist, cruised home in 4:05.39 to erase the mark set by Sunita Rani at 4:06.03 in the Asian Games in Busan in 2002. She also shattered OP Jaisha's Meet Record of 4:11.83 set in Delhi in 2006. Delhi's KM Chanda shadowed Harmilan Bains until the Punjab runner sped away at the bell to win by a sizable margin.

Harmilan Bains, undefeated in eight national-level 1500m races since January 2020, has shown rapid progress, improving from 4:14.68 in the Khelo India University Games in Bhubaneswar last year to 4:08.70 and 4:08.27 in the Federation Cup (March 16) and Indian Grand Prix 4 (June 21) respectively in Patiala. In Warangal, she capped it with a National mark. And she won the 800m event as well for a middle-distance double.

The 20-year-old Praveen Chithravel, whose previous best of 16.51m came on March 16, 2019 and the best this year was 16.39m achieved in Patiala on March 19, nailed the Triple Jump gold medal with his opening try over 16.88m. He is now third on India's top list in hop, step and jump behind Renjit Maheswary (17.30m) and Arpinder Singh (17.17m).

Ram Baboo (Uttar Pradesh) was the only male athlete to break a National Record, winning the men's 35km Race Walk in 2 hours 46 minutes and 31 seconds.

Viewed purely from the number of gold medals won by an athlete, Tamil Nadu sprinter Vithya Ramraj topped the charts by claiming a triple, winning the 400m Hurdles in 58.47 seconds, the best by an Indian woman since March 16, 2019, when Saritben Gayakwad, Arpitha Manjunatha and Jauna Murmu broke the 58-second barrier. She won the 400m gold in 53.79 seconds and played a big role in Tamil Nadu's Mixed 4x400m Relay victory.

Parul Chaudhary (Railways) completed a golden double by beating back a game challenge by Maharashtra's Komal Chandrakant Jagdale in the women's 3000m Steeplechase final when she lowered her personal best by 10 seconds and dipped home inside 10 minutes for the first time. She had earlier won the 5000m.

Railways' B Aishwarya claimed the women's Long Jump crown with an opening leap of 6.52m that propelled her among the top jumpers in the country. For someone whose previous best effort was over 6.25m on January 3, 2020 and the best this season was 6.16m in the Railways trials, the 24-year old will have pleasantly surprised fans of athletics.

She completed a horizontal jumps double by winning the Triple Jump less than 24 hours later. To her credit, she won both events with the best efforts of the year by an Indian woman jumper. Aishwarya, who won the Long Jump with a leap of 6.52m, edged out Renu Grewal (Haryana) by 4cm to double her joy.

Naresh Kumar's 10.30 seconds win came with the second fastest time by an Indian in 100m this year behind Gurindervir Singh's 10.27 seconds in Patiala on June 26. It also gave the 23-year-old from Guntur a place among the five fastest sprinters in Indian history. Quite inevitably, it gave him the Meet Record, improving on Anil Kumar's 10.37 seconds set in 2001.

Delhi teenager Taranjeet Kaur, who was knocked down by a car and broke a collar bone just over two years ago, claimed the title of the fastest woman of the meet with a personal best time of 11.50 seconds to leave the seasoned Archana Suseendran (Tamil Nadu) in her wake. Taranjeet Kaur knocked two-tenths of a second from her previous best of 11.70 clocked in winning the Federation Cup Junior (U20) title in Bhopal on January 25 this year.



Praveen

Manju Bala Singh (Rajasthan), a 2014 Asian Games medalist, had five throws over the 60m mark with a career best of 64.42m on her third attempt to claim the women's Hammer Throw meet record from Hardeep Kaur who set it at 61.67m in 2002. The 32-year-old produced the second best throw by an Indian woman behind Sarita Romit Singh's National record of 65.25m.

Yaman Deep Sharma (Rajasthan) emerged the best all-rounder with a 55-point victory over Usaid Khan (Services), riding on his 182-point lead earned on the first day through the Long Jump, High Jump and 400m sprint. Hard as Usaid Khan tried through 110m Hurdles and Javelin Throw on Thursday, there was no s topping Yaman Deep Sharma.

In the Heptathlon contest, Akshatha made light of the 118-point first-day gap with Sowmiya Murugan (Railways) with a good show at the long jump pit where she logged 5.88m. Sowmiya Murugan regained the lead with a 37.32m effort in Javelin Throw but the Karnataka athlete's won the 800m by a 6.63 seconds margin to win the all-rounder's crown with a 46-point margin.

THE RESULTS (WINNERS ONLY)

MEN

100m: **K Naresh Kumar (Andhra Pradesh)** 10.30 seconds (New Meet Record. Old: 10.37, **Anil Kumar, Chennai**, 2001).
200m: **Amlan Borgohain (Assam)** 20.75 seconds (New Meet Record. Old: 20.92, **S Arunjith, Jamshedpur**, 2007).
400m: **Muhammed Ajmal V (Services)** 46.84 seconds.
800m: **Mohammed Afsal (Services)** 1:48.39.
1500m: **Parvej Khan (Haryana)** 3:42.64.
5000m: **Abhishek Pal (Railways)** 14:16.35.
10,000m: **1. Kartik Kumar (Services)** 29:42.63.
3000m Steeplechase: **Shankar Lal Swami (Services)** 8:46.05.
110m Hurdles: **Tejas Ashok Shirse (Maharashtra)** 14.09 seconds.
400m Hurdles: **T Santhosh Kumar (Tamil Nadu)** 50.79 seconds.
4x100m relay: **Railways (R Swaminathan, VK Elakkiadasan, Sudhakar Chintha, B Siva Kumar)** 40.04 seconds.
4x400m Relay: **Haryana (Pankaj, Sachin, Ayush Dabas, Vikrant Panchal)** 3:087.86.
Pole Vault: **S Siva (Services)** 5.12m (New Meet Record. Old: 5.10m, **S Siva, Ranchi**, 2019).
High Jump: **Jesse Sandesh (Railways)** 2.17m.
Triple Jump: **Praveen Chithravel (Tamil Nadu)** 16.88m.
Long Jump: **R Swaminathan (Railways)** 7.73m.
Shot Put: **Karanveer Singh (Railways)** 18.46m.
Discus Throw: **Kirpal Singh (ONGC Sports Board)** 59.58m.
Hammer Throw: **Damneet Singh (Punjab)** 65.65m.
Javelin Throw: **Sahil Silwal (Haryana)** 77.79m.
20km Race Walk: **Chandan Singh (Uttarakhand)** 1:29:21.00.
35m Race Walk: **Ram Baboo (Uttar Pradesh)** 2:46:31.00 (New National Record. Old: 2:49:12.00, **Manish Singh Rawat, Ranchi**, 2021).
50km Race Walk: **Resham Midhun (Services)** 4:29:47.00.
Decathlon: **Yaman Deep Sharma (Rajasthan)** 6757 points
(100m: 11.46; LJ: 6.88m; SP: 9.70m; HJ: 1.98m; 400m: 50.26; 110mH: 16.09; DT: 34.63; PV: 4.20m; JT: 48.34m; 1500m: 4:46.61).

WOMEN

100m: **Taranjeet Kaur (Delhi)** 11.50 seconds.
200m: **Archana Suseendran (Tamil Nadu)** 23.58 seconds.
400m: **R Vithya Ramraj (Tamil Nadu)** 53.79 seconds.
800m: **Harmilan Kaur Bains (Punjab)** 2:03.82.
1500m: **Harmilan Kaur Bains (Punjab)** 4:05.39 (New National and Meet Records. Old NR: 4:06.03, **Sunita Rani, Busan**, 2002; Old MR: 4:11.83, **OP Jaisha, New Delhi**, 2006).
5000m: **Parul Chaudhary (Railways)** 15:59.69.
10,000m: **Sanjivani Baburao Jadhav (Maharashtra)** 34:20.03.
3000m Steeplechase: **Parul Chaudhary (Railways)** 9:51.01.
100m Hurdles: **C Kanimozhi (Railways)** 13.54 seconds.
400m Hurdles: **R Vithya Ramraj (Tamil Nadu)** 58.47 seconds.
4x100m relay: **Railways (AT Daneshwari, C Kanimozhi, NS Simi, Himashree Roy)** 45.84 seconds.
4x400m Relay: **Haryana (Nancy, Nisha, Nanhi, Kavita)** 3:42.82.
Pole Vault: **Pavithra Venkatesh (Tamil Nadu)** 3.90m.
High Jump: **Swapna Barman (Railways)** 1.78m.
Triple Jump: **B Aishwarya (Railways)** 13.55m.
Long Jump: **B Aishwarya (Railways)** 6.62m.
Shot Put: **Kiran Baliyan (Uttar Pradesh)** 16.99m.
Discus Throw: **Navjeet Kaur Dhillon (Punjab)** 54.49m.
Hammer Throw: **Manju Bala Singh (Rajasthan)** 64.42m (New Meet Record. Old: 61.67, **Hardeep Kaur, Delhi**, 2002).
Javelin Throw: **Sharmila Kumari (Railways)** 51.80m.
20km Race Walk: **Sonal Sukhwal (Rajasthan)** 1:42:15.00.
35km Race Walk: **Ramandeep Kaur (Punjab)** 3:15:17.00.
Heptathlon: **1. Akshatha (Karnataka)** 4939 points (100mH: 14.74; HJ: 1.52; SP: 9.25; 200m: 25.47; LJ: 5.88; JT: 32.89; 800m: 2:25.46).
Mixed 4x400m Relay: **Tamil Nadu (T Santhosh Kumar, I Dhivya, R Vithya Ramaraj, P Abhimanyu)** 3:26.22 (New Meet Record. Old: 3:27.93, **Delhi team, Ranch**



AFI DECIDES TO REDESIGN JUNIOR PROGRAMME, PROVIDE MORE COMPETITIONS

In a major decision, Athletics Federation of India decided that it would redesign and strengthen its junior programme to be able to build on the gains of Neeraj Chopra's Olympic Games gold medal and the three-medal haul in the World Athletics U20 Championships.

At its two-day Executive Council meeting in Jaipur on 12-13 September 2021, AFI resolved to support juniors in events like 400m, Javelin Throw, Long Jump, Triple Jump and Race Walking. "We want our Juniors Athletes to have strong foundation and provide them more competitions," AFI President Adille J. Sumariwalla told reporters. "It will be a boost for the Junior Programme that AFI launched three decades ago. In order to give our athletes more competition in the preparatory stage, we will conduct Zonal level meets."

Stating that the thrust will be in these events, the AFI President said that the Council had also decided to widen the talent identification process. "Apart from our flagship National Inter-District Junior Athletics Meet, which is the world's largest talent search programme, we will go the extra mile and identify talent out of competitions," he said.

He revealed that the Executive Council had reviewed the performance of the athletes and coaches in the Olympic Games and made some decisions, including rope in two new coaches for Javelin Throw and coaches for Shot Put and Long Jump.

AFI Planning Committee Chairman Dr. Lalit K. Bhanot said the Federation had carried out in depth analysis of the performance of athletes and coaches in the Olympic Games. "Neeraj Chopra was consistent and deservedly

won the gold medal. Discus thrower Kamalpreet did well despite not having adequate international exposure. She is capable of doing much better," he said.

"The men's relay team did well to set a new Asian Record, though it had the capability of clocking 2:57. The squad needed higher level competition in the run up to the Olympic Games but the second wave of Covid-19 affected our plans. Steeplechaser Avinash Sable created a National Record despite having to recover from Covid-19. Lack of international competitions affected our performance," he said.

"Our coaches will work with the foreign coaches who have the latest knowledge," he said, pointing out that the Federation is working towards raising the level of Indian coaches.

THE INAUGURAL U23 NATIONAL ATHLETICS CHAMPIONSHIPS A ROARING SUCCESS

The inaugural National U23 Athletics Championships at the Jawaharlal Nehru Stadium in New Delhi was a roaring success not just because the Athletics Federation of India's determination to go ahead with the event – with ample assistance from the Delhi State Athletics Association – but also because of many a personal best being achieved in the competition.



Jyothika Sri

Conceived to provide an additional step in their transition from the U20 ranks, the National U23 Championships has served its purpose by letting many athletes enjoy the taste of victory in senior ranks without having to face the more experienced competitors. It gave them an additional opportunity to refine their performances and catch the eye of the thinktank.

Sprinter Taranjeet Kaur (Delhi) and distance runner Komal Chandrakant Jagdale (Maharashtra) made each of their two starts a winning one. Taranjeet Kaur won the fastest woman of the meet title in a time of 11.54 seconds in the 100m and won the 200m in a personal best time of 23.57 seconds to confirm her growing stature in the Indian sprint firmament.



Sherin

Komal Jagdale won the 5000m on the opening day in 16:03.53 and returned on the final day to claim the 3000m Steeplechase crown in 9:51.76 thus bringing the curtains down on the meet with another facile victory. She strove to go faster than her personal best but on a humid evening, she finished a shade slower than that.

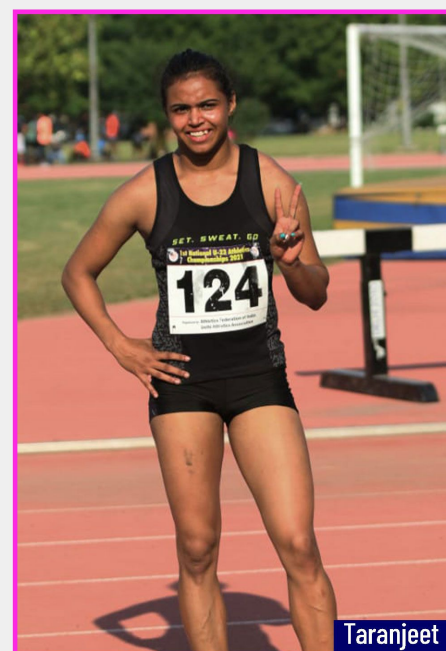
Ayush Dabas (Haryana) and Dandi Jyothika Sri (Andhra Pradesh) produced personal best times in the men and women's 400m races respectively to leave their imprint on the meet. Ayush Dabas beat team-mate Vikrant Panchal by half a second to win in 46.58 seconds – among India's top five quarter-miler times this year.



Ayush

Jyothika Sri won in 53.05 seconds, improving on her previous best of 54.70. It was also the fastest time by an Indian woman on Indian soil this year, going past MR Poovamma's 53.45 and was only the second fastest after the 52.77 that Priya H Mohan clocked in the World U20 Championships.

Similarly, the men and women's 1500m saw Ajeet Kumar (Gujarat) and Madhya Pradesh's KM Deeksha churn up personal bests. Ajeet Kumar, returning to national level competition after seven months, sprinted away in the final lap to win in 3:47.31 while Deeksha chopped more than 7 seconds off her personal best to outrun Delhi's Chanda on the final lap.



Taranjeet

There were also personal bests of 16.20m for Gailey Venister Devasahayam (Tamil Nadu) in the men's Triple Jump and 6.45m for his State-mate Sherin Abdul Gaffoor in women's Long Jump. Jeswin Aldrin won a third gold for Tamil Nadu in the horizontal jumps by emerging on top of the men's Long Jump while Sandra Babu (Kerala) won the women's Triple Jump.

THE RESULTS (WINNERS ONLY)

MEN

100m: **VA Shashikanth (Karnataka)** 10.57 seconds; 200m: **Ragul Kumar Ganesh Kumar (Tamil Nadu)** 21.25 seconds;
400m: **Ayush Dabas (Haryana)** 46.58 seconds; 800m: **Somnath Chauhan (Haryana)** 1:53.75; 1500m: **Ajeet Kumar (Gujarat)** 3:47.31;
5000m: **Adesh Yadav (Maharashtra)** 14:12.36; 10000m: **Kartik Kumar (Uttar Prdaesh)** 30:41.66.

3000m Steeplechase: **Atul Poonia (Rajasthan)** 8:49.13; 110m Hurdles: **Tejas Shirse (Maharashtra)** 14.12 seconds;
400m Hurdles: **Dhaval Utekar (Gujarat)** 51.05 seconds.

Pole Vault: **Prashant Kanhaiya (Haryana)** 5.10m; High Jump: **Kausthubha Jaiswal (Madhya Pradesh)** 2.11m;
Triple Jump: **Gailey Venister Devasahayam (Tamil Nadu)** 16.20m; Long Jump: **Jeswin Aldrin (Tamil Nadu)** 7.81m.

Shot Put: **Ashish Kumar (Haryana)** 17.20m. Discus Throw: **Basukesh Poonia (Rajasthan)** 53.27m.
Hammer Throw: **Damneet Singh (Punjab)** 64.20m. Javelin Throw: **Rohit Yadav (Uttar Pradesh)** 72.42m.

20000m Race Walk: **Suraj Panwar (Uttarakhand)** 1:28:53.11.

Decathlon: **Yaman Deep Singh (Rajasthan)** 6975 points
(100m: 11.21; LK: 7.10; SP: 10.20; HJ 2.04; 400m: 50.03; 110mH: 16.20; DT: 34.26; PV: 4.20; JT 48.48; 1500m: 4:40.93).

WOMEN

100m: **Taranjeet Kaur (Delhi)** 11.54 seconds. 200m: **Taranjeet Kaur (Delhi)** 23.57 seconds.
400m: **Dandi Jyothika Sri (Andhra Pradesh)** 53.05 seconds. 800m: **KM Chanda (Delhi)** 2:03.40. 1500m: **KM Deeksha (Madhya Pradesh)** 4:14.02.
5000m: **Komal Chandrakant Jagdale (Maharashtra)** 16:03.53. 10000m: **Sonika (Haryana)** 35:42.36.

3000m Steeplechase: **Komal Chandrakant Jagdale (Maharashtra)** 9:51.76. 100m Hurdles: **Aparna Roy (Kerala)** 13.80 seconds.
400m Hurdles: **Nanhi (Haryana)** 59.58 seconds.

Pole Vault: **Pooja (Haryana)** 3.60m. High Jump: **Athira Somaraj (Kerala)** 1.71m. Long Jump: **Sherin Abdul Gaffoor (Tamil Nadu)** 6.45m.
Triple Jump: **Sandra Babu (Kerala)** 13.11m.

Shot put: **Kiran Baliyan (Uttar Pradesh)** 16.11m. Hammer Throw: **Shital (Haryana)** 54.21m. Discus Throw: **Sunita (Haryana)** 46.75m.

20000m Race Walk: **Reshma Patel (Uttarakhand)** 1:45:01.55.

Heptathlon: **Sonu Kumari (Haryana)** 4889 points
(100mH: 15.60; HJ: 1.62; SP: 10.84; 200m: 26.75; LJ: 5.54; JT: 38.67; 800m: 2:29.94).

World Tour competition structure announced for Cross Country, Combined Events and Race Walking

The one-day series of the world's best cross country, combined events and race walking meetings will all move to a three-tier World Tour format from next month.

Adding the final pieces to the jigsaw of the restructuring of international athletics competitions, the World Athletics Cross Country Tour, Combined Events Tour and Race Walking Tour will replace the existing challenge and permit series with a more global spread of fixtures.

A combined amount of more than \$400,000 in prize money will be on offer for the best tour performers, including a new pool of \$75,000 for the best male and female cross country runners.

The development of these tours is part of a concerted effort by World Athletics to create a logical long-term global calendar of international events. It will also ensure more top-level competition opportunities and exposure for athletes in all areas of the sport.

The Cross Country Tour, for example, which gets underway later this month, is expected to have stops North America, Asia, Africa, Oceania and Europe



and will incorporate many of the world's biggest and most prestigious cross-country meetings that have been part of the Cross Country Permit series in recent years. Athletes who compete in Cross Country Tour meetings will also earn world cross country ranking points.

"One of our primary goals at World Athletics is to improve the competitive and earning opportunities for elite athletes around the world and these new tour formats are designed to do just that," World Athletics President Sebastian Coe said. "They will also create new avenues for fans to watch our leading athletes, either in person or via

broadcast or livestream. My thanks goes to World Athletics CEO Jon Ridgeon and Competition Director, Jakob Larsen, for the work they have been doing on the global competition calendar and the one-day meetings and the team they have now put in place to drive this critical area forward."

All gold-level Cross Country Tour meetings will be shown on the World Athletics YouTube Channel, and World Athletics is working to ensure a similar level of coverage for next year's Combined Events and Race Walking Tours.

(Source: www.worldathletics.org)

RELIANCE FOUNDATION PHYSIOTHERAPY SUPPORT ENSURES ATHLETES PUT BEST FOOT FORWARD

Over the last two years, six physios from Reliance Foundation, ably supported by a specialist team of Sports Science and Medicine experts based at the Sir H.N. Reliance Foundation Hospital in Mumbai have been providing invaluable support to national athletes in partnership with AFI. Inputs are provided on aspects such as nutrition, psychology, data science, screening, injury prevention, treatment and rehabilitation. The physiotherapy team has completed over 8000 individual treatment sessions and have diagnosed, treated and rehabilitated nearly 1200 injuries with 7 treatment sessions on average being accorded to each injury. Time lost due to injury is one of our important measures of efficacy and we aim to get athletes back to full fitness as quickly as possible.

400m runner Amoj Jacob, who has battled a history of hamstring muscle injuries, was



assisted in every stage of his rehab process by Reliance Foundation physio Ketan Hulawale. Jacob won Gold at the Federation cup in Patiala earlier this year. Similarly, Heptathlete Mareena George who was laid low by a groin strain, was attended to by physio Nitya Marwaha, who used

a combination of soft tissue treatment techniques and exercise rehab to help the muscle heal quickly. Mareena produced her Personal Best performance of 5516 points at the Federation Cup to win Silver. Physio Drashan Shetty has aligned closely with the Javelin throw contingent by providing precise intervention to treat injuries and leading rehab.

The key to success is Teamwork. Our team is in constant touch the coaches keeping them updated on athlete progress and this makes sure that the coaches can make the most informed decisions about what is the best course of action for that athlete.

Quite clearly, this partnership between the AFI and Reliance Foundation is a shining example of how combining expertise can result in providing athletes both at the youth and elite levels the edge they need.

EXCLUSIVE: Neeraj Chopra Merchandise



ATHLETICS
FEDERATION OF INDIA



The Athletics Federation of India is delighted to present EXCLUSIVE Neeraj Chopra memorabilia for fans of track and field sport.

After his warm interaction with fans on Facebook Live on August 26 involving thousands of fans, the Olympic Champion launched the sale of memorabilia through AFI. It is one way to give back to the sport that he loves so much.

Click here to book your orders: <https://bit.ly/3t5JNMT>



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QUIZ CORNER

1. What did the Athletics Federation of India Executive Council resolve to do to build on the gains of Neeraj Chopra's Olympic Games gold medal and the three-medal haul in the World Athletics U20 Championships?
2. Which city stepped in to host the National U23 Athletics Championships after Chennai was unable to conduct the event?
3. Which Indian athlete is seen playing a reporter who asks Olympic Games Javelin Throw champion Neeraj Chopra the question "Do you have a girlfriend?"
4. Which Indian industry major will host the flagship National Open Athletics Championships for five years?
5. What feats did Venezuela's Yulimar Rojas (women's Triple Jump), Norway's Karsten Warholm (men's 400m Hurdles) and USA's Sydney McLaughlin (women's 400m Hurdles) accomplish besides winning gold medals in Tokyo2020?
6. Name the Ethiopians who won the men and women's races in the 2021 Berlin Marathon on September 26.
7. Which World event in the World Athletics calendar has been postponed from February 2022 to February 2023?
8. Which Indian athlete recently broke Sunita Rani's 1500m National Record set in the Busan Asian Games in 2002?
9. Who won the 100-200 sprint double in the inaugural National U23 Athletics Championships in New Delhi in September 2021?
10. Who scripted the second fastest 200m run ever on Indian soil by clocking 20.75 seconds recently?

AUGUST 2021 QUIZ WINNERS

**Sreejai Gopal
Sahil Patil
Rakshit Arora**

***Send your replies to communications@indianathletics.in by 15th Oct 2021.
Winners with all correct answers will receive an Exclusive AFI T-shirt**