



AFI

JUNE 2022

Athletics Federation of India

# NEWSLETTER

MONTHLY NEWSLETTER



**CELEBRATING @75**

**A memorable Annual  
General Meeting @  
Chandigarh!**

The Annual General Meeting of the Athletics Federation of India (AFI) was held at Hotel Shivalik View, Chandigarh, on May 28-29, 2022 in an exemplary manner.

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## Meeting, the following important decisions have been made

- Approval of the purchase of Indian Athletics House at Narain Vihar, New Delhi
- Co-opting Dr. Anvar Ameen Chelat (President, Kerala State Athletics Association) as a Vice-President and Finely L Pariat, Associate Vice President, AFI
- Co-opting Shri G. Srinibas Patnaik (President, Odisha Athletics Association) as an Associate Vice-President of the AFI
- Co-opting Olympian and Arjuna Awardee Gopal Saini (President, Rajasthan State Athletics Association) as an Executive Council Member of the AFI

Talking on the occasion President Adille Sumariwalla emphasized AFI's commitment to eradicate the doping menace from the Indian Athletics. "We were the first Indian sports federation to implement the No Needle Policy. We will continue to fight against doping in sports and work closely with the authorities concerned to create legislation to punish the offenders in the near future", he opined.

The delegates assembled during the two-day meeting lauded the arrangements and deliberated many important aspects of the development of athletics in the country. Members of the Chandigarh Athletics Association took the delegates to a sight-seeing tour in the evening and hosted a dinner.





## Launch of Kids' Javelin – Aiming to create more Champions!

At the end of the AGM, a new Kids' Javelin developed by Meerut-based sports goods manufacturer Vinex was introduced by two legendary Indian athletes, Gurbachan Singh Randhawa and Anju Bobby George jointly.

"The popularity of javelin throwing increased among the youngsters in the country after the success of Neeraj Chopra in last year's Tokyo Olympics. We should utilise this momentum of opportunity to bring more kids into athletics" voiced Anju Bobby George, the World long jump bronze medalist and Senior Vice-President of the federation.



We cannot let go of the spike in interest for athletics among youngsters in India. We had a Ball Throw event for Under-14 athletes, but we aim to replace that with the Kids' Javelin Throw," AFI President Adille J. Sumrariwalla

**AFI President Adille J. Sumrariwalla**

# CHASING A DREAM: Sable shines in the Diamond League

When Avinash Mukund Sable erased Gopal Saini's 37-year-old national record in 3,000m steeplechase in the 2018 Open Nationals at Bhubaneswar's Kalinga Stadium, no one realised that it was just a beginning of a new era in distance running in the country.

Sable's National Steeple Records To Date

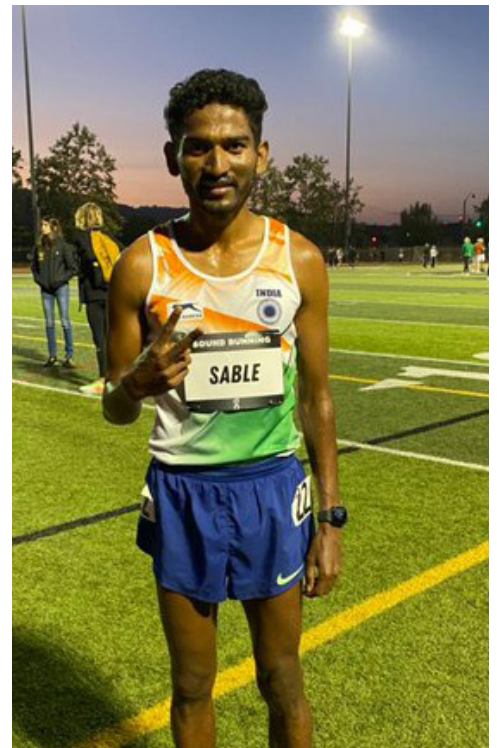
Time	Result	Competition	Date	Venue
8:29.80	GOLD	Open Nationals	28.09.2018	Bhubaneswar
8:28.94	GOLD	Federation Cup	18.03.2019	Patiala
8:25.23	Heats	World Championships	01.10.2019	Doha, Qatar
8:21.37	13th	World Championships	04.10.2019	Doha, Qatar
8:20.20	GOLD	Federation Cup	17.03.2021	Patiala
8:18.12	Heats	Olympic Games	30.07.2021	Tokyo, Japan
8:16.21	GOLD	Indian Grand Prix	23.03.2022	Thiruvananthapuram
8:12.48	5th	Diamond League	05.06.2022	Rabat, Morocco

Avinash (27), was born in a Maharashtrian farmer's family in Mandwa village of Beed district. After his schooling, he joined the Indian Army and only in 2015 took some serious interest in competitive athletics. Trained under Nikolai Snesev in the Indian camp for some time, he went back to his Army coach Amrish Kumar in 2018 and together they started tasting success.

On his first international debut, Sable settled with a silver in the Asian championships at Doha in 2019. Later that year, at the same venue, he successfully entered the Finals of the World championships. He misses the Tokyo Olympics

Final while finishing seventh in his qualifying heat after clocking with a decent time of 8:18.12.

Running with a world-class field, Sable finished a credible fifth in his favourite event in the Wanda Diamond League at Rabat (5 June) clocking an amazing time of 8 minutes 12.48 seconds. It was his eighth national record in the steeplechase in four years. Apart from steeplechase, he also posted an Indian Best 60:30 in Airtel Delhi Half-Marathon in 2020 and recently erased the 30-year-old national record in 5,000m with a time of 13:25.65 at San Juan Capistrano, United States.





# NO MORE HURDLES: Jyothi inching closer to a Sub-13 Secs timing!

**Jyothi's father was a security guard and her mother a part-time worker in a Visakhapatnam hospital. But the parents never fail to encourage their daughter's ambition to become an outstanding athlete.**

Spotted her talent, the Centre of Excellence in Acharya Nagarjuna University in Guntur offered her specialized training and admission to an undergraduate course on their campus seven years ago. Later she migrated to Bhubaneswar where she joined the High-Performance Athletics Centre jointly run by the Government of Odisha and Reliance Foundation.

Training under the watchful eyes of James Hillier, Jyothi started delivering excellent marks. However, she had to struggle at the beginning as her remarkable efforts went futile on technical grounds one after the other. She raised eyebrows when posted 13.03 secs to win the women's 100m Hurdles during the Inter-University championships at Moodbidri in 2020. The absence of dope testing and a technical delegate from AFI denied her a chance to enter the record books. At the beginning of this year (2022), Jyothi once again posted a wonderful time of 13.09 secs to win the Federation Cup title at Calicut University Stadium. This time the wind played the spoilsport as the gauge measured it 2.1 metres per second, just 0.1 m/s over the permissible limit (at Moodbidri it was 1.9 m/s !!!) to ratify it as

FACT FILE: Jyothi Yarraji (Born: 28 Aug 1999)					
Top Legal Marks:					
Time	Wind	Result	Competition	Date	Venue
13.04	1.4	GOLD	Harry Schulting Games	26.05.2022	Vught, NED
13.11	0.3	GOLD	Loughborough International	22.05.2022	Loughborough, GBR
13.19	0.3	SILVER	IFAM Oordegam	28.05.2022	Oordegam, BEL
13.23	-0.1	GOLD	Limassol International	10.05.2022	Limassol, CYP
13.26	0.5	Heats	IFAM Oordegam	28.05.2022	Oordegam, BEL
13.43	1.1	Heats	Federation Cup	03.04.2022	Thenhipalam
13.54	1.8	Semis	Inter-University	05.01.2020	Moodbidri
Wind-assisted Marks:					
13.09	2.1	GOLD	Federation Cup	04.04.2022	Thenhipalam
Unrecognised Marks:					
13.03	1.9	GOLD	Inter-University	05.01.2020	Moodbidri
Major Victories:					
2019 Inter-State GOLD at Lucknow					
2020 Inter-University GOLD at Moodbidri					
2020 Khelo India University Games GOLD at Bhubaneswar					
2022 Inter-University GOLD at Bhubaneswar					
2022 Federation Cup GOLD at Thenhipalam					



a national record.

However, pushing aside her disappointment, Jyothi determined to work harder and started breaking the barriers with a rain of records during her training stint in Europe. Within a span of 16 days, Jyothi improved

the listed national record of Anuradha Biswal (13.38 secs, 2002) three times. Starting with 13.23 secs in Limassol (Cyprus, 10 May), she dipped it further to 13.11 in Loughborough (Gretat Britain, 22 May) and 13.04 in Harry Schulting Games at Vught (the Netherlands, 26 May). Her recent timings helped her to join the list of qualifiers for the upcoming Commonwealth Games in Birmingham.

With her stupendous show in Europe, Jyothi urged that a sub-13 sec clocking by an Indian woman athlete will be a reality in the near future. The qualification mark for the World Championships in Oregon stands at 12.84 secs.

## **FARTHER & FURTHER: Annu makes it a habit to improve**

**At five and a half feet, the petite Annu Rani from Meerut's Bahadurpur never poses a threat to her compatriots. However, she exhibits enthralling athleticism when it matters the most—the competition!**



Her tale of success commenced with a gold in the Junior Federation Cup at Visakhapatnam in 2010. The following year she won the Inter-University title in Moodbidri. In 2012, Annu Rani made her first voyage outside India, to Singapore, as a guest athlete to participate in their Nationals. Needless to add that she returned home triumphant in that too. Rani received her major international exposure in 2013 when competed at the Asian Championships in Pune, where she learned a lot of lessons with her seventh-place finish.

Annu Rani bettered the national

record for the first time in 2014 (58.83m) during the Inter-State Nationals held in her home state Uttar Pradesh. Thereafter there was no looking back for Annu as she went to claim the bronze medal in Incheon Asiad that year and earned two back-to-back medals at the Asian Championships (bronze in 2007 and silver in 2019). She was the first Indian to reach the finals of the women's javelin throw at World Championships (Doha-2019).

Her recent national record (63.82m) came during the 4th Indian Open Javelin Throw competitions at Jamshedpur (8 May).



## IGP 3 & 4: Triple jumpers and javelin throwers rose to the occasion

The third and fourth legs of this year's Indian Grand Prix were efficiently hosted by the Government of Odisha and held at Kalinga Stadium, Bhubaneswar.

An array of good performances, especially in triple jump and javelin throw on the men's side and distance running and discus throw in the women's section came out during those two wonderful evening sessions.

During the third leg on May 21, the trio of Kerala triple jumpers Abdulla Aboobacker (17.19m), Karthik Unnikrishnan (17.10m) and Eldhose Paul (16.87m) took the podium in that order. Abdulla, started with a 16m first round, overstepped the board on his next three rounds, but managed to go past the Oregon Worlds standard (17.14) on his fifth attempt. Navjeet Kaur Dhillon (58.03m) triumphed over Seema Punia (55.97m) in the discus throw.

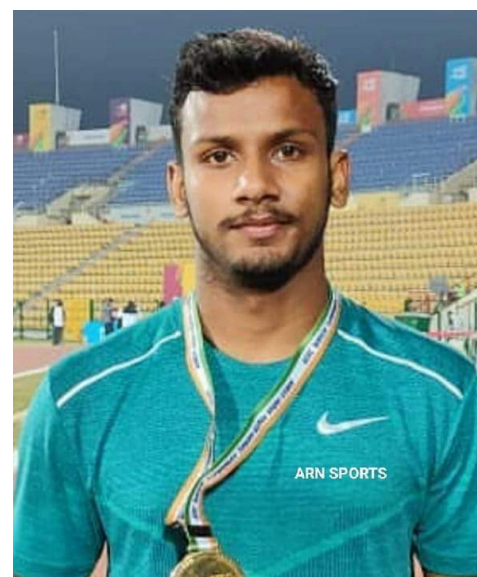
During the fourth leg on May 24, javelin thrower Yashvir Singh joins the select club of Indian throwers who registered throws over 80 metres as his spear touched the ground at 82.13m in the second round. Rohit Yadav closely followed him with 80.88m to finish second. In the long jump



Abdulla Aboobacker

pit, Muhammed Anees Yahiya, younger brother of national 400m record-holder Muhammed Anas, proved his consistency with two excellent jumps topped with 8.15m to gold. In the women's 3,000m steeplechase Parul Chaudhary ascertained her supremacy over Komal Jagadale to win the race in 9:42.24.

The facilities for Indian Grand Prix at Bhubaneswar found to be excellent, where the first indoor athletics stadium in the country is also under construction.



Yashvir Singh

## TID-BITS: Indian athletes training in overseas

- Olympian Neeraj Chopra, who initially went to the United States for training in December 2021 subsequently moved to Turkey in March and currently in Finland, preparing for the upcoming World Championships and Commonwealth Games.

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- A 29-member Indian team consisting of men and women quarter-milers and relay team based at Antalya, Turkey, is likely to return and participate in the upcoming Inter-State Championships in Chennai.

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- Asian shot put record-holder Tajinderpal Singh, also in Turkey, will be another star attraction in the Chennai meet.

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- The racewalking team consists of seven athletes took part in competitions in Madrid and La Coruna over 10 KM and 20 KM races.

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- Middle distance runners Lili Das and Anu Kumar had a competition stint at Cyprus during May 2022.

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