

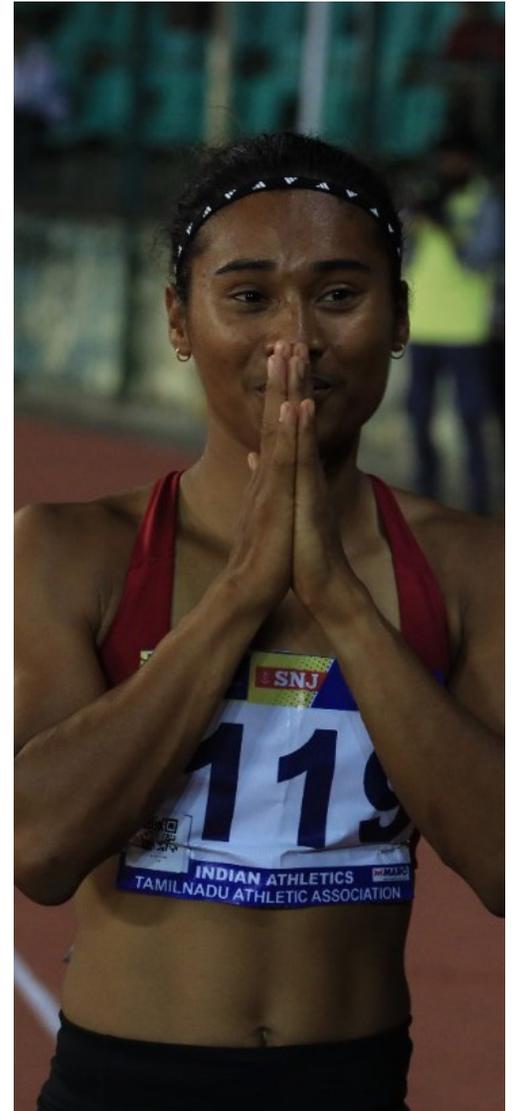
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NEWSLETTER

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CHENNAI INTER-STATE: Aishwarya amazed with her gigantic leaps



Women athletes from Karnataka used to dominate the horizontal jumps, and especially in long jump, for quite a long time. Starting with Angel Mary Joseph in the 1970s, the rule of long jumpers from the land of sandalwood continued for well another two decades through the names like Reeth Abraham and Pramila Aiyappa. Now it is the turn of young Aishwarya Babu to continue the glory.

Interestingly, Pramila's husband Aiyappa is training the newest sensation Aishwarya who exhibited her talent with two gigantic leaps during the five-day national senior inter-state athletics championships at Chennai's magnificent Jawahar Lal Nehru Stadium. The above championship served as the "Selection Trials" for those aspirants aiming to gain a berth in the Birmingham-bound Indian athletics squad for the Commonwealth Games.

Surprises and setbacks were common in sports. The Chennai meet was no short of such things as a dramatic turn of events has come out in each day of the competitions. One such major surprise came from the women's long jump qualification rounds in which Aishwarya recorded a huge leap of 6.73m that improved Mayookha Johny's meet mark by 10 cm. With that magical mark, Aish climbed several ranks atop in the women's long jump lists to be placed second behind the

legendary Anju Bobby George.

The following day Aishwarya erased yet another mark of Mayookha – this time a Big one with a national record in the triple jump with an amazing 14.14m. Although Aishwarya found it difficult to get her rhythm on the final day of competitions when the long jump final was held, making fouls on five of her six rounds, her single valid jump measured to 6.60m sealed the gold.

Haryana shot putter Manpreet Kaur accounted for the only other national record of the meet with her 18.06m fourth-round toss.

The men's long jump was also equally dramatic as the national record-holder Sreeshankar Murali struggled in the initial stages. His Kerala teammate Muhammed Anees Yahiya continues to breach 8 metres regularly to keep Shanku on his toes. However, Sreeshankar emerged victorious with his penultimate jump of 8.23m proving his mettle that brought him the Best Athlete award among men. Jeswin Aldrin, who won the Federation Cup earlier with a wind-assisted 8.37m leap, also made multiple fouls to land in the sixth position at the end.

Praveen Chitravel brought joy to the host state with an iconic 17.18m hop, step and jump to win the men's triple jump. It was a new meet mark and earned him a berth

Evolution of Indian Women's Triple Jump Records

Distance	Athlete	Date	Venue
11.65 m	K K Geetha	04.12.1993	Manila, PHI
12.52 m	Lekha Thomas	19.08.1995	Kolkata
12.71 m	Lekha Thomas	23.09.1995	Jakarta, INA
13.26 m	Lekha Thomas	07.09.1996	Pune
13.26 m	Lekha Thomas	04.11.1998	Kolkata
13.27 m	Anju K Markose	09.08.1999	Bhopal
13.61 m	Anju B George (-Markose)	22.11.2001	Ludhiana
13.67 m	Anju B George (-Markose)	18.12.2002	Hyderabad
13.68 m	Mayookha Johny	06.08.2010	Patiala
13.72 m	M A Prajusha	08.10.2010	New Delhi
13.97 m	Mayookha Johny	29.05.2011	Wujiang, CHN
14.02 m	Mayookha Johny	29.05.2011	Wujiang, CHN
14.03 m	Mayookha Johny	09.07.2011	Kobe, JPN
14.11 m	Mayookha Johny	09.07.2011	Kobe, JPN
14.14 m	B Aishwarya	13.06.2022	Chennai



in the Indian squad for the upcoming Commonwealth Games in Birmingham.

On the track, the major surprise came from former World junior 400m gold medalist Hima Das. The 22-year-old athlete from Assam won her maiden national title in style in women's 100m by inflicting a rare defeat on national record-holder Dutee Chand as just one-hundredth of a second splitting the two at the finish. **Hima Das**, however, suffered a similar defeat at the hands of Tamil Nadu's Dhanalakshmi in the longer sprint (200m).

Assam proved to be a grooming point for speed masters in the country as **Amlan Borgohain** made it a sprint double by taking 100-200m gold in the men's section.

Another impressive performance came from distance runner Parul Chaudhary from Uttar Pradesh who won the steeplechase in a noteworthy 9:42.16, the Best mark among the women athletes in the Chennai meet.

Middle distance runner Chanda (Delhi) and distance running star Sanjivani Jadhav (Maharashtra) among women and Harendra Kumar (Delhi) among men accounted for the golden double in their respective events.

Karnataka javelin thrower D P Manu revealed his consistency by taking on the men's javelin gold with a noteworthy 84.35m throw.

After the withdrawal of Priya H Mohan, it turned out to be an easy victory for quarter-miler Kiran Pahal as Rupal (four years younger to her) was the only other sprinter to put out some challenge to the Haryana athlete in women's 400m. Incidentally, Rupal beats Priya in the Junior Federation Cup held earlier.

The biggest shock of the championships came in women's 100m hurdles where Jyothi Yarraji from Andhra Pradesh, who lowered the long-standing Indian national mark in this event three times within a span of sixteen days prior to her arrival at Chennai, crash-landed in the final after stumbling on the final flights of hurdles. Earlier in the heats, she posted the new meet mark of 13.39 secs.

Athletes from hosts Tamil Nadu made a podium sweep in the women's pole vault on the opening day. Their domination in various events in the next days of competitions helped them to lift the overall champions trophy. It was the eleventh time Chennai hosted this prestigious championship in its sixty years old history.



Hima Das



Amlan Borgohain

JUNIOR FEDERATION CUP: Rupal and Tanya upset the favourites

The 20th edition of National Junior (U20) Federation Cup athletics championships at Chhotubhai Purani Sports Complex in Nadiad witnessed two decorated athletes suffering unprecedented defeats in their respective events to athletes from Uttar Pradesh.



Delhi's Harshita Sehrawat, who dominated the hammer throw circle in the past few years, lost her national and meet mark in her favourite event to Tanya Chaudhary who logged a new distance of 57.09m, a good four and a half meters better than the previous one. Harshita too improved her PB to 55.62m, that only placed her second on the podium this time.

Karnataka's Priya H Mohan, who took part in the Junior Worlds at Nairobi last year, lost the 400m gold to Rupal after a tight finish (52.48 to 52.49 secs). In that process both the athletes erased Manjit Kaur's 21-year-old meet record (53.25s).

Distance runner Drashtiben Chaudhri gave hosts

Gujarat some cheer as she erased the meet mark in 3,000m to claim the title honours in 9 minutes 39.88 secs after close combat with Jharkhand's Supriti Kachhap (9:41.26).

Tamil Nadu's Pradeep Senthilkumar (800m) and MP lad Arjun Waskale (1500m) also set new meeting marks in their respective events. Both Pradeep and Waskale went on to take the golds in the 4th Khelo India Youth Games at Panchkula a couple of days later.

At Panchkula, Haryana javelin thrower Deepika returned an impressive U18 national mark by setting out the spear to 51.37 metres.

KOSANOV INTERNATIONAL: Dhanalakshmi led India's rich bounty in Almaty

In order to give the Indian athletes the required international experience before two major competitions this year -- the World Championships in Oregon and Commonwealth Games in Birmingham -- India fielded a strong team in this year's 31st Kosanov Memorial athletics meet at Almaty (25-26 June).

Our athletes strike it rich with 24 medals, fifteen of them gold, in the two-day annual meet. Annu Rani led an Indian podium sweep in women's javelin throw with a new meet mark of 62.29m. Middle distance runner Chanda had a golden double by finishing first in both 800 and 1500m.

Two athletes hail from Tamil Nadu, Dhanalakshmi Sekar and Vithya Ramraj, registered fast personal bests in 200m dash and 400m hurdles respectively. Dhanalakshmi's clocked the third-best time by Indian women with her 22.89 secs, missing Saraswati Saha's national record only by 0.07 secs. Vithya timed 56.87 secs, which put her fourth-fastest among the Indians and become the newest contender to challenge P T Usha's oldest standing national mark in 400m hurdles.

Later, Vithya joins 400m winner Kiran, Mohammad Anas Yahiya and hurdler T Santhosh Kumar to claim the mixed 4 x 400m relay gold in 3 minutes 18.94 seconds.

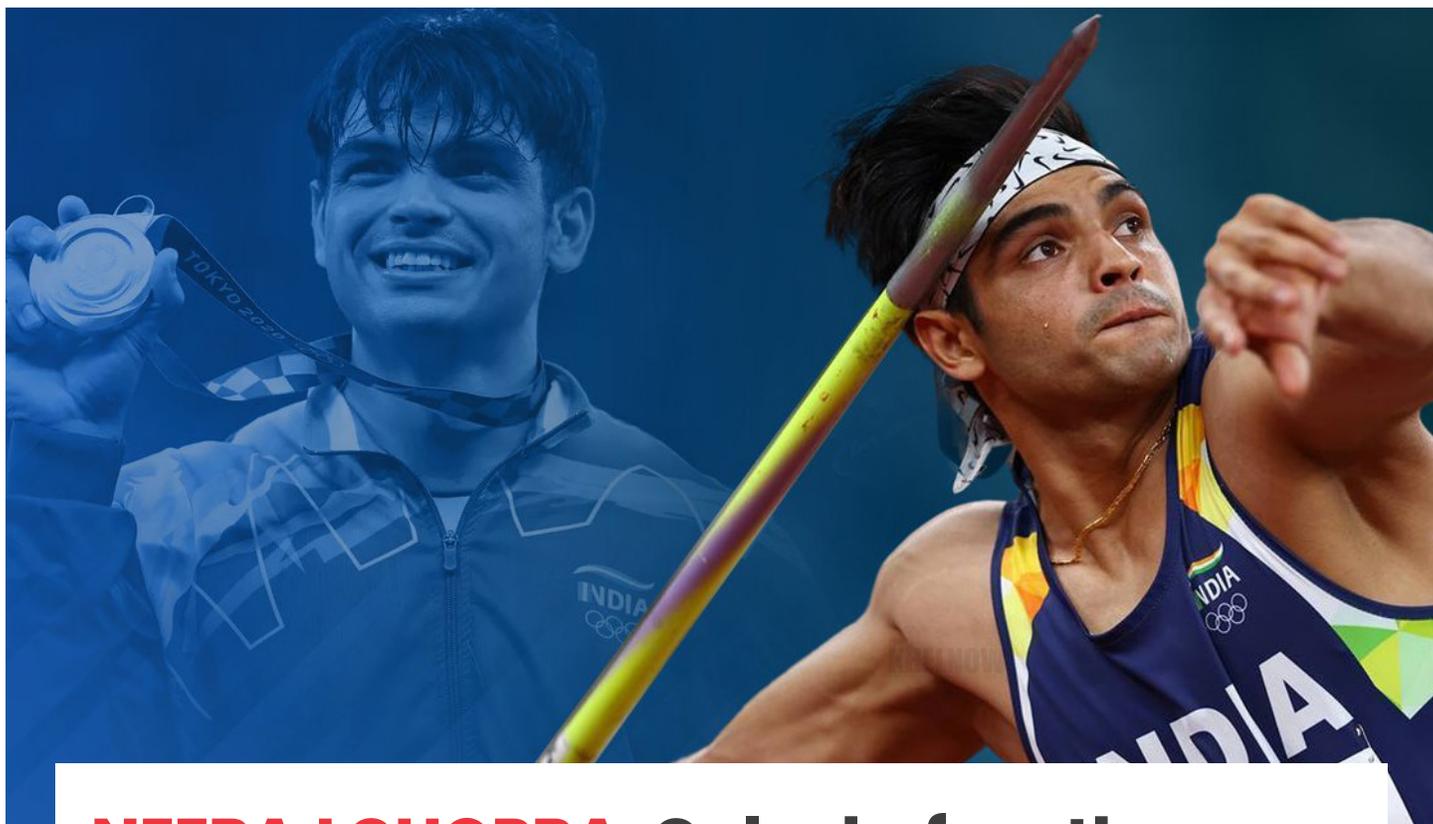


Our women athletes confirmed their champion status in all four throwing events. Abha Khatua (shot put), Navjeet Kaur Dhillon (discus) and Sarita R Singh (hammer) joined javelin thrower Annu Rani to hoist the tricolour in Almaty.

Shot putter Karanveer Singh and discus thrower Kirpal Singh took the men's honours in their respective events. Athletes from

Kerala brought India both the long jump golds through Muhammed Anees Yahiya (8.04m) and Ancy Sojan (6.44m).

The Indian medal would have been inflated further had not some of the top-notch athletes who appeared in the Almaty entry lists and remained at home to complete their US visa formalities to take part in the World Championships in Oregon.



NEERAJ CHOPRA: Calm before the Storm!

It was a memorable return to the competition arena for the Olympic Champion Neeraj Chopra after a hiatus of about ten months. Opened his 2022 campaign at Paavo Nurmi Games in Turku, Neeraj improved his personal best and national record to 89.30m in the second round to claim a silver medal on June 14. Four days later he made it to the top spot in another Finnish city, Kuortane, with a modest 86.69m on his very first throw. Neeraj slipped on the runway during the next two rounds, as it was soaked wet in rainwater and cautiously skipped the remaining chances like the 2012 Olympic champion Keshorn Walcott (Trinidad and Tobago) and reigning World champion Anderson Peters (Grenada), who took the next two spots behind him there.

His slip in Kuortane brought some anxious moments, but Neeraj returned with a bang as he bettered his Indian Best once again in less than three

weeks while attaining his first-ever Diamond League medal in Bauhaus Galan at Stockholm. Chopra took the early lead in the Swedish capital with his opening 89.94m throw, revealing that the iconic 90m mark is well within his limits. Anderson registered 90.31m in the third round to seal the gold, while Neeraj settles with the silver.

It was at this same venue that Anju Bobby George won a silver medal (in Long Jump) during a previous DL meet. Neeraj has taken part in seven legs of the Diamond League meets during 2017-2018. His previous best in a DL meet was the fourth-place finish at Zurich Weltklasse in 2018.

With his consistent performances in the recent competitions, Neeraj has shown his calm but progressive approach toward the World Championships in Oregon to be held in the third week of July.

MASTERS' ATHLETICS: Age is just a number for the grand grannie Rambai

The inaugural AFI National Open Masters Athletics championship was organised by Swarnim Gujarat Sports University in Vadodara (16-19 June). During the four-day meet, as many as sixteen Indian age-group bests (10 of them by women) have been registered.

The cynosure of all eyes was the 105-year-old "Super Grandma" Rambai from Haryana. She assaulted Man Kaur's Indian records in women's 100+ age category by setting new standards in 100m (45.40 secs) and 200m (1 min 52.17 secs) sprint races. "It's a great feeling and I want to race again", said the grand old lady after her victories in Vadodara.

The centurion hails from Kadma village in Haryana's Charkhi Dadri district, revealing that she is a vegetarian. "I used to take around 250 grams of ghee, about 500 grams of curd and an equal amount of milk every day together with churma and bajra rotis made out of millets", she explained when asked about her secret to success and fitness.

The listed world record for the 100m in the 105-year age category is being held in the name of Julia Hawkins from the United States (1:02.95) since last year. So, Rambai's



105-year age category is being held in the name of Julia Hawkins from the United States (1:02.95) since last year.

time from Vadodara shall be regarded as "World Best" for this event.

Phool Kumar from Haryana, who briefly held the Indian senior record in the pole vault during the 1980 (4.23m), set a new Indian Age Best for Men's 65-69 category by scaling a new height of 2.60m. Also from the same state, Dharmender (Men's 35-39) accounted for two records in 1500m (4:18.99) and 5000m (16:06.45) while Santra Devi (Women's 70-74) did so in 80m hurdles (26.64 secs) and 300m hurdles (1:39.33).

OBITUARY: Legendary distance runner Hari Chand passes away

Hari Chand was one of the versatile distance runners in India about four decades ago. He, along with compatriot Shivrath Singh, ruled distance running in both India and Asia during an era when there was no migrant athlete from other continents descended on our soil.

He was born on 1st April 1953 at Ghorewaha village in Punjab's Hoshiarpur district.

Hari Chand's first international debut came during the 2nd Asian Athletics Championships at Seoul in 1975, where he opened his golden account by winning the 10,000m. He added a bronze medal to his kitty through 5000m in the same meet.

The Asian Games in 1978 was a most cherished moment in his athletics journey. In Bangkok, Hari Chand made it a "golden double" by taking both 5000 and 10,000m golds.

He took part in two successive Olympic Games (Montreal-1976 and Moscow-1980). In Montreal, he ran a noteworthy 10,000m race. Although he could not qualify for the final, the time he returned in



the heats (28:48.72) remained a national record for nearly 32 years until Surendra Singh improved it in 2008 (28:22.79). In Moscow, Hari Chand took part in the Marathon and finished 31st (2:22:08) out of 74 who started the race.

Ironically, he won the senior national titles only on three occasions during his entire career. Hari Chand won the Open Nationals 10,000m in 1980 at Ajmer and the 5000m in the next edition at Delhi. His only victory in the Inter-State Nationals came in 1982 when he annexed the gold in the longer distance at Kozhikode.

Retired from the Central Reserve Police Force, Hari Chand (69) breathed his last in Capital Hospital at Jalandhar on 12th June 2022. AFI President Adille J Sumariwalla was a teammate of Hari Chand during the 1980 Moscow Olympics. "It is a tribute to his determination that he was able to set a National Record in the Olympic Games. He knew that getting a place in the 15-man final was going to be tough and pushed himself, despite running barefoot, to get the time he did," Mr. Sumariwalla said in his condolence message to the legendary athlete.

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