

# NEWSLETTER



**GULVEER SINGH**

**NATIONAL  
RECORD**

**MEN'S 10,000M**

**27:00:22**



# I like to march forward, don't have habit of look back, says ace distance runner **Gulveer Singh**

**It was perfect setting for ace Indian distance runner Gulveer Singh to break 27-minute barrier on March 29 at JSerra High School campus in San Juan Capistrano, California.**

The organiser of The Ten track festival set wavelight pace for the men's 10,000m pro event as 27:00.00 minutes. In addition to that another pace-setting light used at inside of the inner track railing was 26:45.00 minutes. This was because one of the athletics agents had requested.

The versatile 26 years old Indian army runner said, the field was excellent in California and environment was conducive for a fast race. "I was feeling good during the race. Gave my best. But when I crossed finish line It was a narrow miss," the Hangzhou Asian Games bronze medallist said.

Singh clocked 27:00.22 to finish sixth in the pro men's 10,000m race to improve his own national record of 27:14.88 that was set five months during a track race in Japan.

The army runner who holds the multiple national records ranging from 3,000m indoor track race to 25km road race, isn't reading too much on missed opportunity in California. But looking ahead to another platform to test his endurance. "I should be running a good race at the end of April or May," he said.

Earlier in February, Singh had improved national 5,000m (12:59.77) and 3,000m (7:38.26) indoor records.



At The Ten Track Festival in California, the Indian runner covered the 25-lap at an average pace of below 65 seconds. In the initially stages of the race he was tucked behind the group of 30 runners. However, he surged ahead after half-way through and was lying seventh. He started his home run with two laps to go. "I enjoyed my run at The Ten," the army runner added. "I should be back in 2026."

All top five runners ahead of the Indian runner at The Ten clocked a sub-27 minute. Ishmael Kipkurui representing University of Mexico in the competition finished first with a time of 26:50.21.

India's Kartik Kumar clocked 28:11.34 to

finish eighth in another men's 10,000m race at The Ten track festival. Rahul was the third male Indian athlete at The Ten track festival. He competed in the men's 1500m event and clocked 3:41.10 to finish eighth in the race.

**Two female Indian athletes---Ankita and Seema competed in 1500m and 10,000m events, respectively. Seema clocked 32:14.66 to finish 19th in the women's 10,000m race.**

**Ankita finished third in women's 1500m with a time of 4:13.97.**

All the athletes are currently based out of Colorado Springs (USA) and training with India's foreign coach Scott Simmons.

**The AFI (Athletics Federation of India) Middle and Long Distance Project aims to scout athletes, including female runners having potential to excel in distance races at the global level in the long run.**



# Gurindervir Singh exudes confidence to further improve his 100m national record

Soon after improving men's 100m national record at the opening leg of one-day Indian Grand Prix (IGP) in Bengaluru on March 28, Punjab's 24 years old sprinter Gurindervir Singh has firmly set his eyes on the Senior Federation Cup. "I'm confident of further lowering my national record of 10.20 seconds during the Federation Cup in Kochi," the national record holder said.

Competing in his second race of the season, the Punjab sprinter battled with training partner Manikanta Hoblidhar on his way to improve 18 months old national record of 10.23 seconds.

"I'm extremely happy to have posted a good time in the IGP ahead of the Federation Cup in April," Singh said after breaking the 100m national record. "My goal was to run a fast race but the national record was a bonus."

The previous record was set by Hoblidhar in 2023 in Bengaluru. However, Hoblidhar finished second behind Singh and also improved his personal best by clocking 10.22 seconds.

Telangana's Nithya Gandhe emerged the fastest female runner of the IGP. Her time in women's 100m Race C was 11.41 seconds.

Nithya also won women's 200m gold with a time of 23.36 seconds.

Jyothi Yarraji, who had won 100m hurdles gold had to contend with second place in the 200m. She clocked 23.55 seconds.



## RESULTS (1ST LEG OF IGP ON MARCH 28) : WOMEN

**100m (Race A):** Ardra K (Kerala) 12:09 seconds, Varsha V (Karnataka) 12.25 seconds, Akshaya S (Tamil Nadu) 12.28 seconds.

**100m (Race B):** Angel Silvia M (Tamil Nadu) 11.67 seconds, B Srividya Bala M (Tamil Nadu) 12.00 seconds, Neole Anna Cornelio (Karnataka) 12.11 seconds.

**100m (Race C):** Nithya Gandhe (Telangana) 11.41 seconds, Sneha SS (Karnataka) 11.55 seconds, Abinaya Rajarajan (Tamil Nadu) 11.59 seconds.

**200m (Race A):** Angel Silvia M (Tamil Nadu) 23.94 seconds, Simrandeep Kaur (Delhi) 24.11 seconds, V Sudheeksha (Karnataka) 24.52 seconds.

**200m (Race B):** Nithya Gandhe (Telangana) 23.36 seconds, Jyothi Yarraji (Reliance) 23.55 seconds, Vijaya Kumari (Madhya Pradesh) 23.65 seconds.

**800m:** Huidrom Bhumeswor (Manipur) 2:06.49 seconds, Thota S (Chhattisgarh) 2:07.39 seconds, Vineeta Gurjar (Uttar Pradesh) 2:09.62 seconds.

**5000m:** Beby (Uttar Pradesh) 16:39.95 seconds, Supriti K (Jharkhand) 16:54.23 seconds, Poonam Dinkar (Railways) 17:03.97 seconds.

**100m hurdles:** Jyothi Yarraji (Reliance) 13.07 seconds, Pragyan P (Reliance) 13.44 seconds, Nandhini K (Tamil Nadu) 13.78 seconds.

**Javelin throw:** Ramyashree Jain (Karnataka) 50.41m, Hemamalini N (Tamil Nadu) 46.05m,

Diksha Dwivedi (Gujarat) 40.82m.

**Pole vault:** Baranica Elangovan (Reliance) 4.00m, Sathya Tamilarasan (Tamil Nadu) 3.80m, V Dharshini V (Tamil Nadu) 3.60m.

**High jump:** Abhinaya S (JSW) 1.83m, Gobika K (Tamil Nadu) 1.80m, Jassika (Delhi) 1.65m.

**Long jump:** Sandra Babu (JSW) 6.22m, Abinaya Sri (Tamil Nadu) 6.13m, Deepanshi Singh (Uttar Pradesh) 5.99m.

## RESULTS (1ST LEG OF IGP ON MARCH 28) : MEN

**Men: 100m (Race A):** Maneesh H (Kerala) 10.64 seconds, Adesh G (Rajasthan) 10.69 seconds, Rohit (Haryana) 10.74 seconds.

**100m (Race B):** Aryan Manoj (Karnataka) 10.81 seconds, Mukundan AD (Kerala) 10.81 seconds, Pratham K (Maharashtra) 10.87 seconds.

**100m (Race C):** Abhinav C (Kerala) 10.59 seconds, Ravikiran (Karnataka) 10.79 seconds, Kaushik Kamat (Maharashtra) 10.83 seconds.

**100m (Race D)** Gurindervir Singh (Reliance) 10.20 seconds (NR. Previous record of 10.23 seconds was set in 2023 by Manikanta H), Manikanta Hoblidhar (Reliance) 10.22 seconds, Amlan Borgohain (Reliance) 10.43 seconds.

**200m:** Amlan Borgohain (Reliance) 20.83 seconds, Manikanta H (Reliance) 21.20 seconds, Lalu Prasad Bhoi (Reliance) 21.26 seconds.

**800m (Race A):** Krishan Kumar (Haryana) 1:47.09 seconds, Mohammed Afsal (Kerala) 1:47.09 seconds, Salman Farookh (Kerala) 1:49.84 seconds.

**800m (Race B):** Prakash Gadade (Maharashtra) 1:49.50 seconds, Aman Kumar (Uttar Pradesh)

1:49.59 seconds, Kuruba Mahendra (Andhra Pradesh) 1:56.89 seconds.

**5000m:** Gaurav Bhaskar (Maharashtra) 14:35.29 seconds, Shivaji Parashuram (Railways) 14:38.47 seconds, Rahul Singh (Uttar Pradesh) 15:16.78 seconds.

**110m hurdles:** Muhammed Lazan (JSW) 14.13 seconds, Sahil Jagdish G (Maharashtra) 14.81 seconds, Hariharan K (JSW) 14.83 seconds.

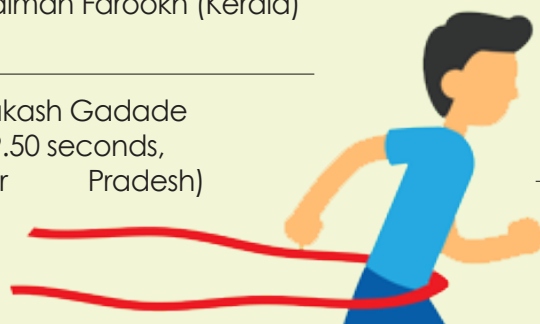
**High jump:** Sarvesh Anil Kushare (Maharashtra) 2.23m, Aadarsh Ram (Tamil Nadu) 2.18m, Bharath Raj B (Kerala) 2.10m.

**Long jump:** Vishnu M (Tamil Nadu) 7.73m, Saran S (Tamil Nadu) 7.65m, Sharon J (Tamil Nadu) 7.64m.

**Pole vault:** Kavinraja S (Tamil Nadu) 5.00m, M Gowtham (Tamil Nadu) 5.00m, Ramrathan (Rajasthan) 5.00m.

**Shot put:** Visha Ayyappan V (Tamil Nadu) 16.40m, Govind Vijay Rai (Maharashtra) 16.30m, Sai Kiran A (Telangana) 15.16m.

**Javelin throw:** Shashank Patil (Karnataka) 76.23m, Bibin Antony (Kerala) 74.23m, Amit Kumar Yadav (Uttar Pradesh) 66.32m.



# Rupal Chaudhary back to winning ways, clocks 52.41 seconds at Indian Open in Trivandrum

It was a promising start for Uttar Pradesh's World U20 bronze medallist, Rupal Chaudhary, as she claimed women's 400m gold at the sixth edition of the Indian Open 400m Competition in Trivandrum on March 24.

After lying low for the past two years due to niggles and rehab, the 20 years old Uttar Pradesh runner pulled away from her rivals on the last curve of the 400m race to cross the finish line in 52.41 seconds.

Asian Games medallist, R Vithya Ramraj of Tamil Nadu trailed at second place. She clocked 53.62 seconds. Kerala's Sneha K was third with a time of 54.09 seconds.

The men's 400m race A was dominated by Kerala's Manu TS whose winning time was 46.51 seconds. It was Manu's personal and season best. Earlier in January, Manu had finished third at 38th Uttarakhand National Games with a time of 47.08 seconds.

Delhi's international runner Jay Kumar, who has graduated to senior group this season was second with a time of 46.93 seconds. Tushar Manna also from Delhi finished third (47.00 seconds).

The winner of men's 400m race B was Mohit Kumar of Haryana. He clocked 47.29 seconds.

The competition was also held in U20 and U18 in both men and women's groups.



## RESULTS

**Women:** 400m: Rupal (Uttar Pradesh) 52.41 seconds, R Vithya Ramraj (Tamil Nadu) 53.62 seconds, Sneha K (Kerala) 54.09 seconds.

**U20: Women:** 400m: Dhesikha V (Tamil Nadu) 54.54 seconds, Sandra Mol Sabu (Kerala) 54.61 seconds, Isha Rajesh (Maharashtra) 55.44 seconds.

**U18: Girls:** 400m: Kashish Bhagat (Maharashtra) 56.92 seconds, Gunashya V (Tamil Nadu) 57.62 seconds, Prachi Sharma (Haryana) 58.52 seconds.

**Men:** Men 400m race A: Manu TS (Kerala) 46.51 seconds, Jay Kumar (Delhi) 46.93 seconds, Tushar Manna (Delhi) 47.00 seconds.

**Men:** 400m race B: Mohit Kumar (Haryana) 47.29 seconds, Jabir Madari PA (Kerala) 47.33 seconds, Subhas Das (West Bengal) 47.43 seconds.

**U20: Men:** Sharan M (Tamil Nadu) 47.39 seconds, Jerome Sanjay N (Tamil Nadu) 47.49 seconds, Setu Mishra (Bihar) 47.74 seconds.

**U18: Boys** 400m: Mohammed Ashfaq (Kerala) 47.49 seconds, Yugank Choudhary (Uttar Pradesh) 48.31 seconds, Nifin Gowda (Karnataka) 48.44 seconds.

# Trippe jumper Abdulla Aboobacker won gold but fell short of World Athletics qualification standard

It was a promising start to the 2025 season for the 29 years old Indian Air Force international triple jumper, Abdulla Aboobacker. The silver medallist at the 2022 Birmingham Commonwealth Games recorded a jump of 17.19m to win gold in the men's group at the fourth edition of the Indian Open Jumps Competition in Bengaluru on March 22, but fell short of World Championships automatic qualification standard of 17.22m..

Despite having two legal jumps out of six attempts, Aboobacker expressed his satisfaction saying he was elated to have crossed the 17m mark in March. "I could have done better. But crossing the 17m mark was a good start to the season," he said after the event.

The main goal, said the Indian Air Force jumper, was to achieve an automatic qualification mark of 17.22m to book a ticket to the 2025 Tokyo World Athletics Championships in September. He missed the World Athletics entry standard here in Bengaluru, but was hopeful of achieving his goal in his next competition. "I'm confident of improving by personal best of 17.19m in my next competition," he added,

The eventual winner had a series of 16.64m, no mark, no mark, no mark, no mark and 17.19m.

Tamil Nadu's talented jumper and Asian Games bronze medallist, Praveen Chithravel, took home the silver medal with a jump of 17.13m. He had a series of 16.71m, 16.20m, no mark, 17.13m, no mark and 16.71m. Chithravel also holds the national record of 17.37m set in May 2023 in Cuba.

Bronze went to Haryana's Ashok Yadav whose best jump was 15.94m.

## RESULTS

**Men:** Triple jump: Abdulla Aboobacker (Air Force) 17.19m, Praveen Chithravel (Tamil Nadu) 17.13m, Ashok Yadav (Haryana) 15.94m.

**U20:** Triple jump: Yuvaraj K (Tamil Nadu) 14.83m, Samir Oraon (Jharkhand) 14.80m.

Pole vault: Gokul Nath (Tamil Nadu) 4.90m, M Gowtham (Tamil Nadu) 4.80m, Jessan KG (Kerala) 4.80m.

**U20:** Pole vault: Dev Meena (Madhya Pradesh) 5.15m, Kavinraja S (Tamil Nadu) 5.10m, Ramratan (Rajasthan) 4.80m.

**High jump:** Sarvesh Anil Kushare (Maharashtra) 2.19m, Uchchal Kumar Roy (West Bengal) 2.13m, Swadhin Kumar Majhi (Odisha) 2.13m.

**U20: High jump:** Shyam Sunder (Rajasthan) 2.06m, Basant (Rajasthan) 2.06m, Dharmendra (Rajasthan) 1.95m.

**U18: High jump:** R Sujan (Tamil Nadu) 1.90m, Rehan P (Maharashtra) 1.80m, Rohith Kumar (Karnataka) 1.80m.

**Long jump:** Sunny Kumar (Bihar) 7.80m, David P (Railways) 7.73m, Sanmath Darshan (Tamil Nadu) 7.56m.

**U20:** Long jump: Nitin Pal (Madhya Pradesh) 7.11m, Harmandeep Singh (Punjab) 6.98m, Deepak S (Kerala) 6.85m.

**U18:** Long jump: Charan Kumar (Telangana) 6.50m, Siddharth G (Maharashtra) 6.25m, Md Rizwanul (Jharkhand) 5.85m.

**Women:** Long jump: Moumita Mondal (Reliance) 6.44m, Ancy Sojan (SSCB) 6.33m, Sandra Babu (JSW) 6.03m.

**U20:** Long jump: Deesha Ganapathy (Karnataka) 6.09m, Kshirja Kumar (Uttarakhand) 5.45m, Jamuna Tudu (Odisha) 5.30m.

**U-18:** Long jump: Bavatharani Elangova (Tamil Nadu) 5.16m, Deesha Shree L (Karnataka) 5.09m.

**Triple jump:** Sheena NV (Kerala) 13.04m, Poorva Hitesh Sawant (Maharashtra) 12.98m, Nimisha D (JSW) 12.95m.

**High jump:** Abhinaya S Shetty (JSW) 1.80m, Supriya SB (Railways) 1.74m, Pallavi Patil (Karnataka) 1.74m.

**U18:** High jump: Prachi (Haryana) 1.73m, Samapti Ghosh (West Bengal) 1.55m.

**Pole vault:** Sindhushree G (Karnataka) 3.80m, Baranica E (Tamil Nadu) 3.70m, V Vijayakumar (Tamil Nadu) 3.40m.

**U20:** Pole vault: Nitika Anup Akare (Madhya Pradesh) 3.70m, Shruti Rathaur (Madhya Pradesh) 3.30m.

## NATIONAL RECORD

Birmingham Commonwealth Games medallist and two-time Olympian, Priyanka Goswami, improves women's 35km national race walk record during an international event in Slovakia. The 29 years old clocked 2:56.33 to better the previous record of 2:57.54 set by Manju Rani in 2023.



## Rohit Yadav and Annu Rani excel at Indian Open Throws Competition in Mumbai

**Uttar Pradesh javelin throwers dominated the fourth edition of the two-day Indian Open Throws Competition held on March 20 and 21 at Jio Institute in Mumbai.**

While Rohit Yadav clinched the men's javelin throw gold with a distance of 78.87m, Asian Games champion Annu Rani was outright winner in the women's event. Her gold medal winning throw was 58.82m.

The men's javelin event saw a keen contest for the gold medal. However, it was Yadav who was the most consistent of all the throwers in the fray on the given day and walked away with the gold medal. His first attempt of 78.87m was in fact fetched him gold. While Olympian Shivpal Singh surged ahead on the final attempt to claim silver (77.00m). Karnataka's Shashank Patil took home bronze with a throw of 76.66m.

Sahil Silwal representing Reliance and one of the contenders for podium finished fifth with a throw of 73.10m.

The men's U20 javelin throw gold went to Dipanshu Sharma of Uttar Pradesh. His best throw was 68.43m. Sharma surged ahead of his rivals in his opening throw (66.85m), while his third throw of 68.43m turned out to be the best of the day.

A national record in men under-20 discus throw was the highlight of the opening day. Ujjawal Chaudhary of Haryana hurled the discs to a distance of 59.34m in his fifth attempt to better the previous U20 national record of 58.11m set by S Dalal in 2014.

The eventual winner from Haryana raced to a commanding lead from the start of the competition. He had a series of 55.09m, no mark, 57.14m, 58.25m, 59.34m and no mark.

## RESULTS

### Men:

Discus throw: Abhimanyu (Haryana) 54.91m, Nirbhay Singh (Haryana) 54.60m, Bhartpreet Singh (Reliance) 53.69m.

U20: Discus throw: Ujjawal Chaudhary (Haryana) 59.34m (NR. Previous record of 58.11m was set by S Dalal in 2014), Vaibhav (Himachal Pradesh) 53.48m, Ritik (Haryana) 52.88m.

U18: Discus throw: Usmanali Khan (Reliance) 55.11m, Sonu (Delhi) 52.15m, Yashraj Jain (Madhya Pradesh) 51.44m.

Hammer throw: Damneet Singh (Reliance) 65.69m, Vikrant Ramesh (Army) 59.42m, Gurdev Singh (Punjab) 59.01m.

U20: Hammer throw: Golu Yadav (Uttar Pradesh) 57.08m, Yashas Praveen Kurbar (Karnataka) 56.96m.

Javelin throw: Rohit Yadav (Uttar Pradesh) 78.87m, Shivpal Singh (Uttar Pradesh) 77.00m, Shashank Patil (Karnataka) 76.66m.

U20: Javelin throw: Dipanshu Sharma (Uttar Pradesh) 68.43m, Rohan Yadav (Uttar Pradesh) 66.48m, Gaurav Patel (Reliance) 66.10m.

U18: Javelin throw: Vijay Kumar Yadav (Chhattisgarh) 69.95m, Manoj S Chavan (Maharashtra) 66.48m, Virendra Yadav (Bihar) 65.78m.

U20: Shot put: Siddharth Choudhary (Rajasthan) 18.8m, Sarthak Singh (Uttar Pradesh) 17.52m, Ankit Yadav (Uttar Pradesh) 17.27m.

U18: Shot put: Aryan Prashant Satpute (Maharashtra) 18:06m, Akhand Pratap Singh (Uttar Pradesh) 18.04m, Harpartap Singh (Punjab) 17.12m.

### Women

Javelin: Annu Rani (Uttar Pradesh) 58.82m, Shilpa Rani (Haryana) 54.37m, Karishma S Sanil (Railways) 53.52m.

U20: Javelin throw: Pratiksha Patel (Uttar Pradesh) 41.89m, Rutuja Pawar (Maharashtra) 35.46m, Kiran Bala (Rajasthan) 27.56m.

U18: Javelin throw: Neelam Chaudhary (Rajasthan) 46.00m, Shivani Patel (Madhya Pradesh) 40.59m, Sabita Murmu (Jharkhand) 40.47m.

Hammer throw: Harshita Sehrawat (Reliance) 59.08m, Mital Solanki (Gujarat) 50.78m, Ripudaman Kaur (Punjab) 46.99m.

U20: Hammer throw: Haqikat Grewal (Punjab) 46.66m, Ramisha Makvana (Gujarat) 45.16m, Shital J Jadav (Gujarat) 42.14m.

Shot put: Shiksha (Haryana) 16.18m, Kachnar Chaudhary (Reliance) 15.01m, Vanshika Shekhawat (Rajasthan) 14.02m.

U18: Shot put: Anvesha Sameer Rahate (Maharashtra) 10.89m, Bhakti Bhoir (Maharashtra) 8.92m.

Discus throw: Seema (Haryana) 56.39m, Neetika Verma (Uttar Pradesh) 50.23m, Priya (Haryana) 48.88m.

U20: Discus throw: Nikita Kumari (Rajasthan) 46.78m, Soni Kumari (Bihar) 44.92m, Bhakti Tanaji Gawade (Maharashtra) 44.75m.

U18: Discus throw: Sunaina Poonia (Rajasthan) 35.31m, Bhakti Bhoir (Maharashtra) 22.08m.

Shot put: U20: Jashandeep Kaur (Punjab) 13.06m.

# Haryana won overall team title at Youth National Championships

**Uttarakhand's Suraj Singh won the boys 1,000m race with a new national record in the U18 group at the 20th National Youth Athletics Championship held from March 10 to 12 in Patna. His winning time was 2:26.04.**

The boys 1,000m race turned out to be the most exciting event as top four runners improved the U18 meet record and top two athletes improved previous national youth record of 2:27.20 set by Rahul Pal.

Nitin Gupta, winner of 5,000m race walk, was declared best athlete in the boys group. While Edwina Jason, who won 400m gold, was announced best athlete in the girl's section.

Boys team trophy went to Uttar Pradesh (38 points), while Haryana took home the girls team championship (52 points).

Haryana was declared overall winner having 87 points in their kitty.

Haryana's 16 years old Nishchay stamped his authority in throwing events. He won gold in discus throw and shot put.



## RESULTS

### Boys

**200m:** Sayed Sabeer (Karnataka) 21.67 seconds, J Nived Krishna (Kerala) 21.85 seconds, Aditya Pisal (Maharashtra) 21.96 seconds.

**1,000m:** Suraj Singh (Uttarakhand) 2:26.04 (NR. Previous record of 2:27.20 was set by Rahul Pal in 2010), Vikas Kumar (Uttar Pradesh) 2:26.59, Sohit Vijender (Haryana) 2:27.27

**110m hurdles:** Nived B (Tamil Nadu) 14.35 seconds, Md Sajid (Jharkhand) 14.43 seconds, Fasalul Haque (Kerala) 14.43 seconds.

**Shot put:** Nishchay (Haryana) 18.93m, Akhand Pratap Singh (Uttar Pradesh) 17.97m, Harpratap Singh (Punjab) 17.40m.

**Heptathlon:** Abhinav Sreeram (Kerala) 4731 points, Jakhar Rahul (Gujarat) 4672 points, Akash Ashvini (Bihar) 4550 points.

**Long jump:** Shivam Yadav (Uttar Pradesh) 7.26m, Rajeev Roy (West Bengal) 7.12m, Pradeep Kumar (Bihar) 6.69m.

**Javelin throw:** Himanshu (Haryana) 72.00m, Krishan Chandra (Madhya Pradesh) 66.77m, Prince Jatiwal (Haryana) 65.36m.

### Girls:

**200m:** Prisha Mishra (Haryana) 24.72 seconds, Aarti (Haryana) 24.73 seconds, Bhoomika Nehate (Maharashtra) 24.99 seconds.

**1,000m:** Nandani Rajbhar (Uttar Pradesh) 2:55.68 seconds, Janhavi Hirudkar (Maharashtra) 2:56.54 seconds, Muskan (Haryana) 2:58.98 seconds.

**100m hurdles:** Shourya Ambure (Maharashtra) 14.55 seconds, Shreya Ithape (Maharashtra) 14.86 seconds, Jeevitha S (Tamil Nadu) 15.41 seconds.

**Long jump:** Jyoti Jangid (Rajasthan) 5.69m, Obami Murmu (West Bengal) 5.54m, Sasha Sri (Tamil Nadu) 5.36m.

**Discus throw:** Lakshita Mahlawat (Rajasthan) 40.77m, Oshin (Haryana) 40.19m, Tejaswini C (Karnataka) 37.76m.

**Javelin throw:** Misti Karmakar (West Bengal) 45.04m, Siya Banjara (Rajasthan) 41.82m, Tanushri Mahalder (West Bengal) 41.73m.

**High jump:** Anchal Patil (Maharashtra) 1.68m, Rinku Ghosh (West Bengal) 1.65m, Harshitha P (Karnataka) 1.60m.

Heptathlon: Anamika Ajesh (Kerala) 4270 points, Baddi Vyshali (Telangana) 4224 points, Harshitha P (Karnataka) 4128 points.

## AFI selection panel has selected 27- member national team, including 14 in the boys section for the Asian U18 Athletics Championships from April 15 to 18 in Saudi Arabia.

**Boys:** Chiranth P (100m), Sayed Sabeer (200m), Saket Minj (400m), Kadir Khan (relay 4x400m), Nived B (110m hurdles), Nitin Gupta (5,000m race walk), Shivam Yadav (long jump), Afroz Ahmed (high jump), Devak Bhushan (high jump), Nishchay (shot put, discus), Akhand Pratap Singh (shot put), Vishal Kumar (discus throw), Himanshu (javelin throw), Krishan Chandra (javelin throw).

**Girls:** Aarti (100m), Prisha Mishra (200m), Edwina Jason (400m), Tannu (400m), Shourya Ambure (100m hurdles), Yogita (3,000m race walk), Jyoti Jangid (long jump), Anchal Sajesh Patil (high jump), Jasmine Kaur (shot put), Joy Baidwan (Shot put), Lakshita Mahlawat (discus throw), Oshin (discus throw), Misti Karmakar (javelin throw).

**Jubilant members of the Indian team** all set to reap rich harvest at Asian U18 Championships in Saudi Arabia from April 15 to 18.



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