

NEWSLETTER

Neeraj Chopra won silver medal in men's javelin throw at 2024 Paris Olympic Games

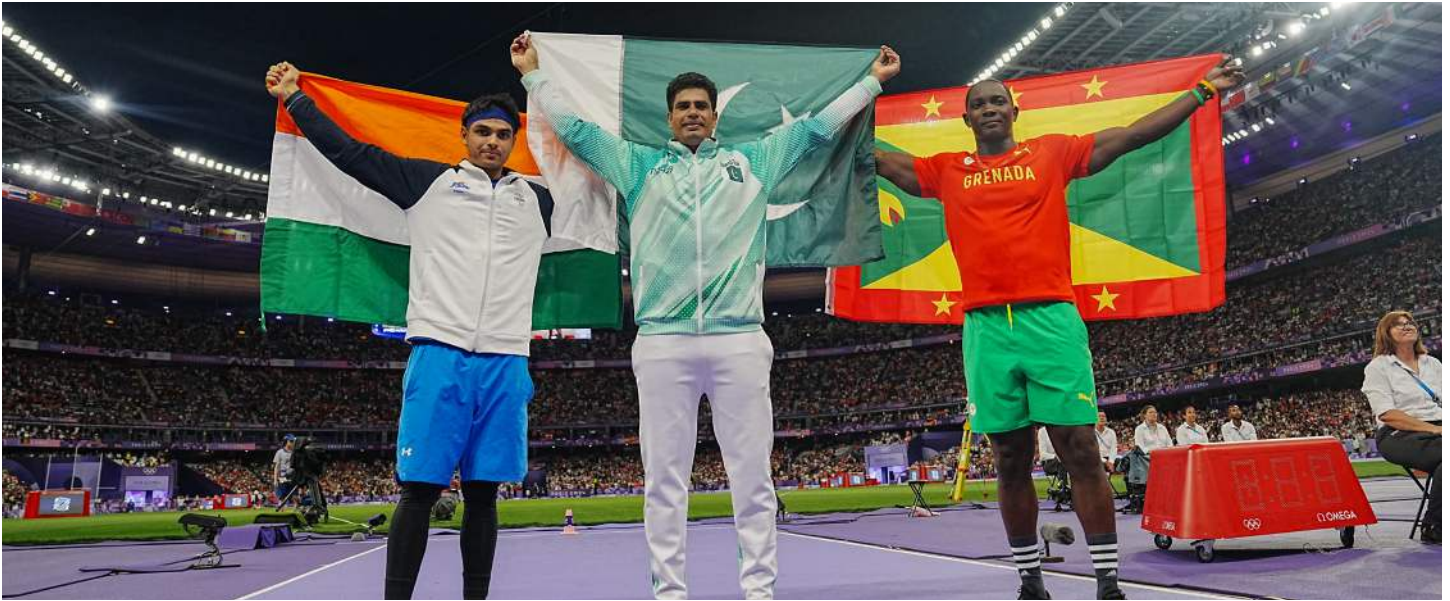
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I've to conquer more in future, says double Olympic Games medallist **Neeraj Chopra**



Medal winners of men's javelin throw at the 2024 Paris Olympic Games.

Picture credit: World Athletics

Neeraj Chopra's back-to-back medals in men's javelin throw at the Olympic Games highlights his journey of extreme sacrifice. The 26-year-old double Olympic Games medallist's performance at the global level has also been inspiring for youngsters back home.

More than half a dozen male javelin throwers have crossed the 80m mark in the 2023-2024 domestic competitions. "Tough domestic competition will certainly give a fillip to javelin in the country," Chopra had said prior to the Paris Games.

Chopra's historic win at the pandemic delayed 2020 Tokyo Olympic Games held in 2021 in Japan gave a new dimension to Indian athletes.

He continued his good run and three years later claimed silver with a throw of 89.45m, a season

best at the 2024 Paris Olympic Games.

Pakistan's Arshad Needam won gold with an Olympic record throw (92.97m), while Anderson Peters of Grenada won bronze (88.54m).

Winning back-to-back medals at the world's biggest platform—Olympic Games—is all about staying healthy, Chopra said. "It was a challenging task to stay healthy in the buildup months to the Paris Olympic Games," Chopra said after winning silver on August 8 in Paris. "I'm not satisfied with my overall performance as the preparation was hampered by niggles, particularly groin injury."

India's 2023 world champion said all competitors are equally good at the Olympic Games and all have one agenda --- to win medals.





Neeraj Chopra

"But medals are decided on a given day. It all depends how your body reacts to the given circumstances on that particular day when it matters most," Chopra said after his silver medal-winning efforts in Paris.

The celebrated Indian javelin thrower has twice won Asian Games titles (2018 and 2023). He won the Commonwealth Games gold in 2018. Chopra added the Diamond League Trophy to his cabinet in 2023.

Chopra also poured out his mind saying that excelling at the major competitions isn't an easy task. "It takes a herculean effort and lots of sacrifice to be successful in the highly competitive world of athletics," he added. "To achieve good results, I had to stay away from home and family members."

Throwing light on his preparation for the 2024 Olympic Games, Chopra said it's all about training and recovery. "It's all about enjoying routine on the play field," he said.

Chopra doesn't want to bask in the glory of winning back-to-back Olympic Games medals, but wants to emerge stronger. "I've to get rid of niggles that have been troubling me for a long time. Sometimes my movement is restricted during competitions," he explained. "I hope to recover soon and stay atop the field for next year's world championships."

Chopra's personal best of 89.94m was recorded in 2022, while his season best was 89.45m. But he plans to conquer new boundaries in future. "I've a lot to do in future," he said with an air of confidence after winning silver at the Paris Olympic Games.

A tale of breaking barriers and missing podium finish at the Paris Olympic Games

Nearly three weeks prior to the Olympic Games, India's star distance runner Avinash Sable set a national record and personal best of 8:09.91 in the men's 3000m steeplechase at the Paris Diamond League.

His performance raised hope of a good show at the Paris Olympic Games.

The Indian runner did meet his first target by qualifying for the final. However, it wasn't easy in the final, which proved a tactical race. Leading early gave Sable the chance to run his best race and he did that for a while, but he eventually finished 11th with a time of 8:14.18 seconds.

Sable was only the second Indian athlete at the Paris Olympic Games to advance to the final of an individual event. Neeraj Chopra was the other, going on to win silver in men's javelin. Sable might have missed out on a medal in Paris but his performance at major competitions across the globe since 2019 has fuelled a passion for steeplechase in the country.

The man from Beed, Maharashtra chased down the formidable Kenyan runners at the 2022 Birmingham Commonwealth Games to earn silver in 3000m steeplechase, a first by an Indian runner. He also won gold at the 2022 Hangzhou Asian Games.

"Sable's performance at the Commonwealth Games was inspiring," Gulveer Singh, Asian Games medallist in 10,000m, said. "He (Sable) made us believe that runners from East African nations, particularly the Kenyans, aren't invincible."

Singh bettered Sable's 5,000m record this year and also holds the men's 10,000m record. He said: "The number of entries in the steeplechase in domestic competition has swelled since Sable made his debut at the 2019 World Athletics Championships in Doha."



Avinash Sable in action during the men's 3,000m steeplechase at the 2024 Paris Olympic Games.



Personal best

India's leading woman distance runner, Parul Chaudhary, gave her best in the preliminary round in both the 5,000m and 3,000m steeplechase, but her performance wasn't good enough to fetch her a place in the medal round. **Parul clocked 9:23.39**, a season best, in the preliminary round of the steeplechase to finish eighth. In the 5,000m heats, she finished 14th at 15:10.68.

Heartbreak for elite Indian quarter-milers in Paris



Members of the Indian 4x400m relay team.

It was yet to close yet so far for the elite Indian quarter-milers at the Paris Olympic Games. After a stupendous 2023 season of twice improving the Asian 4x400m relay record there was hope of another astounding season. The 2024 Paris Olympic Games was supposed to be a perfect platform to further showcase potential. Despite good efforts the Indian 4x400m relay team narrowly missed out to advance to the medal round.

The Indian team finished fourth in their heat with a time of 3:00.58, a season best.

The world top 16 relay teams were divided into two groups and top three in each of the heats and two fastest teams advanced to the medal round.

Japan and Zambia were the two fastest teams in the group and advanced to the final. Japan clocked 2:59.48 and Zambia posted a time of 3:00.08 to finish fourth and fifth in heat 1.

Mohammed Anas ran the opening leg in 45.79 seconds, while Mohammed Ajmal, the second runner, further accelerated to clock 44.55 seconds. Dependable relay runner Amoj Jacob clocked 45.03 seconds for the third leg. Rajesh Ramesh ran the anchor leg in 45.21 seconds.

"We gave our best. But we fell short of our goal to enter the final. It was disappointing to miss the opportunity," Ajmal said, who ran the fastest leg of the relay in Paris.



Overwhelming response to third edition of National Javelin Day



The third edition of National Javelin Day was organised across the country on August 7.

As usual the response to the third edition of the National Javelin Day on August 7 was overwhelming. All the affiliated state units of the Athletics Federation of India (AFI) conducted competition in javelin throw in their respective states.

Way back on August 7, 2021, India star javelin thrower Neeraj Chopra won a historic gold medal in the men's javelin throw at the 2020 Tokyo Olympic Games held in Japan in 2021.

To celebrate India's first athletics gold medal at the Olympic Games, the AFI announced August 7 as National Javelin Day.

Javelin throw is also one of the priority disciplines of the AFI.

After winning the gold medal with a world record at the World U20 in 2016, Chopra steadily moved forward to add more feathers to his cap. At the 2024 Paris Olympic Games he settled for a silver medal.

At the 2023 Budapest World Athletics Championships, three Indian javelin throwers (Neeraj Chopra, Kishore Kumar Jena and DP Manu) were in top six. Chopra eventually won the gold medal in Budapest. He had won silver at the 2022 edition of World Athletics in Eugene, Oregon (USA).

The javelin throw graph at the domestic level is also on the rise. As many as six male throwers crossed the 80m barrier in the 2023-2024 edition of the competitions.

Indian squad ready to showcase their potential at World U20 in Peru

Several medal winners of the Asian U20 are among the 43-member national squad that will compete at the August 27 to 31 World U20 Athletics Championships scheduled to be held in Lima, Peru.

According to chief junior athletics coach, N Ramesh, preparatory camp for World U20 in throwing events was conducted at the National Institute of Sports (NIS) in Patiala, Punjab, while SAI Campus (Sports Authority of India) in Bengaluru was the venue for other disciplines. "NIS Campus in Patiala has good facilities for throwing event," the chief junior athletics coach added.

Apart from individual events, the national team will also compete in 4x400m relay and 4x400m mixed relay events, the chief junior athletics coach said.



Athletes in action during practice session in Bengaluru.

Team- Men:

Bapi Hansda (400m, relay), Jay Kumar (400m, relay), Sahil Khan (800m), Hariharan Kathiravan (110m hurdles), Nayan Pradip Sarde (110m hurdles), Murad Kallubhai Simran (400m hurdles), Karthika Raja Arumugam (400m hurdles), Sharuk Khan (3,000m steeplechase), Ranvir Ajay Singh (3,000m steeplechase), Himanshu (10,000m race walk), Sachin (10,000m race walk), Mohd Atta Sazid (long jump), Dev Kumar Meena (pole vault), Siddharth Choudhary (shot put), Anurag Singh Kaler (shot put), Ritik (discus throw), Prateek (hammer throw), Dipanshu Sharma (javelin throw), Rohan Yadav (javelin), M Jayaram Dondapati (100m), Ankul (4x400m relay), Rihan Chaudhary (4x400m, mixed relay), Abhiram Pramod (4x400m relay).

Team- Women:

Unnathi Aiyappa Bolland (200m, 100m hurdles), Neeru Pathak (200m, 400m, 4x400m relay), Anushka Dattatray Kumbhar (400m, 4x400m relay), Laxita Vinod Sandilea (800m/1500m), Ekta Dey (3,000m steeplechase), Shreeya Rajesh (400m hurdles), Aarti (10,000m race walk), Nikita Kumari, Amanat Kamboj (discus throw), Tamanna (shot put), Pooja (high jump), Pavana Nagaraj (long jump), Abinaya Rajarajan (100m, 4x100m relay), Sudheeksha Vadluri (4x100m relay), Neole Anna Cornelio (4x100m relay), Rujula Amol Bhonsle (4x100m relay), Siya Abhijit Sawant (4x100m relay), Sandramol Sabu (4x400m, mixed relay), Kanista Teena Maria Deva Shekhar (4x400m relay), Shravani Sachin Sangle (4x400m, mixed relay).

Promising junior athletes ready to perform at the 2024 World Athletics U20 Championships in Peru.



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