



Athletics  
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# NEWSLETTER



# READY TO GO!



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# GRAND SEND-OFF CEREMONY TO PARIS BOUND ATHLETICS CONTINGENT



Members of the Paris bound Indian athletics team pose for a photograph at HSBC send off ceremony.

**It was a grand send off ceremony to Paris bound track and field athletes by HSBC India and AFI (Athletics Federation of India) earlier this month in Chandigarh.**

The event was graced by India's 2008 Beijing Olympic Games champion in men's 10m air rifle, Abhinav Bindra. The former ace shooter shared his vast international experience with the athletes present on the occasion and encouraged them to stay focused in the last leg of the Olympic Games preparation. "All the hard work must have been done," Bindra added. "The last lap is to fine tune the preparation and showcase your potential at the quadrennial extravaganza event in France."

Adille Sumariwalla, AFI president said, partnership with the HSBC India has not only helped in enhancing training facilities for the athletes, but it has also encouraged more

corporate sector to come forward to support sports in the country. The AFI president said, the Paris Olympic Games qualification standard was tough. "But the athletes worked hard to stay on course to earn tickets to the Olympic Games," Sumariwalla added. "We are confident of a good show in France."

HSBC India has been associated with the AFI since 2022 to support women athletes. Sumariwalla said Indian athletes are making good progress. "Good number of Indian athletes are making the cut for the finals in their respective events at the major international events, including World Athletics Championships," Sumariwalla explained.

Speaking on the occasion, Sandeep Batra Head of Wealth and Personal Banking HSBC India, lauded the efforts of the athletes to earn Paris Olympic Games qualification. "Our athletes embody the true spirit of perseverance and excellence," Batra added.

Cream of Indian athletics, including javelin thrower Annu Rani, triple jumper Praveen Chithravel and shot putter Tajinderpal Singh Toor were present on the occasion. Members of the national 4x400m relay teams were also present.

**"Partnership with the HSBC India has not only helped in enhancing training facilities for the athletes, but it has also encouraged more corporate sector to come forward to support sports in the country".**

**Adille Sumariwalla**

## AFI UNVEILS NEW LOGO IN OLYMPIC YEAR

The 63rd National Inter-State Senior Athletics Championships held between June 27 to 30 at Panchkula's Tau Devilal Stadium saw cream of Indian track and field in action.

It was also the most appropriate occasion to unveil the new Athletics Federation of India (AFI) logo. Hon'ble Sports Minister Dr Mansukh Mandaviya unveiled the AFI logo in presence of AFI president Adille Sumariwalla.

The track and field meet in Panchkula was the last leg of the domestic competition ahead of the Paris Olympic Games starting July 26 in France. Athletics events at the Olympic Games will be held between August 1 to 11 in Paris.

The sports minister said youth of the country are eager to showcase their potential in sporting events at the world stage. "The preparation of the Paris bound Indian contingent has gone well," the sports minister said. "We are expecting good results in Paris."



Hon'ble Sports Minister Mansukh Mandaviya unveils AFI logo in presence of AFI president Adille Sumariwalla.



# Impressive show by top athletes at National Inter State meet in Panchkula



Members of India A mixed 4x400m relay team ceremony.

## Spotlight was on quarter-milers and javelin throwers during the four-day National Inter State Senior Athletics Championships held between June 27 to 30 in Panchkula, Haryana.

Distance runners too made a big impression in the last leg of the national meet in Panchkula ahead of the Paris Olympic Games starting July 26. The track and field competition will be held between August 1 to 11 at Stade de France in Paris. The domestic competition in Panchkula also proved to be a good platform for the Paris bound athletes including Annu Rani (javelin), Tajinderpal Singh Toor (shot put), Avinash Sable (3,000m steeplechase) and Parul Chaudhary (3,000m steeplechase) to test their skills ahead of the Olympic Games.

Core group of 400m runners attending the national camp in preparation for the Paris Olympic Games gave all they had to stay on course to cement their position in the men and women's 4x400m relay teams. Both men and women's 4x400m relay teams have qualified for the Olympic Games. But it was Haryana's 24 years old Kiran Pahal who was the main attraction in the women's individual 400m

event. She clocked an impressive time of 50.92 seconds to better the Olympic Games qualification time of 50.95 seconds in the semis. The promising sprinter dominated the final and repeated her semifinal time on way to winning gold. Moving up to longer races, it was Asian Games medalist Gulveer Singh who exhibited his endurance in the men's 5,000m. He was a comfortable winner with a time of 13:34.64 seconds on the Indian soil which augurs well for the future for the 26-year-old army runner who has repeatedly run good races below 13 minutes 30 seconds on the USA circuit. He holds the national record of 13:18.92 seconds, but wasn't able to make cut for the Paris Olympic Games through the Road to Paris ranking system. The automatic qualification time in men's 5,000m was 13:05.00. Railways Ankit, winner of women's 5,000m in Panchkula, was lucky to qualify for the 2024 Olympic Games through World Athletics ranking system (42 rank). Away from track races, there was intense battle at the javelin throwing arena. Haryana's Sahil Silwal surged ahead with a throw of 81.81m. Vikrant Malik representing Odisha was second with 81.74m. Asian Games medalist and Paris bound javelin thrower Kishore Kumar Jena finished third with a throw of 80.84m.

INTER-STATE  
MEET IN  
PANCHKULA

# Avinash Sable ready to battle with the best in the business in Paris

Army's 29 years old Asian Games champion, Avinash Sable, dipped below 8 minutes 10 seconds in his pet event—3,000m steeplechase--- at the Paris Diamond League on Sunday (July 7), indicating he was on the right track and ready to battle with the best in the business.

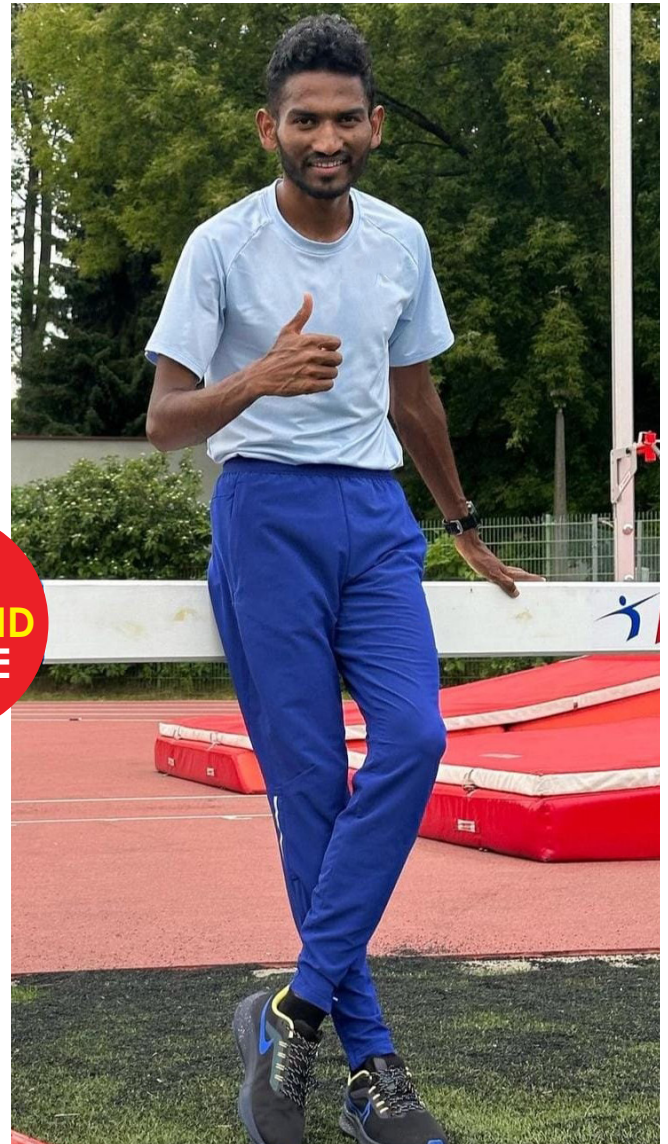
With just three weeks to go for the Paris Olympic Games, Sable switched to competitive mood clocking 8:09.91 seconds to improve his own national record of 8:11.20 in steeplechase at the Paris Diamond League. He overall finished sixth.

The army runner was based out of Colorado Springs in USA to prepare for the Paris Olympic Games. He sparsely competed over the 3,000m steeplechase event this season.

Paris Diamond League was his third steeplechase race of the 2024 season. A week before the Paris Diamond League, he competed at the Panchkula's National Inter State Senior Athletics Championships to test himself.

He ran solo. His winning time of 8:31.75 seconds was better than his meet record of 8:33.19 seconds set in 2019. Despite running at a comfortable pace, he was far ahead of his rivals. Sable claimed his plan was to deliver goods at the right time. "There was no one to push me in the domestic meet," Sable said after Panchkula's race. "But my main goal is to perform at the Paris Olympics Games. I will certainly give my best at the right time."The army runner made his Olympic Games debut at the delayed

PARIS  
DIAMOND  
LEAGUE



Avinash Sable improved his national 3,000m steeplechase record to 8:09.91seconds.

2020 Tokyo Olympic Games held in Japan in 2021. He has also competed in three World Athletics Championships starting 2019 in Doha.

# AFI to send a strong team to Paris Olympic Games

India's 26 years old Olympic and world champion in men's javelin throw, Neeraj Chopra, is among 29-member track and field team shortlisted by Athletics Federation of India (AF) selection panel for the Paris Olympic Games.

The 29-member Indian athletics contingent includes 12 female athletes for the Olympic Games starting July 26. The track and field competition will be conducted at Stade de France stadium in Paris between August 1 to August 11.

World Athletics has also introduced marathon race walk mixed relay event at the Paris Olympic Games, while men's 50km race walk has been excluded from the Olympics programme.



**Team officials:** Ravinder Chaudhry (team manager), Radha Krishnan Nair (team coach), Jason Dawson (coach--4x400m M), Valerii Stadshuk (coach--4x400m W), Scott Simmons (coach--distance running), Klaus Bartoneitz (coach--javelin), Asanha De Silva (recovery expert), Brajesh Koushel (team doctor), Mayur Thakkar (physio), Pawan Singh (masseur), Elmira Kisileva (masseur).  
**Personal officials:** Tatiana Sibileva (coach--race walk), Parveer Singh (coach--throws), J Premanand (coach--4x400m M), Denis Kapustin (coach--jumps), Ishaan Marwaha (physio), Betanzos Francis (coach--jumps), James Hiller (coach--hurdles)



PARIS 2024



## Team- Men:

Avinash Sable (3,000m steeplechase), Neeraj Chopra, Kishore Kumar Jena (javelin throw), Tajinderpal Singh Toor (shot put), Praveen Chithravel, Abulla Aboobacker (triple jump), Sarvesh Kushare (high jump), Jeswin Aldrin (long jump), Akshdeep Singh, Vikash Singh, Paramjeet Singh Bisht (20km race walk), Muhammed Anas, Muhammed Ajmal, Amoj Jacob, Santhosh Tamilarasan, Rajesh Ramesh (4x400m relay), Suraj Panwar (race walk mixed marathon)

## Team- Women:

Kiran Pahal (400m), Parul Chaudhary (3,000m steeplechase and 5,000m), Ankita (5,000m), Jyothi Yarraji (100m hurdles), Annu Rani (javelin throw), Abha Khatua (shot put), Jyothika Sri Dandi, Subha Venkatesan, Vithya Ramraj, Poovamma MR, Prachi (4x400m relay), Priyanka Goswami (20km race walk/ race walk mixed marathon).

# TALENT IDENTIFICATION CAMP

More than 600 budding athletes attending the camp held between June 20 to July 4 in Patiala, Lucknow, Godhra and Bengaluru.



The Talent Identification Camp across the country was sponsored by REC Limited.



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