

# NEWSLETTER



# 90M ELITE CLUB

# India's star javelin thrower Neeraj Chopra joins elite 90m club, a big boost to Indian athletics

**India's ace javelin thrower Neeraj Chopra's perseverance paid off at Doha Diamond League on May 16. The 27-year-old two time Olympic and World medallist eventually joined the 90m club as he hurled the javelin to 90.23m to finish second in his first major competition of the 2025 season. Chopra's previous best and national record was 89.94m, recorded in 2022.**



Germany's Julian Weber topped the field in Doha with a throw of 91.06m. Weber too joined the 90m club. Chopra has come agonisingly close to the 90m mark since the 2022 Stockholm Diamond League, but the mark had remained elusive. "This is just the beginning," the Tokyo Olympic Games champion said after his 90m-plus throw in Doha.

Chopra has been the most consistent of all javelin throwers since winning the historic gold medal at the Tokyo Olympic Games in 2021, yet it took nearly four long years for him to breach the 90m mark. Chopra's performance graph indicates that in a technical event like javelin, apart from hard work, patience pays.

At the 2022 Stockholm Diamond League, Chopra's best throw was 89.94m. At the Lausanne Diamond League last year, he recorded a throw of 89.49m.

At the 2024 Paris Olympic Games, Chopra's silver-winning throw was 89.45m, while he hurled the javelin to 89.34m in the qualification round. Pakistan's Arshad Nadeem crossed the 90m mark (92.97m) and won gold.

After the Paris Olympics, Chopra took a decision to change his coaching staff. His long association with German bio-mechanics expert Klaus Bartonietz came to an end, and he joined forces with Czech legend Jan Železný last November.

The partnership with Železný has enabled the ace Indian javelin thrower to further polish his skills and add inches to his national record in the first major competition of the 2025 season at Doha.

Chopra's main goal this year will be to defend his title at the 2025 World Championships in Japan, scheduled to be held from September 13 to 21.

At the 2023 Budapest World Championships, Chopra's gold winning throw was 88.17m. Later in the year at the Hangzhou Asian Games in China, Chopra successfully defended his crown with a throw of 88.88m.



## Gulveer Singh's next target is Tokyo World Athletics Championships in September

**After winning two gold medals--10,000m and 5,000m at the just concluded Asian Athletics Championships in Gumi, South Korea, Gulveer Singh, has shifted his focus on the Tokyo World Athletics Championships scheduled to be held between September 13 to 21 in Japan. "The World Championships in Japan will give me a good platform to improve my personal best in both 5,000m/10,000m track races," the 27 years old army runner said.**

Singh, who holds both 5,000m and 10,000m national records has a personal best of 12:59.77 for 5,000m clocked at Indoor track meet in Boston held earlier in February this year in the USA. While his personal best for 10,000m is 27:00.22 clocked in March in California, USA.

Singh is the first Indian distance runner to break the 28 minutes barrier for the 10,000m track race and first to break 13 minutes for 5,000m.

The army runner has taken a short break and will be based out of Colorado Springs from July onwards to prepare for the challenging World Athletics Championships in September. At the Worlds he is hopeful of clocking a better time than his personal best in both 5,000m/10,000m. "My focus in Japan will be to break 27 minutes for the 10,000m," the army runner added.

# Memorable debut for javelin thrower Sachin Yadav at Asian Athletics Championships



**Yadav began his season with a throw of 84.39m at the National Games in Uttarakhand.**

Delhi based 25 years old promising javelin thrower, Sachin Yadav, on his debut at the Asian Athletics Championships held between May 27 to 31 in South Korean City of Gumi, made most of the situation to earn a silver medal with a throw of 85.16m. Yadav said he could have further improved his season and personal best in South Korea, but missed a couple of practice sessions due to ankle niggle in the weeks before the continental competition. "There is no issue of pain in the ankle at the moment and it gives me an opportunity to focus on polishing my skills to further improve my performance," the Asian silver medallist said.

Yadav's main goal this year is to compete at the September 13-21 Tokyo World Athletics Championships in Japan.

The automatic qualification mark in men's javelin is 85.50m. Yadav's silver-medal winning performance has enabled him to earn valuable global ranking points. Athletes can also win tickets to Worlds through a global ranking system. Yadav began his season with a throw of 84.39m at the National Games in Uttarakhand. He won gold.

Yadav, however, is determined to cross 86m in his next competition. "On a given day I should be able to record a good throw and win direct qualification for the Worlds," Yadav added.

Yashvir Singh, 23, was the second Indian thrower at the Asian meet in Gumi. His throw of 82.37m, a season and personal best, earned him fifth place in a competitive field in Gumi.

# Parul Chaudhary's next goal is breaking 9:10 barrier in steeplechase

**India's flag-bearer in the women's 3000m steeplechase, Parul Chaudhary, started her competitive season on a positive note and should be one to watch out at the September 13 to 21 Tokyo World Athletics Championships.**

The 30-year-old Asian Games medallist started her season with the Doha Diamond League on May 16, improving her national record to 9:13.39. Her previous best and national mark of 9:15.31 was clocked at the 2023 Budapest World Championships.

Nearly a fortnight later, Parul further improved national record to 9:12.46 to win silver at the just concluded Asian Athletics Championships in Gumi, South Korea.

"My main goal in the steeplechase in Gumi was to stay with the leading runner (Norah Jeruto Tanui of Kazakhstan). Initially I lost contact but had to push hard to cover the lost ground. In the process I improved my national record," Parul said. Norah's winning time was 9:10.46.

The Tokyo World Championships will be Parul's third global competition. At 2022 Eugene, the Uttar Pradesh international wasn't able to progress to the medal round. In her heat, she clocked 9:38.09 to finish 12th.

However, at the Budapest World Championships in Hungary, she put up a good show, entering the final and finished



**"My main goal in the steeplechase in Gumi was to stay with the leading runner (Norah Jeruto Tanui of Kazakhstan)"**

10th. Her time in Hungary was 9:15.31, a national record. At the 2024 Paris Olympic Games her best time of 9:23.39 in the heats (eighth position) wasn't good enough to give her passage to the final.

Currently based out of Bengaluru, Parul is all focused to improve her personal best, senior national coach Kalyan Chaudhari said. "She (Parul) will certainly break 9:10 for the steeplechase at the Worlds in Tokyo," he said.

# Preparation for Tokyo World Athletics Championships on right track, says **Avinash Sable**

India's star steeplechase runner and two-time Olympian, Avinash Sable, said his hurdle clearance was better on his way to winning gold at the just concluded Asian Athletics Championships in Gumi, South Korea.



The 30-year-old Asian Games champion has been undergoing rehab to strengthen his weak hamstring muscles to stay on track for the September 13-21 World Athletics Championships in Japan.

"I was training in Ooty and had a hamstring niggle in April. But I was feeling better during the Asian meet in Gumi," Sable added. "Going by my performance in South Korea, preparation for the global meet in September seems to be on the right track. I should be able to do better in Japan."

Sable is currently based out of Sports Authority of India (SAI) campus in Bengaluru. Kalyan Chaudhari, senior athletic coach, oversees Sable's training. The 30-year-old Asian and Commonwealth Games medallist had to undergo extensive rehab to strengthen his hamstring.

"A smooth hurdle clearance is an important aspect for steeplechase runners to improve overall performance," Chaudhari said

Good rehab enabled Sable to post a season's best time of 8:20.92 on his way to winning gold in Gumi.

The gruelling 3,000m steeplechase, one of the track events at the Olympics, includes 28 hurdles

and seven water jumps. The height of the men's hurdles is 36 inches, while it's 30 inches for the women's event.

"Take-off and landing during water jumps are important," the athletics coach explained.

Since 2018, when Sable first broke a long-standing national record during a domestic event in Odisha, the Army runner has consistently improved his national record several times.

Sable's personal best and current national record of 8:09.91 was set during the 2024 Paris Diamond League in France. The current world record of 7:52.11 was set by Ethiopia's Lamecha Girma in 2023.

Sable has qualified for the 2025 World Athletics Championships during the 2024 Paris Olympic Games.

The global championships in Tokyo will be Sable's fourth since his debut at the 2019 Doha World Athletics Championships in Qatar. In all four global competitions, podium finishes have eluded him. In between these global events, he won a silver medal behind Kenya's Abraham Kibiwot at the 2022 Birmingham Commonwealth Games—a first by an Indian athlete. He also won gold at the 2022 Hangzhou Asian Games.

# Asian Athletics championships was good platform to evaluate performance, says AFI chief Bahadur Singh Sagoo



The five-day long 26th Asian Athletics Championships in South Korean city of Gumi proved to be a good platform to evaluate performance of the elite Indian athletes ahead of the challenging global competition in September, AFI (Athletics Federation of India) president Bahadur Singh Sagoo said.

The Indian contingent finished second in the medal tally with 24 medals, eight of them gold, 10 silver and six bronze medals at the Asian meet held from May 27 to 31 in South Korea. "Several athletes improved national records during five-day continental competition in Gumi," Sagoo added. "Asian meet was the beginning of the challenging competitive season. We expect better results as the competition season progresses."

Sprinter Animesh Kujur clocked 20.32 seconds, a national record, to win bronze in men's 200. India's promising teenage high jumper Pooja Singh added a gold medal to her

profile and raised the bar to 1.89m to improve national U20 record. It was Pooja's first senior Asian meet.

In distance track events, Parul Chaudhary continued to excel in the women's 3,000m steeplechase. Her silver-winning effort of 9:12.46 was better than her own national record of 9:13.39 she posted at Doha Diamond League on May 16.

Gulveer Singh (5,000m/10,000m), Avinash Sable (3,000m steeplechase gold), Jyothi Yarraji (100m hurdles) and Nandini Agasara (heptathlon) were other athletes who gave a good account of their performance to enhance India's gold medal tally in Gumi.

The women's 4x400m relay and mixed 4x400m relay teams also won gold medals in South Korea. "Some of the core group of athletes will be focusing on global competition in September. While others will continue to practice at their respective centres to polish their skills for continental and invitational competitions," Sagoo said.

# 2026 Asian Games: Emphasis on shorter relay events, says Adille Sumariwalla

Elite Indian sprinters made a big impression early in the season. The men's 100m national record was improved to 10.20 seconds in March by Gurindervir Singh. In April team of Gurindervir Singh, Animesh Kujur, Manikanta Hoblidhar and Amlan Borgohain clocked 38.69 seconds to improve more than a decade old national 4x100m relay record of 38.89 seconds posted at the 2010 New Delhi Commonwealth Games.

"A series of outstanding performances by relay teams augurs well for the future," Adille Sumariwalla, a vice-president of World Athletics, said.



**"The young female sprinters have a lot to learn and gain more experience to excel in the 2026 Asian Games," Sumariwalla added. "In relay, smooth baton exchange is the key to success."**

The women's 4x100m relay team won silver at the 26th Asian Athletics Championships held between May 27 to 31 in the South Korean city of Gumi. The team of Abhinaya Rajarajan, Srabani Nanda, Sneha SS and Nithya Gandhe clocked 43.86 secs in Gumi.

Sumariwalla, former president of Athletics Federation of India and now its spokesperson added: "The AFI has included men and women's 4x100m relay teams as a priority event for the 2026 Asian Games."

The Reliance Academy in Mumbai will be the main practice venue of the men's 4x100m relay team. The top female sprinters will be based out of NCOE (National Centre of Excellence) in Thiruvananthapuram to prepare for upcoming international events, Sumariwalla said.

World Athletics has introduced a mixed 4x100m relay event to its programme from May 10-11 World Athletics Relay held in China.

To give a fillip to mixed 4x100m relay, it was included at the National Open Relay Carnival held in Chandigarh in April.

## 2025 Taiwan Athletics Open:

Results (Medal tally—gold 12, silver 3, bronze 1—Total 16)

**Men: 800m:** Krishan Kumar  
1:48.46 seconds (gold).

**110m hurdles:** Tejas Ashok Shirse  
13.52 seconds (gold)

**400m hurdles:** Yashas Palaksha  
49.22 seconds (silver)

**Triple jump:** Abdulla Aboobacker  
16.21m (gold)

**Javelin throw:** Rohit Yadav  
74.42m (gold)

**4x100m relay:** India 38.75 seconds (gold—Gurindervir Singh, Animesh Kujur, Manikanta Hoblidhar, Amlan Borgohain)

**4x400m relay:** Santhosh K, Dharamveer Chaudhary, Vishal TK, Manu TS 3:05.58 seconds (gold).

## Women

**800m:** Pooja 2:02.79 seconds (gold), Twinkle Chaudhary 2:06.96 (silver).

**1500m:** Pooja 4:11.63 seconds (gold)

**100m hurdles:** Jyothi Yarraji 12.99 seconds (gold)

**400m hurdles:** Vithya Ramraj 56.53 seconds (gold).

**Long jump:** Shaili Singh 6.41m (silver), Ancy Sojan 6.39m (bronze).

**Javelin throw:** Annu Rani 56.82m (gold)

**4x100m relay:** India 44.07 seconds (gold—S Vadluri, Sneha SS, Abinaya Rajarajan, Nithya Gandhe).

ATHLETICS FEDERATION OF INDIA  
**26<sup>th</sup> ASIAN ATHLETICS CHAMPIONSHIPS - 2025 GUMI**  
 27<sup>th</sup> - 31<sup>st</sup> May 2025



**MEDAL WINNER'S**

CONGRATULATIONS TEAM INDIA

|   |   |   |  |  |  |
|---|---|---|--|--|--|
| <br><b>GOLD</b><br>GULVEER SINGH<br>10000M RUN            | <br><b>GOLD</b><br>AVINASH SABLE<br>3000 M STEEPLECHASE | <br><b>GOLD</b><br>JYOTHI YARRAJI<br>100M HURDLES           | <br><b>GOLD</b><br>GULVEER SINGH<br>5000M RUN      | <br><b>GOLD</b><br>POOJA<br>HIGH JUMP                | <br><b>GOLD</b><br>AGASARA NANDINI<br>WOMEN HEPTATHLON     |
| <br><b>GOLD</b><br>TEAM INDIA<br>MIXED RELAY 4X400        |   |   | <br><b>GOLD</b><br>TEAM INDIA<br>WOMEN RELAY 4X400 |  |  |
| <br><b>SILVER</b><br>RUPAL<br>400M RUN                    | <br><b>SILVER</b><br>POOJA<br>1500M RUN                 | <br><b>SILVER</b><br>PRAVEEN CHITRAVEL<br>MEN'S TRIPLE JUMP | <br><b>SILVER</b><br>TEJASWIN SHANKAR<br>DECATHLON | <br><b>SILVER</b><br>ANCY SOJAN<br>LONG JUMP         | <br><b>SILVER</b><br>PARUL CHAUDHARY<br>3000M STEEPLECHASE |
| <br><b>SILVER</b><br>SACHIN YADAV<br>JAVELIN THROW        | <br><b>SILVER</b><br>PARUL CHAUDHARY<br>5000M RUN       | <br><b>SILVER</b><br>TEAM INDIA<br>MEN RELAY 4X400          |  | <br><b>SILVER</b><br>TEAM INDIA<br>WOMEN RELAY 4X100 |  |
| <br><b>BRONZE</b><br>SERVIN SEBASTHYAN<br>20 KM WALK RACE | <br><b>BRONZE</b><br>YOONUS SHAH<br>1500M               | <br><b>BRONZE</b><br>SHAILI SINGH<br>LONG JUMP              | <br><b>BRONZE</b><br>ANIMESH KUJUR<br>200M         | <br><b>BRONZE</b><br>VITHYA RAMRAJ<br>400M HURDLES   | <br><b>BRONZE</b><br>POOJA<br>800M                         |

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