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NEWSLETTER



ON TRACK

India's relay squads **miss World Championships** berths despite season's best efforts

Despite brilliant back-to-back races at the two-day Guangzhou World Athletics Relays at the weekend in China, Indian quartet in men's 4x400m and mixed 4x400m fell short of winning passage to Tokyo World Athletics Championships in September.

The Guangzhou World Athletics Relays on May 10-11 offered two qualification rounds to win automatic qualification for the September 13 to 21 global event in Japan, but on both occasions the Indian team fell short of the target despite posting a season best.

On Sunday, the quartet of Santhosh Kumar T, Rupal Chaudhary, Vishal TK and Subha Venkatesan finished fourth in heat two of the mixed 4x400m relay with a time of 3:14.81, a season best.

Top three teams---Italy (3:12.53), France (3:12.66) and Canada (3:12.95) in the competition got direct qualification to Tokyo.

The men's 4x400m relay team posted a time of 3:04.49 in their heat to finish seventh in round two qualification of the World Athletics Championships on Sunday in China. Top three teams—Brazil, Netherlands and Jamaica -- qualified for the Worlds in Japan.

The Day-One of Guangzhou World Athletics Relays on Saturday also offered direct qualification to Japan. The Indian men's 4x400m and mixed 4x400m relay teams posted a season best and finished fifth in their respective heats and eventually missed to qualify for the global competition.



Top two teams in each heat qualified for the Worlds on Saturday.

The quartet of Santhosh Kumar T, Manu TS, Vishal TK and Mohit Kumar clocked 3:03.92, a season best to finish fifth on Saturday. Top two teams booked tickets to the Tokyo World Athletics Championships.

While in the mixed 4x400m relay, Indian team of Jay Kumar, Sneha K, Dharamveer Choudhary and Rupal Chaudhary clocked season best time of 3:16.85 and finished fifth. "This competition in Guangzhou provided exposure and development of the athletes for the future," India's foreign coach Jerry Lee Holness said. Overall, 14 teams in each event at Guangzhou World Athletics Relay qualified for Worlds. The remaining two places in each of the relay events for Tokyo World Athletics Championships will be awarded based on top lists during the qualification period between February 25, 2024 to August 24, 2025.

Avinash Sable on track ahead of continental competition in Gumi

India's two-time Olympian and national record holder in men's 3000m steeplechase, Avinash Sable, began his 2025 campaign on a positive note. The 30 years old army's Commonwealth and Asian Games medalists, was consistent in back-to-back one-day Diamond League he competed in April and May.

At the Xiamen Diamond League on April 26, the Indian steeplechase runner clocked 8:22.59, a season best, but finished 13th in the highly competitive field.

Sable also stepped on the track at Shanghai Diamond League on May 3 in China. He clocked 8:23.85 to finish eighth.

Sable's personal best of 8:09.91 was clocked last year in June during Paris Diamond League. At the 2024 Paris Olympic Games, he clocked 8:14.18 to finish 11th.

The national record holder has already qualified for the September 13 to 21 Tokyo World Athletics Championships in Japan by virtue of his Paris Olympic Games performance which was better than Worlds qualification time of 8:15.00.

At the 2022 Hangzhou Asian Games held in 2023, Sable won gold in men's 3000m steeplechase with a time of 8:19.50.

Sable is also considered favourite to win the steeplechase title at May 27 to 31 Asian Athletics Championships in Gumi, South Korea.



Mohammed Afsal improves 800m National record

India's 29 years old Asian Games silver medalist, Mohammed Afsal, updated his profile with a National record in the men's 800m during Dubai's World Athletics Continental Tour Bronze Level on May 9. The Kerala's promising 800m runner clocked 1:45.61 to better the previous national record of 1:45.65 clocked by Jinson Johnson at 2018 domestic meet in Guwahati, Assam. At the 2023 Hangzhou Asian Games, Afsal clocked 1:48.43 to win silver in a tactical 800m. Impressive performance by Animesh Kujur who won 200m gold with a time of 20.45 seconds, was highlights of Dubai's Continental Tour.

Kujur was also a member of the Indian 4x100m relay team that won the gold medal with a meet record of 38.76 seconds. Other members of the victorious Indian team were Gurindervir Singh, Manikanta Hobildhar and Amlan Borgohain.



Servin Sebastian wins ticket to Asian Championships at Indian Open Race Walking competition in Chandigarh

Tamil Nadu's international race walker Servin Sebastian stamped his authority in the men's 20km event during the 12th edition of the Indian Open Race Walking Competition in Chandigarh.

On his way to winning gold, Sebastian clocked 1:21:46.47 to better the next month's Asian Athletics Championship qualification criteria of 1:24:50 set by AFI (Athletics Federation of India).

The Chandigarh competition was Sebastian's second race of the season. He had won gold in the 20km race walk at the 38th Uttarakhand National Games in February. Sebastian was excited to have won gold in two back-to-back national competitions. "The main goal this season was to stay healthy and compete at the Tokyo World Athletics Championships in September," the Tamil Nadu race walker said.

The automatic qualification time for the World

Athletics Championships in men's 20km is 1:19:20. It's 1:29:00 in the women's 20km race walk.

Army's Amit finished second behind Sebastian in Chandigarh with a time of 1:21:51.46. Amit's team-mate Amanjot Singh crossed the line in 1:22:12.72 to finish third. Amit and Singh also dipped below the Asian qualification time.

Paris Olympian Paramjeet Singh Bisht finished fourth with a time of 1:23:10.45. Akshdeep Singh who was considered favourite to win gold finished fifth with a time of 1:23:49.18.

The men's 35km race walk was dominated by Army's international race walker Ram Baboo. His gold medal winning time was 2:32:53.50. Baboo also holds the national record of 2:29.56 set in 2023 in Slovakia. The women's 20km race walk gold went to Ravina of Haryana. She clocked 1:35:58.80. The Asian qualification time in the women's 20km race walk was 1:32:00.

Himanshu Jakhar wins javelin gold at Asian Youth Championships

India's Himanshu Jakhar won javelin gold at Asian Youth Athletics Championships held in Dammam, Saudi Arabia earlier in April. Himanshu's gold medal performance was 67.587m. National boys medley relay team won silver with a youth record. The quartet of Chiranth P, Sayed Sabeer, Kadir Khan and Saket Minj clocked 1:52.15 at the sixth Asian U18 Athletics Championships in Saudi Arabia from April 15-18. Aarti (100.200m) and Nischay (shot put/discus throw) won two medals each. Nitin Gupta (race walk), Shourya Ambure (100m hurdles), Devak Bhushan (high jump), Lakshita Mahlawat (discus throw) and Tannu (400m) were other medal winners at the continental meet.

Promising jumpers hogged limelight at domestic meet in Kochi



Praveen Chithravel



Several elite athletes booked berths for the upcoming continental meet during four-day 28th National Federation Senior Athletics Competition in Kochi.

Promising long jumper Shaili Singh and triple jumper Praveen Chithravel delivered the goods at the right time to earn a place in the national team for the May 27-31 Asian Athletics Competition. Apart from Shaili and Chithravel, several elite athletes also book berths for the continental meet during four-day 28th National Federation Senior Athletics Competition in Kochi, Kerala.

Shaili, 21, raised the level of her performance in Kochi to showcase her potential ahead of the busy competitive season. With a big jump of 6.64m she not only won the gold medal but erased the more than two decades old meet record of 6.59m which was in the name of Anju Bobby George set in 2002. Shaili also breached the

Asian championships qualification mark of 6.41m. Chithravel, 23, was also excited to have equalled his own national record of 17.37m. Chithravel's gold medal performance was better than the World Athletics Championships record of 17.22m. Away from field events, Odisha's sprinter Animesh Kujur was cynosure of all eyes as he erased the men's 200m national record with a time of 20.40 seconds. The previous record was 20.52 seconds set by Amlan Borgohain in 2022.

Vithya Ramraj (400m hurdles), Sawan Barwal (long distance) and Dev Meena (pole vault) were among others who improved the meet records in Kochi.

Focus on sprinters ahead of continental meet in South Korea

Impressive performance by elite sprinters in March and April during domestic competitions earned them applause and place in the national squad for the Gumi Asian Athletics Championships scheduled to be held in South Korea from May 27 to 31.

Punjab's Gurindervir Singh improved the men's 100m national record to 10.20 seconds and Odisha's Animesh Kujur lowered the men's 200m national record to 20.40 seconds. Both Singh and Kujur will be among the members of the national 4x100m relay team for the continental meet.

The women's 4x100m relay team has also been included in National squad for Asian meet. "Good performance in the domestic competitions was one of the main reasons for elite sprinters earning a place in the continental meet," AFI president Bahadur Singh Sagoo said.

India's star distance runner Gulveer Singh, who holds the national record over 5,000m and 10,000m is also among 59-member team for Asian meet in South Korea.

Indian team for Asian meet:

Men: 200m: Animesh Kujur. 800m: Anu Kumar, Krishna Kumar. 1500m: Yoonus Shah. 3000m steeplechase: Avinash Sable. 5,000m: Gulveer Singh, Abhishek Pal. 10,000m: Gulveer Singh, Sawan Barwal. Triple Jump: Praveen Chithravel, Abdulla Aboobacker. High jump: Sarvesh Anil Kushare. Shot put: Samardeep Singh Gill. Javelin throw: Sachin Yadav, Yashvir Singh. Decathlon: Tejaswin Shankar. 20km race walk: Servin Sebastian, Amit.

4x100m relay: Pranav Pramod G, Animesh Kujur, Manikanta Hoblidhar, Amlan Borgohain, Tamilarasu S, Ragul Kumar G, Gurindervir Singh.

4x400m relay: Vishal TK, Jay Kumar, Manu TS, Rince Joseph, Dharamveer Choudhary, Tushar Manna, Santhosh Kumar, Mohit Kumar.

Women: 200m: Nithya Gandhe, 400m: Rupal Chaudhary, Vithya Ramraj. 800m: Twinkle Chaudhary, Pooja. 1500m: Lili Das, Pooja. 3000m steeplechase: Parul Chaudhary, Ankita. 5,000m: Sanjivani Jadhav, Parul Chaudhary. 10,000m: Sanjivani Jadhav, Seema. 100m hurdles: Jyothi Yarraji. 400m hurdles: Vithya Ramraj, Anu R. Long jump: Shaili Singh, Ancy Sojan. High jump: Pooja. Discus throw: Seema. Javelin throw: Annu Rani. Heptathlon: Agasara Nandani. 4x100m relay: Nithya Gandhe, Abinaya Rajarajan, Sneha SS, Srabani Nanda, Daneshwari AT, V Sudheeksha. 4x400m relay: Rupal, Sneha K, Subha Venkatesan, Jisna, Mathew, Kunja Rajitha, Sandramol Sabu.

Indian Open Relays

Victorious Reliance 4x100m relay team broke National record in Chandigarh

Reliance quartet of Gurindevir Singh, Manikanta Hobildhar, Animesh Kujur and Amlan Borgohain improved more than a decade old men's 4x100m national record at the second edition of Indian Open Relay Competition at Chandigarh's Sector 7 Sports Complex.

The Reliance team clocked 38.69 seconds to better the previous record of 38.89 seconds set at Delhi's 2010 Commonwealth Games. The AFI (Athletics Federation of India) also introduced mixed 4x100m relay during the one-day competition in Chandigarh.



Men : 4x100m relay: Reliance 38.69 (NR, Previous national record of 38.89 seconds was set in 2010 in Delhi) Gurindevir Singh, Animesh Kujur, Manikanta Hobildhar, Amlan Borgohain), Tamil Nadu: 39.83 seconds (Tamil Arasu S, Manav R, Ragul Kumar G, Sam Vasanth S), Army 41.40 seconds (Ankur, Akshu Sindhu, Vetrivelan A, V Gurjar)

4x400m relay: NCC (National Coaching Camp): 3:04.31 (Jay Kumar, Vishal TK, Manu TS, D Choudhary), NCC 2 (Santhosh T, Rince, Mohit Kumar, Tushar Manna) 3:04.92, Tamil Nadu: 3:10.67 Mitresh G, Akash Raj, Rahul Balaji S, Suraj A).

U20 4x100m relay: Reliance 40.60 seconds (Mahendra Santa, Astik Pradhan, Abhay Singh, Pratik Maharana), Tamil Nadu 41.63 seconds (Santhosh P. Yagavaraj A, Varun Manohar, Tharun SM), Rajasthan 42.22 seconds (D Singh Shekhawat, R Kumar Bajiya, Sourabh Tak, Gourav Yadav).

U20 4x400m relay: Tamil Nadu 3:12.12 (Vignesh V, Jerome Sanjay, Nakul Prahu, Sharan M), NCOE Patiala 3:12.38 (Amit Kumar, Munna Kumar, Surya Kant, Gajendra Singh), Punjab 3:13.40 (Tarandeep Singh, Jashanpreet Singh, Harjot Singh, Harmandeep Singh).



Women:

4x100m relay: NCOE Trivandrum: 44.12 seconds, (Srabani Nanda, Abinaya Rajarajan, Sneha SS, Nithya Gandhe), Tamil Nadu: 46.07 seconds (Nithya Ramraj, G Ravi Kumar, Angel Silvia M, Kiruthika A), Haryana: 49.68 seconds (Anshu, Priyanka, Shalenshi, Shubham).

4x400m relay: NCC (National Coaching Camp): 3:32.64 (Sneha K, Rupal Chaudhary, Jisna Mathew, Subha Venkatesan), Tamil Nadu: 3:40.85 (Dhesikha V, N Mariea, Akshya Baskar, Vithya Ramraj), Uttar Pradesh: 3:56.70 (Kajal, Sushma Yadav, Manu Singh, Roopa).

Women: U20 4x100m relay: Haryana 51.83 seconds (Neha, Lakshita Maan, Saniya, Aayushi), Rajasthan 53.89 seconds (Kritika Rathore, Sonu Rawat, Poonam, Ankar Choudhary), Tamil Nadu 55.15 seconds (Suba Dharsini S, Varsha SS, Valliyamma M, B Baskar).

U20: 4x400m relay: Tamil Nadu 3:47.25 (S Chandra Kumar, Punitha Durairajan, Harshitha R, Mari M), IOCI 3:47.93 (Nofisa Khatun, Mahi Nandal, Gunashya V, Roshani Yadav), Delhi 3:52.04 (Riya Bisht, Harshika, Harshita Goswami, Astha Mallick).

Mixed relay:

4x100m mixed relay: Tamil Nadu 43.44 seconds (Angel Silvia M, Vysali Ganesan, Tamil Arasu S, Gitson I), Odisha 43.61 seconds (Bonita Lakra, Manisha Merel, Abhinash Sahu, D Jayaram), Punjab 44.36 seconds (Harleen Kaur, Sarabjeet Kaur, Harmanpreet Singh, Kulvir Ram).

4x400m mixed relay: NCC (National Coaching Camp) 3:19.24 (Jay Kumar, Sneha K, Vishal TK, Rupal), Tamil Nadu 3:24.46 (Rahul Balaji S, Dhesikha V, Suraj A, Vithya Ramraj), Reliance 3:36.85 (Saswat Kumar, Ramandeep Kaur, Bhima Sardar, Sukhi Baskey)

U20 4x100m mixed relay: Punjab: 45.29 seconds (Jaslin Saini, Lovejot Kaur, Varun Sharma, J Dhillon), Chandigarh: 48.28 seconds (Punya Handa, Anshika Sharma, Puneet, Gurbachan Singh), Rajasthan 49.65 seconds (Harsika, Neetu Choudhary, Nitesh Ghaswa, Dharmaraj).

U20: 4x400m mixed relay: Punjab 3:32.21 (Tarandeep Singh, Saroj Rani, Harmandeep Singh, Supreet Kaur), Tamil Nadu 3:34.33 (Pragadeesh SK, S Senthil Kumar, Uwin Ananthan, S Chandrakumar).

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