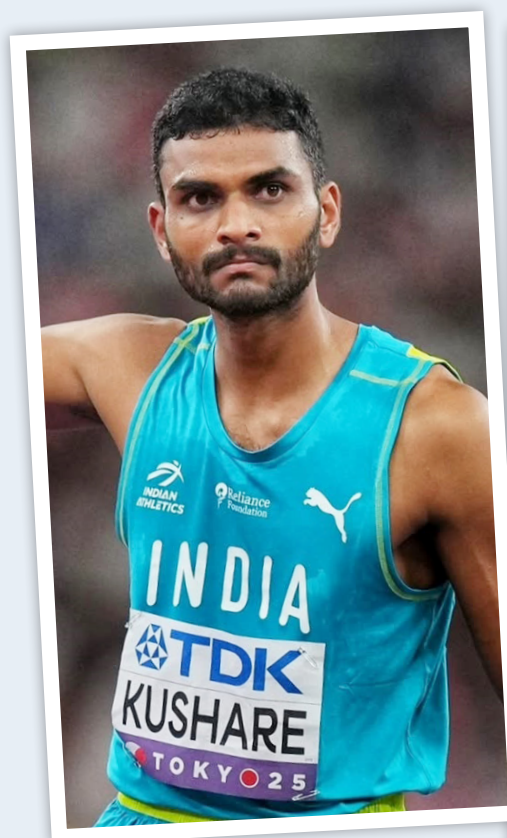


NEWSLETTER



MEMORABLE DEBUT AT WORLDS

With experience more young Indian athletes will excel at global stage, says **Bahadur Singh Sagoo**

Indeed, it was a memorable debut for the 25 years old Asian silver medallists from Uttar Pradesh at the Worlds. Yadav finished a creditable fourth with a season and personal best of 86.27m. His previous best of 85.16m was recorded at the Asian championships in Gumi in May. "Competition in Tokyo was a good learning experience," Yadav said of breaking the 86m barrier at Worlds. Army's experienced high jumper Sarvesh Kushare and promising middle distance runner, Pooja, were other two Indian athletes whose performances were applauded for recording personal bests at their Worlds debut.

Army's 30 years old high jumper raised the bar to finish a creditable sixth with a personal best of 2.28m. Pooja did her best in the highly competitive field. She clocked 2:01.03

seconds in the women's 800m heats but couldn't advance to the final. Her previous best of 2:01.89 was clocked on her way to bronze at the 2025 Asian Championships in South Korea in May. Pooja had also won silver in 1500m at the Asian Championships.

Athletes reaching finals in respective events and recording personal bests at the Worlds is a healthy sign for Indian track and field, Bahadur Singh Sagoo, AFI president said.

"Global athletics is deep and competitive. If a young Indian athlete is able to advance to the medal round or clock a personal best on his debut at the global level, it's commendable," Sagoo added. "I'm sure with more experience young Indian athletes will be able to excel at the global stage."

"I'll do my best on the given day," Sachin Yadav, the Uttar Pradesh javelin thrower, had said before boarding the flight to Tokyo for the 2025 World Athletics Championships.



NEERAJ CHOPRA TO FOCUS ON 2026 SEASON

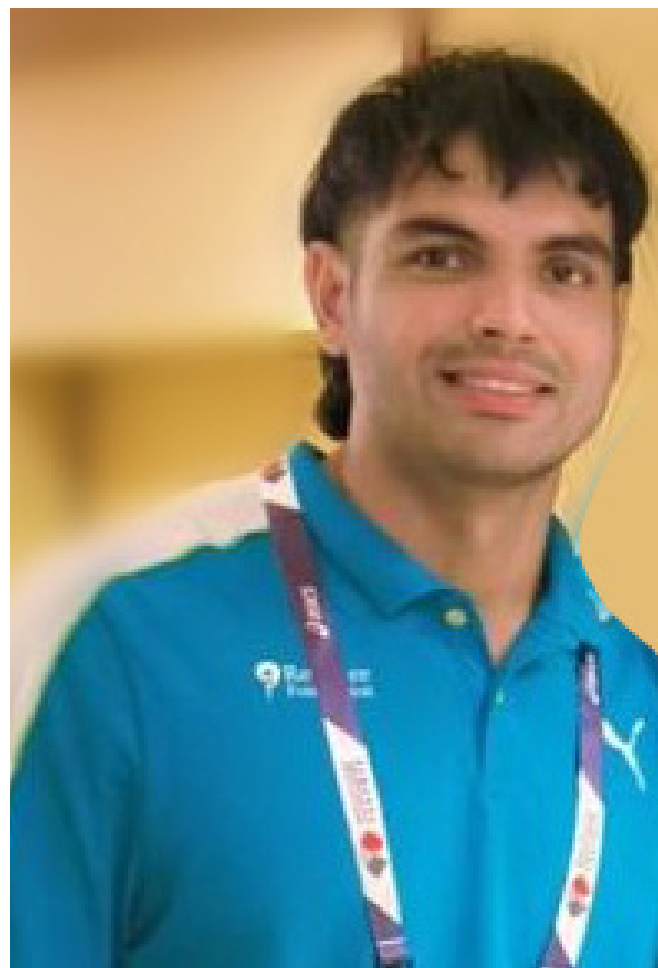
India's two-time Olympic and Worlds medallist Neeraj Chopra started his 2025 season on a positive note, breaking the 90m barrier at the Doha Diamond League in Qatar.

Chopra joined the 90m club in Doha sending the spear to a distance of 90.23m, a personal best and national record. However, as the season progressed a niggle denied Chopra to successfully defend his title at the Tokyo World Athletics Championships held from September 13 to 21 in Japan. The 27 years old star javelin thrower finished eighth in the final with a throw of 84.03m.

Chopra had claimed silver at the 2022 Eugene World Athletics Championships and gold in the next edition at 2023 Budapest.

According to Adille Sumariwalla, former president of AFI (Athletics Federation of India) and vice-president World Athletics, Neeraj has taken a break to recover from a back problem and should be back in the reckoning. "A minor back niggle got aggravated ahead of the Worlds in Tokyo which hampered Neeraj's progress in the final," Sumariwalla added. "He (Neeraj) was confident that his back injury wouldn't hamper his chances to retain the men's javelin throw title. But eventually he finished eighth in the field."

Chopra has been the most consistent javelin thrower at the global level, says Sumariwalla. The two-time Olympic and World medallists



should be back in top form in 2026. "As usual, we expect him (Neeraj) to start his season with a Doha Diamond League," Sumariwalla said.

"Commonwealth and Asian Games are two major international events scheduled for 2026. The AFI will send a strong national squad for the Commonwealth Games in Glasgow as well as the Asian Games in Japan," Sumariwalla said.

Tamil Nadu take home overall trophy, Haryana finish second



A meet record by Tamil Nadu sprinters in the U20 men and women's 4x400m relay was icing on the cake as the team walked away with the overall trophy on the concluding day of the 40th National Junior Athletics Championships held at Bhubaneswar's Kalinga Stadium.

The Tamil Nadu team collected as many as 289 points to edge past Haryana whose overall points tally was 287.

Tamil Nadu also walked away with the overall team title in U16 boys' and girls' section. While Haryana dominated the U18 boys and girls' group.

During the five-day domestic age group competition several meet records were improved. Over a dozen athletes also breached the World U20 Athletics Championships scheduled to be held in 2026 in Oregon, USA. The qualification period for World U20 started October 1, 2025 and the deadline to qualify is July 26, 2026.

Haryana's Asian Youth Champion Himanshu

crossed the 80m mark on his way to winning gold in boys U18 javelin throw. His best throw was 80.38m. Himanshu is one of the strong contenders for the 2026 World U20 Championships. The qualification mark for World U20 men's javelin is 68.50m.

Haryana's towering teenage thrower Nishchay was cynosure of all eyes as he etched his name in record books by hurling disc (1.5kg) to a distance of 63.69m to win gold in U18 boys' group. His gold medal winning throw was better than the previous meet record of 60.17m set by Atul in 2022 in Guwahati.

Jharkhand's 100m champion in U20 men's group, Parth Singh, clinched gold medal in long jump event with a distance of 7.82m, a personal best and meet record. The previous meet record of 7.79m was in the name of S Lokesh set in 2019.



Overall trophy: Tamil Nadu 289 points. Haryana 287 points.

Team championships

- U14: Girls:** Haryana 17 points
- U14: Boys:** Telangana 19 points
- U16: Girls:** Tamil Nadu 30 points
- U16: Boys:** Tamil Nadu 24 points
- U18: Girls:** Haryana 26 points
- U18: Boys:** Haryana 18 points
- U20: Girls:** Haryana 58 points
- U20: Boys:** Tamil Nadu 52 points.

Best athletes

- U16: Boys:** Abhinanth AB (Tamil Nadu) 60m (961 points)
- U18: Boys:** Nishchay (Haryana) discus throw (1128 points)
- U20: Men:** Parth Singh (Jharkhand) long jump (1099 points)
- U14: Girls:** Aaradhya Singh (Haryana) kids javelin (684 points)
- U16: Girls:** Jilsha Jinli (Kerala) 60m (954 points)
- U18: Girls:** Shourya Ambure (Maharashtra) 100m hurdles (1036 points)
- U20 Women:** Neeru Pathak (Uttar Pradesh) 400m (1073 points)

Ranchi ready to host South Asian Senior Athletics Championships

Ranchi's Birsa Munda (Morabadi) Stadium has been spruced up for the smooth conduct of the South Asian Senior Athletics Championships starting October 24. "The three-day competition has attracted more than 200 athletes," Madhukant Pathak, an official of the AFI said. The Government of Jharkhand has come forward to support the South Asian Senior Athletics Championships being held under the aegis of South Asian Athletics Federation in coordination with Government of Jharkhand. All necessary arrangements have been made for the smooth conduct of the competition."

The SAAF competition gives the opportunity to competitors to polish their

skills to prepare for major track and field events in 2026.

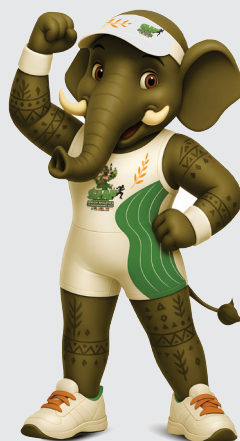
The Athletics Federation of India (AFI) has selected a blend of youth and senior athletes for the SAAF meet. "Youngsters in the national team will get a chance to gain international exposure on home soil," Adille Sumariwalla, AFI spokesperson and former president said. "Junior athletes were shortlisted on the basis of their performance during the October 10 to 14 National Junior Athletics Championships held in Bhubaneswar, Odisha.

Apart from India, other participation nations include Sri Lanka, Maldives, Nepal, Bhutan and Bangladesh.



Indian team for South Asian Senior Athletics Championships

100m: Pranav Gurav (Maharashtra), Harsh Raut (SSCB). **200m:** Sandeep Singh (SSCB), Prathik Maharana (Odisha). **400m:** Rashid (Madhya Pradesh), Mohammed Ashfaq (Kerala). **800m:** Prakash Gadade (SSCB), Mogali Venkatram (Andhra Pradesh). **1500m:** Sunil Dawar (SSCB), Arjun Waskale (Madhya Pradesh). **5,000m:** Prince Kumar (All India Police), Mohit Chaudhary (Telangana). **10,000m:** Prince Kumar (All India Police), Abhishek (Railways). **110m hurdles:** Manav R (Railways), Krishik M (Karnataka). **400m hurdles:** Ruchit Mori (Gujarat), Karna Bag (Railways). **High jump:** Rohit (Railways), Aadarsh Ram (Railways). **Long jump:** Mohd Sazid (Haryana), Sarun Payasingh (Odisha). **Triple jump:** Dinesh V (Tamil Nadu), Sebastian VS (SSCB). **Shot put:** Samardeep Gill (Madhya Pradesh), Ravi Kumar (All India Police). **Discus throw:** Kirpal Singh (ONGC), Nirbhay Singh (Haryana). **Javelin throw:** Rishabh Nehra (Uttar Pradesh), Uttam Patil (SSCB). **Hammer throw:** Damneet Singh (Punjab), Ashish Jakhar (SSCB). **4x100m relay:** Pranav Gurav, Harsh Raut, Tamil Arasu S, Prathik Maharana, Jasjit Singh Dhillon, Arnav Takalkar. **4x400m relay:** Rashid, Mohd Ashfaq, Sharan M, Tarandeep Singh, Rohit Chaydhary, Edwin Mathew.



Women: **100m:** Sudeshna Shivankar (Maharashtra), Jilna MV (Kerala), **200m:** Sakshi Chavan (Gujarat), Neeru Pathak (Uttar Pradesh). **400m:** Neeru Pathak (Uttar Pradesh), Olimba Steffi (Railways). **800m:** Lili Das (Railways), Amandeep Kaur (Punjab). **1500m:** Sanjana Singh (Haryana), Kajal Kanwade (Gujarat). **5000m:** Seema (Himachal Pradesh), Sanjana Singh (Haryana), **10,000m:** Ravina Gayakwad (Maharashtra), Basanti Kumari (Railways), **100m hurdles:** Nandhini K (Tamil Nadu), Moumita Mondal (Railways), **400m hurdles:** Olimba Steffi (Railways), Neha Dhabale (Railways). **High jump:** Gobika K (Tamil Nadu), Supriya B (Railways), **Long jump:** Mubassina Mohammed (Lakshadweep), Bhavani Yadav (Railways). **Triple jump:** Bhairabi Roy (Railways), Poorva Sawant (Maharashtra). **Shot put:** Yogita (Railways), Shiksha (Haryana). **Discus throw:** Seema (Haryana), Nidhi (Railways). **Javelin throw:** Deepika (Haryana), Karishma Sanil (Railways). **4x100m relay:** Sudeshna Shivankar, Jilna MV, Tamanna, Sakshi Chavan, Subha Darshini S, Kajal Vaja. **4x400m relay:** Neeru Pathak, Olimba Steffi, Priya Mohan, Poovamma MR, Anankha BA, Manisha Kumari, Rashdeep Kaur.



World Athletics advance coaching course in first week of December

The World Athletics Level 3 course, a pilot education advance course, in multi discipline has been rescheduled. It will be conducted at Patiala's National Institute of Sports (NIS) from December 4 to 8, Radhakrishnan Nair, chief national athletics coach said.

"The four-day advance course will be conducted in India for the first time," Nair added. "The WA education course will be conducted in combined events, middle and long distance, throws and jumps."

The advanced course is being conducted in India to upgrade knowledge of coaches. A group of 10-12 candidates will be shortlisted for each course.

The WA has also set the

eligibility criteria. Candidates having passed Pre-Level 1 and Level 2 courses will be eligible for WA Level 3 education course.

"Candidates having experience of coaching junior or senior national teams will also be eligible," chief national athletics coach said.

Coaches education and technical official programmes are among other verticals AFI has been working to strengthen the ecosystem. "Collective efforts of all the stakeholders have enabled AFI to achieve a target set each year for the development of track and field in the country," the chief national athletics coach said.

"The AFI is regularly conducting WA Level 1 and Level 2 coaches education courses across the country."

Packed 2026 domestic calendar will have 40 competitions

The AFI (Athletics Federation of India) will tweak the 2026 domestic calendar to accommodate qualification events for Commonwealth and Asian Games, Radhakrishnan Nair, chief national athletics coach said.

The packed 2026 calendar will be chalked out keeping in mind two major multidiscipline competitions-- Commonwealth Games and Asian Games, he added. "The AFI will have to send entries for the Commonwealth Games and Asian Games before the main competition. Accordingly, the domestic track and field qualification competitions will be decided. The athletes have to achieve qualification time/mark in their respective events," Nair added.

To further strengthen the domestic ecosystem, there is a proposal to increase the number of competitions in the 2026 calendar year. The number of domestic competitions will be as many as 40 in the next calendar year.

As part of its programme to build a solid domestic foundation, the AFI will add more Indian Open Athletics meetings in 2026 season.

For a record, the AFI is planning to include as many as eight Indian Open Athletics meets in the next calendar year.

"In 2024 regional competitions were introduced to infuse more strength to the ecosystem. There was a good response," chief national athletics coach Radhakrishnan Nair said. "The AFI plans to further increase the number of regional

competitions. More regional competitions will be held in the Northern and Southern region of the country from next year due to good response from the athletes."

In 2023 AFI introduced a one-day relay carnival. The elite Indian athletes preparing for the 2024 World Athletics Relay in Bahamas used the domestic relay platform to evaluate their performance.

At the 2025 edition of the relay carnival in Chandigarh, top sprinters representing Reliance improved the decade old national 4x100m men's relay record to 38.69 seconds.

The AFI will add more Indian Open Athletics meetings in the 2026 season, chief national athletics coach said.

In the 2025 season, the AFI shortlisted more than 15 venues across the country to conduct the regional level events. The main venues were Punjab, Gujarat, Maharashtra, Bihar and Tamil Nadu. Regional meet was also held at Anju Bobby Sports Foundation in Bengaluru.

"Regional competitions in the neighbourhood gave more opportunities to promising athletes to showcase their potential. Quality competition in the backyard enables the athlete to travel short distances to compete," Nair added.



Indian athletics team for the 2025 Asian Youth Games from October 22 to 31 in Bahrain

Girls: Shourya Ambure (100m/100m hurdles), Bhumika Sanjay Nehate (200m), Edwina Jason (400m), Tannu (400m), Rinku Ghosh (high jump), Yashvitha Potanapalli (high jump), Jyoti Jangid (long jump), Obami Murmu (long jump), Joy Baidwan (shot put), Jasmine Kaur (shot put), Oshin (discus throw), Misti Karmakar (javelin), Siya Banjara (javelin throw), Ranjana Yadav (5,000m race walk), Riya Rathore (5,000m race walk).

Boys: Himanshu Kumar Singh (5,000m race walk), Divyansh Kumar Raj (javelin throw), Neil Samraj Rathanam (discus throw), Pradeep Kumar (shot put), Zubin Gohain (long jump), Ravi (high jump), Swapnil Dutta (high jump), Nihal Kamal (200m/400m), Prince (200m), Ramu Lodenga (100m), Palash Mandal (100m).

