



Asian Games: India win gold in men's trap team event, women claim silver

HANGZHOU, OCT 01: The Indian triumvirate of Prithviraj Tondaiman, Kynan Chenai, and Zoravar Singh Sandhu won the gold medal in men's trap shooting at the Asian Games here on Sunday.

Just before that, the trio of Manisha Keer, Preeti Rajak and Rajeshwari Kumari claimed the silver medal in the women's trap team event, adding to the Indian shooting contingent's best-ever show at the Games.

The Indian men combined to shoot 361 in the qualifications and finish ahead of silver medallists



Khaled Almodhaf, Talal Alrashidi and Abdulrahman Alfaihan (359) and host nation China's Yuhao Guo, Ying Qi and Yuhao Wang (354), who settled for the bronze.

Shooting last, Alrashidi

scored his best and scored 24 points but that was not enough to surpass the Indian total.

Meanwhile, the Indian women's team totalled 337 to take home the silver medal behind China's

Qingnian Li, Cuicui Wu and Xinqiu Zhang, who combined to shoot a world and games record score of 357 to finish on top of the podium.

Kazakhstan's Mariya Dmitriyenko, Aizhan Dosmagambetova and Anastasiya Prilepina (336) bagged the bronze medal.

In addition, Manisha also advanced to the finals as well. She was tied on 114 with three others but advanced via a shoot-off.

Kynan Chenai (122) and Zoravar Singh Sandhu (120) have also qualified for the individual final in men's competition.

Boxer Parveen Hooda seals Olympic berth, assures India of medal

HANGZHOU, OCT 01: World Championships' bronze medallist boxer Parveen Hooda on Sunday assured India of a medal here at the Asian Games and grabbed a Paris Olympic quota by moving into the 57kg semifinals.

Parveen, who won the bronze medal in the 63kg at the 2022 World Boxing Championships, moved past Uzbekistan's Sitora Turdibekova by unanimous verdict.

The reigning Asian champion was in her elements from the word go, using her long arms to throw punches from a distance and control proceed-



ings. She switched between the left jab and the right cross to unnerve the 21-year-old Uzbek.

Parveen fought a strategic bout as after going on the offensive in the opening round, she waited for

Turdibekova to come forward, only to pummel her with accurate scoring punches.

Turdibekova did make a strong comeback by landing several blows on Parveen, but it wasn't enough to convince the

judges to rule the bout in favour of the Indian.

The two-time world champion Nikhat Zareen (50kg), Preeti Pawar (54kg), Lovlina Borgohain (75kg) and Narender Berwal (+92kg) have already secured Olympic quotas in their respective categories.

In women's events, the semifinalists in the 50kg, 54kg, 57kg, and 60kg as well as the finalists in the 66kg and 75kg will qualify for the Paris Olympics.

The gold and silver medallists in each of the seven weight divisions in the men's event will receive Olympic quotas.

Twin gold: 'Toor' de force, dominant Sable headline India's track and field show

HANGZHOU, OCT 01: Avinash Sable became the first Indian man to win 3000m steeplechase gold at Asian Games while shot-putter Tajinderpal Singh Toor pulled off a big final round throw to defend his title on a medal-laden day which fetched nine podium finishes.

India in fact won 15 medals across sports on the day, their biggest haul in a single day of the Asian Games over all editions and athletics was the biggest contributor in that.

India picked up 2 gold, 4 silver and 3 bronze on the day which was marred by controversy in the women's 100m hurdles final.

Jyothi Yarraji, along with Chinese runner Wu Yanni, was disqualified for false start but the judges later allowed the race to be run.

Lin Yuwei of China won the race with a time of 12.74 seconds while Yanni (12.91) and Yarraji (13.04) were second and third respectively.

But the Athletics Federation of India (AFI) immediately filed a protest and within minutes, Yanni was disqualified under Technical Rule 16.8 and Yarraji's bronze was upgraded to silver.

According to Technical Rule 16.8, any athlete responsible for a false start shall be disqualified by the starter.

But, a note to the rule says "when one or more athletes make a false start, others are inclined to follow and... any athlete who does so has also made a false start. The starter should warn or disqualify only such athlete or ath-



letes who, in their opinion, were responsible for the false start."

AFI senior vice president and legendary long jumper Anju Bobby George termed it as an "unbelievable drama" rarely seen in a major competition.

AFI president and World Athletics Vice President and Executive Board member Adille Sumariwalla said the matter would be taken up at the higher level "so that these kinds of things do not happen in future".

'TOOR' DE FORCE

Before the controversy struck, Toor made a remarkable comeback after opening with two foul throws and trailing at third at the end of the third round. He jumped to second with his 20.06m fourth round throw but had a foul throw next to be on the verge of losing the gold to Saudi Arabia's Mohamed Daouda Tolo.

But, the Asian record holder Toor saved the best for the last as he hurled the iron ball to 20.36m to nail the gold.

Toor thus became the fourth Indian shot putter to defend Asian Games gold after Parduman Singh Brar (1954 and 1958), Joginder Singh (1966 and 1970) and Bahadur Singh Chouhan

(1978 and 1982).

Sable, the 29-year-old national record holder, earned India its first gold medal in athletics, completing the race in 8 minutes 19.50 seconds.

Sable rewrote the previous Asian Games record of 8:22.79 held in the name of Iran's Hossein Keyhani set at the 2018 Jakarta Games. His timing was, however, well below his national record time of 8:11.20 and season's best of 8:11.63.

Sudha Singh had won a gold in women's 3000m steeplechase in the 2010 Asian Games.

In the 1500m for women, flamboyant Harmilan Bains from Punjab won a silver with a time of 4 minutes 12.74 seconds while Ajay Kumar Saroj (3:38.94) and Jinson Johnson (3:39.74) won silver and bronze respectively in the men's 1500m.

Harmilan joined her mother Madhuri Singh—the 2002 edition 800m silver winner—as Asian Games medallist.

Veteran discus thrower Seema Punia won a bronze for her third medal in as many editions of the Asian Games with a throw of 58.62m.

"This is my last Asian Games and I am ending with a medal. I think I will

be looking ahead to be able to qualify for the Paris Olympics maybe through ranking," she said.

The 40-year-old Punia won a gold in the 2014 Asian Games and then added a bronze in 2018. She has also won three silver and one bronze in the Commonwealth Games in her over 20-year international career.

In men's long jump, Murali Sreeshankar picked up a silver with a jump of 8.19m, behind Wang Jianan (8.22m) of China, who had won a silver medal in the Budapest World Championships in August.

In the women's heptathlon, Nandini Agasara took the bronze ahead of 2018 gold medallist Swapna Barman after winning the 800m race, the last of the gruelling seven-event competition.

Nandini collected an aggregate of 5712 points while Barman, who finished third in 800m, secured 5708. China's Zheng Ninali won the gold with an aggregate of 6149 points while Voronina Ekaterina of Uzbekistan was second with 6056.

Earlier, India's Amlan Borgohain finished at the third position after clocking 21.08 seconds in the men's 200m heats and advanced to the semifinal.

The first three athletes in each heat make the cut for the semi-finals. The top four times from all the heats who have not made the cut will also advance to the semifinals.

The sprinter from Assam, currently the country's fastest, holds both the men's 100m and 200m national records.

JKP faces STC Warriors in Basketball final



HIMALAYAN MAIL NEWS JAMMU, OCT 01

Title contender, the formidable side of Jammu and Kashmir Police shall take on STC Warriors in the final of the ongoing Ist

Rajinder Magotra Memorial Welfare Club at Mini Stadium, Parade, here tomorrow.

Earlier, in the semifinals, decided today, J&K Police defeated Rajinder Magotra Sports Welfare Club (RM-SWC) by a comfortable

margin 98-48.

In other semifinal of the day, STC Warriors trounced Biba Boy 99-97 in a wafer thin margin of two points. Ranbir remained top scorer with 26 points while Sahil contributed 18 for the winners. From Biba

Boys, Amanjot was top scorer with 23 points.

The day also witnessed knockout stages competition of quarterfinals. The interesting semifinal encounters witnessed by a good number of basketball enthusiasts.

Winning start by J&K Climbers in NZ meet

HIMALAYAN MAIL NEWS JAMMU, OCT 01

J&K climbers held the UT flag flying high by winning three medals in Speed climbing on the first day of the 27th North Zone Sport Climbing Championship which commenced at Indian Mountaineering Foundation (IMF), New Delhi, today.

Whereas Shilpa Charak in a tough competition



with an international climber Ritika Rawat of

Delhi won a silver medal in the women's category,

two other fresh climbers of J&K, Kafeel Ul Haq of Pulwama and Ankit Singh of Kishtwar secured silver and bronze medal respectively.

Ayaana Bhagat also gave a creditable performance in her maiden zonal competition and entered the quarter final in Speed climbing where she faced an experienced national climber from Delhi and despite her best efforts could not match her rival's speed.

J&K Sports Council participates in 'Swacchata Hi Seva' campaign

HIMALAYAN MAIL NEWS JAMMU, OCT 01

Pledging its support to the appeal of Prime Minister Narendra Modi and the Ministry of Housing and Urban Affairs for a nationwide cleanliness drive, the special drives were conducted across all the sports facilities of the Union Territory.

The cleanliness drive initiative of Prime Minister Narendra Modi received nationwide attention, especially from all the sports buffs wherein the country's premier blended fitness and well-being with cleanliness and leading the 'Swacchata Hi Seva' campaign alongside wrestler-turned-social media influencer, Ankit Baiyanpuriya.

With the onus to carry forward PM's message of cleanliness and fitness, several cleanliness drives were conducted across all the sports facilities by the J&K Sports Council.



These campaigns received good support from athletes and trainees registered with the union territory's premier sports body.

The campaign was led by Secretary, Nuzhat Gull who participated in the major cleanliness drive at Bakshi Stadium in Srinagar along with other staff members brooming the major portion of the path

leading to the stadium.

Speaking on the occasion, Nuzhat Gull said that Swatch Bharat Abhiyan aims to create awareness among the citizens about the importance of cleanliness and hygiene, and encourages them to actively participate in keeping their surroundings clean.

"Maintaining cleanliness in our surroundings is crucial for ensuring

good health as dirty surroundings can become a source of diseases and infections", Gull added.

She also emphasized active participation in cleanliness all through to reduce the occurrence of infections and promote a healthier environment for all.

Nuzhat Gull said that J&K Sports Council has built a vast sports infrastructure and its upkeep and cleanliness are not only limited to the Sports Council, but everyone living in the vicinity of such facilities along with athletes has a role to play and today's campaign is a reminder to the duty we all owe to the nation in our tangible way to keep the environs clean as it leads to a better quality of life besides enhancing the aesthetics of our surroundings, making them more visually appealing.

Nuzhat Gull also said that cleanliness has a positive impact on our mental well-being too.

Badminton at Asian Games: India sign off with first-ever team silver after losing to China in final

HANGZHOU, OCT 01: Injured HS Prannoy's absence hurt India as they went down fighting 2-3 against badminton powerhouse China to sign off with their first-ever silver medal in the men's team championships at the Asian Games here on Sunday.

After world No. 7 Prannoy was ruled out due to a back injury, Lakshya Sen produced a gutsy show in the first singles and doubles pair of Satwiksairaj Rankireddy and Chirag Shetty then bossed over their opponents to put India 2-0 ahead.

The former world No. 1, who had produced a gritty show against South Korea in the semifinals, couldn't go the distance this time despite a healthy lead and

multiple game points as China fought back to make it 1-2.

The defending champions then won the remaining two matches to maintain their hegemony in the Asian Games.

With Prannoy missing the summit clash due to a back injury, Sen was handed the responsibility of leading the Indian charge. Sen recovered from a mid-game slump to erase a five-point deficit in the decider and put India ahead with a 22-20 14-21 21-18 win over world No. 6 Shi Yuqi in an 83-minute opening slugfest.

World No. 3 men's doubles pair of Satwik and Chirag then went on a smashing spree to outclass world No 2. Liang Wei Keng and

Wang Chang 21-15 21-18 in 55 minutes to extend the lead to 2-0.

Srikanth, however, squandered an 18-14 lead and multiple game points in the first game to go down 22-24 9-21 against All England champion Li Shifeng in the third singles to expose India's weakest link - the second doubles and third singles matches.

Scratch pair of Dhruv Kapila and Sai Pratheek Krishna Prasad then lost 6-21 15-21 to world No. 8 Liu Yu Chen and Ou Xuan Yi, while Prannoy's replacement Mithun Manjunath, ranked 53, went down 12-21 4-21 against world No. 20 Weng Hong Yang in the third singles as India finished second best.

Despite the loss, it is a

credible performance from the Indian team as it sealed India's second silver medal in badminton at the continental championships with two-time Olympic medallist PV Sindhu winning the first in women's singles in the 2018 edition.

The last time the Indian men won a badminton medal in the team championships was at the 1986 edition in Seoul where Sen's mentors Prakash Padukone and Vimal Kumar played a crucial role.

India now has 11 badminton medals in the Asian Games, including three individual singles medals, one silver and three bronze in the men's team, two women's team bronze and one medal each in men's doubles.