

NAME OF THE EVENT: **2016 HATSUKAICHI ASTC TRIATHLON ASIAN CHAMPIONSHIP**

DATE: **29TH APRIL – 1ST MAY 2016**

VENUE: **HATSUKAICHI, HIROSHIMA JAPAN**

RACE DISTANCE: Elite Men: Swim 1500 m, Bike 40.8 km, Run 4 km
Elite Women: Swim 1500 m, Bike 40.8 km, Run 4 km
U23 Women: 1500 m, Bike 40.8 km, Run 4 km

LIST OF PARTICIPANTS: The Indian Triathlon team comprised of the following Triathletes & Officials:

- 1) **Pooja Nareshbhai Charushi –Triathlete - Elite Women category**
- 2) **Pallavi Ashokbhai Retiwala – Triathlete - U23 Women category**
- 3) **Dilip Kumar –Triathlete - Elite Men category**
- 4) **Gharat Gurudatt Devidas –Triathlete - Elite Men category**
- 5) **Vikas Bhimrao Shelke (Coach) –Triathlete**

SELECTION OF TRIATHLETES: The triathletes are selected for the participation in the event as per the Selection Criteria.

RESULTS OF THE TRIATHLETES: 1) Pooja Nareshbhai Charushi –Elite Women
LAP
2) Pallavi Ashokbhai Retiwala – U23 Women
Did Not Finish
3) Gurudatt Devidas Gharat – Elite Men
LAP
4) Dilip Kumar – Elite Men
Did Not Finish

EXPENSES INCURRED:

Air Fare Gurudatt Devidas Gharat – Triathlete Pallavi Ashokbhai Retiwala – Triathlete Pooja Nareshbhai Charushi –Triathlete Dilip Kumar - Triathlete Vikas Bhimrao Shelke - Coach	INR 2,61,500
Boarding / Lodging / Airport Transfer / Other Expenses	INR 91,700

NAME OF THE EVENT: **2016 POKHARA ASTC 4TH SOUTH ASIAN TRIATHLON CHAMPIONSHIPS**

DATE: **16TH April 2016**

VENUE: **FEWA LAKE, POKHARA, NEPAL**

RACE DISTANCE: Male/Female: Sprint: Swim 750m / Bike 20K / Run 5K

LIST OF PARTICIPANTS: The Indian Triathlon team comprised of the following Triathletes:

Th. Sarojini Devi –Triathlete - Elite Women category

Pragnya Mohan – Triathlete - Elite Women category

SELECTION OF TRIATHLETES: The triathletes are selected for the participation in the event as per the Selection Criteria.

RESULTS OF THE TRIATHLETES:

1) **Th. Sarojini Devi – Elite Women**

POSITION	NAME	SWIM	T1	BIKE	T2	RUN	TOTAL TIME
1	Sorojini Devi Thoudam	00:10:18	00:00:52	00:44:41	00:00:27	00:21:16	01:17:34

2) **Pragnya Mohan – Elite Women**

POSITION	NAME	SWIM	T1	BIKE	T2	RUN	TOTAL TIME
4	Pragnya Mohan	00:10:11	00:00:53	00:48:21	00:00:49	00:25:48	01:26:02

EXPENSES INCURRED:

Air Fare Th. Sarojini Devi –Triathlete Pragnya Mohan – Triathlete	INR 44,997
Boarding & Lodging / Airport transfer Expenses	Arranged by the Organiser

12TH SOUTH ASIAN GAMES 2016 - GUWAHATI , ASSAM
5TH – 16TH FEBRUARY 2016

Triathlon events were held on 13th and 14th February 2016 at the recently concluded 12th South Asian Games 2016 in Guwahati, Assam.

The Countries took part in this event include India, Nepal and Sri Lanka. The following are the tri-athletes participated in the event.

INDIA

Men	Women
Dilip Kumar	Pallavi Retiwala
Guru Datt	Pooja Chaurushi
Dhiraj Sawant	Sarojini Devi Thoudam

NEPAL

Men	Women
Rudra Katwal	Roza KC
Tika Ram Thapa	Yamkumari Ghale
	Himal Tamata

SRI LANKA

Men	Women
Nuwan Kumara	Gayani Dasanayaka
Lakruwan Wijesiri	Dinusha Desilua

The Individual events for both Men and Women were held on 13th February 2016 at Dr. Zakir Hussain Aquatic Complex, Sarusajai Sports Complex in Guwahati. The Results are as follows:

MEN – INDIVIDUAL

Position	Name	Country	Swim Time	T1	Bike Time	T2	Run Time	Main Time
1 st	Dilip Kumar	India	00:19:21	00:00:17	01:04:05	00:00:08	00:39:04	02:02:53
2 nd	Guru Dutt	India	00:21:10	00:00:17	01:07:27	00:00:09	00:36:30	02:05:31
3 rd	Nuwan Kumara	Sri Lanka	00:24:36	00:00:22	01:06:07	00:00:09	00:39:25	02:10:38
4 th	Lakruwan	Sri Lanka	00:22:35	00:00:19	01:07:48	00:00:10	00:41:38	02:12:29
5 th	Rudra Katwal	Nepal	00:22:38	00:00:19	01:13:10	00:00:10	00:47:25	02:23:40
6 th	Tika Ram Thapa	Nepal	00:22:31	00:00:20	01:20:36	00:00:08	00:47:01	02:30:33

WOMEN – INDIVIDUAL

Position	Name	Country	Swim Time	T1	Bike Time	T2	Run Time	Main Time
1 st	Pallavi Retiwala	India	00:10:03	00:00:36	00:40:01	00:00:11	00:21:06	01:11:57
2 nd	Pooja Chaurushi	India	00:10:02	00:00:36	00:39:47	00:00:11	00:22:02	01:12:36
3 rd	Roza K.C	Nepal	00:12:52	00:00:42	00:38:50	00:00:09	00:23:28	01:16:00
4 th	Gayani Dasanayaka	Sri Lanka	00:11:56	00:00:37	00:40:02	00:00:08	00:23:33	01:16:14
5 th	Yamkumari Ghale	Nepal	00:12:38	00:00:44	00:40:55	00:00:09	00:26:06	01:20:29
6 th	Dinusha Desilua	Sri Lanka	00:12:53	00:00:30	00:44:00	00:00:11	00:26:40	01:24:13

Medals for the above event were presented by the Hon'ble Minister for Youth Affairs and Sports Shri. Sarbananda Sonowal and Mr. Vijitr Sittinawin, Secretary General of Asian Triathlon Confederation.

MIX RELAY

The Mix Relay event was held on 14th February 2016 at Dr. Zakir Hussain Aquatic Complex, Sarusajai Sports Complex in Guwahati. The Results are as follows:

Position	Name	Country	Timing
1 st	Pallavi Retiwala Dilip Kumar Sorojini Devi Thoudam Dhiraj Sawant	India	01:24:31
2 nd	YamKumari Ghale Himal Tamata Roza K.C Rudra Katuwal	Nepal	01:31:35
3 rd	Gayani Dasanayake Lakruwan Wijesiri Dinusha De Silva Nuwan Kumara	Sri Lanka	01:32:05

Medals for the above event were presented by the Director General, Sports Authority of India Shri. Injeti Srinivas, IAS, who is also the CEO of the Organizing Committee of the 12th South Asian Games, Guwahati.

COACHING CAMP REPORT

SPORTS AUTHORITY OF INDIA ORDER NO. & DATE	ADMINISTRATIVE SANCTION NO.: 187, DTD. 05/01/2016	
SPORTS DISCIPLINE	TRIATHLON	
PURPOSE	FOR THE PREPARATION OF INDIAN TRIATHLON TEAM FOR THE 12TH SOUTH ASIAN GAMES 2016 TO BE HELD AT GUWAHATI	
CAMP DURATION	25TH JANUARY 2016 TO 12TH FEBRUARY 2016	
PLACE WHERE COACHING CAMP HELD	GUWAHATI, ASSAM	
SELECTION PROCESS OF INDIAN TEAM	THROUGH SELECTION TRIALS CONDUCTED ON 23RD & 24TH JANUARY 2016	
DETAILS OF THE PLAYERS SELECTED TO REPRESENT INDIA FOR THE TRIATHLON EVENTS	<u>MEN</u> 1. GHARAT GURUDATT 2. DILIP KUMAR 3. DHIRAJ SAWANT	<u>WOMEN</u> 1. PALLAVI A. RETIWALA 2. POOJA N. CHAURUSHI 3. TH. SOROJINI DEVI
DETAILS OF THE COACH SELECTED FOR THE TRIATHLON EVENTS	1. VIKAS SHELKE 2. SUBHACHANDRA SINGH	

The Indian Triathlon Federation had conducted the Senior Triathlon Championship as Test event cum Selection trials on 23rd and 24th January 2016 at Guwahati, Assam for the selection of Indian Triathlon team to represent in the 12th South Asian Games to be held on 5th February to 16th February at Guwahati, Assam and in that the triathlon events will be held from 12th to 14th February 2016.

The following three men and three women players were selected based on their race timings and the coaching camp was conducted under the supervision of the two coaches from 25th January 2016 to 12th February, 2016 at Guwahati, Assam.

MEN

- 1. GHARAT GURUDATT**
- 2. DILIP KUMAR**
- 3. DHIRAJ SAWANT**

WOMEN

- 1. PALLAVI A. RETIWALA**
- 2. POOJA N. CHAURUSHI**
- 3. TH. SOROJINI DEVI**

COACHES

1. VIKAS SHELKE

2. SUBHACHANDRA SINGH

The Indian Triathlon Federation wishes to thank the Sports Authority of India for the support provided to hold a National Coaching Camp for men & women at Guwahati from 25/01/2016 to 12/02/2016 for the preparation of Indian Triathlon Team for 12th South Asian Games 2016 to be held at Guwahati.