

Jammu's Aman becomes Ironman in Dubai

STATE TIMES NEWS

JAMMU: Successfully making it 70.3 miles (113 kms), Aman Gupta of Jammu and Kashmir has created history by becoming first Half Ironman in an Ironman Triathlon event which was organised by World Triathlon Corporation (WTC) at Dubai.

Ironman Dubai is held once in a year with athletes participating from the entire world.

Aman Gupta, son of Aekta and Arvind Gupta, was practicing for Triathlon from last two years under the guidance of coach Kaustubh Radkar from Pune in Maharashtra.

An Ironman 70.3, also known as a Half Ironman, is one of a series of long-distance triathlon races. The "70.3" refers to the total distance in miles (113.0 km) covered in the race, consisting of a 1.2-mile (1.9 km) swim, a 56-mile (90 km) bike ride, and a 13.1-mile (21.1 km) run. Each distance of



the 70.3 series in the 12 months prior to the championship race. In addition to the World Championship race, Ironman 70.3 championship competitions are also held for the European, Asia-Pacific and Latin America regions.

The time needed by an athlete to complete a 70.3 distance event varies from race to race and can be influenced by external factors. These factors include the terrain and the total elevation gained and lost on the course, weather conditions, and course conditions.

Finish times range from sub-four-hour completion times by elite level athletes to the imposed race cut off, which is commonly 8 hours and 30 minutes after the start time.

"The conditions in Dubai were tough as all the practice was done in Winters where as the temperature in Dubai was above 30 Degree Celsius. The event day

conditions were tougher due to hot weather, headwinds and lack of aid station support on course. Since Pool was shut down here due to covid restrictions, all the swim practice was done in cold water in months like December and January," Aman said.

He further told that Government should support the sportspersons in such events as these events need investment regarding air tickets, visa, stay, food and sports equipment.

"We don't have dedicated running tracks or dedicated cycling paths neither we have operational swimming pools in J&K. I'm looking forward to participate further in more events abroad in this year," added Gupta.

A staffer of AM Hyundai and AM Tata, Aman expressed his thanks to the family, friends and colleagues in the company he serves with for the support and encouragement.

Vice-Chancellor flags-off JU's Hiking & Trekking Contingent



VC JU, Prof. Manoj Dhar posing with contingent before flagging it off for participation in Hiking & Trekking expedition.

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JAMMU: Fifty members contingent comprises of 40 students and 10 staff members of University of Jammu left for the Hiking & Trekking expedition organised by the Directorate of Sports & Physical Education, University of Jammu at Dudu Basantgarh from March 12 to 15, 2022.

Prof. Manoj K. Dhar, Vice-Chancellor, JU

flagged off the contingent for participation in the events along with Dr. Daud Iqbal Baba (Director Sports) in the presence of Padam Dev Singh (Hockey Coach), Ravish Vaid (TT Coach), Sanjeev Sharma, Tarvinder Pal Singh, Bhavana Sharma, Arshad Baba, Nissar, Kuljeet Singh and Satpal Sharma.

While addressing the contingent, Prof. Dhar

appreciated the efforts of the Director, Directorate of Sports and Physical Education, JU and his entire team for organising various sports & adventurous activities even during the tough time of COVID-19.

He also advised the participants to enjoy the expedition respecting the sources of nature and following the instructions of the staff.

While addressing the contingent, Prof. Dhar

praised the

efforts of the

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