

## Avinash Sable- India's history-making silver medallist at Commonwealth Games history

Indian athlete Avinash Sable created history at the 2022 Commonwealth Games. In the 3000m men's steeplechase event, the man from Maharashtra clinched the silver medal at the event in Birmingham. Thus, he became the first ever Indian to win a medal in the steeplechase in Commonwealth Games history.

However, the record-breaking streak did not just end there for Avinash Sable. He finished his race with a timing of 8:11.2, thus registering a new personal best timing and also creating a new national record timing. He finished just 0.05 seconds behind gold medallist Abraham Kibiwot of Kenya. In fact, Sable is also the first Non-Kenyan athlete to win a medal in the steeplechase in the last six Commonwealth Games.

Sable was born on 13 September 1994 in Mandwa, Beed district, Maharashtra, into a family of farmers. From age six, he would run or walk the 6 km (3.7 mi) distance between home and school as there was no transport facility in his village.

After completing 12th grade, he joined the 5 Mahar regiment of Indian Army, being posted at the Siachen Glacier in 2013-2014, deserts of north-western Rajasthan, followed by Sikkim from 2015. He first took part in inter-army cross country running in 2015 at the insistence of his colleagues, before switching to steeplechase under trainer Amrisha Kumar. Sable, who was overweight, managed to lose 20 kg (44 lb) in three months, before joining the national camp where he was trained by Nikolai Snegarev. In 2018, Sable went back to coach Kumar as Snegarev's training routine did not "suit" him.

He joined the Indian Army at 18 years old and was immediately posted in Siachen, the highest battlefield on Earth, where temperatures remain extremely low.

He was then posted in Rajasthan where temperatures remain above 50 degrees in the day time. These extreme conditions definitely helped in forging Avinash Sable's tenacity.

At the Army, Sable participated in several cross country championships since 2014, but then Services athletics coach Amrisha Kumar decided to switch him to steeplechase in 2017.

The idea worked magically, as in 2018, Sable went on to smash a 37-year-



old national steeplechase record.

After failing to qualify for the 2018 Asian Games due to an ankle injury, Sable broke the 37-year-old national record of 8:30.88 held by Gopal Saini, by clocking 8:29.80 at the 2018 National Open Championships in Bhubaneswar. He set a new national record of 8:28.94 in March 2019 at the Federation Cup in Patiala, as a result of which he qualified for the 2019 Asian Athletics Championships and 2019 World Athletics Championships. He became the first male steeplechaser from India to qualify for the World Championships since Deena Ram in 1991. Sable won the silver medal at the 2019 Asian Athletics Championships in Doha, his debut international event, with a timing of 8:30.19. On 1 October 2019, he again broke his own national record at the World Championships where he ran 8:25.23 in the heats, despite twice being at the receiving end of Takele Nigate's accidental tripping during the race, to finish seventh in the heats and out of contention for the final. However, after a successful appeal by the Athletics Federation of India, Sable was included in the final and became the first Indian to qualify for the 3000 metres steeplechase final at the World Championships.

He further improved the national record to 8:21.37 in the final, finishing 13th out of 16 runners, and qualified for the 2020 Summer Olympics.

Sable set a new national record at the 2020 Delhi Half Marathon, completing the run in less than 61 minutes.

At the 2020 Summer Olympics, Sable placed seventh in the heats, setting a new national record to 8:18.12.

He was the fastest non-qualifier across all heats. In 2022, Sable set 2 further national records, first at the Indian Grand Prix (8:16.21), and then at the Meeting International Mohamed VI in Rabat (8:12.48), placing 5th (his highest Diamond League finish to date).

In 2021, Sable became the first Indian steeplechaser to qualify for the Olympics since Gulzara Singh Mann to represent India at the Games. At Tokyo, Avinash Sable broke his own record to register a new national record, but failed to qualify from the heats.

Avinash Sable finished 11th in the World Athletics Championships earlier this year, and hence this win can be termed as a sort of redemption for the steeplechase athlete.

## THE FACT CORNER

Did you know?



India is one of the largest exporter of computer software products. It exports software to over 90 countries

Did you know?



The people of Indus Valley civilization were first to cultivate cotton for dressing while using buttons for ornamental purposes

Did you know?



The value of pi used in mathematics was first calculated by the Indian mathematician Budhayana in 6th century

Did you know?



India produces over a third of the world's tractors. That's more than anyone else

## BRAIN TEASERS

1 Q. There are several books on a bookshelf. If one book is the 4th from the left and 6th from the right, how many books are on the shelf?

2 Q. What do you get when you divide 30 by 1/2 and add 10?

3 Q. I am a three digit number. My tens digit is five more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I?

4 Q. If it were two hours later, it would be half as long until midnight as it would be if it

were an hour later. What time is it now?

5 Q. There are two ducks in front of two other ducks. There are two ducks behind two other ducks. There are two ducks beside two other ducks. How many ducks are there?

6 Q. Can you arrange four nines to make it equal to 100.

7 Q. Sam is 54 years old, and his father Joe is 80. How many years ago was Joe three times the age of his son Peter?

**SOLUTION:**  
1. 9 books.  
2. 70.  
3. 194.  
4. 9pm.  
5. Four ducks (in a square).  
6.  $99 + 9/9 = 100$ .  
7. 41 years ago.

## English Proverbs and Meanings

\* **An empty purse frightens away friends.**  
When one's financial situation deteriorates, friends tend to disappear.

\* **Anger is the one thing made better by delay.**  
When you are angry, it is best not to speak or act immediately.

\* **Any time means no time.**  
If the date of an event remains vague, it will never happen.

\* **A flower blooms more than once.**  
If you miss an occasion, you

can avail of it at another time.

\* **A new broom sweeps clean.**  
A newly-appointed person makes changes energetically.

\* **A stumble may prevent a fall.**  
Correcting a small mistake may help you to avoid making a bigger one.

\* **Better late than never.**  
It's better to do something, even if it's late, than not do it at all.

\* **Advice is cheap**  
It doesn't cost anything to offer advice.

## Chole Roll



**Ingredients:**  
1/4 cup boiled chick peas, 2 tablespoon onion  
2 tablespoon capsicum (green pepper)  
1/4 teaspoon dry mango powder  
2 tablespoon vegetable oil  
1/4 teaspoon cumin seeds  
1 roomali rotis  
1 gm green chutney  
2 tablespoon tomato  
salt as required  
1/4 teaspoon coriander powder  
1/4 teaspoon asafoetida  
**Method**  
Heat oil in a pan. Add asafoetida and cumin seeds. Let them splutter for a minute. Now add chopped onion and saute for a minute. Now add tomato, salt, dry mango powder, coriander powder and mix well. Let the masala cook for 2 minutes. Lastly, add capsicum and cook for another minute. Now add boiled chickpeas, along with 2-4 tbsp of water. Mix well and cook for another 2 minutes. Place the roomali roti on a plate. Spread tomato ketchup and mint chutney on the roti. Add the prepared masala to the roti. Roll the roti into a roll and serve.

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## Aloo Masala Sandwich



**Ingredients:**  
4 slices bread slices,  
1/4 cup boiled peas  
1/4 teaspoon black pepper  
1/2 teaspoon red chilli powder  
1 small onion  
2 tablespoon green chutney  
1 large boiled potato  
1/2 teaspoon chaat masala  
1/4 teaspoon garam masala powder  
salt as required  
2 tablespoon tomato ketchup  
**Method**

Add boiled potato to a bowl. Now add chopped onion, boiled peas, salt, chaat masala, black pepper powder, garam masala and red chilli powder. Mix well to prepare a mixture. Now spread one tbsp ketchup on one slice and one tbsp mint chutney on another slice. Use half the mixture and spread on one slice. Top it off with another slice. Press it down a bit to prepare a sandwich. Make one more sandwich by repeating the step. You can chop off the edges of the bread slices before serving.