

SPORTS



RFDL

TALENT, GRIT, AND
GLORY ON DISPLAY

RFYC

BUILDING THE
FOOTBALL PIPELINE

BREAKING
A 48-YEAR
BARRIER:

**SAWAN
BARWAL**

REWRITES
INDIAN
MARATHON
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**OLYMPIC
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ON TRACK TO EXCELLENCE

BREAKING A 48-YEAR BARRIER:

SAWAN BARWAL REWRITES INDIAN MARATHON HISTORY

In a landmark moment for Indian athletics, Sawan Barwal delivered a remarkable marathon debut at the Rotterdam Marathon, clocking **2:11:58**.

With this performance, he broke the long-standing national record of **2:12:00, set in May 1978**, ending a **48-year** wait and marking a historic milestone for Indian distance running.



A result of close collaboration between **AFI, the Indian Army** and **Reliance Foundation**, Sawan's achievement reflects the impact of strategic planning, science-led preparation, and international racing exposure.

His participation was part of Project **2:09**, Reliance Foundation's high-performance initiative under the Endurance Program, aimed at helping Indian athletes break the **2:10** marathon barrier.

The Rotterdam Marathon served as a key benchmark in this long-term pathway. Alongside Sawan, athletes Gopi Thonakal and Man Singh are also part of the project, with all three recording personal bests under the initiative.

This breakthrough is more than a record—it signals a new era for Indian marathon running.



RELIANCE FOUNDATION DEVELOPMENT LEAGUE:

TALENT, GRIT, AND GLORY ON DISPLAY



RFDL 2025–26: Bengaluru FC Clinch Historic Third Title

The Reliance Foundation Development League (RFDL) 2025–26 season concluded in style as **Bengaluru FC edged past FC Goa 1–0 to secure a record third RFDL title**, reaffirming their dominance. In the third place playoff, Punjab FC secured a thumping win over Kerala Blasters FC.

This season featured **261 high-octane matches** that showcased the depth of young talent in Indian football. With **54 teams across 19 States / UTs**, RFDL continues to provide a competitive national platform that accelerates the development of the country's next generation of footballers.



Golden Award Winners:

- Golden Ball: Konsam Sanathoi Singh (Punjab FC)
- Golden Boot: Tanbir Dey (NorthEast United FC)
- Golden Gloves: Priyansh Dubey (Mohun Bagan Super Giant)

RELIANCE FOUNDATION YOUNG CHAMPS:

BUILDING THE FOOTBALL PIPELINE

April saw strong activity across RFYC's grassroots initiatives. The RFYC Naupang League Inter-District Championship (Season 4), held from April 6–11 in Aizawl, brought together top teams from across districts in a competitive and well-organised environment,

Phase 2 of the RFYC Mini Mizos programme also commenced, strengthening early talent engagement.

At the competition level in the academy, RFYC scholars began competing in the final rounds of the AIFF Junior, Sub-Junior, and Elite Youth Leagues, gaining valuable high-intensity match experience to close out the season.



OLYMPIC SPOTLIGHT:

APRIL KEY MILESTONES

ISSF WORLD CUP RIFLE & PISTOL, SPAIN (SHOOTING)

1 Gold - **Palak Gulia** (10m Air Pistol - Mixed Team)

ASIAN BOXING CHAMPIONSHIPS 2026, ULAANBAATAR (BOXING)

1 Bronze - **Lovlina Borgohain** (Women's 75kg)

68TH MILO/MAS MALAYSIA OPEN SWIMMING CHAMPIONSHIP 2026 (SWIMMING)

1 Gold - **Tanishi Gupta** (Women's 50m - Butterfly)

1 Gold - **Tanishi Gupta** (Women 100m - Butterfly)

1 Silver - **Tanishi Gupta** (Women's 100m - Freestyle)

1 Silver - **Tanishi Gupta** (Women's 200m - Individual Medley)



U20 NATIONALS 2026, BHILAI, CHHATTISGARH (WRESTLING)

1 Gold - **Dipanshi** (WW 50kg)

1 Gold - **Muskan** (WW 53kg)

1 Gold - **Savita** (WW 62kg)

1 Silver - **Yashita** (WW 62kg)

1 Bronze - **Tapsya** (WW 57kg)

SENIOR ASIAN CHAMPIONSHIP 2026 (WRESTLING)

1 Bronze - **Hansika Lamba** (WW 55kg)

1 Bronze - **Monika** (WW 65kg)

PUEBLA 2026 HYUNDAI ARCHERY WORLD CUP STAGE 1, PUEBLA, MEXICO (ARCHERY)

1 Gold - **Pragati** (Compound Women Team)

RF ATHLETICS:

ON TRACK TO EXCELLENCE

SEEMA SMASHES PERSONAL BEST, SECURES ASIAN GAMES QUALIFICATION

Seema delivered an excellent performance at the Bryan Clay Invitational held at Cougar Stadium in Azusa, California, finishing 8th in the 5,000m with a new personal best of 15:16.20. With this effort, she comfortably surpassed the AFI qualification standard of 15:36.58 for the 2026 Asian Games.

This also represents a significant improvement from her previous personal best of 15:30.70.

ABHAY SINGH BREAKS NATIONAL RECORD WITH BLAZING 200M GOLD

RF athlete Abhay Singh delivered a sensational run in the 200m at the 24th National Junior (U20) Athletics Federation Cup, clinching gold with a blistering 20.82s. His effort shattered the previous national record of 21.02s, marking a significant leap in junior sprinting standards. The performance further cements his position as one of India's most promising young sprinters.

RF ATHLETICS:

HIGHLIGHTS

INDIAN ATHLETICS SERIES 1 – BANGALORE I 4TH APRIL 2026

FIRST POSITION

Reegan Ganesan – Men's Pole Vault – 5.35m

Karishma Sanil – Women's Javelin Throw – 50.24m

Krishik M – Men's 110m Hurdles – 13.87s

Bhartpreet Singh – Men's Discus Throw – 55.86m

Baranica Elangovan – Women's Pole Vault – 4.10m

Ancy Sojan E – Women's Long Jump – 6.54m

Sreeshankar – Men's Long Jump – 8.15m

Tamilarasu Senthilkumar – Men's 100m – 10.23s



SECOND POSITION

Aryan Satpute – U20 Shot Put – 16.45m

Anand Singh – Men's Javelin Throw – 75.69m

Ragul Kumar – Men's 100m – 10.49s

THIRD POSITION

Tamilarasu Senthilkumar – Men's 200m – 20.83s

Moumita Mondal – Women's Long Jump – 6.37m

Vikrant Malik – Men's Javelin Throw – 73.59m

INDIAN ATHLETICS SERIES 3 – DELHI | 11TH APRIL 2026

FIRST POSITION

Animesh Kujur Men's 200m – 20.74s

Damneet Singh – Men's Hammer Throw – 67.74m

Animesh Kujur – Men's 100m – 10.27s

Oshin – Junior Women Discus Throw – 45.13m

Shiksha – Women's Shot Put – 16.50m

Astik Pradhan – Men's 400m – 46.61s

Susmita Tigga – Women's 1500m – 4:46.06

SECOND POSITION

Unnathi Aiyyapa – Women's 200m – 24.12s

Tamilarasu Senthilkumar – Men's 100m – 10.28s

Lakshita Mahlawat – Junior Women Discus Throw – 44.77m

THIRD POSITION

Divya Shandilya – Women's Hammer Throw – 55.53m

Bhartpreet Singh – Men's Discus Throw – 54.86m

Gurinderveer Singh – Men's 100m – 10.40s

Krishna Jayasankar – Women's Shot Put – 16.28m

INDIAN ATHLETICS SERIES 4 – RANCHI | 12TH APRIL 2026

FIRST POSITION

Sarun Payasingh – Men's Long Jump – 7.48m

Mahendra Santa – Men's 200m – 21.96s

Pragyan Sahu – Women's 100m Hurdles – 13.62s

Krishik M – Men's 110m Hurdles – 13.72s



Ancy Sojan E – Women's Long Jump – 6.45m

Sukhi Baskey – Women's 400m – 54.91s

Ashok Dandasena – Men's 1500m – 4:02.98

SECOND POSITION

Shivaji P. Madappagoudra – Men's 5000m – 14:15.15

Md Anees – Men's Long Jump – 7.19m

Rathish P – Men's 110m Hurdles – 14.10s

Anu R – Women's 400m Hurdles – 57.48s

Poorva Sawant – Women's Triple Jump – 12.58m

THIRD POSITION

Urvish Pokhriyal – Men's Long Jump – 7.08m

Murad Sirman – Men's 400m Hurdles – 51.78s

Jiten Bagh – Men's U20 100m – 11.13s

Aryan Ekka – Men's 400m – 50.04s

24TH NATIONAL JUNIOR (U20) ATHLETICS FEDERATION COMPETITION 2026 | 24TH-26TH APRIL 2026

GOLD MEDALS

1 Gold - **Abhay Singh** – Men's 100m – 10.41s (Meet Record)

1 Gold - **Abhay Singh** – Men's 200m – 20.82s (National Record)

SILVER MEDALS

1 Silver - **Aarti** – Women's 200m – 24.46s

BRONZE MEDALS

1 Bronze - **Rishabh Giri** – Men's Javelin Throw – 72.96m

1 Bronze - **Ommkar Prasad Nanda** – Men's Shot Put – 17.52m

1 Bronze - **Fasalul Haque** – Men's 110m Hurdles – 14.05s

JUNIOR ASIAN CHAMPIONSHIPS QUALIFICATION

Aarti – 200m

Rishabh Giri – Men's Javelin Throw



MARK YOUR CALENDARS

2-11 May 2026

**ISSF WORLD CUP
SHOTGUN, ALMATY,
KAZAKHSTAN**

Shooting

24-31 May 2026

**ISSF WORLD CUP
RIFLE / PISTOL,
MUNICH, GERMANY**

Shooting

28 April-10 May 2026

**ITTF WORLD TEAM
TABLE TENNIS
CHAMPIONSHIPS
FINALS LONDON**

Shooting

SOCIAL SNAPSHOT



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**Why Anti-Doping Awareness Is
Crucial for Indian Sports? | Module 1**

