

Competing in middle distance events is part of
preparation for Japan Asian Games, says Gulveer Singh

Bhubaneswar, 23 June 2026 :

Churning out fast laps in the closing stages of distance track races at global competitions, is one of the priorities of India's star distance runner Gulveer Singh. The 28 years old Army's distance runner who will compete here at the 65th National Inter State Athletics Championships starting Wednesday in Bhubaneswar, is among several national record holders.



The five-day major domestic competition assumes importance as it will be the last chance for aspiring athletes to book Japan Asian Games berths.

Gulveer Singh is favourite to win the men's 5,000m title on the opening day of the five-day meet. "To win medals at global level it's important for me to learn to shift into top gear in the closing stages," says the Asian Games bronze medallist.

Mastering the art of pushing hard in the last two or three laps of 5,000m or 10,000m races, says Gulveer Singh has made his coach shift focus in middle distance events. Recently he competed in the mile and 1500m race in the USA.

Here in Bhubaneswar, Gulveer Singh will also compete in 1,500m apart from 5,000m and 10,000m track races. "Competing in middle distance events is part of preparation for the Japan Asian Games," says the national record holder in 5,000m/10,000m.

If Gulveer Singh is hot favourite in the distance track races, Odisha's sprinter Animesh Kujur will be one to watch in men's 100m/200m. The talented sprinter exuded confidence of improving 100m

and 200m national records. “Bhubaneswar is my home ground. I’ve plans to do something extraordinary this time,” says Animesh Kujur on the eve of the national meet.

The five-day competition will witness several Olympian and national record holders in action. After the conclusion of the National Inter State Athletics Championships, the AFI (Athletics Federation of India) will announce probables for the Aichi-Nagoya Asian Games starting September 19 in Japan, says Lalit Bhanot, AFI’s Chairman Planning Commission.

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