



4. Muhammed Anas

Date of Birth – 17th September 1994

Sport – Athletics (400m and 4x400m Relay)

Hometown – Nilamel, Kerala

Training Base – SAI Trivandrum, Kerala

Muhammed Anas was born in Nilamel; a town located in the Kollam district of Kerala and learned the trade in athletics during his school days. He was inspired by his father and competed for the first time when he was in class XII. Sport runs in the family of Anas as his younger brother who is seven has also started competing in long jump discipline.



A keen admirer of English movies, Anas is the current National record holder in Men's 400m which he broke for the first time at the Polish Athletics Championship in Poland in June, 2016 clocking 45.40 seconds, the exact qualification mark for the Olympics. He thus became the third male athlete in the history of Indian athletics after the legendary Milkha Singh and K M Binu to have qualified for a 400-metre event in the Olympics. He returned home with a commendable finish of 6th in the heats at the Rio Olympics, 2016. He also won a Gold Medal at the 2017 Asian Athletics Championships held in Odisha.

An avid follower of Justin Gatlin, he was lucky to see his idol spoil Usain Bolt's farewell race at London during the 2017 IAAF World Championship, which he considers one of the most memorable races he has ever witnessed. At the moment, Anas is practicing hard for the Asian Games, 2018 where he will attempt to clock 45 seconds.

Athlete Performances

- Finished 4th at the 2018 Commonwealth Games
- Gold medal in 400m at Asian Athletics Championships, Odisha, 2017
- Finished 6th in Heats in 400m at Rio Olympics, Brazil, 2016
- Gold medal in 400m at Polish Athletic Championships, Poland, 2016
- Gold medal in 400m at 1st Indian Grand Prix, New Delhi, 2016
- Silver medal in 400m at The Federation Cup, Sr National Championships, New Delhi, 2016