



19. Manish Singh Rawat

Date of Birth: 5th May 1991

Sport: Racewalking

Hometown: Chamoli, Uttarakhand

Training base: Sports Authority of India,
Bangalore



Manish comes from a very humble background from the hills of Uttarakhand. His father passed away early in life, leaving

his mother to take care of the entire family. Growing up, Manish walked 7 km to school every day in the mountains of Uttarakhand and participated in several running races in school. His visionary coach suggested he take up racewalking seriously, given that his daily commute offered plenty of opportunity for practice!

Today, Manish is one of India's top race walkers. Primarily a short distance race walker, Manish qualified for the 2016 Rio Olympics in his forte; the 20km event in April 2015. Not satisfied, he took up the additional challenge of training for the longer 50km event and later in August 2015 successfully recorded Olympic qualification time for the event at the World Championships(Venue). He competed in the 20km event at Rio and finished 13th, ahead of past Olympic medallists and World Champions.

Post Rio, Manish competed at the 2017 IAAF Race Walking Challenge in China and finished 6th in the Men's 20km race. He is currently preparing for the Commonwealth and Asian Games in 2018.

Achievements

- 6th in the 20km IAAF Race Walking Challenge, China, 2017
- Finished 13th at Rio Olympics in 20km Racewalking
- Qualified for Rio 2016 for 20 km and 50 km events
- 9th in 20km at IAAF Race Walking Challenge, Portugal, 2015
- Gold medal in 20km at Open National Athletic Championship, Delhi, 2015