CURRENT EVENTS 07 October 2026

Vithya Ramraj Aims Sub-54 in 400m Hurdles

National record holder Vithya Ramraj, after winning three medals at the Aichi-Nagoya Asian Games, aims to break the 54-second barrier in 400m hurdles.

Vithya Ramraj is an Indian athlete specializing in 400m hurdles, who recently achieved significant success at the Asian Games.

KEY EXAM POINTS

- Indian athlete **Vithya Ramraj** aims to complete the **400m hurdles** in **under 54 seconds**.
- She won **three medals** for **India** at the **Aichi-Nagoya Asian Games**.
- **Vithya Ramraj** broke **P.T. Usha**'s **42-year-old** **National record** in the 400m hurdles.
- Her coach **Nehpal** expects her to perform well in the upcoming **Beijing World Athletics Championships**.
- **Vithya Ramraj** is currently **28 years old**.

DID YOU KNOW..!?

P.T. Usha is an Indian track and field athlete, often called the '**Payyoli Express**' and '**Golden Girl**'.

P.T. Usha won **four gold** and **one silver medal** at the **1986 Seoul Asian Games**.

P.T. Usha was awarded the **Arjuna Award** in **1983** and the **Padma Shri** in **1985**.

The **Asian Games**, also known as **Asiad**, are a continental multi-sport event held **every four years**.

The **first Asian Games** were held in **1951** in **New Delhi**, **India**.

The **Asian Games** are organized by the **Olympic Council of Asia (OCA)**.

The **World Athletics Championships** are organized by **World Athletics**, the international governing body for athletics.

REVISION FLASHCARD

Vithya Ramraj broke P.T. Usha's 42-year-old 400m hurdles national record.

Syllabus Relevance: High

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