
ELDHOSE PAUL



DISCIPLINE

Event: Triple Jump

Date of Birth: 7th Nov 1996

Hometown: Ernakulam ,Kerala

Training Base: SAI Bangalore

Coach: Hari Krishnnan

Background: Kerala's triple jumper Eldhose Paul started participating in athletic meets during his time at MA College in Kothamangalam, which is considered a nursery of emerging athletes. After being trained by veteran coach TP Ouseph, the youngster has not looked back. He is on a spree to constantly improve his records. At the Federation Cup in April 2022, Paul showcased a stellar show, as he improved on his personal best with a jump of 16.99m, just 0.01 m off the 17m mark.

Achievement:

1. 2nd Place at XXXII QOsanov Memorial ,Almaty,Kazakistan ,June,2022
2. 1st place at National Federation Cup, Thenhipalam 2022

Key Government Interventions:

Equipment Support:

Foreign/ Support Staff: NA

Days in National Coaching Camp: