



Media release/Jan 22/KIWG 2026 Day 3

Khelo India Winter Games 2026: Tamil Nadu, Madhya Pradesh skate to golds; Haryana remain on top

- *Avikshith Vijay Viswanat (TN); Udreka Singh (MP) win 500m long track golds*
- *Army men maintain winning spree in ice-hockey; trounce Chandigarh 10-1*

Leh (Ladakh), Jan. 22: Two golds medals were decided on Day 3 of the Khelo India Winter Games 2026 on Thursday. Tamil Nadu and Madhya Pradesh won the golds in the men's and women's 500m long track event, respectively, at the Gupukh's Pond here. The Ladakh leg of KIWG 2026 will end on Republic Day.

Haryana continued to lead the medal tally, courtesy the pair of figure skating golds won on Wednesday. Four states – Uttarakhand, Kerala, Tamil Nadu and Madhya Pradesh with a gold each – share the second spot with hosts Ladakh at sixth position with two silvers and two bronzes.

For KIWG 2026 medal tally: <https://www.winter.kheloindia.gov.in/medal-tally>

Like previous editions, skaters from the plains are matching their skills with those from regions gifted with snow and ice. If Haryana did this on Wednesday, Avikshith Vijay Viswanat (Tamil Nadu) and Udreka Singh (Madhya Pradesh) demonstrated their prowess by skating to the 500m long track golds at Gupukh's Pond, a frozen water body besides the Indus.

While 19-year-old Avikshith defended his Khelo India Winter Games gold from last year, 15-year-old Udreka, in her third KIWG, has shown remarkable improvement over the years. Wearing long track boots and blades for the first time, Udreka (53.94 seconds) sped to the gold ahead of local favourite Skarma Tsultim (54.21 seconds). Tasnia Shameem (57.41 sec) of Ladakh won the bronze.

"We've been friends since I started skating. Defeating Skarma feels good because she's a local and has the advantage of training in high-altitude conditions in Leh. Athletes from the plains always struggle a bit, so this win is special. There have been times when Skarma has been faster than me... it keeps switching between us. I am happy that both of us will be on the podium tomorrow," said Udreka to SAI Media.

Avikshith's four-month training in the Netherlands before arriving at the Khelo India Winter Games did not go waste. Primarily a roller skater who switched to ice skating only a year ago, Avikshith won the 500m long-track gold with a timing of 43.48 seconds. The top six positions in this race were shared between three southern Indian states, Tamil Nadu, Andhra Pradesh and Karnataka. Danda Chandra Mouli (43.97) of Andhra won the silver while Karnataka's Harshit BT (44.13) won bronze.



In ice hockey, Army won their second straight match in group A. Having beaten Himachal Pradesh 5-1 in their opening match on Tuesday, Army romped to a 10-1 win against Chandigarh at the NDS Stadium on Thursday. Padma Norboo scored thrice while Tsewang Dorjay and Jigmath Kunzang scored a brace each.

In the women's competition, both Ladakh and ITBP were on course for another final showdown with emphatic wins against Chandigarh and Himachal Pradesh, respectively. Ladakh women had beaten Haryana 7-1 in their opener.

TODAY'S ICE SKATING RESULTS (all finals)

LONG TRACK 500m (MEN): 1. Avikshith Vijay Viswanat (Tamil Nadu) 43.48 seconds 2. Danda Chandra Mouli (Andhra Pradesh) 43.97 3. Harshith BT (Karnataka) 44.13 seconds

LONG TRACK 500 (Women): 1. Udreka Singh (Madhya Pradesh) 53.94 seconds 2. Skarma Tsultim (Ladakh) 54.21 3. Tasnia Shameem (Ladakh) 57.41 seconds.

(TODAY'S ICE-HOCKEY RESULTS)

Women's Group A: Ladakh beat Chandigarh 5-0; (Group B) ITBP beat Himachal Pradesh 7-0; Haryana beat Rajasthan 2-0.

Men's Group A: Army beat Chandigarh 10-1.

For more on KIWG 2026: please click www.Winter.kheloindia.gov.in

ABOUT KHELO INDIA WINTER GAMES

Under the Khelo India Scheme, the Ministry of Youth Affairs & Sports (MYAS) organizes National-level competitions, i.e., Khelo India Youth Games, Khelo India University Games, Khelo India Para Games and Khelo India Winter Games to provide a platform for talented athletes to showcase their sporting and competitive skills. Starting in 2020, five editions of Khelo India Winter Games have been successfully conducted. While the Union Territory of Jammu & Kashmir have hosted all editions of KIWG, UT Ladakh started hosting the ice sports from 2024. This will be the third time UT Ladakh will be hosting the ice Games. Gulmarg in J&K will host the snow events. Apart from tapping talent, Khelo India Winter Games also showcase a region's art, culture, heritage, and promotes tourism through sports.

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