



**ATHLETICS FEDERATION OF INDIA**

**28<sup>th</sup> NATIONAL FEDERATION SENIOR ATHLETICS  
COMPETITION 2025**

Organized by

**Kerala State Athletics Association**

 **21<sup>st</sup> – 24<sup>th</sup> April 2025**

 **Maharajas College  
Stadium, Ernakulam,  
Kerala**



# Results Only Finals



**HSBC**



**Indian Oil Corporation Limited**

**28th National Federation Senior Athletics Competition**

Maharajas College Stadium, Kochi (Kerala)

24-04-2025

4/21/25 - 4/24/25

21-24 April 2025

**Event # 1 MENS 100m Run**

&amp; ASIAN. C. Q .MARK: 10.25

# NR:Gurindervir Singh BENGALURU 10.20 28/03/2025

% MR:AMIYA KUMAR MALLICK NEW DELHI 10.26 2016

**RESULTS OF FINALS**

1	PRANAV PRAMOD GURAV	424	03/07/01	RAILWAY SPORTS	0.9m/s nw	<b>10.27</b>
2	ANIMESH KUJUR	383	02/06/03	ODISHA	0.9m/s nw	<b>10.32</b>
3	MANIKANTA HOBLIDHAR	267	29/11/01	KARNATAKA	0.9m/s nw	<b>10.35</b>
4	AMLAN BORGHAIN	462	25/04/98	RELIANCE	0.9m/s nw	<b>10.41</b>
5	TAMIL ARASU S	420	20/05/02	RAILWAY SPORTS	0.9m/s nw	<b>10.42</b>
6	RAGUL KUMAR G	503	22/03/00	TAMIL NADU	0.9m/s nw	<b>10.46</b>
7	PARAS .	229	24/06/98	HIMACHAL PRADESH	0.9m/s nw	<b>10.56</b>
8	GURINDERVIR SINGH	467	24/12/00	RELIANCE	0.9m/s nw	<b>11.21</b>

**Event # 2 MENS 200m Run**

&amp; ASIAN. C. Q .MARK: 20.53

# NR:AMLAN BORGHAIN THENHIPALAM 20.52 06/04/2022

% MR:AMLAN BORGHAIN THENHIPALAM 20.52 2022

**RESULTS OF FINALS**

1	ANIMESH KUJUR	383	02/06/03	ODISHA	+1.4m/s n	<b>20.40</b> &#%
2	AMLAN BORGHAIN	462	25/04/98	RELIANCE	+1.4m/s n	<b>20.80</b>
3	RAGUL KUMAR G	503	22/03/00	TAMIL NADU	+1.4m/s n	<b>20.85</b>
4	MANIKANTA HOBLIDHAR	267	29/11/01	KARNATAKA	+1.4m/s n	<b>20.91</b>
5	ABHAY SINGH	331	15/06/06	MADHYA PRADESH	+1.4m/s n	<b>21.22</b>
6	VARUN OORI MANOHAR	510	27/08/05	TAMIL NADU	+1.4m/s n	<b>21.46</b>
7	ADESH GARSA	441	07/12/00	RAJASTHAN	+1.4m/s n	<b>21.53</b>
	SHIVAM .	544	20/12/06	UTTAR PRADESH		<b>DNS</b>

**Event # 3 MENS 400m Run**

&amp; ASIAN. C. Q .MARK: 45.36

# NR:MUHAMMED ANAS KLDNO,CZE 45.21 13/07/2019

% MR:AROKIA RAJIV NEW DELHI 45.47 2016

**RESULTS OF FINALS**

1	VISHAL TK	521	17/12/03	TAMIL NADU		<b>46.19</b>
2	JAY KUMAR	171	10/06/06	DELHI		<b>46.33</b>
3	MANU T S	312	17/10/01	KERALA		<b>46.39</b>
4	DHARMVEER CHOUDHAR	439	05/02/01	RAJASTHAN		<b>47.00</b>
5	RINCE JOSEPH	301	31/08/02	KERALA		<b>47.10</b>
6	PRAKHAR SHARMA	572	01/09/99	UTTARKHAND		<b>47.15</b>
7	KAPIL .	115	10/11/03	ARMY		<b>47.42</b>
	AMOJ JACOB	169	02/05/98	DELHI		<b>DNF</b>

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**Event # 4 MENS 800m Run**

&amp; ASIAN. C. Q .MARK: 1:47.77

# NR:JINSON JOHNSON GUWAHATI 1:45.65 27/06/2018

% MR:JINSON JOHNSON PATIALA 1:46.32 2018

**RESULTS OF FINALS**

1	ANU KUMAR	571	02/11/02	UTTARKHAND	<b>1:47.78</b>
2	KRISHAN KUMAR	218	12/10/97	HARYANA	<b>1:47.94</b>
3	SHAKEEL .	438	17/04/05	RAJASTHAN	<b>1:48.16</b>
4	MOHAMMED AFSAL P	460	03/02/96	RELIANCE	<b>1:48.33</b>
5	RIJOY J	300	21/12/03	KERALA	<b>1:49.06</b>
6	AMAN KUMAR.	124	20/10/99	ARMY	<b>1:49.09</b>
7	PRAKASH GADADE	349	31/07/02	MAHARASHTRA	<b>1:49.37</b>
8	AKHIL K A	366	04/06/00	NAVY	<b>1:50.41</b>

**Event # 5 MENS 1500m Run**

&amp; ASIAN. C. Q .MARK: 3:42.30

# NR:JINSON JOHNSON BERLIN 3:35.24 01/10/2019

% MR:JINSON JOHNSON PATIALA 3:39.69 2018

1	YOONUS SHAH	249	10/05/01	JSW	<b>3:41.93 &amp;</b>
2	AJAY KUMAR SAROJ	555	01/05/97	UTTAR PRADESH	<b>3:42.64</b>
3	NARENDER SINGH	225	07/10/97	HARYANA	<b>3:42.77</b>
4	ARJUN WASKALE	335	03/07/03	MADHYA PRADESH	<b>3:43.60</b>
5	RAHUL .	163	01/12/96	DELHI	<b>3:43.64</b>
6	KARTIK JAYRAJ KARKER <sup>A</sup>	351	17/03/97	MAHARASHTRA	<b>3:43.69</b>
7	RITESH OHRE	327	31/12/03	MADHYA PRADESH	<b>3:47.32</b>
8	HARSHDEEP SINGH	415	28/09/01	PUNJAB	<b>3:48.17</b>
9	PUSHPENDRA SINGH RATI	451	18/06/97	RAJASTHAN	<b>3:48.30</b>
10	KALYAN JR	269	09/02/06	KARNATAKA	<b>3:48.57</b>
11	NAVDEEP .	207	20/09/03	HARYANA	<b>3:48.70</b>
12	KARAN J R	268	09/02/06	KARNATAKA	<b>3:49.06</b>
13	MANPREET SINGH SANDH	139	04/02/99	ARMY	<b>3:51.47</b>
14	VAIBHAV MARUTI PATIL	272	27/02/02	KARNATAKA	<b>3:51.91</b>
15	MUKUL SAINI	561	18/04/01	UTTAR PRADESH	<b>3:52.23</b>
	ASHOK DANDASENA	381	05/07/94	ODISHA	<b>DNS</b>

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**Event # 6 MENS 5000m Run**

&amp; ASIAN. C. Q .MARK: 13:48.33

# NR:Gulveer Singh Niigata 13:11.82 28/09/2024

% MR:AVINASH SABLE THENHIPALAM 13:39.43 2022

1	ABHISHEK PAL..	423	15/07/97	RAILWAY SPORTS	13:40.59 &
2	SAWAN BARWAL	118	18/02/98	ARMY	13:41.58 &
3	KIRAN MATRE	126	05/08/01	ARMY	13:47.16 &
4	SHADAB PATHAN	129	23/10/01	ARMY	13:53.52
5	SAURABH KUMAR	172	02/07/02	DELHI	13:54.80
6	LOVEPREET SINGH	135	13/01/99	ARMY	14:00.03
7	NARESH CHOPRA	365	05/12/04	NAVY	14:05.37
8	RAJ SHEKHAR PATHAK	562	12/01/00	UTTAR PRADESH	14:06.94
9	ABDHESH CHAUDHARY	548	01/01/04	UTTAR PRADESH	14:09.45
10	ABDUL BARI	399	18/09/99	POLICE SPORTS CONTRC	14:10.86
11	PRAKASHRAO NANASAHE	374	21/06/99	NAVY	14:17.96
12	AJIT KUMAR.	445	10/12/03	RAJASTHAN	14:19.10
13	ARIF ALI	545	22/08/99	UTTAR PRADESH	14:19.28
14	SUNIL KUMAR	123	10/03/97	ARMY	14:21.98
15	MRUNAL SARODE	356	18/11/03	MAHARASHTRA	14:22.79
16	AJAY .	113	29/01/02	ARMY	14:24.22
17	DEEPAK BHATT	119	14/09/00	ARMY	14:32.04
18	RAHUL ..	209	10/09/02	HARYANA	14:41.47
19	SANDEEP CHAUDHARY	549	08/07/01	UTTAR PRADESH	14:42.01
20	RAHUL SINGH	563	02/07/04	UTTAR PRADESH	14:42.64
21	NITESHKUMAR RUPSINGH	376	27/01/00	NAVY	15:11.63
22	RATNESH YADAV	566	14/11/00	UTTAR PRADESH	17:40.16
	SHIVAM YADAV	406	16/01/01	POLICE SPORTS CONTRC	DNF
	RAKESH KUMAR	554	01/07/02	UTTAR PRADESH	DNF
	GURMEET SINGH	332	20/07/04	MADHYA PRADESH	DNF

**Event # 7 MENS 10000m Run**

&amp; ASIAN. C. Q .MARK: 29:33.26

# NR:GULVEER SINGH CAPISTRANO 27:00.22 29/03/2025

% MR:SURENDRA SINGH KOLKATA 28:57.90 2007

1	SAWAN BARWAL	118	18/02/98	ARMY	28:57.13 &%
2	ABHISHEK PAL..	423	15/07/97	RAILWAY SPORTS	29:14.86 &
3	KIRAN MATRE	126	05/08/01	ARMY	29:47.62
4	VINOD SINGH	333	20/07/05	MADHYA PRADESH	29:52.18
5	LOVEPREET SINGH	135	13/01/99	ARMY	30:10.18
6	GURMEET SINGH	332	20/07/04	MADHYA PRADESH	30:23.83
7	SUNIL KUMAR	123	10/03/97	ARMY	30:29.06
8	SHIVAM YADAV	406	16/01/01	POLICE SPORTS CONTRC	31:11.99
9	ARIF ALI	545	22/08/99	UTTAR PRADESH	31:59.24
10	RAKESH KUMAR	554	01/07/02	UTTAR PRADESH	33:19.72
	RAJ SHEKHAR PATHAK	562	12/01/00	UTTAR PRADESH	DNF
	AJAY .	113	29/01/02	ARMY	DNF
	SHUBHAM SINDHU	221	13/11/95	HARYANA	DNF
	DEEPAK BHATT	119	14/09/00	ARMY	DNS

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**Event # 8 MENS 110m Hurdles**

&amp; ASIAN. C. Q .MARK: 13.56

# NR:Tejas Ashok Shirse Jyaskyla 13.41 22/05/2024

% MR:TEJAS ASHOK SHIRSE RANCHI 13.61 2023

**RESULTS OF FINALS**

1	TEJAS ASHOK SHIRSE	578	04/06/02	MAHARASHTRA	+1.2m/s n	<b>13.65</b>
2	MANAV R	425	07/06/00	RAILWAY SPORTS	+1.2m/s n	<b>13.94</b>
3	MUHAMMED LAZAN VK	247	01/06/02	JSW	+1.2m/s n	<b>14.17</b>
4	RONALD BABU	323	09/04/98	MADHYA PRADESH	+1.2m/s n	<b>14.24</b>
5	RATHISH PANDIDURAI	464	11/06/04	RELIANCE	+1.2m/s n	<b>14.37</b>
6	MOHAMMED FAIS C	400	06/04/99	POLICE SPORTS CONTRC	+1.2m/s n	<b>14.63</b>
7	SHAHUL S	310	24/11/06	KERALA	+1.2m/s n	<b>14.98</b>
8	SUBBASH S	518	17/02/02	TAMIL NADU	+1.2m/s n	<b>15.16</b>

**Event # 9 MENS 400m Hurdles**

&amp; ASIAN. C. Q .MARK: 49.19

# NR:A. DHARUN PATIALA 48.80 16/03/2019

% MR:A. DHARUN PATIALA 48.80 2019

1	YASHAS P	273	08/12/01	KARNATAKA		<b>49.32</b>
2	SUBHAS DAS	245	23/01/02	JSW		<b>50.11</b>
3	RUCHIT MORI	184	24/08/01	GUJARAT		<b>51.08</b>
4	HARDEEP KUMAR	413	27/06/03	PUNJAB		<b>51.29</b>
5	KARTHIK YARRAVARAPU	112	01/04/04	ANDHRA PRADESH		<b>52.01</b>
6	SHAKTI SINGH	136	11/01/00	ARMY		<b>52.75</b>
	MAYENGBAM SINGH	364	16/05/97	MANIPUR		<b>DNS</b>
	JABIR MADARI PALLIYALI	372	08/06/96	NAVY		<b>DNS</b>

**Event # 10 MENS 3000m Steeplechase**

&amp; ASIAN. C. Q .MARK: 8:39.17

# NR:AVINASH SABLE Paris 8:09.01 07/07/2024

% MR:AVINASH SABLE PATIALA 8:20.20 2021

1	SUNIL JOLIYA JINABHAI	183	26/12/02	GUJARAT		<b>8:43.82</b>
2	VIKRAM SINGH	137	03/07/96	ARMY		<b>8:44.30</b>
3	ROHIT VERMA	227	20/10/98	HARYANA		<b>8:44.80</b>
4	SHANKAR LAL SWAMI	220	05/07/96	HARYANA		<b>8:45.38</b>
5	BALKISHAN .	204	09/11/98	HARYANA		<b>8:45.96</b>
6	PUKESHWAR LAL	153	25/03/97	CHHATTISGARH		<b>8:46.74</b>
7	SURAJ PAL	558	05/02/02	UTTAR PRADESH		<b>8:51.87</b>
8	DHULADEV BABAN GHAG	344	22/02/03	MAHARASHTRA		<b>8:58.35</b>
9	RAMVEER MANIRAM BET	125	13/05/99	ARMY		<b>9:11.12</b>
10	VINAYAK PRATAP SINGH I	560	20/09/04	UTTAR PRADESH		<b>9:13.31</b>
11	BRAHMA LAL KUMAWAT	447	07/12/02	RAJASTHAN		<b>9:13.74</b>
12	SHUBHAM SHRIDHAR BH	360	17/06/00	MAHARASHTRA		<b>9:25.19</b>
	ATUL POONIA	449	01/10/00	RAJASTHAN		<b>DNF</b>

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**Event # 11 MENS High Jump**

**HEIGHTS: 1.95, 2.00, 2.05, 2.08, 2.11, 2.14, 2.17, 2.20, 2.23, 2.26, 2.30, 2.31, 2.33, 2.35, 2.37, 2.39, 2.41, 2.43  
2.45, 2.47, 2.49**

&amp; ASIAN. C. Q. MARK: 2.23

# NR: TEJASWIN SHANKAR LUBBOCK 2.29 27/04/2018

% MR: TEJASWIN SHANKAR PATIALA 2.28 2018

1	SARVESH ANIL KUSHARE	343	17/06/95	MAHARASHTRA	2.26m &
				--- --- --- O --- XXO XO O XO XXO XXX	
2	SWADHIN KUMAR MAJHI	385	10/04/00	ODISHA	2.14m
				XO O O --- XO O XXX	
3	BHARATH RAJ B	307	02/01/04	KERALA	2.14m
				--- O O --- XO XO XXX	
4	JESSE SANDESH	278	22/10/95	KARNATAKA	2.14m
				O --- O O --- XXO XXX	
5	AADARSH RAM	515	27/09/97	TAMIL NADU	2.11m
				--- --- XXO --- XO XXX	
6	BHARATHI VISWANATHAN	523	20/05/94	TAMIL NADU	2.08m
				--- O XO O XXX	
7	GURJEET SINGG	222	05/01/00	HARYANA	2.08m
				--- O --- XXO --- XXX	
8	SHYAM SUNDER	452	01/05/05	RAJASTHAN	2.05m
				O O O XXX	
9	ARYAN ARUN PATIL	103	22/02/04	AIR FORCE	2.00m
				O XO XXX	
10	DHAIRYSHIL DHANAJI GA'	348	10/02/03	MAHARASHTRA	2.00m
				XO XO XXX	
10	CHANDRA MOHAN	507	10/01/00	TAMIL NADU	2.00m
				XO XO XXX	
12	NIKHIL DAS	382	14/03/03	ODISHA	2.00m
				XO XXO XXX	
13	VINITH KARTHIK	501	08/11/95	TAMIL NADU	1.95m
				O XXX	
	PEDA KAMARAJU SRIKAK	111	10/05/99	ANDHRA PRADESH	NM
				XXX	

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**Event # 12 MENS Pole Vault****HEIGHTS: 4.20, 4.40, 4.60, 4.70, 4.80, 4.90, 4.90, 5.00, 5.05, 5.10, 5.15, 5.20, 5.25, 5.30, 5.35, 5.40**

&amp; ASIAN. C. Q. MARK: 5.51

# NR: Dev Kumar Meena Dehradun 5.32 10/02/2025

% MR: S. SIVA PATIALA 5.16 2019

1	DEV MEENA	325	07/05/05	MADHYA PRADESH	5.35m #%
					--- --- --- --- --- --- O --- XO --- O --- O O
2	M GOWTHAM .	294	25/09/02	TAMIL NADU	5.15m
					--- --- --- --- O X-- XO --- O O XXX
3	REEGAN G	496	08/08/01	TAMIL NADU	5.10m
					--- --- --- --- --- O XXO --- O --- XXX
4	SIVA S	517	05/06/96	TAMIL NADU	5.05m
					--- --- --- --- XO --- --- XXO --- XX- X
5	AVNEESH KUMAR.	557	01/07/01	UTTAR PRADESH	5.00m
					--- --- O O O O XXO --- XXX
6	RAMBEER SINGH	450	30/06/96	RAJASTHAN	4.90m
					--- --- --- --- XO O XX- X
7	KULDEEP KUMAR	552	12/03/05	UTTAR PRADESH	4.80m
					--- --- --- --- O XX- X
8	GOKUL NATH	105	15/02/97	AIR FORCE	4.80m
					--- --- XO XO O XXX
9	YUGENDRAN R	512	01/10/03	TAMIL NADU	4.80m
					--- --- --- --- XO --- --- --- XXX
9	KAMAL LOGANATHAN	505	02/03/03	TAMIL NADU	4.80m
					--- --- O --- XO XXX
11	ANSHU PATEL	329	03/05/05	MADHYA PRADESH	4.70m
					--- XX- O O XXX
12	JESSAN K G	302	03/01/98	KERALA	4.70m
					--- --- O XO XXX
12	BINEESH JACOB	421	17/03/86	RAILWAY SPORTS	4.70m
					--- O O XO XXX
14	ROHIT PATIL	353	07/04/00	MAHARASHTRA	4.70m
					--- O O XXO XXX
15	P SUBASH CHANDRAN	266	06/03/03	KARNATAKA	4.60m
					--- XO O XXX
16	DHARMENDRA KUMAR	551	26/08/98	UTTAR PRADESH	4.40m
					--- XO XXX
	SRIKANTH KANNUPILLAI	500	26/11/01	TAMIL NADU	NM
					--- XXX
	KAVINRAJA S	148	26/06/06	TAMIL NADU	NM
					--- --- --- --- XXX
	RAMRATAN .	437	01/05/05	RAJASTHAN	DNS
					DNS

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**Event # 13 MENS Long Jump**

&amp; ASIAN. C. Q .MARK: 8.07

# NR:JESWIN ALDRIN BELLARY 8.42 02/03/2023

% MR:M. SREESHANKAR THENHIPALAM 8.36 2022

**RESULTS OF FINALS**

1	DAVID P	511	17/03/02	TAMIL NADU	+1.1m/s	<b>7.94m</b>
		7.62, F, 7.80, 7.94, F, 7.77				
2	JESWIN ALDRIN	493	24/12/01	RELIANCE	+1.1m/s	<b>7.83m</b>
		7.43, 7.83, 7.68, -, -, -				
3	MUHAMMED ANEES YAHI	461	03/12/95	RELIANCE	+1.3m/s	<b>7.70m</b>
		7.45, 7.55, 7.65, 7.34, F, 7.70				
4	SWAMINATHAN R	426	07/04/96	RAILWAY SPORTS	+0.7m/s	<b>7.67m</b>
		F, F, 7.62, 7.50, 7.67, 7.62				
5	SHARON JESTUS J	170	31/12/04	TAMIL NADU	+0.7m/s	<b>7.59m</b>
		F, 7.39, 7.57, F, 7.59, F				
6	VINOTH KUMAR YUVARAJ	371	26/09/94	NAVY	+0.8m/s	<b>7.52m</b>
		7.36, 7.30, 7.47, F, 7.52, 7.27				
7	MOHD ATTA SAZID	210	10/02/06	HARYANA	+2.0m/s	<b>7.49m</b>
		7.47, 7.49, F, F, 7.27, 7.46				
8	ASADULLAH MUJAHITH	508	17/01/02	TAMIL NADU	+0.5m/s	<b>7.49m</b>
		7.45, F, 7.39, F, 7.34, 7.49				
9	SARUN PAYASINGH	390	09/07/00	ODISHA	+2.2m/s	<b>7.39m</b>
		F, 7.39, F				
10	ARYA S	277	31/12/01	KARNATAKA	-0.5m/s	<b>7.37m</b>
		7.37, F, F				
11	MOHAMMED MUHASSIN	248	06/08/05	JSW	+0.6m/s	<b>7.30m</b>
		7.30, F, 7.26				
	SUNNY KUMAR	146	13/07/01	BIHAR		<b>NM</b>
		F, -, -				

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**Event # 14 MENS Triple Jump**

&amp; ASIAN. C. Q .MARK: 16.59

# NR:PRAVEEN CHITHRAVEL HAVANA 17.37 06/05/2023

% MR:ELDHOSE PAUL THENHIPALAM 16.99 2022

1	PRAVEEN CHITHRAVEL	244	05/06/01	JSW	+0.6m/s	<b>17.37m</b> &#%
		16.66, 16.87, 17.37, -, -, -				
2	ABDULLA ABOOBACKER	102	17/01/96	AIR FORCE	+1.0m/s	<b>16.99m</b> &#%
		F, 16.99, 16.15, 16.61, F, -				
3	MOHAMMED MUHASSIN	248	06/08/05	JSW	+2.3m/s	<b>16.28m</b>
		F, F, 16.01, 16.23, 15.89, 16.28				
4	YUVA RAJ	514	31/07/01	TAMIL NADU	+0.8m/s	<b>16.27m</b>
		16.27, 16.10, F, F, F, 16.23				
5	VIMAL MUKESH THAMIZH	373	25/03/96	NAVY	+0.9m/s	<b>16.20m</b>
		15.42, 15.94, F, 16.20, F, F				
6	SEBASTIAN V S	251	04/10/03	JSW	+1.5m/s	<b>15.92m</b>
		F, F, 15.64, 15.92, F, 15.42				
7	GAILEY VENISTER	522	31/01/00	TAMIL NADU	+1.0m/s	<b>15.84m</b>
		15.70, 15.33, 15.71, 15.03, 15.84, F				
8	JAY SHAH	357	11/10/97	MAHARASHTRA	+0.2m/s	<b>15.60m</b>
		13.77, 15.37, 15.41, F, 15.60, 15.42				
9	PRADEEP KUMAR	553	20/01/04	UTTAR PRADESH	+0.0m/s	<b>15.36m</b>
		15.25, 15.36, F				
10	ROBINSON S	516	03/03/01	TAMIL NADU	+1.1m/s	<b>15.10m</b>
		15.10, 15.09, 14.94				
11	OMKAR SHIDRUK	359	26/09/03	MAHARASHTRA	+1.2m/s	<b>14.96m</b>
		F, 14.96, F				
12	HIMANSHU YADAV	404	16/12/97	POLICE SPORTS CONTRC	+1.8m/s	<b>14.86m</b>
		14.68, F, 14.86				
13	BOBY SABU	311	23/01/98	KERALA	+1.0m/s	<b>14.83m</b>
		F, F, 14.83				
14	NAVEEN K P	303	16/12/01	KERALA	+0.8m/s	<b>14.81m</b>
		14.51, 14.60, 14.81				
15	DABLU ROY	573	12/09/04	WEST BENGAL	+1.0m/s	<b>14.41m</b>
		F, F, 14.41				

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**Event # 15 MENS Shot Put**

&amp; ASIAN. C. Q .MARK: 19.10

#NR:T.SINGH TOOR BHUBANESWAR 21.77 19/06/2023

% MR:INDERJEET SINGH MANGALORE 20.65 2015

1	SAMARDEEP SINGH GILL	334	03/01/01	MADHYA PRADESH	19.34m &
		19.27, F, F, 19.14, 18.16, 19.34			
2	TAJINDERPAL TOOR	417	13/11/94	PUNJAB	18.77m
		18.77, F, F, F, 18.57, F			
3	ANIKET .	570	05/11/01	UTTARKHAND	17.89m
		17.74, 17.60, 17.75, 17.54, 17.89, 17.39			
4	PRABHKIRPAL SINGH	416	12/07/97	PUNJAB	17.63m
		17.63, F, 17.18, F, 16.85, 17.14			
5	BALAJI .	203	26/09/00	TAMIL NADU	17.39m
		16.82, 15.57, 16.64, 16.72, 17.39, 17.36			
6	SIDDHARTH CHOUDHARY	440	24/09/05	RAJASTHAN	16.91m
		15.87, 16.91, 16.74, F, F, F			
7	ARYAN TYAGI	141	14/08/01	ARMY	16.89m
		15.86, F, 16.89, 16.62, F, 16.82			
8	VISHWA AYYAPPAN VISHV	494	26/11/03	TAMIL NADU	16.83m
		16.83, F, 16.50, 15.56, F, F			
9	ATUL .	202	17/01/05	HARYANA	16.66m
		F, 16.34, 16.66			
10	VIKASH .	165	12/02/03	DELHI	16.18m
		15.91, 16.18, 15.94			
11	SOURABH VIJ	394	14/06/87	ONGC	15.74m
		15.50, 15.74, F			
12	ARJUN .	149	13/10/02	CHANDIGARH	15.69m
		15.54, 15.69, 15.17			
	RAM CHANDRA	547	01/01/99	UTTAR PRADESH	DNS
		DNS			
	GOVIND VIJAY RAI	403	11/05/93	POLICE SPORTS CONTRC	DNS
		DNS			
	CHE TAN KAPOOR	214	23/12/93	HARYANA	DNS
		DNS			

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**Event # 16 MENS Discus Throw**

&amp; ASIAN. C. Q .MARK: 59.63

# NR:VIKAS GOWDA NORMAN 66.28 12/04/2012

% MR:KIRPAL SINGH THENHIPALAM 61.83 2022

1	NIRBHAY SINGH	226	20/11/96	HARYANA	58.13m
	F, 54.29, 52.88, 56.71, 58.13, F				
2	ABHIMANYU ABHIMANYU	243	18/12/01	JSW	55.11m
	54.23, 54.03, 55.11, F, F, 53.29				
3	BHARTPREET SINGH	520	02/07/04	RELIANCE	53.79m
	52.75, F, 50.26, F, 53.03, 53.79				
4	AJAY KUMAR	215	20/06/03	HARYANA	53.23m
	50.00, 51.02, 53.23, 40.57, 50.76, 52.96				
5	SAHIL CHECHI	211	27/07/00	HARYANA	51.95m
	50.23, 51.95, 51.81, 50.74, 48.81, F				
6	OINAM ALSON SINGH	363	22/01/02	MANIPUR	50.84m
	F, 46.71, 50.84, F, F, F				
7	SATISH BANSI DESHMUKH	346	08/08/01	MAHARASHTRA	49.28m
	45.53, 43.67, 46.43, 48.94, 49.28, 48.22				
8	RAMANAND KUMAR SINGH	232	02/10/02	JHARKHAND	48.90m
	44.52, 48.90, F, F, 44.00, 47.19				
	SURJEET GURRA	168	09/12/98	DELHI	DNS
	DNS				
	ASHWANI LAMBA	324	29/03/98	MADHYA PRADESH	DNS
	DNS				

**Event # 17 MENS Hammer Throw**

&amp; ASIAN. C. Q .MARK: 71.80

# NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016

% MR:GURMEET SINGH PATIALA 69.97 2021

1	DAMNEET SINGH	466	10/03/00	RELIANCE	68.30m
	66.19, F, 68.30, F, 66.73, 67.91				
2	PRAVEEN KUMAR	443	14/12/00	RAJASTHAN	63.84m
	59.40, F, 62.49, F, F, 63.84				
3	GURDEV SINGH	414	14/08/01	PUNJAB	60.78m
	57.43, 60.78, F, F, F, 59.74				
4	PRADEEP SANGWAN	132	01/07/99	ARMY	60.24m
	F, 55.34, 59.81, 60.24, F, 56.00				
5	SHANKAR NAGARAJAN	509	11/07/91	TAMIL NADU	59.54m
	59.12, F, F, 59.54, F, 53.37				
6	AJAY BISHNOI	182	27/06/00	GUJARAT	58.10m
	54.58, 57.01, 57.67, 58.10, 56.49, F				
	RAHUL KUMAR	401	12/07/96	POLICE SPORTS CONTRC	DNS
	DNS				

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**Event # 18 MENS Javelin Throw**

&amp; ASIAN. C. Q .MARK: 75.36

# NR:NEERAJ CHOPRA STOCKHOLM 89.94 30/06/2022

% MR:NEERAJ CHOPRA PATIALA 87.80 2021

1	SACHIN YADAV	405	25/10/99	POLICE SPORTS CONTRC	83.86m &
		78.04, 80.22, 75.97, 79.69, 83.86, 83.67			
2	YASHVIR SINGH	427	22/10/01	RAILWAY SPORTS	80.85m &
		73.67, 74.48, 73.96, 80.85, 76.32, F			
3	SAHIL SILWAL	519	17/12/00	RELIANCE	77.84m &
		69.89, F, 74.15, 74.97, 77.84, 76.49			
4	KISHORE KUMAR JENA	384	06/09/95	ODISHA	77.82m &
		68.26, 77.82, F, F, 71.85, F			
5	SHIVAM LOHAKARE	304	14/09/04	MAHARASHTRA	76.75m &
		71.54, 74.62, F, F, 69.72, 76.75			
6	SHASHANK PATIL	274	10/10/04	KARNATAKA	76.66m &
		71.53, 73.75, 73.46, 72.00, 75.60, 76.66			
7	ROHIT YADAV	567	06/06/01	UTTAR PRADESH	76.37m &
		F, 76.37, F, 73.87, -, 70.17			
8	SUNNY SHEORAN	133	12/10/98	ARMY	73.27m
		63.03, 73.27, 68.59, 63.24, 67.06, F			
9	UTTAM BALASAHEB PATII	345	01/11/98	MAHARASHTRA	73.10m
		68.09, 68.83, 73.10			
10	VIKRANT MALIK	463	02/01/96	RELIANCE	72.65m
		69.36, 72.65, 67.83			
11	ANAND SINGH	465	03/03/04	RELIANCE	71.72m
		69.72, F, 71.72			
12	NITESH YADAV YADAV	142	22/07/02	ARMY	70.50m
		70.50, 67.89, 69.93			
13	BIBIN ANTONY	117	04/05/94	ARMY	70.15m
		69.05, 70.15, 66.98			
14	RISHABH NEHRA	402	10/12/99	POLICE SPORTS CONTRC	68.86m
		F, 62.80, 68.86			
15	IZHAR AHMAD	322	03/03/03	MADHYA PRADESH	68.00m
		61.70, 68.00, 64.09			
16	BRAVEMAN HEART	497	20/09/98	TAMIL NADU	65.05m
		60.34, 64.31, 65.05			

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**Event # 19 WOMENS 100m Run**

&amp; ASIAN. C. Q .MARK: 11.46

# NR:DUTEE CHAND PATIALA 11.17 21/06/2021

% MR:DUTEE CHAND NEW DELHI 11.33 2016

**RESULTS OF FINALS**

1	NITHYA GANDHE	524	10/11/99	TELANGANA	1.5m/s sw	<b>11.50</b>
2	ABINAYA RAJARAJAN	484	21/11/06	TAMIL NADU	1.5m/s sw	<b>11.54</b>
3	SNEHA S.S	264	27/03/98	KARNATAKA	1.5m/s sw	<b>11.62</b>
4	SRABANI NANDA	379	07/05/91	ODISHA	1.5m/s sw	<b>11.77</b>
5	DANESHWARI A T	254	14/08/00	KARNATAKA	1.5m/s sw	<b>11.83</b>
6	V SUDHEEKSHA .	253	28/04/05	KARNATAKA	1.5m/s sw	<b>11.87</b>
	11.864					
7	VIJAYA KUMARI	316	15/04/99	MADHYA PRADESH	1.5m/s sw	<b>11.87</b>
	11.868					
8	ANGEL SILVIA M	489	12/08/02	TAMIL NADU	1.5m/s sw	<b>11.89</b>

**Event # 20 WOMENS 200m Run**

&amp; ASIAN. C. Q .MARK: 23.39

# NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002

% MR:HIMA DAS PATIALA 23.21 2021

**RESULTS OF FINALS**

1	NITHYA GANDHE	524	10/11/99	TELANGANA	0.5m/s nw	<b>23.68</b>
2	ANGEL SILVIA M	489	12/08/02	TAMIL NADU	0.5m/s nw	<b>23.91</b>
3	V SUDHEEKSHA .	253	28/04/05	KARNATAKA	0.5m/s nw	<b>24.31</b>
4	VIJAYA KUMARI	316	15/04/99	MADHYA PRADESH	0.5m/s nw	<b>24.41</b>
5	SRABANI NANDA	379	07/05/91	ODISHA	0.5m/s nw	<b>24.61</b>
6	SHIVKANYA MUKATI	317	01/03/04	MADHYA PRADESH	0.5m/s nw	<b>24.74</b>
7	RASHDEEP KAUR	239	01/02/02	JSW	0.5m/s nw	<b>24.88</b>
8	B BALA MURALI	481	03/01/05	TAMIL NADU	0.5m/s nw	<b>25.12</b>

**Event # 21 WOMENS 400m Run**

&amp; ASIAN. C. Q .MARK: 53.80

# NR:HIMA DAS JAKARTA 50.79 26/08/2018

% MR:AISHWARA MISHRA THENHIPALAM 51.18 2022

**RESULTS OF FINALS**

1	RUPAL .	528	23/12/04	UTTAR PRADESH		<b>52.55 &amp;</b>
2	R VITHYA RAMRAJ	486	20/09/98	TAMIL NADU		<b>52.81 &amp;</b>
3	SNEHA K	285	19/05/99	KERALA		<b>53.00 &amp;</b>
4	SUBHA VENKATESAN	491	31/08/99	TAMIL NADU		<b>53.35 &amp;</b>
	53.342					
5	DEVYANIBA MAHENDRAS	178	15/03/02	GUJARAT		<b>53.35 &amp;</b>
	53.347					
6	JISNA MATHEW	287	07/01/99	KERALA		<b>53.51 &amp;</b>
7	ANANKHA B A	235	29/03/01	JSW		<b>54.36</b>
8	ANSA BABU	395	09/04/98	POLICE SPORTS CONTRC		<b>54.49</b>

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**Event # 22 WOMENS 800m Run**

&amp; ASIAN. C. Q .MARK: 2:05.00

# NR:TINTU LUKA SPLIT 1:59.17 04/09/2010

% MR:CHANDA . RANCHI 2:01.79 2023

**RESULTS OF FINALS**

1	TWINKLE CHAUDHARY	454	17/10/95	RELIANCE	2:00.71	&%
2	POOJA ..	194	17/06/02	HARYANA	2:02.89	&
3	AMANDEEP KAUR	408	09/07/03	PUNJAB	2:03.69	&
4	HUIDROM BHUMESHWOR	362	01/02/04	MANIPUR	2:07.23	
5	THOTA SANKEERTANA	151	17/07/03	CHHATTISGARH	2:07.35	
6	AKSLIN M	478	10/09/06	TAMIL NADU	2:09.63	
7	NIKITA SHARMA	228	04/07/01	HIMACHAL PRADESH	2:14.73	
	VINEETA GURJAR	534	27/09/05	UTTAR PRADESH		DQ

T.R. 17.2.3

**Event # 23 WOMENS 1500m Run**

&amp; ASIAN. C. Q .MARK: 4:15.00

# NR:Deeksha . Los Angeles 4:04.78 11/05/2024

% MR:SUNITA RANI BANGALORE 4:08.10 1999

1	LILI DAS	569	18/03/98	UTTARKHAND	4:10.88	&
2	POOJA ..	194	17/06/02	HARYANA	4:12.56	&
3	KAJAL RANGNATH KANW,	179	26/01/01	GUJARAT	4:20.67	
4	VINEETA GURJAR	534	27/09/05	UTTAR PRADESH	4:21.48	
5	NIKITA SHARMA	228	04/07/01	HIMACHAL PRADESH	4:23.42	
6	ANJU .	186	13/11/04	HARYANA	4:26.46	
7	PRIYANKA C	256	02/01/04	KARNATAKA	4:27.41	
8	RASHI C M	257	25/02/02	KARNATAKA	4:35.55	
9	ANJALI .	526	23/12/04	UTTAR PRADESH	4:38.61	
	HUIDROM BHUMESHWOR	362	01/02/04	MANIPUR		DNF

**Event # 24 WOMENS 5000m Run**

&amp; ASIAN. C. Q .MARK: 16:03.33

# NR:PARUL CHAUDHARY WALNUT 15:10.35 06/05/2023

% MR:SURIYA LOGANATHAN NEW DELHI 15:39.59 2016

1	SANJIVANI BABURAO JAD	337	12/07/96	MAHARASHTRA	15:43.42	&
2	SEEMA .	577	10/01/01	HIMACHAL PRADESH	16:17.07	
3	ANJALI DEVI	195	21/02/02	HARYANA	16:25.78	
4	BEBY .	527	01/05/04	UTTAR PRADESH	16:35.54	
5	SUPRITI KACHHAP	230	03/04/03	JHARKHAND	16:35.85	
6	ANTIMA PAL	535	01/01/04	UTTAR PRADESH	17:07.91	
7	KAJAL RANGNATH KANW,	179	26/01/01	GUJARAT	17:17.50	
8	KHUSHI RAGHUVANSHI	318	26/02/04	MADHYA PRADESH	17:53.05	
	KAVITA YADAV	543	08/11/98	UTTAR PRADESH		DNF

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**Event # 25 WOMENS 10000m Run**

&amp; ASIAN. C. Q .MARK: 33:24.79

#NR:P.SREEDHARAN GUANGZHOU 31:50.47 21/11/2010

% MR:SURIYA LOGANATHAN PATIALA 32:23.96 2018

1	SANJIVANI BABURAO JAD	337	12/07/96	MAHARASHTRA		<b>33:44.43</b>
2	SEEMA .	577	10/01/01	HIMACHAL PRADESH		<b>34:55.92</b>
3	BEBY .	527	01/05/04	UTTAR PRADESH		<b>34:59.67</b>
4	ANJALI DEVI	195	21/02/02	HARYANA		<b>35:14.24</b>
5	BUSHRA KHAN GAURI	315	26/07/04	MADHYA PRADESH		<b>37:15.67</b>
	KAVITA YADAV	543	08/11/98	UTTAR PRADESH		<b>DNF</b>
	BHARTI .	187	01/01/97	HARYANA		<b>DNF</b>
	SONIYA .	568	25/07/00	UTTARKHAND		<b>DNS</b>

**Event # 26 WOMENS 100m Hurdles**

&amp; ASIAN. C. Q .MARK: 13.26

# NR:JYOTHI YARRAJI CHENGDU 12.78 04/08/2023

% MR:JYOTHI YARRAJI RANCHI 12.89 2023

1	JYOTHI YARRAJI	459	28/08/99	RELIANCE	+1.9m/s n	<b>13.23</b> &
2	PRAGYAN PRASANTI SAHI	380	19/12/99	ODISHA	+1.9m/s n	<b>13.40</b>
3	NITHYA RAMRAJ	485	20/09/98	TAMIL NADU	+1.9m/s n	<b>13.42</b>
4	NANDHINI K	158	13/07/99	TAMIL NADU	+1.9m/s n	<b>13.69</b>
5	S SRIRESHMA .	471	04/05/01	TAMIL NADU	+1.9m/s n	<b>14.04</b>
6	PRANJALI DILIP PATIL	339	23/01/03	MAHARASHTRA	+1.9m/s n	<b>14.17</b>

**Event # 27 WOMENS 400m Hurdles**

&amp; ASIAN. C. Q .MARK: 57.80

# NR:P.T. USHA LOS ANGELES 55.42 08/08/1984

% MR:SARITABEN GAYAKWAD PATIALA 57.21 2019

1	R VITHYA RAMRAJ	486	20/09/98	TAMIL NADU		<b>56.04</b> &%
2	ANU R	290	20/04/93	KERALA		<b>58.26</b>
3	ASWINI R	483	24/08/04	TAMIL NADU		<b>1:02.41</b>
4	P. JYOTHI KUMARI	469	23/02/01	TAMIL NADU		<b>1:02.78</b>

**Event # 28 WOMENS 3000m Steeplechase**

&amp; ASIAN. C. Q .MARK: 9:48.48

# NR:PARUL CHAUDHARY BUDAPEST 9:15.31 27/08/2023

% MR:LALITA BABAR NEW DELHI 9:27.09 2016

1	MANJU AJAY YADAV	313	20/12/02	MADHYA PRADESH		<b>10:34.08</b>
2	NIKITA .	428	11/11/04	RAJASTHAN		<b>10:51.96</b>
3	CHANCHAL .	188	06/06/02	HARYANA		<b>11:10.40</b>
4	ANUMOL THAMPI	396	19/08/99	POLICE SPORTS CONTRC		<b>11:31.92</b>
5	KIRUTHIKA M	480	19/06/04	TAMIL NADU		<b>12:57.86</b>

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**Event # 29 WOMENS High Jump****HEIGHTS: 1.55, 1.60, 1.65, 1.68, 1.71, 1.74, 1.76, 1.78, 1.80, 1.82, 1.84, 1.86, 1.88, 1.95, 2.00**

&amp; ASIAN. C. Q. MARK: 1.83

# NR:SAHANA KUMARI HYDERABAD 1.92 23/06/2012

% MR:BOBBY ALOYSIUS HYDERABAD 1.89 2003

1	POOJA .	190	21/02/07	HARYANA	1.84m &
				--- --- --- O XO O --- O XXO O XXO XXX	
2	GOBIKA K	477	06/08/02	TAMIL NADU	1.82m
				--- --- --- --- O XO O XO O XO XXX	
3	ABHINAYA S SHETTY	240	16/06/99	KARNATAKA	1.80m
				--- --- --- --- O --- O --- O XXX	
4	PRACHI .	191	02/04/07	HARYANA	1.74m
				--- O XO O O XXO XXX	
5	SUPRIYA S B	263	11/03/01	KARNATAKA	1.74m
				--- O XXO --- XO XXO XXX	
6	KEVINAA ASHWINE ANNA	474	23/03/02	TAMIL NADU	1.65m
				--- O O XXX	
7	RUBINA YADAV	241	14/01/01	JSW	1.60m
				--- O --- XXX	

**Event # 30 WOMENS Pole Vault****HEIGHTS: 3.10, 3.30, 3.50, 3.60, 3.70, 3.80, 3.90, 3.95, 4.00, 4.05, 4.10, 4.15, 4.20, 4.25, 4.30, 4.80, 4.90, 5.00  
5.10, 5.20, 5.30, 5.40, 5.50, 5.60, 5.70, 5.80, 5.90, 6.00**

&amp; ASIAN. C. Q. MARK: 4.10

# NR:ROSY MEENA PAULRAJ BENGALURU 4.21 15/10/2022

% MR:KRISHNA RACHAN PATIALA 4.06 2019

1	PAVITHRA VENKATESH	293	08/12/01	TAMIL NADU	4.00m
				--- --- --- --- --- O --- --- O --- XXX	
2	BARANICA ELANGO VAN	282	03/02/97	TAMIL NADU	4.00m
				--- --- --- --- O O XXO --- XO XX- X	
3	VANSHIKA GHANGHAS	197	08/10/05	HARYANA	3.90m
				--- --- --- O --- O O --- XXX	
4	SINDHUSHREE G	258	23/10/00	KARNATAKA	3.90m
				--- --- O XO O XO O --- XX- X	
5	MARIYA JAISON	283	23/09/97	KERALA	3.90m
				--- --- --- O O O XO --- XXX	
6	SATHYA TAMILARASAN	200	05/02/01	TAMIL NADU	3.80m
				--- --- --- XO --- XO XX- X	
7	KRISHNA RACHAN	419	24/05/94	RAILWAY SPORTS	3.80m
				--- --- --- --- O XXO --- XX- X	
8	NITIKA ANUPAKARE	314	31/12/05	MADHYA PRADESH	3.70m
				--- --- O O XXO XXX	
9	V VIJAYAKUMAR .	472	26/11/03	TAMIL NADU	3.50m
				--- O O XXX	
10	SHRUTI RATHAUR	319	12/11/06	MADHYA PRADESH	3.30m
				O O XXX	
10	PARAMESHWARI .	470	06/06/04	TAMIL NADU	3.30m
				--- O XXX	
12	ARULMOZHI K	476	17/04/03	TAMIL NADU	3.30m
				XXO O XXX	

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**Event # 31 WOMENS Long Jump**

&amp; ASIAN. C. Q .MARK: 6.41

# NR:ANJU B. GEORGE ATHENS 6.83 27/08/2004

% MR:ANJU B. GEORGE CHENNAI 6.59 2002

1	SHAILI SINGH	540	07/01/04	UTTAR PRADESH	+1.1m/s	<b>6.64m</b> &%
		6.38, 6.30, 6.64, 6.53, F, F				
2	ANCY SOJAN E	458	01/03/01	RELIANCE	+1.8m/s	<b>6.46m</b> &
		F, F, 6.37, 6.41, 6.46, F				
3	MOUMITA MONDAL	455	09/12/01	RELIANCE	+0.8m/s	<b>6.45m</b> &
		6.24, 6.45, F, 4.47, 6.27, F				
4	SANDRA BABU	236	03/07/01	JSW	+2.3m/s	<b>6.27m</b>
		F, 6.27, F, F, 6.22, 6.16				
5	KUSUMA RAVADA	110	15/09/01	ANDHRA PRADESH	+0.4m/s	<b>6.26m</b>
		6.06, 6.14, 6.04, 6.15, 6.20, 6.26				
6	PRIYA RATHORE	435	25/06/98	RAJASTHAN	+0.9m/s	<b>6.02m</b>
		5.88, 6.02, 5.88, 5.83, 5.83, -				
7	NIRMA BHURAJI	177	03/06/04	GUJARAT	+1.6m/s	<b>5.99m</b>
		5.67, 5.99, 5.74, 5.90, 5.60, 5.73				
8	MERYL ANN MATHEW	473	13/08/03	TAMIL NADU	+1.5m/s	<b>5.99m</b>
		F, 5.86, 5.99, 5.83, F, 5.86				
9	ABINAYA SRI A	436	30/10/04	RAJASTHAN	+1.1m/s	<b>5.94m</b>
		5.77, 5.83, 5.94				
10	DEEPANSHI SINGH	539	03/04/01	UTTAR PRADESH	+0.6m/s	<b>5.92m</b>
		5.92, F, F				
11	DEESHA GANAPATHY	259	16/08/05	KARNATAKA	+1.1m/s	<b>5.84m</b>
		5.77, 5.81, 5.84				

**Event # 32 WOMENS Triple Jump**

&amp; ASIAN. C. Q .MARK: 13.68

# NR:MAYOOKHA JOHNY KOBE 14.11 09/07/2011

% MR:ANISHA K. VIJAYAN NEW DELHI 13.57 2006

1	NIHARIKA VASHISHT	411	17/10/95	PUNJAB	+0.5m/s	<b>13.49m</b>
		13.03, 13.27, 12.85, F, 13.46, 13.49				
2	SANDRA BABU	236	03/07/01	JSW	+1.2m/s	<b>13.48m</b>
		F, 13.42, -, 13.48, -, 13.06				
3	SHEENA N V	289	22/11/92	KERALA	+1.1m/s	<b>13.25m</b>
		12.35, 13.25, 13.10, 13.18, 13.02, F				
4	MALLALA ANUSHA	234	10/07/02	JSW	+1.5m/s	<b>13.22m</b>
		12.88, 13.01, F, 12.92, F, 13.22				
5	NIMISHA DAYMA	237	15/05/03	JSW	+2.2m/s	<b>13.04m</b>
		12.78, 12.80, 13.04, F, 12.79, 12.77				
6	POORVA HITESH SAWANT	340	23/01/03	MAHARASHTRA	+0.9m/s	<b>12.84m</b>
		12.74, 12.80, F, 12.77, 12.67, 12.84				
7	BHUMIKA K N	261	06/11/05	KARNATAKA	+1.3m/s	<b>12.08m</b>
		F, F, 12.08, 11.68, 11.73, -				
	DEEPTI .	154	18/02/02	DELHI		<b>DNS</b>
		DNS				
	ADITHYA S	291	10/03/03	KERALA		<b>DNS</b>
		DNS				

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**Event # 33 WOMENS Shot Put**

&amp; ASIAN. C. Q .MARK: 16.89

# NR:Abha Khatua Bhubaneswar 18.41 13/05/2024

% MR:ABHA KHATUA Bhubaneswar 18.41 2024

1	VIDHI .	529	27/12/04	UTTAR PRADESH	<b>16.10m</b>
		15.35, 15.56, 16.00, 16.10, F, 15.81			
2	SRISHTI VIG	161	15/07/95	DELHI	<b>16.06m</b>
		14.92, 14.87, 15.27, 15.88, 15.20, 16.06			
3	SHIKSHA .	193	12/12/02	HARYANA	<b>16.05m</b>
		15.78, 15.77, 16.05, F, F, 15.94			
4	POORNA SUBODH RAORA	342	26/12/00	MAHARASHTRA	<b>15.86m</b>
		15.06, 15.01, 15.57, F, F, 15.86			
5	KACHNAR CHAUDHARY	453	17/05/99	RELIANCE	<b>14.94m</b>
		F, F, 12.64, 14.94, 14.47, 14.79			

**Event # 34 WOMENS Discus Throw**

&amp; ASIAN. C. Q .MARK: 54.19

# NR:KAMALPREET KAUR PATIALA 66.59 21/06/2021

% MR:KAMALPREET KAUR PATIALA 65.06 2021

1	SEEMA .	233	25/02/99	JSW	<b>57.17m &amp;</b>
		55.99, 57.17, F, 55.47, 55.07, -			
2	BHAVANA YADAV	162	09/04/99	DELHI	<b>52.15m</b>
		48.26, 48.87, 48.33, 50.59, F, 52.15			
3	PRIYA .	192	20/06/04	HARYANA	<b>51.36m</b>
		50.85, 51.36, 45.98, 48.84, 47.92, 51.11			
4	NEETIKA VERMA	542	04/03/01	UTTAR PRADESH	<b>51.30m</b>
		47.69, 46.71, 51.30, F, 49.26, 46.59			
5	AMANAT KAMBOJ	407	18/11/07	PUNJAB	<b>49.44m</b>
		45.24, F, 45.09, F, 49.44, 44.84			
6	AMERA ANWAR SHAH	336	21/02/02	MAHARASHTRA	<b>48.28m</b>
		42.76, 47.38, 45.42, 47.87, F, 48.28			
7	NIKITA KUMARI	434	26/07/06	RAJASTHAN	<b>47.65m</b>
		44.93, 47.65, 46.94, 46.11, 47.03, 44.85			
8	SONI KUMARI	143	18/04/05	BIHAR	<b>43.19m</b>
		F, 41.21, F, 43.19, F, F			
	PRIYANSHI KULHAR	432	27/02/05	RAJASTHAN	<b>DNS</b>
		DNS			
	ARSHDEEP KAUR KHANGU	410	07/01/05	PUNJAB	<b>DNS</b>
		DNS			

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**Event # 35 WOMENS Hammer Throw**

&amp; ASIAN. C. Q .MARK: 64.17

# NR:SARITA SINGH PATIALA 65.25 01/06/2017

% MR:SARITA R. SINGH PATIALA 65.25 2017

1	HARSHITA SEHRAWAT	457	01/04/03	RELIANCE	<b>61.65m</b>
		60.05, 59.72, 61.65, 59.73, 59.72, 60.62			
2	TANYA CHAUDHARY	533	21/09/03	UTTAR PRADESH	<b>60.32m</b>
		F, 58.67, F, F, 58.82, 60.32			
3	MITAL SOLANKI	180	28/08/03	GUJARAT	<b>50.17m</b>
		48.70, F, 47.25, 50.17, 49.82, 49.10			
4	RIPUDAMAN KAUR	409	18/06/04	PUNJAB	<b>47.70m</b>
		47.36, F, 47.06, 47.70, 47.58, 47.48			

**Event # 36 WOMENS Javelin Throw**

&amp; ASIAN. C. Q .MARK: 58.00

# NR:ANNU RANI JAMSHEDPUR 63.82 08/05/2022

% MR:ANNU RANI PATIALA 63.24 2021

1	ANNU RANI	576	29/08/92	UTTAR PRADESH	<b>56.66m</b>
		56.66, 55.23, F, F, 54.38			
2	KARISHMA S SANIL	456	04/06/00	KARNATAKA	<b>52.73m</b>
		52.73, 50.93, 49.91, 51.74, 51.56, 49.85			
3	RAMYASHREE JAIN	260	18/11/04	KARNATAKA	<b>51.17m</b>
		43.19, F, 47.33, F, 45.88, 51.17			
4	UMA CHOUDHARY	431	04/10/99	RAJASTHAN	<b>50.87m</b>
		48.68, F, 47.66, F, 50.87, 50.73			
5	SHILPA RANI	199	15/06/96	HARYANA	<b>50.49m</b>
		45.36, 47.12, F, F, 50.49, 46.55			
6	SHAKSHI SHARMA	538	09/02/02	UTTAR PRADESH	<b>47.69m</b>
		F, 41.40, 47.69, F, 46.92, 47.51			
7	LALITA CHOUDHARY	430	19/05/98	RAJASTHAN	<b>47.17m</b>
		47.17, 44.55, F, 42.12, 42.38, F			
8	HEMAMALINI NEELAKAN	262	12/04/00	TAMIL NADU	<b>45.32m</b>
		42.67, 44.08, 42.57, 42.79, 45.32, 42.88			

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**Event # 37 WOMENS Heptathlon**

NR: J.SHOBHA NEW 6211 17/03/2004

MR: J.SHOBHA NEW 6211 2004

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
<b>1</b>	<b>AGASARA NANDINI (525)</b> TELANGANA	<b>5813</b>	13.75	1.65	13.49	23.70	<b>3555</b>	6.01	32.38	2:15.70	<b>2258</b>
			1014	795	760	986		853	522	883	
<b>2</b>	<b>POOJA - (185)</b> HARYANA	<b>5401</b>	14.94	1.71	11.24	26.06	<b>3099</b>	5.56	45.02	2:20.19	<b>2302</b>
			850	867	611	771		717	764	821	
<b>3</b>	<b>MOUMITA MONDAL (455)</b> RELIANCE	<b>5373</b>	13.73	1.53	9.45	23.75	<b>3148</b>	6.35	33.71	2:27.97	<b>2225</b>
			1017	655	494	982		959	547	719	
<b>4</b>	<b>NEETA KUMARI (433)</b> RAJASTHAN	<b>4862</b>	15.42	1.65	10.22	26.03	<b>2900</b>	5.16	32.93	2:19.77	<b>1962</b>
			787	795	544	774		603	532	827	
<b>5</b>	<b>DEEPIKA S (536)</b> TAMIL NADU	<b>4858</b>	14.93	1.59	10.28	25.44	<b>2948</b>	5.59	31.79	2:31.60	<b>1910</b>
			851	724	548	825		726	511	673	
<b>6</b>	<b>AKSHATHA . (252)</b> KARNATAKA	<b>4557</b>	15.37	1.56	9.07	25.59	<b>2763</b>	5.58	33.35	2:43.72	<b>1794</b>
			793	689	469	812		723	540	531	
<b>7</b>	<b>MARIYA THOMAS (292)</b> KERALA	<b>4511</b>	15.62	1.53	10.46	26.31	<b>2727</b>	5.29	34.47	2:39.24	<b>1784</b>
			762	655	560	750		640	562	582	
<b>8</b>	<b>GULSHAN AZWA (156)</b> DELHI	<b>2771</b>	18.24	1.29	6.72	29.25	<b>1698</b>	4.31	16.91	2:50.37	<b>1073</b>
			464	399	317	518		381	232	460	
	<b>SONU KUMARI (198)</b> HARYANA	<b>0</b>	14.98	1.62	10.60	26.67		5.38	32.35	DNS	<b>1186</b>
			844	759	569	719		665	521	0	

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NR: J.SHOBHA NEW 6211 17/03/2004  
MR: J.SHOBHA NEW 6211 2004

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
	ANAMIKA K A (286) KERALA	0	DNS 0	DNS 0	DNS 0						
	DOLY SONKER (541) UTTAR PRADESH	0	16.44 661	1.50 621	10.31 550	43.59 0		DNS 0	DNS 0		
	MADHU . (418) RAILWAY SPORTS	0	DNS 0	DNS 0	DNS 0						
	TANUSHREE . (429) RAJASTHAN	0	DNS 0	DNS 0	DNS 0						



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## Event # 45 MENS Decathlon

NR: T.SHANKAR HANG 7666 03/10/2023

MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
1	TEJASWIN SHANK JSW	<b>7603</b>	11.17 823	7.37 903	13.25 682	2.15 944	50.06 812	4164	14.95 856	36.76 599	4.00 617	54.85 661	4:35.96 706	3439
2	YAMAN DEEP SHA RELIANCE	<b>7226</b>	11.31 793	6.84 776	10.72 529	1.94 749	49.39 843	3690	15.16 830	36.98 603	4.50 760	53.16 635	4:35.61 708	3536
3	JASHBIR NAYAK (3) ODISHA	<b>7156</b>	11.27 801	6.68 739	12.19 618	1.91 723	51.42 750	3631	15.31 812	38.88 642	4.30 702	56.58 687	4:39.79 682	3525
4	THOWFEEQ N (306) KERALA	<b>6940</b>	11.16 825	6.98 809	11.22 559	1.82 644	49.20 852	3689	14.84 869	36.74 599	4.00 617	54.70 658	5:09.19 508	3251
5	GOKUL S (131) ARMY	<b>6818</b>	11.32 791	6.75 755	12.12 614	1.79 619	50.07 811	3590	16.03 729	39.89 662	4.00 617	47.41 550	4:41.65 670	3228
6	ABHIJIT BHOSALE AIR FORCE	<b>6797</b>	11.53 746	6.66 734	12.67 647	1.91 723	51.64 741	3591	16.71 655	38.16 627	4.00 617	52.66 628	4:40.16 679	3206
7	UMESH LAMBA (44) RAJASTHAN	<b>6730</b>	11.85 681	6.48 693	12.94 664	1.76 593	53.27 670	3301	15.66 772	41.45 694	4.40 731	54.83 660	4:57.86 572	3429
8	KAMAL DHANKHA HARYANA	<b>6526</b>	11.78 695	6.58 716	12.95 664	1.88 696	51.11 764	3535	18.67 462	35.89 582	3.90 590	58.91 721	4:47.16 636	2991
9	DHAVAL SOLANKI ARMY	<b>6212</b>	11.79 693	6.29 650	10.92 541	1.79 619	51.53 745	3248	16.29 700	36.40 592	4.10 645	41.03 457	4:58.16 570	2964
10	ABYAKAT MIRDH ODISHA	<b>6026</b>	11.64 723	6.06 600	9.84 476	1.79 619	52.28 713	3131	15.43 798	31.59 496	4.00 617	44.18 503	5:14.18 481	2895

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NR: T.SHANKAR HANG 7666 03/10/2023  
MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
11	<b>ROBIN SINGH (107)</b> AIR FORCE	<b>5682</b>	11.85 681	6.17 624	11.04 548	1.70 544	52.59 699	3096	15.68 769	33.67 537	NM 0	60.52 746	5:04.50 534	2586
12	<b>ROHIT KUMAR (21)</b> HARYANA	<b>5556</b>	11.92 667	6.11 610	10.86 537	1.67 520	54.06 637	2971	18.48 479	31.51 494	3.00 357	51.60 612	4:45.93 643	2585
13	<b>PRAVEEN KUMAR.</b> RAJASTHAN	<b>5297</b>	12.19 614	5.80 544	10.33 505	1.73 569	54.04 638	2870	16.84 641	28.65 438	3.00 357	38.39 419	4:57.81 572	2427
14	<b>JUAN REGIATHUN</b> KERALA	<b>5248</b>	12.13 626	5.95 576	9.78 472	1.85 670	56.36 545	2889	16.51 676	26.01 387	3.20 406	39.62 437	5:19.51 453	2359
	<b>SAILENDRA SINGH</b> UTTAR PRADESH	<b>0</b>	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0					
	<b>MAYENGBAM SIN</b> MANIPUR	<b>0</b>	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0					
	<b>ABDULLA ABDUL</b> POLICE SPORTS C	<b>0</b>	DNS 0	DNS 0	No Result 0	No Result 0	No Result 0		No Result 0					
	<b>CHAMANJOT SING</b> HARYANA	<b>0</b>	11.73 705	6.21 632	12.09 612	1.73 569	51.30 756		17.95 529	34.98 563	3.80 562	49.32 579	DNS 0	2233
	<b>GOKUL K R (367)</b> NAVY	<b>0</b>	11.21 814	6.77 760	10.54 518	1.85 670	49.97 816		DNS 0	DNS 0	DNS 0	DNS 0	No Result 0	
	<b>JOHN PAUL J (275)</b> KARNATAKA	<b>0</b>	11.06 847	6.68 739	11.63 584	1.73 569	DNF 0		DNS 0	DNS 0	DNS 0	DNS 0	No Result 0	

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## Event # 45 MENS Decathlon

NR: T.SHANKAR HANG 7666 03/10/2023  
MR: JORA SINGH NEW DELHI 7502 2006

Place	Athlete	Total Points	100m Dash	Long Jump	Shot Put	High Jump	400m Dash	Day One	110m Hurdles	Discus Throw	Pole Vault	Javelin Throw	1500m Run	Day Two
	<b>KAMAL SINGH (13)</b> ARMY	<b>0</b>	12.11 629	6.42 679	12.30 625	1.82 644	DNF 0		DNS 0	DNS 0	DNS 0	DNS 0	No Result 0	
	<b>KUSHAL KUMAR</b> NAVY	<b>0</b>	11.39 776	6.65 732	11.23 560	1.91 723	50.66 784		15.03 846	33.41 532	NM 0	DNS 0	No Result 0	
	<b>MANJEET SINGH (</b> HARYANA	<b>0</b>	DNF 0	DNF 0	No Result 0	No Result 0	No Result 0		No Result 0					
	<b>MANOJKUMAR R</b> MAHARASHTRA	<b>0</b>	DNF 0	DNF 0	No Result 0	No Result 0	No Result 0		No Result 0					
	<b>NEERAJ KUMAR Y</b> DELHI	<b>0</b>	11.82 687	6.89 788	11.41 571	1.91 723	DNF 0		16.13 718	38.18 628	DNF 0	DNF 0	No Result 0	
	<b>RAJ JUJHAR VIRK</b> CHANDIGARH	<b>0</b>	11.58 736	5.77 537	No Result 0	DNF 0	No Result 0		No Result 0					
	<b>USAID KHAN (550)</b> UTTAR PRADESH	<b>0</b>	11.19 819	6.80 767	12.04 609	1.88 696	49.95 817		15.36 807	35.19 567	DNF 0	DNF 0	No Result 0	



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