



**ATHLETICS FEDERATION OF INDIA**



**INDIAN OPEN ATHLETICS MEET 2025**



Organized by

**Punjab Athletics Association**



**1<sup>st</sup> April 2025**

**War Hero Stadium,  
Sangrur, Punjab**



# Final Results Indian Open Athletics Meet 2025



Indian Oil Corporation Limited

**Athletics Federation of India**

**[www.indianathletics.in](http://www.indianathletics.in)**

**Indian Open Athletics Meet 2025****War Hero Stadium Sangrur Punjab**

01-04-2025

**1st April 2025****Event # 1 MENS 400m Run****FINALS**

#NR:M.Yahiya Kladno 45.21 13/07/2019

**RESULTS OF FINALS**

1	PRAKHAR SHARMA	227	01/09/99	UTTARKHAND	<b>47.81</b>
2	TARANDEEP SINGH	189	13/07/05	PUNJAB	<b>47.91</b>
3	LOVEPREET SINGH	181	28/07/03	PUNJAB	<b>48.46</b>
4	MUNNA KUMAR	110	04/08/06	ASSAM	<b>48.53</b>
5	MANINDER SINGH	183	22/08/02	PUNJAB	<b>49.03</b>
6	SIDHANT .	126	19/02/04	DELHI	<b>49.39</b>
7	AKASH DUBEY	151	13/12/00	MADHYA PRADESH	<b>50.56</b>
8	AKSHTRA ACHWAN	118	28/05/05	DELHI	<b>50.75</b>
9	PRIYANSHU KUMAR	125	12/08/05	DELHI	<b>50.84</b>
10	SUKHCHAIN SINGH	141	22/02/94	HARYANA	<b>51.69</b>
11	ABHISHEK .	117	23/06/05	DELHI	<b>52.47</b>
	SARTHAK BHAMBRI	221	14/08/98	UTTAR PRADESH	<b>DQ</b>
	HARPREET GILL	175	19/12/97	PUNJAB	<b>DNS</b>

**Event # 2 MENS 800m Run****FINALS**

# NR:Jinson

**RESULTS OF FINALS**

1	SATYAM CHAUHAN	109	10/08/99	ARMY	<b>1:56.10</b>
2	AKSHAY CHANDEL	210	20/08/05	UTTAR PRADESH	<b>1:57.72</b>
3	VINAY KUMAR	222	05/07/02	UTTAR PRADESH	<b>2:00.79</b>
	RAJ GURJAR	153	01/01/04	MADHYA PRADESH	<b>DNS</b>

**Event # 3 MENS 1500m Run****FINALS**

# NR:Jinson Johnson Berlin 3:35.24 01/09/2019

**RESULTS OF FINALS**

1	RITESH OHRE	154	31/12/03	MADHYA PRADESH	<b>3:52.05</b>
2	ARJUN WASKALE	152	03/07/03	MADHYA PRADESH	<b>3:52.68</b>
3	MUKUL SAINI	216	18/04/01	UTTAR PRADESH	<b>3:57.21</b>
4	ADARSH KUMAR	150	25/12/05	MADHYA PRADESH	<b>3:59.62</b>
5	MANPREET SINGH	226	04/02/99	UTTARKHAND	<b>3:59.83</b>
6	DILEEP SAINI	213	05/12/06	UTTAR PRADESH	<b>3:59.94</b>
7	RACHIN GUJJAR	217	28/12/05	UTTAR PRADESH	<b>4:01.85</b>
8	GAURAV .	215	06/12/06	UTTAR PRADESH	<b>4:03.02</b>

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**Event # 4 MENS 5000m Run**

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**FINALS**

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

**RESULTS OF FINALS**

1	NARESH KUMAR	199	08/06/04	RAJASTHAN	<b>14:50.73</b>
2	AKASH GANGA	209	10/10/06	UTTAR PRADESH	<b>15:09.65</b>
3	ANKIT KUMAR	119	27/12/04	DELHI	<b>15:26.70</b>
4	GAURAV KUMAR	103	21/05/01	ARMY	<b>16:09.51</b>
	RAHUL MAURYA	218	07/10/05	UTTAR PRADESH	<b>DNF</b>

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**Event # 5 MENS 10000m Run**

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**FINALS**

# NR:Gulveer Singh Hachioji 27:14.88 23/11/2024

**RESULTS OF FINALS**

1	VINOD SINGH	155	20/07/05	MADHYA PRADESH	<b>29:42.61</b>
2	SAHIL SAGAR	108	05/11/00	ARMY	<b>29:48.56</b>

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**Event # 7 MENS High Jump**

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**FINALS**

**HEIGHTS: 1.70, 1.75, 1.80, 1.85, 1.90, 1.95, 2.00**

# NR:Tejswin Shankar Lubbock 2.29 27/04/2018

**RESULTS OF FINALS**

1	GURJEET SINGH	137	05/01/00	HARYANA	<b>1.90m</b>
	P P P P O X XX				
2	PUSHPENDRA KUMA	200	13/07/04	RAJASTHAN	<b>1.90m</b>
	P O O O XO XXX				
3	ARNAV TYAGI	102	12/06/03	ARMY	<b>1.90m</b>
	O O O XXO XXO XXX				
4	RAM NARESH	106	26/03/04	ARMY	<b>1.85m</b>
	O O O O XXX				
5	HARSH SINGH	105	25/08/03	ARMY	<b>1.80m</b>
	O O O XXX				
6	YASH .	143	28/07/04	HARYANA	<b>1.70m</b>
	XO XXX				
	UMESH LAMBA	201	25/02/00	RAJASTHAN	<b>NM</b>
	XXX				

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**1st April 2025****Event # 8 MENS Triple Jump****FINALS**

# NR:Parveen Chithravel Havana 17.37 06/05/2023

**RESULTS OF FINALS**

1	DABLU ROY	229	12/09/04	WEST BENGAL	<b>15.17m</b>
		14.68, 15.16, 15.02, 15.17, 15.09, 15.15			
2	HARPAL SINGH	174	21/06/02	PUNJAB	<b>15.12m</b>
		14.57, 14.94, 14.60, 14.89, 14.95, 15.12			
3	KULJEET SINGH	123	20/12/02	DELHI	<b>15.08m</b>
		14.10, X, 15.08, 14.63, 14.16, X			
4	JAS SINGH	177	26/06/03	PUNJAB	<b>14.45m</b>
		13.69, 13.99, 14.45, X, 14.00, 14.06			
5	GURSEWAK SINGH	172	10/01/01	PUNJAB	<b>14.38m</b>
		14.17, 13.77, 13.65, 14.05, 14.38, X			
	SUKHPREET SINGH	187	04/02/04	PUNJAB	<b>DNS</b>
	JASKARAN SINGH	179	09/03/98	PUNJAB	<b>NM</b>
	ALISABIR ASLAM	158	19/01/01	MAHARASHTRA	<b>NM</b>

**Event # 9 MENS Shot Put****FINALS**

# NR:T.Singh Toor Bhubaneswar 21.77 19/06/2023

**RESULTS OF FINALS**

1	AMIT KUMAR SINGH	101	14/11/99	ARMY	<b>17.54m</b>
		16.05, 17.11, 16.80, 17.54, X, 17.04			
2	VARINDERPAL	190	22/12/02	PUNJAB	<b>17.43m</b>
		15.75, 17.34, 17.43, 17.02, X, 17.30			
3	IQBAL SINGH	176	13/11/99	PUNJAB	<b>17.18m</b>
		16.96, 17.18, X, X, 16.85, 17.04			
4	ATUL .	135	17/01/05	HARYANA	<b>17.12m</b>
		16.74, X, 16.26, 16.34, 17.12, X			
5	ANURAG SINGH	211	24/07/05	UTTAR PRADESH	<b>16.99m</b>
		16.99, X, 16.55, 16.70, X, X			
6	JAIDEV DIKKA	122	27/06/04	DELHI	<b>16.83m</b>
		16.74, 16.83, 16.52, 16.73, 16.83, 16.60			
6	RAM CHANDRA	107	01/01/99	ARMY	<b>16.83m</b>
		16.27, X, X, X, 16.83, X			
8	MUKHTYAR SINGH	138	04/11/00	HARYANA	<b>16.07m</b>
		15.18, 15.14, 16.07, 15.35, 15.82, 15.61			
9	ARMANDEEP SINGH	168	30/06/06	PUNJAB	<b>15.01m</b>
10	LAKSHYA SEJWAL	124	18/05/04	DELHI	<b>14.78m</b>
11	VIKAS CHHIKARA	142	25/06/93	HARYANA	<b>14.73m</b>
	PRABHKIRPAL SINGH	186	12/07/97	PUNJAB	<b>DNS</b>

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**1st April 2025****Event # 10 MENS Discus Throw****FINALS**

# NR:Vikas Gowda Norman 66.28 12/04/2012

**RESULTS OF FINALS**

1	PRATEEK MAAN	139	04/05/01	HARYANA	<b>50.74m</b>
		48.68, 49.70, 48.79, 50.60, 50.74, 49.29			
2	ASHISH KUMAR	212	11/09/02	UTTAR PRADESH	<b>49.51m</b>
		45.10, X, X, 45.02, 45.90, 49.51			
3	VAIBHAV .	144	16/10/06	HIMACHAL PRADESH	<b>47.82m</b>
		45.16, 47.11, X, 46.48, 46.04, 47.82			
4	ADARSH MALIK	115	07/11/02	CHANDIGARH	<b>47.41m</b>
		45.64, 42.52, 45.89, 45.82, X, 47.41			
5	TANVIR SINGH	188	13/12/05	PUNJAB	<b>47.28m</b>
		45.83, 46.94, 47.28, 46.87, X, 44.43			
6	BALWINDERJIT	170	19/04/03	PUNJAB	<b>46.25m</b>
		45.75, 45.58, 45.62, 46.25, 45.84, 46.03			
7	SURJEET GURRA	127	09/12/98	DELHI	<b>45.62m</b>
		42.92, 45.26, 45.25, X, 45.45, 45.62			
8	VIKAS SINGH	203	03/08/03	SSCB	<b>45.44m</b>
		X, 43.47, 44.24, 45.11, 44.30, 45.44			
9	SHREYANSH JAIN	228	18/03/04	UTTARKHAND	<b>44.24m</b>
		43.05, 44.24, 42.80			
10	JASHANPREET SINGH	178	13/01/04	PUNJAB	<b>41.74m</b>
		41.74, 41.27, 41.74			
11	DEEPAK	198	15/01/06	RAJASTHAN	<b>41.68m</b>
		41.68, X, X			
12	BHASKAR .	121	16/07/00	DELHI	<b>41.27m</b>
		41.27, X, X			
13	GURSHARN SINGH	173	28/01/93	PUNJAB	<b>40.00m</b>
		X, 40.00, 39.54			
	RITIK .	140	06/07/06	HARYANA	<b>DNS</b>
	ARVIND SHARMA	120	30/11/03	DELHI	<b>NM</b>
		X, X, X, X, X, X			

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**1st April 2025****Event # 11 MENS Javelin Throw****FINALS**

# NR:Neeraj Chopra Stockholm 89.94 30/06/2022

**RESULTS OF FINALS**

1	DIPANSHU SHARMA	214	25/04/06	UTTAR PRADESH	<b>75.04m</b>
		69.73, 67.28, 69.85, 74.37, 72.40, 75.04			
2	RISHABH NEHRA	219	10/12/99	UTTAR PRADESH	<b>72.29m</b>
		X, X, 65.98, X, 72.29, X			
3	MANJINDER SINGH	184	09/12/98	PUNJAB	<b>71.14m</b>
		70.16, 66.42, 69.10, X, X, 71.14			
4	ROHAN YADAV	220	10/09/06	UTTAR PRADESH	<b>69.51m</b>
		63.36, 69.51, 68.68, 65.94, X, X			
5	VISHESH TIWARI	223	20/09/04	UTTAR PRADESH	<b>66.06m</b>
		X, 66.06, X, 63.07, 62.75, X			
6	SUBHASH KUMAR	112	25/04/01	BIHAR	<b>65.37m</b>
		64.18, 64.57, 59.87, 65.37, X, X			
7	JASWANT SINGH	180	08/03/98	PUNJAB	<b>64.61m</b>
		61.71, 57.41, X, 60.02, 59.13, 64.61			
8	LOVEPREET SINGH	182	19/12/03	PUNJAB	<b>61.81m</b>
		61.81, 60.86, 58.06, X, X, X			
9	UMESH LAMBA	201	25/02/00	RAJASTHAN	<b>52.84m</b>
10	VIKAS GODARA	202	08/10/98	RAJASTHAN	<b>48.94m</b>

**Event # 12 MENS Hammer Throw****FINALS**

# NR:Neeraj Kumar Hyderabad 70.73 29/06/2016

**RESULTS OF FINALS**

1	TARANVEER SINGH	159	01/10/96	NAVY	<b>63.79m</b>
		60.99, 63.79, X, 62.57, 62.30, X			
2	GURDEV SINGH	171	14/08/01	PUNJAB	<b>62.22m</b>
		57.02, 59.27, 53.98, 57.69, 59.93, 62.22			
3	NITISH TOMAR	185	11/01/01	PUNJAB	<b>57.36m</b>
		X, 52.52, 56.94, X, X, 57.36			
4	DUPINDER SINGH	136	16/02/00	HARYANA	<b>55.15m</b>
		54.69, 55.15, 52.48, 52.20, 52.61, 54.72			
5	AJAY BISHNOI	128	27/06/00	GUJARAT	<b>54.55m</b>
		52.34, 53.39, 53.85, X, 54.55, X			
6	GURJINDER SINGH	104	28/09/92	ARMY	<b>54.09m</b>
		51.72, X, 53.11, 54.09, X, 53.27			
7	ARVIND SINGH	169	23/11/02	PUNJAB	<b>52.39m</b>
		52.39, 51.85, X, X, X, 49.81			

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**Event # 13 WOMENS 400m Run****FINALS**

# NR:Hima Das Jakarta 50.79 26/08/2018

**RESULTS OF FINALS**

1	AKSHI MALIK	113	01/06/04	CHANDIGARH	55.72
2	SHIVKANYA MUKATI	149	01/03/04	MADHYA PRADESH	55.79
3	VIDHI RAWAL	145	08/05/01	JHARKHAND	56.43
4	NISHITA NEERAJ	205	27/01/03	UTTAR PRADESH	59.99
5	MANPREET KAUR	164	05/01/06	PUNJAB	1:00.58
6	TANYA .	133	24/10/06	HARYANA	1:01.32
	NIKITA KUMARI	224	30/06/04	UTTARKHAND	DNF

**Event # 16 WOMENS 5000m Run****FINALS**

# NR:Parul Chaudhary Walnut 15:10.35 06/05/2023

**RESULTS OF FINALS**

1	KHUSHI	148	26/02/04	MADHYA PRADESH	17:35.23
	REKHA .	114	23/04/99	CHANDIGARH	DNS

**Event # 17 WOMENS 10000m Run****FINALS**

# NR:P.Sreedharan Guangzhou 31:50.47 21/11/2010

**RESULTS OF FINALS**

1	BUSHRA KHAN	147	26/07/04	MADHYA PRADESH	35:15.92
2	SHIVANI .	225	07/04/04	UTTARKHAND	38:40.65
	REKHA .	114	23/04/99	CHANDIGARH	DNS

**Event # 19 WOMENS High Jump****FINALS**

# NR:Sahana Kumari Hyderabad 1.92 23/06/2012

**RESULTS OF FINALS**

1	SONU KUMARI	132	23/11/00	HARYANA	1.60m
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**Event # 20 WOMENS Triple Jump****FINALS**

# NR:Mayookha Johny Kobe 14.11 09/07/2011

**RESULTS OF FINALS**

1	NIHARIKA VASHISHT	165	17/10/95	PUNJAB	13.43m
				13.05, X, 13.37, 13.28, 13.34, 13.43	
2	ARSHDEEP KAUR	160	02/11/99	PUNJAB	12.79m
				12.63, 12.69, 12.43, X, 12.79, 12.30	
3	SIMRAN .	167	17/10/05	PUNJAB	11.79m
				X, 11.51, 11.65, X, X, 11.79	
4	DEEPTI .	116	18/02/02	DELHI	11.65m
				X, 11.50, 11.65, X, 11.42, 11.55	
5	POURNIMA MARNE	156	07/04/99	MAHARASHTRA	11.64m
				X, X, X, 11.64, 11.15, X	

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**1st April 2025****Event # 21 WOMENS Shot Put****FINALS**

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

**RESULTS OF FINALS**

1	SHIKSHA .	131	12/12/02	HARYANA	<b>15.88m</b>
		14.59, 15.67, X, X, 15.60, 15.88			
2	VIDHI .	208	27/12/04	UTTAR PRADESH	<b>15.01m</b>
		X, 14.44, X, 15.01, X, X			
3	VANSHIKA	197	20/10/04	RAJASTHAN	<b>13.64m</b>
		X, 13.64, 13.45, 13.12, 13.35, X			
4	JASHANDEEP KAUR	162	01/11/05	PUNJAB	<b>13.03m</b>
		12.22, X, 12.58, X, X, 13.03			
5	RITU KUMARI	194	10/10/05	RAJASTHAN	<b>12.45m</b>
		11.54, 12.11, 12.45, X, X, 12.22			
6	NANDINI SHARMA	204	25/08/05	UTTAR PRADESH	<b>11.71m</b>
		X, X, 11.35, 11.46, 11.71, X			

**Event # 22 WOMENS Discus Throw****FINALS**

# NR:Kamalpreet Kaur Patiala 66.59 21/06/2021

**RESULTS OF FINALS**

1	PRIYA .	130	20/06/04	HARYANA	<b>48.12m</b>
		45.27, 45.45, 48.12, 45.66, 45.10, 46.63			
2	ARSHDEEP KAUR	161	07/01/05	PUNJAB	<b>45.88m</b>
		43.50, 45.88, 44.00, X, 43.94, X			
3	GRIMA .	191	18/07/02	RAILWAY SPORTS	<b>45.69m</b>
		44.89, 45.69, X, X, 43.52, 43.01			
4	PRIYANSHI KULHAR	193	27/02/05	RAJASTHAN	<b>44.32m</b>
		X, 43.45, 44.32, 43.53, 43.60, 43.32			
5	JASMEET KAUR	163	15/09/03	PUNJAB	<b>44.17m</b>
		42.99, 42.84, 44.17, 43.10, 43.45, 43.42			
6	UJJWAL KASANA	207	06/06/05	UTTAR PRADESH	<b>43.94m</b>
		X, 42.15, 43.49, 42.25, 43.94, 41.77			
7	SONI KUMARI	111	18/04/05	BIHAR	<b>42.95m</b>
		X, X, 42.95, X, X, X			

**Event # 23 WOMENS Javelin Throw****FINALS**

# NR:Annu Rani Jamshedpur 63.82 08/05/2022

**RESULTS OF FINALS**

1	ANNU RANI	230	29/08/92	UTTAR PRADESH	<b>56.43m</b>
		54.90, 54.79, 54.90, X, X, 56.43			
2	JYOTI .	129	01/04/02	HARYANA	<b>51.94m</b>
		50.62, 51.62, 51.94, 50.61, X, 51.08			
3	UMA CHOUDHARY	196	04/10/99	RAJASTHAN	<b>50.68m</b>
		44.71, 46.79, 48.83, 44.44, 44.84, 50.68			
4	SANJANA	195	09/07/99	RAJASTHAN	<b>48.47m</b>
		45.55, 47.48, 48.47, 46.57, X, X			
5	JANVI SHEKHAWAT	192	24/06/05	RAJASTHAN	<b>35.83m</b>
		33.71, X, 35.83, X, 35.14, X			

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**Event # 24 WOMENS Hammer Throw**

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**FINALS**

# NR: Sarita Singh Patiala 65.25 01/06/2017

**RESULTS OF FINALS**

1	TANYA CHAUDHARY	206	21/09/03	UTTAR PRADESH	<b>57.86m</b>
	57.86, 56.43, 55.07, X, 55.67, X				
2	RIPUDAMAN KAUR	166	18/06/04	PUNJAB	<b>47.65m</b>
	46.64, 46.70, X, 42.72, 44.96, 47.65				
3	VARSHA KANPURE	157	22/09/98	MAHARASHTRA	<b>44.53m</b>
	X, 44.53, 42.94, X, 41.99, 40.24				
4	SONAM SONAM	146	16/05/92	LIC SPORT	<b>42.23m</b>
	37.77, 39.07, 41.93, X, 42.23, X				