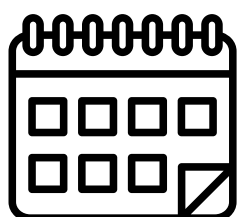




29TH NATIONAL SENIOR ATHLETICS FEDERATION COMPETITION

***MENS & WOMENS
10000M RUN***



22-25 May 2026



***Morabadi,
Ranchi***

29th National Senior Athletics Federation Competition**Birsa Munda Stadium, Morabadi, Ranchi****22-05-2026**

5/22/26 - 5/25/26

22-25 May 2026.**Event # 7 MENS 10000m Run****& CWG. Q .MARK: 27:39.03****# NR:GULVEER SINGH CAPISTRANO 27:00.22 29/03/2025****% MR:SURENDRA SINGH Kochi 28:57.13 2025**

1	DEEPAK BHATT	690	14/09/00	UTTARAKHAND	29:42.93
2	SHAILESH KUSHWAHA	309	05/02/06	KARNATAKA	29:57.56
3	PRASHANT CHOUDHARY	661	26/12/03	UTTAR PRADESH	30:36.97
4	SIMRAN SINGH	495	28/06/00	PUNJAB	31:03.41
5	DEEPAK KUMAR THAKUR	270	10/02/00	JHARKHAND	31:39.73
6	SANDEEP SINGH	159	07/03/99	ARMY	32:02.20
7	KARTIK JAYRAJ KARKERA	559	17/03/97	RELIANCE	32:03.14
8	GAGAN DEEP	482	05/01/03	PUNJAB	35:51.56
	SHIVAJI PARASHURAM MA	312	02/05/04	KARNATAKA	DQ
	SUNIL KUMAR	340	10/03/97	MADHYA PRADESH	DNF
	AMARDEEP .	689	07/08/02	UTTARAKHAND	DNF
	NARESH CHOPRA	533	05/12/04	RAJASTHAN	DNF
	VIKAS KUMAR BIND	341	11/01/06	MADHYA PRADESH	DNF
	SANDEEP CHAUDHARY	147	08/07/01	ARMY	DNF
	LOVEPREET SINGH	157	13/01/99	ARMY	DNS
	MRUNAL SARODE	155	18/11/03	ARMY	DNS
	PARVEEN KUMAR	150	16/06/05	ARMY	DNS

T.R 17.2.4

Event # 26 WOMENS 10000m Run**& CWG. Q .MARK: 31:14.14****#NR:P.SREEDHARAN GUANGZHOU 31:50.47 21/11/2010****% MR:SURIYA LOGANATHAN PATIALA 32:23.96 2018**

1	RAVINA GAYAKWAD	356	10/10/04	MAHARASHTRA	35:30.98
2	SONIYA .	687	25/07/00	UTTARAKHAND	36:16.22
3	AARTI PAWARA	361	05/03/04	MAHARASHTRA	36:24.79
4	REEBA ANNA GEORGE	316	07/08/96	KERALA	36:40.09
5	SANGHAMITRA MAHATA	262	25/12/04	IOCL	36:50.60
6	REENA PATEL	124	15/04/99	ALL INDIA POLICE	37:46.60
7	SUNITA DEVI	257	12/04/05	IOCL	38:05.99
8	SHILPA DIHORA	458	23/12/05	ONGC	39:10.63
	SONAM .	185	18/12/04	DELHI	DNF
	BABLI VERMA	654	08/05/00	UTTAR PRADESH	DNS

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