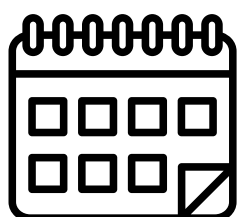




29TH NATIONAL SENIOR ATHLETICS FEDERATION COMPETITION

***MENS & WOMENS 3000M
STEEPLECHASE***



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 # 10 MENS 3000m Steeplechase

& CWG. Q.MARK: 8:30.26**# NR:AVINASH SABLE Paris 8:09.01 07/07/2024****% MR:AVINASH SABLE PATIALA 8:20.20 2021**

1	BALKISHAN .	228	09/11/98	HARYANA	8:56.01
2	SHARUK KHAN	666	25/07/06	UTTAR PRADESH	8:56.63
3	SUNIL JOLIYA JINABHAI	201	26/12/02	GUJARAT	8:58.38
4	RANVIR KUMAR SINGH	202	04/07/05	GUJARAT	8:59.51
5	VIKASH DALAL	238	25/10/00	HARYANA	9:00.76
6	DHARMENDER .	130	14/08/03	ALL INDIA POLICE	9:05.46
7	SHUBHAM DAPAKE	371	21/02/03	MAHARASHTRA	9:09.13
8	VINAYAK PRATAP SINGH	677	20/09/04	UTTAR PRADESH	9:36.83
9	ANUPAM .	656	02/04/05	UTTAR PRADESH	9:38.05
10	SOHEL BEG	105	05/06/05	AIR FORCE	9:39.00
	VEDANT SANJAY TIKONE	383	02/07/06	MAHARASHTRA	DNF

Event # 29 WOMENS 3000m Steeplechase

& CWG. Q.MARK: 9:27.41**# NR:PARUL CHAUDHARY Gumi 9:12.46 30/05/2025****% MR:LALITA BABAR NEW DELHI 9:27.09 2016**

1	ANKITA .	686	05/02/02	UTTARAKHAND	9:48.16
2	PRACHI DEVKAR	258	30/06/05	IOCL	10:16.29
3	ANJU .	208	13/11/04	HARYANA	10:28.23
4	NIKITA .	255	11/11/04	IOCL	10:36.03
5	SONAM .	185	18/12/04	DELHI	10:48.79
6	KHUSHBU GUPTA	645	07/11/98	UTTAR PRADESH	10:54.07
7	SUSMITA TIGGA	439	25/12/03	ODISHA	11:03.05
8	ANJALI .	685	10/03/99	UTTARAKHAND	11:08.50
9	GADDAM RAJESHWARI	635	28/08/05	TELANGANA	11:30.90
	SAKSHI GURJAR	646	15/08/04	UTTAR PRADESH	DNS

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