



INDIAN ATHLETICS SERIES - 5

COMPLETE RESULT



9th May 2026



**Sangrur,
Punjab**

5/9/26 - 5/9/26

Event # 1 MENS 100m Run

#NR:Animesh Kujur Vari 10.18 05/07/2025

Race A

1	NARENDER .	177	21/10/04	DELHI	2.0m/s sw	11.32
2	ANIF .	348	20/02/97	LIC SPORT	2.0m/s sw	11.38
3	LALIT KUMAR TUSHIR	303	07/09/03	HARYANA	2.0m/s sw	11.39
4	MANDEEP SINGH RATHOR	469	04/05/98	PUNJAB	2.0m/s sw	12.17
	SANJAY SHARMA	648	26/07/00	UTTAR PRADESH		DNS
	SAURABH DWIVEDI	625	18/01/99	UTTAR PRADESH		DNF
	SHAHBAZ .	178	05/05/01	DELHI		DNS

Race B

1	PANKAJ VERMA	322	20/11/02	HARYANA	+0.7m/s e	10.91
2	ASHISH .	255	31/12/01	HARYANA	+0.7m/s e	11.04
3	ROHIT .	520	02/02/05	RAJASTHAN	+0.7m/s e	11.16
4	TANISH SHEORAN	310	17/03/04	HARYANA	+0.7m/s e	11.37
5	MD SHADAB ANWAR	147	15/05/04	BIHAR	+0.7m/s e	11.40
	11.391					
6	DEEPAK CHAUDHARY	614	10/11/00	UTTAR PRADESH	+0.7m/s e	11.40
	11.397					
	KAPIL CHAUDHARY	616	01/01/04	UTTAR PRADESH		DNS

Race C

1	SONU CHAUDHARY	619	04/11/05	UTTAR PRADESH	-0.3m/s se	10.91
2	VIJAY KUMAR.	639	02/02/05	UTTAR PRADESH	-0.3m/s se	11.06
3	PRINCE ..	284	24/12/01	HARYANA	-0.3m/s se	11.08
4	ANIKET KUMAR	628	08/05/06	UTTAR PRADESH	-0.3m/s se	11.22
5	PRAHLAD DAHAKE	353	14/04/03	MADHYA PRADESH	-0.3m/s se	12.16
	SHUBHAM TIWARI	159	15/12/93	CHHATTISGARH		DQ
					T.R. 16.7.1	
	NIRLOK TAMANG	689	18/09/01	WEST BENGAL		DNS

Race D

1	AMANDEEP SINGH	432	14/03/02	PUNJAB	-1.0m/s se	11.00
2	AMATY SHARMA	197	09/04/06	DELHI	-1.0m/s se	11.02
3	VANSH DHAMA	623	03/06/05	UTTAR PRADESH	-1.0m/s se	11.20
4	PIJUSH GHOSH	687	15/09/05	WEST BENGAL	-1.0m/s se	11.22
5	MAHESH KUMAR	536	25/09/95	RAJASTHAN	-1.0m/s se	11.29
	VIJAY KUMAR	635	27/07/03	UTTAR PRADESH		DNS
	RAHUL SOLANKI	215	30/11/00	GUJARAT		DNS

Race E

1	SURTOJ SINGH SIDHU	470	10/06/03	PUNJAB	-0.2m/s se	11.02
2	NIRBHAY NATH TIWARI	642	23/03/03	UTTAR PRADESH	-0.2m/s se	11.03
3	MAUSOM DAS	139	01/02/06	ASSAM	-0.2m/s se	11.17
4	ADARSH KUMAR SINGH	423	14/12/04	PUNJAB	-0.2m/s se	11.24
5	ABHISHEK .	174	23/06/05	DELHI	-0.2m/s se	11.34
6	ANSHUL KUSHWAHA	355	04/04/03	MADHYA PRADESH	-0.2m/s se	11.48
7	ANKIT VERMA	321	17/11/04	HARYANA	-0.2m/s se	11.59
	NIKHIL SOAM	204	24/12/04	DELHI		DNS



Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Race F

1	HARSHEHBAZ SINGH BHU	464	06/12/00	PUNJAB	+1.7m/s n	10.74
2	SHAINKY .	275	10/11/02	HARYANA	+1.7m/s n	10.84
3	ABHISHEK YADAV	208	01/07/03	DELHI	+1.7m/s n	10.99
4	GURPREET SINGH	441	22/01/03	PUNJAB	+1.7m/s n	11.01
5	MOHIT .	417	02/12/03	PUNJAB	+1.7m/s n	11.35
6	MOHD ASIF	610	19/07/02	UTTAR PRADESH	+1.7m/s n	11.48
7	PARVESH KUMAR	633	14/02/99	UTTAR PRADESH	+1.7m/s n	11.88
	PRUTHVI SEREGAR	342	22/06/99	KARNATAKA		DNS

Race G

1	HARJIT SINGH	102	28/08/97	AIR FORCE	-0.1m/s e	10.32
2	SAM VASANTH S	570	12/04/05	TAMIL NADU	-0.1m/s e	10.48
3	ADESH GARSA	117	07/12/00	ALL INDIA POLICE	-0.1m/s e	10.51
4	SHIVAM VASHNAV	320	10/12/03	HARYANA	-0.1m/s e	11.07
5	RAHUL SINGH LODHI	362	17/10/00	MADHYA PRADESH	-0.1m/s e	11.49
	SHIVAM MEENA	673	21/11/01	UTTARKHAND		DQ
	LAKSHAY .	599	18/12/04	UTTAR PRADESH	T.R. 16.7.1	DQ
	ANKUR .	594	27/12/03	UTTAR PRADESH	T.R. 16.7.1	DNS

Event # 2 MENS 200m Run

#NR:ANIMESH KUJUR GUMI 20.32 31/05/2025

Race A

1	ANIKET CHOUDHARY	129	25/10/03	ARMY	0.9m/s ne	22.08
2	VIKESH KUMAR SINGH	637	09/09/06	UTTAR PRADESH	0.9m/s ne	22.17
3	ANKIT .	253	03/05/99	HARYANA	0.9m/s ne	22.78
4	ABHISHEK .	174	23/06/05	DELHI	0.9m/s ne	22.96
5	ASHUTOSH PANWAR	675	09/02/03	UTTARKHAND	0.9m/s ne	23.41
6	GURPREET SINGH SINGH	471	10/09/91	PUNJAB	0.9m/s ne	23.68
	ANIKET KUMAR	628	08/05/06	UTTAR PRADESH		DQ
	MUKESH KUMAR THAKUR	190	04/06/04	DELHI	T.R. 16.7.1	DNS

Race B

1	RAJA BABU	285	01/11/04	HARYANA	0.7m/s ne	21.67
2	SONU CHAUDHARY	619	04/11/05	UTTAR PRADESH	0.7m/s ne	21.80
3	ANKIT CHOUHAN	529	24/06/02	RAJASTHAN	0.7m/s ne	21.85
4	HARSHEHBAZ SINGH BHU	464	06/12/00	PUNJAB	0.7m/s ne	21.95
5	SHEKHER TOMER	655	04/10/98	UTTAR PRADESH	0.7m/s ne	22.25
6	AYUSH BALIYAN	611	10/05/05	UTTAR PRADESH	0.7m/s ne	22.83
7	AARYAN YADAV	478	05/09/04	PUNJAB	0.7m/s ne	23.30
	VEERESH MATHUR	641	01/07/04	UTTAR PRADESH		DNS

Race C

1	DHARMBIR DHARMBIR	292	10/12/90	HARYANA	2.0m/s ne	21.49
2	RAMKUNWAR KHURKHUR	534	18/09/04	RAJASTHAN	2.0m/s ne	21.94
3	MOHIT .	417	02/12/03	PUNJAB	2.0m/s ne	22.53
4	RAVINDER PASWAN PASW	120	01/07/02	ALL INDIA POLICE	2.0m/s ne	22.77
5	AJAY SINGH LOHKNA	653	01/07/03	UTTAR PRADESH	2.0m/s ne	23.05
	KAPIL CHAUDHARY	616	01/01/04	UTTAR PRADESH		DNS
	PIJUSH GHOSH	687	15/09/05	WEST BENGAL		DQ
	SAURAV TOMAR	205	03/08/98	DELHI	T.R. 16.7.1	DNF



athleticsindia.com

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Race D

1	JISHNU PRASAD P K	345	18/10/98	KERALA	+0.2m/s e	21.11
2	ADESH GARSA	117	07/12/00	ALL INDIA POLICE	+0.2m/s e	21.17
3	SAM VASANTH S	570	12/04/05	TAMIL NADU	+0.2m/s e	21.56
4	HARPREET GILL	420	19/12/97	PUNJAB	+0.2m/s e	21.72
5	LAKSHAY .	599	18/12/04	UTTAR PRADESH	+0.2m/s e	21.89
6	MITUL .	263	07/08/03	HARYANA	+0.2m/s e	22.69
	22.683					
7	KAPIL KHOKRAN	186	13/01/02	DELHI	+0.2m/s e	22.69
	22.688					
8	SHIVAM TYAGI	658	22/03/01	UTTAR PRADESH	+0.2m/s e	22.76

Event # 3 MENS 400m Run

NR: Vishal T K Chennai 45.12 21/08/2025

Race A

1	RAKESH KUMAR BAJIYA	543	21/07/05	RAJASTHAN		48.00
2	HARINANDAN .	416	25/01/08	PUNJAB		48.60
3	MOHIT .	115	01/07/03	ALL INDIA POLICE		50.43
4	YOGESH SHARMA	158	24/12/06	CHHATTISGARH		50.85
	KULVIR RAM	426	20/12/04	PUNJAB		DNS
	SURESH PUNIYA	163	10/05/99	CISF		DNS
	MOHAMMED ABDUL JAVA	347	06/06/00	LAKSHADWEEP		DNS
	LOKESH SINGH GURJAR	557	02/02/02	RAJASTHAN		DNS

Race B

1	YASHWANT SINGH	556	16/05/06	RAJASTHAN		46.92
2	RAMAN DAGAR	290	28/04/05	HARYANA		48.39
3	VIKESH KUMAR SINGH	637	09/09/06	UTTAR PRADESH		49.19
4	DHIRAJ KUMAR	145	25/02/06	BIHAR		55.21
	BEENU SHARMA	647	02/01/02	UTTAR PRADESH		DNF
	YUVRAJ SINGH	202	27/08/02	DELHI		DNF
	ABHISHEK KUMAR	144	25/12/02	BIHAR		DNS
	REHAN .	270	22/12/00	HARYANA		DNS

Race C

1	SOURABH TAK	561	13/05/05	RAJASTHAN		48.60
2	CHIRAG CHAHAR	288	03/07/02	HARYANA		49.09
3	AYUSH CHOUDHARY	528	17/08/06	RAJASTHAN		49.35
4	SHIVAM TYAGI	658	22/03/01	UTTAR PRADESH		50.55
5	VIJAY YADAV	374	17/06/02	MAHARASHTRA		52.80
6	INSAF INSAF	627	01/12/05	UTTAR PRADESH		57.42
	AMRITPAL SINGH	433	04/11/02	PUNJAB		DNS
	MUKESH KUMAR THAKUR	190	04/06/04	DELHI		DNS

Race D

1	DEEPAK KAUSHIK	293	23/12/02	HARYANA		47.42
2	MOHAK MANAV DAS	339	28/09/05	JHARKHAND		50.09
3	ADITYA .	515	13/01/03	RAJASTHAN		51.88
4	AMANJOT SINGH DHANO	465	25/11/04	PUNJAB		52.13
	BANTY SINGH	312	19/05/00	HARYANA		DQ
	ASHISH PHOGAT	308	15/10/02	HARYANA		DNS
	ANSHUL .	595	04/04/04	UTTAR PRADESH		DNS
	MD ASHARUL HOQUE	181	01/10/03	DELHI		DNS



Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Race E

1	VIKASH KUMAR	134	28/10/00	ARMY	47.92
2	MANINDER SINGH	451	22/08/02	PUNJAB	48.56
3	SUKHCHAIN SINGH	316	22/02/94	HARYANA	51.57
4	KULDEEP KUMAR	630	02/07/03	UTTAR PRADESH	51.76
5	ADITYA RAGHUVNSHI	194	08/08/01	DELHI	52.43
6	DILAWAR SINGH	313	03/06/04	HARYANA	53.71
	HEMRAJ .	518	15/07/03	RAJASTHAN	DNS
	VICKY CHAURASIYA	143	03/03/05	BIHAR	DNF

Race F

1	PRAKHAR SHARMA	677	01/09/99	UTTARKHAND	46.90
2	TARANDEEP SINGH	461	13/07/05	PUNJAB	47.04
3	AMAN CHAUDHARY	184	04/04/06	DELHI	47.39
4	HARPREET GILL	420	19/12/97	PUNJAB	47.63
5	ANIKET CHOUDHARY	129	25/10/03	ARMY	48.12
6	HARDEEP KUMAR	422	27/06/03	PUNJAB	48.26
7	SUBHASH CHANDRA BISH	526	15/10/98	RAJASTHAN	49.04
	ABHAY NARAYAN YADAV	119	17/02/98	ALL INDIA POLICE	DNF

Event # 4 MENS 800m Run

NR:MOHAMMED AFSAL P Poznan 1:44.93 05/07/2025

Race A

1	SAHIL KHAN	533	05/05/06	RAJASTHAN	1:53.40
2	PRIYANSHU .	600	09/02/03	UTTAR PRADESH	1:56.45
3	ADITYA PATIAL	330	14/06/04	HIMACHAL PRADESH	1:57.02
4	AMIT KUMAR	132	03/05/03	ARMY	1:57.25
5	ANUJ KUSHWAHA	356	15/07/03	MADHYA PRADESH	1:58.59
6	MOHIT MANGAT	424	01/12/05	PUNJAB	1:58.66
	AARAV MALIK	640	08/02/05	UTTAR PRADESH	DNS
	MOHIT YADAV	210	27/10/06	DELHI	DNF

Race B

1	VINOD KUMAR BANOTH	573	16/12/05	TELANGANA	1:49.62
2	AMIT KUMAR	295	22/05/04	HARYANA	1:50.68
3	SHAKEEL .	522	17/04/05	RAJASTHAN	1:50.81
4	NITESH RAJORA	645	07/11/96	UTTAR PRADESH	1:53.06
5	HIMANSHU YADAV	209	05/07/99	DELHI	1:53.18
6	HARSH TYAGI	657	01/07/04	UTTAR PRADESH	1:55.70
7	SHAHROUKH .	603	31/12/01	UTTAR PRADESH	1:57.48
8	SULTAN AHAMAD	608	03/05/03	UTTAR PRADESH	2:00.01
	AMISH NEHRA	192	20/12/02	DELHI	DNF

Race C

1	VIRENDER .	126	13/04/03	ARMY	1:52.60
2	AKASHDEEP SINGH	431	02/02/04	PUNJAB	1:52.97
3	HARSH .	258	10/01/01	HARYANA	1:54.30
4	AMAN OJHA	193	22/06/03	DELHI	1:57.54
5	KINLEY LHENDUP	692	16/09/02	BHUTAN	2:04.20
6	SUKHJINDER SINGH .	463	18/03/02	PUNJAB	2:09.60
	ASHU .	176	08/04/01	DELHI	DNS
	IRFAN .	598	21/04/03	UTTAR PRADESH	DNS
	AJAY K VISWANATH	162	01/04/03	CISF	DNS



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Indian Athletics Series - 5

War Heroes Stadium, Sangrur (Punjab)

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 5 MENS 1500m Run

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

Race A

1	VINOD SINGH	361	20/07/05	MADHYA PRADESH	3:48.46
2	RAHUL YADAV	363	01/12/04	MADHYA PRADESH	3:51.69
3	SUMIT KUMAR	133	16/02/05	ARMY	3:52.36
4	VISHAL .	278	01/11/03	HARYANA	3:55.74
5	TEJVEER .	606	15/08/03	UTTAR PRADESH	3:57.04
6	MANPREET SINGH SANDH	138	04/02/99	ARMY	3:58.24
7	ARYAN .	254	01/02/06	HARYANA	4:01.18
8	GYAN SINGH YADAV	654	01/01/07	UTTAR PRADESH	4:01.35
9	GAMBHIR SINGH	552	02/02/03	RAJASTHAN	4:03.40
10	ARJUN VAISHNAV	562	28/08/02	RAJASTHAN	4:03.41
11	SAGAR MALIK	671	01/07/02	UTTARKHAND	4:03.43
12	RAVI .	486	21/08/99	RAILWAY SPORTS	4:05.06
13	DECHEN UGYEN	694	01/01/94	BHUTAN	4:15.29
	SANDEEP YADAV	682	01/07/03	UTTARKHAND	DNS

Race B

1	SHIVAM SHARMA	493	11/10/02	RAILWAY SPORTS	3:54.64
2	JAGDISH .	101	08/08/96	AIR FORCE	3:54.81
3	ARGHA GHARUI	686	26/09/00	WEST BENGAL	3:55.43
4	SUKHCHAIN .	124	20/07/98	ARMY	3:55.67
5	HARPREET SINGH	443	11/08/04	PUNJAB	3:55.91
6	ANKIT YADAV	660	17/03/06	UTTAR PRADESH	3:57.36
7	TUSHAR JATAWAT	532	11/08/98	RAJASTHAN	3:57.52
8	RAVI .	269	16/10/01	HARYANA	4:05.45
9	UPANSHU UPANSHU	477	10/01/06	PUNJAB	4:06.94
10	VIKASH .	276	10/12/04	HARYANA	4:08.99
11	PRABHJOT SINGH	454	22/11/02	PUNJAB	4:22.46
12	PEMA DHENDUP	693	03/11/05	BHUTAN	4:31.81
	ANKIT MALIK	304	10/11/02	HARYANA	DNS
	SAHIL KHAN	533	05/05/06	RAJASTHAN	DNF



Indian Athletics Series - 5**War Heroes Stadium, Sangrur (Punjab)**

09-05-2026

5/9/26 - 5/9/26

09th May 2026**Event # 6 MENS 5000m Run**

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

1	SHARASHANK MAHOBIYA	357	11/08/00	MADHYA PRADESH	14:54.36
2	RAJESH MANMYA	547	13/07/01	RAJASTHAN	15:02.74
3	SANDEEP PAL	644	18/05/05	UTTAR PRADESH	15:02.84
4	VIPIN .	180	12/06/03	DELHI	15:02.86
5	RINKU SINGH	494	19/06/03	RAILWAY SPORTS	15:02.88
6	RAVI GULIA	490	25/10/01	RAILWAY SPORTS	15:02.96
7	GAGAN SINGH	379	21/12/03	NAVY	15:03.03
8	DEEPAK BISHNOI	524	01/03/06	RAJASTHAN	15:03.23
9	MONU KUMAR	632	14/10/05	UTTAR PRADESH	15:03.29
10	SHIVAM .	604	09/07/03	UTTAR PRADESH	15:03.34
11	AJAY ..	281	12/08/03	HARYANA	15:03.39
12	SAURABH KUMAR	188	02/07/02	DELHI	15:03.42
13	GAMBHIR SINGH	552	02/02/03	RAJASTHAN	15:07.80
14	ROHIT VERMA	323	20/10/98	HARYANA	15:09.84
15	NARESH KUMAR MALI	544	08/06/04	RAJASTHAN	15:18.96
16	ARSHDEEP SINGH.	472	04/06/03	PUNJAB	15:32.87
17	GAWA ZANGPO	696	01/01/94	BHUTAN	15:40.97
18	VIKRAM SINGH	555	03/07/99	RAJASTHAN	15:42.86
19	NITESHKUMAR RUPSINGH	377	27/01/00	NAVY	16:02.87
20	PARVEEN KUMAR	300	04/01/01	HARYANA	16:06.79
21	HARENDRA CHOUDHARY	621	10/07/05	UTTAR PRADESH	17:40.39
	DARSHAN ZADE	375	07/08/91	MAHARASHTRA	DNS
	DHEERAJ BAGHEL	286	13/09/05	HARYANA	DNF
	LOVE CHAUDHARY	617	01/07/03	UTTAR PRADESH	DNF
	PRASHANT CHOUDHARY	622	26/12/03	UTTAR PRADESH	DNS
	RAHUL MAURYA	152	07/10/05	BSF	DNF
	SAHIL SAGAR	136	05/11/00	ARMY	DNF
	SUBHASIS GHOSH	489	18/11/04	RAILWAY SPORTS	DNF
	TANMAY PAWAR	372	05/05/04	MAHARASHTRA	DNS
	TEJVEER .	606	15/08/03	UTTAR PRADESH	DNF
	PAWAN KUMAR	187	10/04/04	DELHI	DNS



Indian Athletics Series - 5

War Heroes Stadium, Sangrur (Punjab)

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 7 MENS 10000m Run

#NR:G.Singh San Juan Capistrano 27:00.22 29/03/2025

Race A

1	PANKAJ KUMAR	118	24/07/03	ALL INDIA POLICE	30:04.77
2	SATISH KUMAR VERMA	638	02/08/04	UTTAR PRADESH	30:06.88
3	RAJESH MANMYA	547	13/07/01	RAJASTHAN	30:12.13
4	NARESH CHOPRA	527	05/12/04	RAJASTHAN	30:12.30
5	RAHUL .	268	13/03/03	HARYANA	30:12.34
6	MONU KUMAR	632	14/10/05	UTTAR PRADESH	30:12.43
7	MANAV SHARMA	549	03/07/03	RAJASTHAN	30:12.51
8	SUBHASIS GHOSH	489	18/11/04	RAILWAY SPORTS	30:50.03
9	RAHUL KUMAR VERMA	157	31/12/05	CHHATTISGARH	31:52.08
10	AMARDEEP PAL	643	07/04/05	UTTAR PRADESH	31:59.77
11	GAJE SINGH RATHORE	559	01/04/04	RAJASTHAN	32:26.52
12	MOHIT KUMAR	537	15/09/04	RAJASTHAN	32:26.53
13	LOKESH CHAUDHARY	487	01/07/99	RAILWAY SPORTS	32:54.11
14	SANGAY .	695	01/01/92	BHUTAN	33:33.08
	VINAY .	277	22/11/03	HARYANA	DNS
	PANKAJ SINGH	200	26/11/03	DELHI	DNF
	PRAKASHRAO NANASAHE	371	21/06/99	MAHARASHTRA	DNF
	VISHAL SINGH	652	01/02/01	UTTAR PRADESH	DNS
	SURAJ KUMAR	301	22/03/04	HARYANA	DNS

Race B

1	SIMRAN SINGH	458	28/06/00	PUNJAB	30:20.62
2	SATYAM .	602	22/08/04	UTTAR PRADESH	30:21.41
3	RINKU SINGH	494	19/06/03	RAILWAY SPORTS	30:21.55
4	GAURAV CHAUDHARY	615	14/12/03	UTTAR PRADESH	30:21.69
5	MUKESH KUMAR	538	10/11/03	RAJASTHAN	30:22.31
6	SAHIL SAGAR	136	05/11/00	ARMY	30:25.22
7	RISHIPAL SINGH	650	26/03/99	UTTAR PRADESH	31:27.82
8	PRASHANT CHOUDHARY	622	26/12/03	UTTAR PRADESH	31:39.52
9	SHIVAM YADAV YADAV	664	16/01/01	UTTAR PRADESH	31:45.88
10	AMARDEEP .	666	07/08/02	UTTARKHAND	32:22.93
11	TANISH KUMAR	189	10/08/05	DELHI	32:45.86
12	GAGAN DEEP	419	05/01/03	PUNJAB	33:29.02
	NIKHIL SAHANI	373	20/05/05	MAHARASHTRA	DNS
	KAPIL .	123	17/03/05	ARMY	DNS
	TANMAY PAWAR	372	05/05/04	MAHARASHTRA	DNS
	VIJAY CHAUHAN	128	09/01/02	ARMY	DNF
	DHEERAJ YADAV	662	07/05/03	UTTAR PRADESH	DNS
	YASH RAJ	155	17/03/04	CHANDIGARH	DNS
	PAWAN KUMAR SAMARIY	545	25/08/04	RAJASTHAN	DNS



Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 8 MENS 3000m Steeplechase

NR:Avinash Sable Paris 8:09.91 07/07/2024

1	PRINCE RAJ MISHRA	491	01/03/99	RAILWAY SPORTS	9:04.26
2	GURLAL SINGH	137	28/06/04	ARMY	9:04.43
3	HEMANT .	259	08/11/01	HARYANA	9:09.54
4	RAHUL RAHUL	309	15/09/03	HARYANA	9:10.09
5	DHARMENDER .	257	14/08/03	HARYANA	9:23.21
6	ANUKARAN .	596	22/01/03	UTTAR PRADESH	9:33.60
7	ATUL POONIA	548	01/10/00	RAJASTHAN	9:46.68
8	ANUPAM .	597	02/04/05	UTTAR PRADESH	9:52.76
9	SANJEEV .	338	06/01/08	JHARKHAND	10:51.97
	NARESH KUMAR MALI	544	08/06/04	RAJASTHAN	DNS
	VIKAS KUMAR	542	08/12/04	RAJASTHAN	DNS

Event # 9 MENS High Jump

HEIGHTS: 1.90, 1.95, 2.00, 2.05, 2.08, 2.12, 2.16, 2.25, 2.30

NR:Tejaswin Shankar Lubbock 2.29 27/04/2018

1	GURJEET SINGG	311	05/01/00	HARYANA	2.12m
	---	---	O O O	XO	XXX
2	ROHIT .	271	08/03/00	HARYANA	2.05m
	O	---	O O	XXX	
3	SUNIL KUMAR	541	15/01/04	RAJASTHAN	2.00m
	O O O	XXX			
3	ROBANPREET SINGH	457	05/08/05	PUNJAB	2.00m
	O	---	O	XXX	
3	ADARSHPREET SINGH	429	15/10/02	PUNJAB	2.00m
	O O O	XXX			
6	PRIYANSHU MANDAL	672	25/06/04	UTTARKHAND	2.00m
	O	XO O	XXX		
7	ANUJ KUMAR	296	02/03/05	HARYANA	2.00m
	---	XXO O	XXX		
8	AKASH .	252	10/03/01	HARYANA	2.00m
	O	XO XO	XXX		
9	RAM NARESH	135	26/03/04	ARMY	2.00m
	O	XO XXO	XXX		
10	MOHD AAHAD	607	03/04/05	UTTAR PRADESH	1.95m
	XO	XO	XXX		
	SHYAM SUNDER	103	01/05/05	AIR FORCE	DNS
	DNS				
	ARNAV TYAGI	656	12/06/03	UTTAR PRADESH	NM
	XXX				

Event # 10 MENS Pole Vault

#NR:D.Meena Bochum-Wattenscheid 5.40 25/07/2025

1	AAYUSH TANWAR	317	13/03/05	HARYANA	4.50m
2	ANSHU PATEL	358	03/05/05	MADHYA PRADESH	4.50m
3	DINESH DALAL	291	20/09/03	HARYANA	4.30m
4	TANUJ KUMAR	302	27/12/03	HARYANA	4.30m
5	NITIN ..	283	25/08/01	HARYANA	4.30m
	SURAJ KUMAR PATEL	636	01/01/05	UTTAR PRADESH	DNS



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Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 11 MENS Long Jump

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

1	AMITRA GHOSH	488	05/08/03	RAILWAY SPORTS	+0.5m/s	7.85m
	7.60, 5.61, 7.65, F, 6.84, 7.85					
2	AVINASH KUMAR	297	16/10/02	HARYANA	+0.3m/s	7.80m
	7.78, F, 5.64, 7.80, 7.59, 7.67					
3	RAJAT .	601	12/09/04	UTTAR PRADESH	+1.2m/s	7.55m
	6.91, F, 7.55, F, F, F					
4	SACHIN BAMEL	287	04/09/99	HARYANA	+0.4m/s	7.35m
	7.07, 7.12, F, 5.63, 7.02, 7.35					
5	ABHINAND SURENDRAN	346	19/11/04	KERALA	+2.3m/s	7.33m
	7.33, 7.26, 7.12, 6.92, 7.03, 7.23					
6	SACHIN .	272	01/01/05	HARYANA	+0.5m/s	7.28m
	6.87, 6.97, 7.12, 7.23, 7.22, 7.28					
7	VISHNU SIVA SANKAR	203	22/11/96	DELHI	+1.9m/s	7.19m
	7.16, 7.19, 7.11, 6.91, -, 7.04					
8	AMAN SINGH	331	18/05/03	HIMACHAL PRADESH	-1.1m/s	7.10m
	F, 6.52, F, 6.90, F, 7.10					
9	JAGROOP SINGH	445	18/08/98	PUNJAB	+0.2m/s	7.04m
	6.81, F, 6.95, 7.04, F, 6.98					
10	AMIT KUMAR YADAV	191	18/10/03	DELHI	+1.2m/s	7.03m
	6.70, 7.03, 5.26, 6.01, 6.63, 5.27					
11	HARMANDEEP SINGH.	473	14/02/06	PUNJAB	+1.2m/s	7.01m
	6.58, 6.76, 6.88, 6.79, 6.98, 7.01					
12	LOVE BHARANGAR	612	28/12/04	UTTAR PRADESH	+0.3m/s	6.92m
	6.85, 6.92, 6.92, 6.73, 6.65, -					
13	MANDEEP SINGH	388	10/12/05	NCOE PATIALA	+1.8m/s	6.85m
	F, 6.85, -, -, -, -					
14	SHISHUPAL PANDEY	146	26/11/03	BIHAR	+0.2m/s	6.79m
	6.79, F, 6.60, F, 6.64, 6.54					
15	SHRIKANT .	605	25/06/05	UTTAR PRADESH	+0.4m/s	6.78m
	6.45, 6.52, 6.78					
16	AADHAR SINGH	649	16/12/03	UTTAR PRADESH	+0.9m/s	6.59m
	6.48, F, F, 6.59, F, 5.78					
17	ARJUN SINGH	550	20/07/95	RAJASTHAN	+2.1m/s	6.42m
	6.33, 6.32, 6.42, 6.40, 6.24, 6.23					
18	BALJEET SINGH KAINTH	468	09/05/06	PUNJAB	+1.3m/s	6.10m
	F, 6.10, F, -, -, -					
19	VASAVA TULSI JAYESHBH	216	01/06/05	GUJARAT	-1.4m/s	6.06m
	5.96, 6.05, 6.06, -, -, -					
20	PRADEEP KUMAR	539	03/02/99	RAJASTHAN	+0.2m/s	5.66m
	F, F, 5.66					
	DIGVIJAY SINGH	440	07/11/03	PUNJAB		NM
	F, F, F					
	MANOJ JADHAV	130	24/12/96	ARMY		DNS
	DNS					
	VINOTH KUMAR YUVARA	376	26/09/94	NAVY		DNS
	DNS					
	PRUTHVI SEREGAR	342	22/06/99	KARNATAKA		DNS
	DNS					



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5/9/26 - 5/9/26

Event # 12 MENS Triple Jump

NR:Praveen Chithravel Kochi 17.37 24/04/2025

1	JAGSEER SINGH	554	10/01/05	RAJASTHAN	+0.5m/s	15.11m
	F, 14.71, 14.96, 15.11, 14.72, 14.94					
2	AKARSHIT PARTAP SINGH	425	18/01/07	PUNJAB	-0.7m/s	14.99m
	14.06, 13.83, 14.33, F, 14.76, 14.99					
3	AJAY .	251	17/09/00	HARYANA	+1.7m/s	14.90m
	14.48, 14.66, 14.76, 14.90, 14.79, F					
4	SACHIN .	521	02/02/06	RAJASTHAN	-0.9m/s	14.35m
	14.35, F, 14.28, F, F, 14.02					
5	SUBHASH .	523	29/12/98	RAJASTHAN	+0.0m/s	14.06m
	13.83, F, F, F, 14.06, F					
6	JASKARAN SINGH.	474	09/03/98	PUNJAB	-0.6m/s	13.73m
	F, 13.50, 13.73, 13.46, 13.50					
7	PRINCE SINGH	201	14/09/06	DELHI	-1.7m/s	13.68m
	13.68, F, NM, r					
	NITIN .	266	11/06/03	HARYANA		NM
	F, F, F					

Event # 13 MENS Shot Put

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

1	TAJINDERPAL TOOR	476	13/11/94	PUNJAB		19.97m
	19.41, 19.81, F, F, 19.97, F					
2	SANYAM .	274	05/10/03	HARYANA		19.09m
	F, 18.02, 17.78, 19.09, -, -					
3	KARANVEER SINGH	449	24/07/97	PUNJAB		18.79m
	18.22, 18.53, F, F, F, 18.79					
4	DHANVEER SINGH	378	28/12/02	NAVY		18.59m
	F, 18.14, 18.44, F, F, 18.59					
5	RAVI KUMAR	150	06/05/92	BSF		17.83m
	17.68, F, 16.92, 17.44, 17.83, 17.67					
6	ANIKET .	667	05/11/01	UTTARKHAND		17.31m
	16.72, F, 16.44, 17.01, 17.31, 17.11					
7	SHIVAM CHOUDHARY	116	25/08/97	ALL INDIA POLICE		17.05m
	16.16, 17.05, 16.32, F, F, 16.78					
8	SHAKTI SINGH RATHORE	560	07/02/89	RAJASTHAN		16.94m
	F, 16.52, F, 16.90, 16.94, 16.78					
9	DEVINDER SINGH	439	30/10/92	PUNJAB		16.88m
	16.65, 16.73, 16.36, 16.75, 16.88, F					
10	BHAVISH RANA	195	16/02/05	DELHI		16.76m
	16.02, 16.45, 15.64, 16.76, F, 15.24					
11	PRABHKIRPAL SINGH	455	12/07/97	PUNJAB		16.75m
	16.15, 16.75, F, 15.97, F, -					
12	RAHUL KRISHNA AIR	370	06/04/94	MAHARASHTRA		16.62m
	15.78, 16.39, 15.80, 16.62, 16.62, F					
13	AKASH GREHWAL	626	01/09/01	UTTAR PRADESH		16.58m
	16.04, F, 16.58					
14	ADARSH SANJEEV KHANN	360	04/12/02	MADHYA PRADESH		16.51m
	15.48, 15.11, 15.77, 15.74, 16.51, 16.09					
15	LUCKY DHIMAN	624	25/12/02	UTTAR PRADESH		16.50m
	16.04, 16.27, 16.23, 16.50, 15.92, 16.35					
16	KARTIK .	261	09/06/05	HARYANA		16.42m
	16.42, F, F					



17	AKASH YADAV	659	23/03/05	UTTAR PRADESH	16.32m
		16.32, 15.57, 15.54, F, F, F			
18	SOURABH VIJ	207	14/06/87	DELHI	15.95m
		15.95, F, 15.88			
19	ARMAANDEEP SINGH	434	14/06/00	PUNJAB	15.88m
		F, 15.88, 15.75, F, F, F			
20	HARDIK SINGH	315	02/10/02	HARYANA	15.74m
		15.48, 15.73, 15.74			
21	SARTHAK SINGH	390	01/01/06	NCOE PATIALA	15.59m
		14.61, 15.45, 15.59			
22	LAKSHAY .	262	28/07/05	HARYANA	15.06m
		14.40, 15.06, 14.78			
23	LAKSHYA SEJWAL	196	18/05/04	DELHI	14.54m
		14.54, F, F			
24	WATTANPREET SINGH	462	24/11/03	PUNJAB	13.82m
		F, 13.82, 13.46			
	HUSHANPREET SINGH	444	21/12/05	PUNJAB	NM
		F, F, F			
	ARMANDEEP SINGH	435	30/06/06	PUNJAB	NM
		F, F, F			
	VIKASH .	179	12/02/03	DELHI	DNS
		DNS			
	NIKHLESH .	265	10/08/05	HARYANA	DNS
		DNS			
	OMESH RANGA	427	31/05/03	PUNJAB	DNS
		DNS			
	SUKHPAL SINGH	460	29/12/86	PUNJAB	DNS
		DNS			

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 14 MENS Hammer Throw

NR:Neeraj Kumar Hyderabad 70.73 29/06/2016

1	DAMNEET SINGH	565	10/03/00	RELIANCE	68.37m
		67.58, 66.21, 68.22, 68.37, F, 67.89			
2	PRAVEEN KUMAR	540	14/12/00	RAJASTHAN	64.98m
		F, 60.56, 64.98, -, -, -			
3	AJAY KUMAR	294	10/07/99	HARYANA	62.54m
		61.05, 62.54, -, -, -, -			
4	MUKUL .	161	13/11/01	CISF	62.00m
		58.55, F, 59.84, 59.99, 59.32, 62.00			
5	ARVIND SINGH	437	23/11/02	PUNJAB	61.51m
		52.43, 60.54, 58.33, F, 61.10, 61.51			
6	ARNAV YADAV	661	10/08/01	UTTAR PRADESH	61.12m
		61.12, -, -, -, -, -			
7	INDERPREET SINGH GILL	467	05/08/00	PUNJAB	60.41m
		56.10, F, 60.41, 59.37, 59.80, F			
8	BADAL .	517	10/12/98	RAJASTHAN	60.06m
		F, 58.82, 59.60, 60.06, 59.64, F			
9	HARSHIT KUMAR	629	10/10/05	UTTAR PRADESH	59.36m
		49.50, F, 59.36			
10	NARPAT SINGH	334	01/01/06	IOCL	59.30m
		54.25, 57.71, 59.30			
11	JAI CHAND	525	08/07/01	RAJASTHAN	57.22m
		56.51, 57.22, 56.56			
12	BAJINDER SINGH	438	01/10/90	PUNJAB	56.87m
		F, 56.87, F			
13	AJAY BISHNOI	214	27/06/00	GUJARAT	56.57m
		56.57, 56.55, 56.22			
14	NITIN MALIK	305	01/01/00	HARYANA	56.18m
		53.55, 56.18, 55.78			
15	SAMIR DESHMUKH	369	07/08/01	MAHARASHTRA	55.63m
		55.63, F, F			
16	NITISH TOMAR	475	11/01/01	PUNJAB	55.19m
		49.12, 55.19, F			
17	HIMANSHU ..	282	07/06/01	HARYANA	55.14m
		53.38, 54.90, 55.14			
18	RAJESH KUMAR SWAIN	391	03/11/00	ODISHA	52.77m
		49.35, 51.75, 52.77			
19	ARYAN .	516	13/07/05	RAJASTHAN	52.44m
		52.44, F, F			
20	NARESH KUMAR	298	30/12/03	HARYANA	50.52m
		F, 50.52, NM			
21	PUSHPINDER SINGH	456	04/01/04	PUNJAB	49.34m
		49.34, 49.06, F			
	DEVANG .	485	20/12/03	RAILWAY SPORTS	DNS
		DNS			
	DHEERAJ R POOJARY	341	08/11/03	KARNATAKA	DNS
		DNS			
	ASHISH JAKHAR	131	05/01/99	ARMY	DNS
		DNS			
	DUPINDER SINGH	314	16/02/00	HARYANA	DNS
		DNS			



athleticsindia.com

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 15 MENS Javelin Throw

#NR:Neeraj Chopra Doha 90.23 16/05/2025

1	ROHIT YADAV	495	06/06/01	RAILWAY SPORTS	78.82m
		75.84, 77.99, 78.82, 76.91, 75.48, 77.26			
2	VIPUL YADAV	563	28/06/03	RAJASTHAN	76.31m
		71.86, 68.45, 68.12, 76.31, 67.58, F			
3	ARSHDEEP SINGH	436	05/04/99	PUNJAB	76.29m
		F, 76.15, F, 76.05, F, 76.29			
4	SANUJ .	273	30/06/03	HARYANA	75.34m
		71.98, 73.41, 72.67, 72.64, 72.40, 75.34			
5	VIKASH SHARMA	678	23/04/03	UTTARKHAND	71.86m
		F, 63.75, 71.86, F, 70.50, 70.68			
6	VINAY MALIK	307	08/07/03	HARYANA	70.93m
		69.42, 70.93, F, 69.98, 69.22, 67.48			
7	VIKRANT MALIK	392	02/01/96	ODISHA	70.68m
		F, F, 70.68, 70.00, 69.47, 70.22			
8	ROHAN YADAV	663	10/09/06	UTTAR PRADESH	70.57m
		68.46, 70.57, 69.66, 70.39, F, F			
9	DIPANSHU SHARMA	492	25/04/06	RAILWAY SPORTS	69.30m
		66.15, 68.60, 69.30			
10	SONU KUMAR	634	05/03/04	UTTAR PRADESH	68.94m
		66.31, 66.00, 68.94			
11	RAJAT KUMAR	387	12/07/08	NCOE PATIALA	68.76m
		65.77, 68.20, 68.76			
12	MOHIT .	264	04/07/01	HARYANA	67.99m
		64.36, 65.17, 67.99			
13	AJEET KUMAR YADAV	151	01/07/05	BSF	67.93m
		67.37, 67.93, 59.28			
14	ANIL ROHIDAS GHUNGAS	121	20/03/95	ALL INDIA POLICE	67.83m
		F, 65.75, 67.83			
15	AKASH BHATI	613	28/09/96	UTTAR PRADESH	66.85m
		60.53, 64.23, 66.85			
16	YASHRAJ .	279	26/03/03	HARYANA	66.15m
		F, F, 66.15			
17	ABHISHEK DRALL	185	11/05/98	DELHI	65.86m
		64.86, 65.86, 64.42			
18	JASWANT SINGH	447	08/03/98	PUNJAB	65.03m
		62.83, 61.14, 65.03			
19	PARTEEK KUMAR	299	17/01/04	HARYANA	64.66m
		64.66, 64.62, 61.91			
20	LAKSHAY SINGH	199	15/09/03	DELHI	63.65m
		61.86, 63.65, 63.25			
21	TANUJ THAKURATHI	680	22/01/05	UTTARKHAND	63.26m
		F, 62.76, 63.26			
22	ADITYA PATHAK	359	02/02/06	MADHYA PRADESH	63.22m
		63.00, 63.22, 60.55			
23	SHIVA CHAUDHARY	618	27/11/05	UTTAR PRADESH	62.35m
		F, 58.35, 62.35			
24	MANGAL SINGH	389	01/02/07	NCOE PATIALA	62.24m
		61.80, 62.24, 59.45			
25	NITISH SINGH	453	06/06/02	PUNJAB	58.79m
		F, 56.89, 58.79			
26	MAHENDRA GURJAR	531	12/04/98	RAJASTHAN	57.71m
		54.39, 53.93, 57.71			
	SAMARJEET SINGH MALH	558	07/11/88	RAJASTHAN	NM
		F, -, -			
	LAVIT KUMAR	631	16/03/04	UTTAR PRADESH	DNS
	DNS				

Indian Athletics Series - 5**War Heroes Stadium, Sangrur (Punjab)**

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 16 WOMENS 100m Run

NR:DUTEE CHAND PATIALA 11.17 21/06/2021

Race A

1	FATEMA BEGAM	574	15/08/99	TRIPURA	1.1m/s sw	11.98
2	PRIYANKA SIKARWAR	112	01/08/03	ALL INDIA POLICE	1.1m/s sw	12.42
3	SIMRAN KAUR BEDI	169	07/01/93	DELHI	1.1m/s sw	12.53
	12.523					
4	SHREYA YADAV	593	20/07/05	UTTAR PRADESH	1.1m/s sw	12.53
	12.528					
5	TEENA PAREEK	511	04/04/02	RAJASTHAN	1.1m/s sw	12.58
	VISHAKHA .	579	13/02/01	UTTAR PRADESH		DNS
	GURPREET KAUR	583	10/01/05	UTTAR PRADESH		DNS

Race B

1	PREET KAUR	408	12/02/06	PUNJAB	-2.3m/s s	12.30
2	DONA DHAKED	505	08/05/04	RAJASTHAN	-2.3m/s s	12.31
3	KANISHKA MANCHANDA	665	23/10/05	UTTARKHAND	-2.3m/s s	12.35
4	PALVI CHANDEL	324	05/04/04	HIMACHAL PRADESH	-2.3m/s s	12.50
5	SUKHVEER KAUR	410	01/10/03	PUNJAB	-2.3m/s s	12.53
6	NIMMY BIJU	343	16/08/99	KERALA	-2.3m/s s	13.10
7	HARLEEN KAUR	400	05/10/00	PUNJAB	-2.3m/s s	13.30
	CHARU SHOUKEEN	172	30/11/98	DELHI		DNS

Event # 17 WOMENS 200m Run

NR:SARASWATI SAHALUDHIANA 22.82 28/08/2002

Race A

1	RISHITA KAUR	507	16/11/02	RAJASTHAN	0.5m/s ne	24.36
2	DONA DHAKED	505	08/05/04	RAJASTHAN	0.5m/s ne	24.91
3	PREET KAUR	408	12/02/06	PUNJAB	0.5m/s ne	25.22
4	SUPREET KAUR	412	25/01/07	PUNJAB	0.5m/s ne	25.47
5	NISHITA NEERAJ	585	27/01/03	UTTAR PRADESH	0.5m/s ne	26.37
6	SWETA MADHAVI ANAND	142	25/08/96	BIHAR	0.5m/s ne	26.45
	STUTI .	393	01/05/06	PUNJAB		DNS

Race B

1	FATEMA BEGAM	574	15/08/99	TRIPURA	+0.2m/s e	23.97
2	KUSUM THAKUR	327	27/07/03	HIMACHAL PRADESH	+0.2m/s e	24.08
3	PRIYANKA SIKARWAR	112	01/08/03	ALL INDIA POLICE	+0.2m/s e	24.49
4	AAYUSHI .	575	22-07-04	UTTAR PRADESH	+0.2m/s e	24.98
5	KM TEENA	113	20/07/99	ALL INDIA POLICE	+0.2m/s e	25.18
6	TEENA PAREEK	511	04/04/02	RAJASTHAN	+0.2m/s e	25.35
7	SHIREEN AHLUWALIA	154	04/04/06	CHANDIGARH	+0.2m/s e	26.24
	CHARU SHOUKEEN	172	30/11/98	DELHI		DNS



Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 18 WOMENS 400m Run

NR:Hima Das Jakarta 50.79 26/08/2018

Race A

1	RAMA TANWAR	514	08/07/03	RAJASTHAN	55.71
2	RISHITA KAUR	507	16/11/02	RAJASTHAN	56.26
3	SHIREEN AHLUWALIA	154	04/04/06	CHANDIGARH	58.67
4	HARSHITA GOSWAMI	167	08/06/06	DELHI	59.10
5	STUTI .	393	01/05/06	PUNJAB	1:00.89
6	ASHA .	221	13/10/05	HARYANA	1:04.44
	NITISHA .	501	08/08/02	RAJASTHAN	DNS

Race B

1	KIRANPAL KAUR	404	02/05/92	PUNJAB	55.98
2	SUPREET KAUR	412	25/01/07	PUNJAB	57.22
3	ASTHA MALLICK	170	21/07/05	DELHI	57.53
4	GARIMA .	223	13/10/05	HARYANA	58.11
5	SWETA MADHAVI ANAND	142	25/08/96	BIHAR	58.30
6	RIYA BISHT	166	12/01/08	DELHI	58.93
7	KUMARI YOGESH	114	21/07/95	ALL INDIA POLICE	59.68

Race C

1	KIRAN PAHAL	247	05/08/00	HARYANA	54.07
2	PRIYA THAKUR	329	11/09/00	HIMACHAL PRADESH	56.16
3	HIMANSHI MALIK	246	22/04/02	HARYANA	56.58
4	AAYUSHI .	575	22-07-04	UTTAR PRADESH	57.14
5	AKSHI MALIK	414	01/06/04	PUNJAB	57.38
6	VANDANA .	503	09/05/03	RAJASTHAN	57.66

Event # 19 WOMENS 800m Run

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

1	KRITIKA .	232	27/01/06	HARYANA	2:14.57
2	SHIVANI HUDDA	105	07/08/97	ALL INDIA POLICE	2:14.67
3	MS KAMLA	506	06/07/04	RAJASTHAN	2:15.05
4	ADITI THAKUR	326	02/04/06	HIMACHAL PRADESH	2:18.26
5	NIDHI THAKUR	328	25/01/04	HIMACHAL PRADESH	2:19.57
6	URVASHI .	242	10/11/03	HARYANA	2:20.99
7	SUKHWINDER KAUR	411	15/04/94	PUNJAB	2:25.91
8	URMILA BISHNOI	504	05/08/03	RAJASTHAN	2:26.95
	PREETI YADAV	351	30/08/04	MADHYA PRADESH	DNS
	NITISHA .	501	08/08/02	RAJASTHAN	DNS

Event # 20 WOMENS 1500m Run

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

1	PREETI YADAV	351	30/08/04	MADHYA PRADESH	4:37.53
2	SHIVANI HUDDA	105	07/08/97	ALL INDIA POLICE	4:42.61
3	SANGAM .	164	17/02/02	DELHI	5:21.50
	CHHOTI DEVI	245	16/03/06	HARYANA	DNS
	ANITA .	217	01-08-00	HARYANA	DNS



athleticsindia.com

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 21 WOMENS 5000m Run

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

1	ANITA .	217	01-08-00	HARYANA	17:49.56
2	CHATRU .	496	05/07/01	RAJASTHAN	17:52.40
3	SHRADDHA RAJANIKANT	213	20/12/01	GUJARAT	18:02.42
4	KHUSHBOO PATEL	586	02/02/03	UTTAR PRADESH	18:02.63
5	SONIKA .	480	12/06/99	RAILWAY SPORTS	18:02.77
6	ANKITA .	219	04/10/01	HARYANA	18:02.83
7	RANJANA PATEL	587	16/10/02	UTTAR PRADESH	18:08.46
8	NEETA RANI	589	15/12/04	UTTAR PRADESH	18:11.52
9	REENA PATEL	111	15/04/99	ALL INDIA POLICE	18:49.29
10	TSHERING LHAMO	690	04/10/99	BHUTAN	19:06.01
11	MARIPELLI UMA	572	09/09/04	TELANGANA	19:17.99
	SUCHIKA .	502	02/02/02	RAJASTHAN	DNS
	RAVINA GAYAKWAD	364	10/10/04	MAHARASHTRA	DNS

Event # 22 WOMENS 10000m Run

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

1	SONAM .	165	18/12/04	DELHI	35:54.70
2	SHREYA .	576	30/07/03	UTTAR PRADESH	36:03.59
3	KM MAMTA .	108	15/07/01	ALL INDIA POLICE	36:08.54
4	MAMATA PAL	109	15/07/03	ALL INDIA POLICE	36:08.64
5	PRIYA KUMAWAT	510	17/12/01	RAJASTHAN	36:31.11
6	ANKITABEN GAVIT	211	23/07/05	GUJARAT	37:15.88
7	SAMTEN DEMA	691	15/02/00	BHUTAN	37:43.20
8	SVATI PAL	110	16/07/04	ALL INDIA POLICE	37:48.17
9	MARIPELLI UMA	572	09/09/04	TELANGANA	37:48.74
10	KAVITA .	229	16/12/98	HARYANA	37:50.02
11	KAJAL CHAKRAVARTI	580	04/08/01	UTTAR PRADESH	38:14.50
12	SHAMPA GAIN	683	06/06/00	WEST BENGAL	39:05.42
13	REKHA ..	244	23/04/99	HARYANA	39:19.85
14	RENU YADAV	592	12/03/03	UTTAR PRADESH	40:38.26
	REENU .	160	15/02/97	CISF	DNS
	RAVINA GAYAKWAD	364	10/10/04	MAHARASHTRA	DNS

Event # 23 WOMENS 3000m Steeplechase

#NR:Parul Chaudhary Gumi 9:12.46 30/05/2025

1	REBI PAL	483	12/12/01	RAILWAY SPORTS	11:10.08
2	KHUSHBU GUPTA	581	07/11/98	UTTAR PRADESH	11:10.76
3	BHAGYASHREE LAHANU	212	20/12/01	GUJARAT	11:20.33
4	GADDAM RAJESHWARI	571	28/08/05	TELANGANA	11:44.86
	SHREYA .	576	30/07/03	UTTAR PRADESH	DNS
	SAKSHI GURJAR	582	15/08/04	UTTAR PRADESH	DNS



athleticsindia.com

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 24 WOMENS High Jump

HEIGHTS: 1.40, 1.50, 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.78, 1.80, 1.82, 2.00, 2.10, 2.15, 2.20, 2.25, 2.30

NR:Sahana Kumari Hyderabad 1.92 23/06/2012

1	REET RATHOR	590	10/06/06	UTTAR PRADESH	1.80m
				--- --- --- O O O O O XO XO XXX	
2	KHYATI MATHUR	584	02/09/03	UTTAR PRADESH	1.78m
				--- --- --- O O O XO XO XXO XXX	
3	MANSHI .	479	03/09/02	RAILWAY SPORTS	1.70m
				--- --- --- O O O XXX	
4	KHUSHI .	231	26/11/02	HARYANA	1.65m
				--- --- --- O O	
5	REKHA .	236	24/01/99	HARYANA	1.60m
				--- O XO O XXX	
6	SARIKA KUMAWAT	107	30/04/05	ALL INDIA POLICE	1.60m
				--- O XXO XO XXX	
7	SHEETAL .	241	05/01/02	HARYANA	1.55m
				O XO O XXX	
8	KEVIN SAGGU	250	22/05/04	HARYANA	1.50m
				O XO XXX	
8	HARSHITA GOSWAMI	167	08/06/06	DELHI	1.50m
				O XO XXX	

Event # 25 WOMENS Pole Vault

NR:Rosy Mecna Paulraj Bengaluru 4.21 15/10/2022

1	NIDHI .	234	20/02/04	HARYANA	3.20m
2	SHABNAM .	240	03/12/03	HARYANA	3.00m
2	RAJNI .	235	12/03/04	HARYANA	3.00m
	JYOTI .	227	02/09/04	HARYANA	NM

Event # 26 WOMENS Long Jump

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

1	NIDHI .	104	16/06/03	ALL INDIA POLICE	+1.8m/s	5.85m
				5.85, 5.62, 5.55, 5.72, -, F		
2	SONIYA .	577	02/07/04	UTTAR PRADESH	-0.6m/s	5.74m
				5.69, 5.74, F, 5.52, 5.62, 5.66		
3	ANJALI .	218	05/02/03	HARYANA	+1.7m/s	5.58m
				5.58, 5.56, 5.48, F, F, F		
4	RITIKA .	238	19/03/06	HARYANA	+1.4m/s	5.33m
				5.28, 5.22, 5.33, 5.28, 5.27, 5.23		
5	HARLEEN KAUR	400	05/10/00	PUNJAB	+1.6m/s	5.31m
				F, F, F, 5.19, F, 5.31		
6	SUNITA SONKAR	591	29/11/98	UTTAR PRADESH	+1.4m/s	4.89m
				4.68, 4.82, 4.89, 4.86, 4.50, 4.86		
7	RIYA KUMARI	141	15/01/00	BIHAR	+0.7m/s	4.68m
				2.78, F, 4.49, 3.73, 4.68, 3.50		
8	SULEKHA KHATOON	684	15/09/02	WEST BENGAL	+2.1m/s	4.67m
				3.36, F, F, 4.26, 4.67, F		
	R PUNITHA .	566	13/04/00	TAMIL NADU		DNS
				DNS		



athleticsindia.com

Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 27 WOMENS Triple Jump

NR:Mayookha Johny Kobe 14.11 09/07/2011

1	NIHARIKA VASHISHT	415	17/10/95	PUNJAB	-1.2m/s	13.13m
	F, 13.06, 13.13, 11.62, F, 13.12					
2	ARSHDEEP KAUR	399	02/11/99	PUNJAB	+0.1m/s	12.53m
	12.46, F, 12.27, 12.43, 12.13, 12.53					
3	MARTINA ILISIYUS LAKR	349	20/08/01	MADHYA PRADESH	-0.1m/s	12.29m
	11.77, F, 12.14, 12.15, 12.29, 12.28					
4	NIDHI .	104	16/06/03	ALL INDIA POLICE	+0.5m/s	12.23m
	11.77, 12.23, 11.88, 12.08, 12.00, 12.13					
5	HEMA .	225	19/01/03	HARYANA	-0.1m/s	12.14m
	F, 11.90, 12.14, 12.11, 12.04, 12.01					
	POURNIMA MARNE	367	07/04/99	MAHARASHTRA		DNS

Event # 28 WOMENS Shot Put

NR:ABHA KHATUA BHUBANESWAR 18.41 13/05/2024

1	MANPREET KAUR	482	06/07/90	RAILWAY SPORTS		17.33m
	16.16, 16.39, 15.92, 16.47, F, 17.33					
2	VIDHI .	578	27/12/04	UTTAR PRADESH		16.35m
	15.11, F, F, 15.00, 16.35, F					
3	YOGITA .	382	01/11/00	NCOE PATIALA		16.18m
	15.68, 15.98, 16.18, 15.63, 15.56, 16.18					
4	ANSHU .	220	13/11/07	HARYANA		15.99m
	15.50, F, F, 15.80, 15.99, F					
5	SIMRANJEET KAUR	168	26/01/03	DELHI		14.61m
	13.76, 13.96, 14.45, 14.61, 14.18, 14.59					
6	VANSHIKA SHEKHAWAT	385	20/10/04	NCOE PATIALA		14.26m
	13.77, 13.86, 14.26, 12.43, 13.86, 14.10					
7	JASKANWAL KAUR	403	18/11/04	PUNJAB		14.24m
	13.54, 13.60, 13.45, F, 13.81, 14.24					
8	SUMAN SHARMA	513	18/11/00	RAJASTHAN		13.89m
	F, 13.80, F, F, F, 13.89					
9	TAMANNA .	380	31/08/06	NCC		13.37m
	F, 13.37, 13.18					
10	KHUSBOO .	230	23/04/06	HARYANA		12.62m
	12.37, F, 12.62					
11	MONIKA .	233	03/09/01	HARYANA		12.26m
	12.26, F, F					
12	ANSHIKA ROURTRAY	384	04/10/05	NCOE PATIALA		11.12m
	F, 11.12, 10.74					
13	AMANDEEP KAUR	397	01/10/90	PUNJAB		6.22m
	5.96, 6.22, 6.22					
	NEETA KUMARI	508	22/01/03	RAJASTHAN		DNS
	DNS					



athleticsindia.com

Indian Athletics Series - 5

War Heroes Stadium, Sangrur (Punjab)

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 29 WOMENS Hammer Throw

NR: Sarita Singh Patiala 65.25 01/06/2017

1	KULVINDER KAUR	481	15/02/98	RAILWAY SPORTS	57.42m
		53.75, 51.80, 52.90, 54.92, 52.37, 57.42			
2	NITHYA B	567	17/10/03	TAMIL NADU	55.39m
		52.21, 50.55, 53.03, 51.54, 51.52, 55.39			
3	HAQIKAT GREWAL	396	28/09/05	PUNJAB	53.89m
		50.08, 53.02, F, F, F, 53.89			
4	ANMOL KAUR	398	04/01/92	PUNJAB	53.03m
		50.91, 51.19, F, 50.11, 52.88, 53.03			
5	GRIMA .	498	09/11/02	RAJASTHAN	52.37m
		48.76, 52.37, 46.36, 49.24, 49.46, 50.10			
6	VINOTHINI DURAIMANIC	568	26/03/02	TAMIL NADU	51.32m
		50.02, F, 48.22, F, 49.70, 51.32			
7	RINKU .	237	06/08/03	HARYANA	48.18m
		47.95, F, 47.75, F, 47.45, 48.18			
8	RENUKA YADAV	149	24/12/05	BSF	47.47m
		47.47, F, F, 46.93, F, F			
9	RANJU DEVI	395	23/02/94	PUNJAB	46.14m
		F, 46.14, F			
10	LAXMI SHARMA	512	14/08/05	RAJASTHAN	45.67m
		45.67, F, F			
11	HARMANDEEP KAUR	401	01/03/06	PUNJAB	40.25m
		37.21, 40.25, F			
12	ANJALI ..	243	05/01/05	HARYANA	39.51m
		39.05, 39.51, 38.44			

Event # 30 WOMENS Javelin Throw

NR: Annu Rani Jamshedpur 63.82 08/05/2022

1	SHILPA RANI RANI	249	15/06/96	HARYANA	57.65m
		56.48, 51.26, 57.65, F, F, -			
2	RASHMI K	122	24/11/93	ANDHRA PRADESH	56.15m
		51.18, 52.70, 56.15, F, 54.31, 51.96			
3	ANNU RANI	484	29/08/92	RAILWAY SPORTS	55.78m
		55.78, F, 53.62, 54.09, F, 53.90			
4	DEEPIKA .	222	21/11/05	HARYANA	53.10m
		51.98, 52.04, 52.75, 53.10, 52.20, 50.87			
5	SANJANA CHOUDHARY	383	09/07/99	NCOE PATIALA	52.85m
		52.85, F, 52.33, 52.04, 49.69, 51.99			
6	HARITA .	224	04/12/01	HARYANA	49.23m
		45.05, 48.27, 49.23, 48.24, 49.00, 49.14			
7	KOMAL .	500	07/10/04	RAJASTHAN	47.35m
		47.35, F, F, 40.74, F, 44.09			
8	SEEMA .	239	27/12/04	HARYANA	44.48m
		42.68, 43.46, 41.32, 42.29, 41.85, 44.48			
9	SAPNA .	381	26/12/05	NCOE PATIALA	42.66m
		42.66, 41.12, F			
10	ANJANI KUMARI	140	01/01/00	BIHAR	42.45m
		41.55, 42.45, 41.48			
11	TANISHKA SHARMA	171	30/11/05	DELHI	41.95m
		38.67, 41.95, 40.24			
12	MANU KUMARI	106	02/07/96	ALL INDIA POLICE	40.54m
		38.03, F, 40.54			
	HIMANSHI .	226	28/04/04	HARYANA	DNS
		DNS			



Indian Athletics Series - 5

War Heroes Stadium, Sangrur (Punjab)

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 31 MENS Under-20 100m Run

NR:Gurindervir Singh Patiala 10.35 18/03/2019

Race A

1	AAKASH CHOUDHARY	620	26/06/07	UTTAR PRADESH	-0.8m/s s	10.87
2	JASJIT SINGH DHILLON	466	16/07/06	PUNJAB	-0.8m/s s	10.96
3	ANSHUL TRIVEDI	206	16/08/06	DELHI	-0.8m/s s	11.25
4	KIRTPAL SINGH	450	21/06/06	PUNJAB	-0.8m/s s	11.42
5	HARSH SHARMA	198	23/12/07	DELHI	-0.8m/s s	11.73
6	NIKHIL SHARMA	336	01/01/08	JAMMU AND KASHMIR	-0.8m/s s	11.75
	LALIT BHATI	183	01/11/06	DELHI		DNS

Race B

1	TIPAN DAS	685	04/09/06	WEST BENGAL	0.5m/s ne	10.68
2	JAMIL ALI	609	01/01/08	UTTAR PRADESH	0.5m/s ne	10.78
3	DIVRAJ SINGH	551	10/09/09	RAJASTHAN	0.5m/s ne	10.92
4	RAKSHAM MATTU	335	10/07/06	JAMMU AND KASHMIR	0.5m/s ne	11.20
5	AJAYVEER SINGH	430	27/01/08	PUNJAB	0.5m/s ne	11.27
	LAKSHAY TYAGI	319	05/08/07	HARYANA		DNS
	ARYAN RANA	646	05/09/08	UTTAR PRADESH		DNS

Race C

1	YUVRAJ SINGH CHIB	337	01/08/06	JAMMU AND KASHMIR	-1.5m/s se	10.70
2	VARUN SHARMA	428	04/12/06	PUNJAB	-1.5m/s se	11.00
3	JATINDER SINGH	448	21/11/07	PUNJAB	-1.5m/s se	11.27
4	GURBACHAN SINGH	156	02/03/07	CHANDIGARH	-1.5m/s se	11.40
5	SHAKIL MALIYA	546	10/01/10	RAJASTHAN	-1.5m/s se	11.72
	HIMANSHU .	260	16/11/06	HARYANA		DNS

Event # 32 MENS Under-20 800m Run

NR:Beant Singh Guwahati 1:46.92 27/06/2018

1	SURAJ SINGH	679	20/01/09	UTTARKHAND		1:53.48
2	DEV .	256	26/12/09	HARYANA		1:53.57
3	HARMANDEEP SINGH	442	01/10/07	PUNJAB		1:53.67
4	SARANSH MALIK	306	31/07/07	HARYANA		1:54.55
5	MANISH .	519	05/08/09	RAJASTHAN		1:55.45
6	MANAV BESOYA	182	16/07/07	DELHI		1:57.52
7	SALESH CHHAWARI	289	07/09/06	HARYANA		1:58.29
8	JASKARAN SINGH	446	15/03/09	PUNJAB		1:58.51
9	ARUN KAITHWAR	421	25/01/07	PUNJAB		2:00.27


athleticsindia.com

Indian Athletics Series - 5**War Heroes Stadium, Sangrur (Punjab)**

09-05-2026

5/9/26 - 5/9/26

09th May 2026**Event # 33 MENS Under-20 1500m Run**

NR:Parvej Khan Gandhinagar 3:40.89 30/09/2022

1	RAHUL SARNALIYA	676	15/10/06	UTTARKHAND		3:58.88
2	RAHUL GODARA	530	09/07/08	RAJASTHAN		3:59.05
3	PRIYANSHU .	669	20/05/06	UTTARKHAND		3:59.20
4	SAGAR SINGH	651	15/08/08	UTTAR PRADESH		3:59.94
5	VIJAY .	125	01/07/06	ARMY		4:00.31
6	UMAIR KHAN	354	08/12/07	MADHYA PRADESH		4:01.83
7	SUDHAKAR SINGH	459	05/09/07	PUNJAB		4:12.87
8	ABHISHEK KUMAR	670	26/03/07	UTTARKHAND		4:13.21
9	ASHISH .	668	01/01/09	UTTARKHAND		4:16.23
10	DUSHYANT BHARDWAJ	127	04/01/07	ARMY		4:22.49
	DEV .	256	26/12/09	HARYANA		DNS

Event # 34 MENS Under-20 110m Hurdles

NR:Tejas Shirse Sangrur 13.74 31/07/2021

1	MANJOT SINGH	452	26/03/10	PUNJAB	-0.9m/s se	14.49
2	SAYAN MONDAL	688	26/02/07	WEST BENGAL	-0.9m/s se	14.95
	SUJAL THAKUR	332	29/01/09	HIMACHAL PRADESH		DQ
					T.R. 22.6.2	

Event # 35 MENS Under-20 Long Jump

#NR:M.Sreesankar Bhubaneswar 8.20 27/09/2018

1	DINESH TANWAR	318	13/05/07	HARYANA	+0.4m/s	7.11m
		6.42, 6.71, 6.34, 6.66, 6.51, 7.11				
2	HARSHDEEP SINGH	553	12/03/09	RAJASTHAN	-2.9m/s	6.88m
		F, 6.50, F, 6.88, F, F				
3	ABHAY SINGH	153	15/04/07	BSF	+0.4m/s	6.63m
		6.45, 6.43, 6.55, 6.42, 6.29, 6.63				
4	UDIT NARAYAN SINGH BH	674	26/12/08	UTTARKHAND	-2.4m/s	6.38m
		F, 6.34, 6.18, 6.27, F, 6.38				
5	RAKESH YADAV	148	31/12/06	BIHAR	-0.4m/s	5.93m
		5.87, 5.93, -				
	JEYAPRANESH J JEYAPRA	569	23/12/08	TAMIL NADU		DNS
	DNS					



Indian Athletics Series - 5

War Heroes Stadium, Sangrur (Punjab)

09-05-2026

5/9/26 - 5/9/26

09th May 2026

Event # 37 MENS Under-20 Javelin Throw

NR:Neeraj Chopra Bydgoszcz 86.48 23/07/2016

1	DIPESH CHOUDHARY	386	11/09/07	NCOE PATIALA	69.40m
		67.72, 69.40, 66.98, F, F, 68.27			
2	YUVRAJ .	280	02/08/06	HARYANA	66.78m
		61.68, 59.06, 65.00, 62.14, 66.78, 65.34			
3	ARJUN .	175	23/10/06	DELHI	63.65m
		60.55, 63.65, -, -, -, -			
4	AMAN BISHNOI	340	15/09/07	JSW	62.20m
		53.75, 62.20, 57.44, 58.03, 58.17, 60.49			
5	ASHISH KUMAR	535	01/07/07	RAJASTHAN	60.75m
		F, 51.41, 56.77, 60.75, 59.03, F			
6	SARTHAK .	418	29/05/08	PUNJAB	60.34m
		55.59, 56.60, 58.16, F, 56.51, 60.34			
7	UTSAV TYAGI	681	26/11/07	UTTARKHAND	56.05m
		54.17, 55.34, 56.05, F, F, 55.35			
8	PRINCE .	267	02/09/09	HARYANA	54.82m
		54.44, F, 54.82, F, 54.64, F			
	KRISHAN CHANDRA	352	10/03/09	MADHYA PRADESH	DNS
		DNS			

Event # 38 WOMENS Under-20 100m Run

NR:Abinaya Rajarajan Kochi 11.54 21/04/2025

1	LOVEJOT KAUR	405	21/08/06	PUNJAB	12.35
2	SHUBHNEET KAUR	409	25/12/06	PUNJAB	12.67
3	VANDANA KUMARI	509	17/06/07	RAJASTHAN	13.12
	PRISHA MISHRA	564	29/01/08	RELIANCE	DNS
	DIYA JOSHI	365	18/09/08	MAHARASHTRA	DNS

Event # 39 WOMENS Under-20 800m Run

NR:Ashakiran Barla Bengaluru 2:03.01 14/12/1998

1	SEHNOOR BAWA	394	21/03/10	PUNJAB	2:13.03
2	DEEPIKA .	497	29/03/09	RAJASTHAN	2:14.76
3	HARPREET KAUR	402	04/11/06	PUNJAB	2:21.66
4	AMAN PREET KAUR	588	02/10/07	UTTAR PRADESH	2:31.60
5	KALPANA .	499	22/04/07	RAJASTHAN	2:41.25

Event # 40 WOMENS Under-20 1500m Run

NR:Sunita Rani Bangkok 4:13.66 14/12/1998

1	SNEHAL KHARAT	366	13/09/08	MAHARASHTRA	4:32.63
2	NANCY CHOUDHARY	325	13/08/06	HIMACHAL PRADESH	4:52.82
3	ANNEY TOPPO	173	15/06/08	DELHI	5:18.68
	JANHAVI DNYANESHWAR	333	04/03/08	IOCL	DNS

Event # 41 WOMENS Under-20 100m Hurdles

NR:Agasara Nandini Cali 13.34 05/08/2022

1	TASNEEM KAUR DHILLON	413	07/10/09	PUNJAB	+1.7m/s n	15.14
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Indian Athletics Series - 5
War Heroes Stadium, Sangrur (Punjab)
09th May 2026

09-05-2026

5/9/26 - 5/9/26

Event # 42 WOMENS Under-20 Long Jump

NR:Shaili Singh Bengaluru 6.76 15/04/2023

1	KASHISH .	228	02/08/08	HARYANA	-0.7m/s	5.39m
	F, F, 5.39, F, F, F					
	DIYA JOSHI	365	18/09/08	MAHARASHTRA		DNS
	DNS					

Event # 44 WOMENS Under-20 Javelin Throw

NR:Deepika . Bengaluru 55.23 31/08/2024

1	BHAVYA PILANIA	248	18/10/07	HARYANA		47.36m
	45.82, 46.82, 45.84, 46.65, 46.82, 47.36					
2	NAVREET KAUR	407	29/07/07	PUNJAB		43.11m
	43.11, F, 40.30, 41.49, -, F					
3	ARYA MOHITE	368	19/08/08	MAHARASHTRA		42.48m
	36.99, 40.06, 40.09, 41.09, 42.48, 39.92					
4	MANREET KAUR	406	01/01/09	PUNJAB		39.34m
	37.60, 39.34, 39.26, 36.39, 37.25, 38.34					
	SHIVANI PATEL	350	09/03/09	MADHYA PRADESH		DNS
	DNS					



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