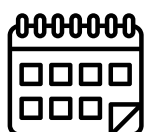




# ***65TH NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS 2026***

## ***DAY 3 RESULT***



**24-28 June 2026**



**Bhubaneswar**

**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

26-06-2026

6/24/26 - 6/28/26

24th-28th June 2026.

**Event # 40 WOMENS Half Marathon 21.098Km Race Walk**

&amp; ASIAN G. Q.: 1:37:20.00

# NR:Ravina . Chandigarh 1:39.15 22/02/2026

1	MUNITA PRAJAPATI	750	15/01/02	UTTAR PRADESH	1:45:05.00
2	RESHMA PATEL	749	15/09/04	UTTAR PRADESH	1:45:48.00
3	SEJAL ANIL SINGH	648	12/08/03	MAHARASHTRA	1:46:31.00
4	RAVINA .	544	21/05/97	HARYANA	1:48:56.00
5	PAYAL .	763	05/05/99	UTTRAKHAND	1:49:20.00
6	SHALINI .	764	08/10/02	UTTRAKHAND	1:49:31.00
7	MANJU RANI	674	22/03/99	PUNJAB	1:49:42.00
8	KAMLA .	678	15/08/99	RAJASTHAN	2:00:08.00
	MANSI NEGI	768	03/05/03	UTTRAKHAND	DNF

**Event # 17 MENS Hammer Throw**

&amp; ASIAN G. Q.: 69.12

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

% MR:NIRAJ KUMAR HYDERABAD 70.73 2016

1	DAMNEET SINGH	329	10/03/00	PUNJAB	69.72m &
					67.96, 68.93, 69.72, F, 69.54, 66.75
2	PRAVEEN KUMAR	352	14/12/00	RAJASTHAN	69.58m &
					64.75, 69.45, F, F, 67.21, 69.58
3	ASHISH JAKHAR	161	05/01/99	HARYANA	67.61m
					66.92, F, 66.81, F, 67.46, 67.61
4	MOHAMMAD SHAHBAN	432	16/04/04	UTTAR PRADESH	64.95m
					F, 63.66, F, 62.92, 64.95, 63.99
5	DEVANG .	117	20/12/03	DELHI	62.34m
					60.41, 61.08, F, 62.30, 61.70, 62.34
6	MUKUL .	244	13/11/01	MADHYA PRADESH	60.60m
					57.54, 58.84, F, 58.73, F, 60.60
7	SHANKAR NAGARAJAN	388	11/07/91	TAMIL NADU	55.73m
					F, 55.38, 54.36, 55.73, F, F
8	ARVIND SINGH	328	23/11/02	PUNJAB	52.98m
					F, F, 51.97, 52.98, F, F
	SACHIN YADAV	442	30/12/01	UTTAR PRADESH	DNS
	ARNAV YADAV	439	10/08/01	UTTAR PRADESH	DNS

**Event # 8 MENS 110m Hurdles**

&amp; ASIAN G. Q.: 13.63

# NR:TEJAS ASHOK SHIRSE Ludhiana 13.27 13/06/2026

% MR:TEJAS ASHOK SHIRSE PANCHKULA 13.54 2024

**RESULTS OF FINALS**

1	TEJAS SHIRSE	296	04/06/02	MAHARASHTRA	+0.6m/s n	13.61 &
2	MANAV R	392	07/06/00	TAMIL NADU	+0.6m/s n	13.66
3	KRISHIK. M .	190	16/10/03	KARNATAKA	+0.6m/s n	13.69
4	KAWESHA BANDARA	457	26/06/03	SRI LANKA	+0.6m/s n	14.00
5	MUHAMMED LAZAN VK	218	01-06-02	KERALA	+0.6m/s n	14.04
6	RATHISH PANDIDURAI	390	11/06/04	TAMIL NADU	+0.6m/s n	14.10
7	SHAHUL S	236	24/11/06	KERALA	+0.6m/s n	17.25
	MADHVENDRA SHEKHAW	360	30/10/03	RAJASTHAN		DQ

TR. 16.8



**65th National Inter State Senior Athletics Championship****Kalinga Stadium, Bhubaneswar (Odisha)**

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**24th-28th June 2026.****RESULTS OF PRELIMS Heat 1**

1	TEJAS SHIRSE	296	04/06/02	MAHARASHTRA	+0.0m/s n	<b>13.43</b> &%
2	MADHVENDRA SHEKHAW	360	30/10/03	RAJASTHAN	+0.0m/s n	<b>14.02</b>
3	KAWEESHA BANDARA	457	26/06/03	SRI LANKA	+0.0m/s n	<b>14.05</b>
4	SHAHUL S	236	24/11/06	KERALA	+0.0m/s n	<b>14.07</b>
5	RATHISH PANDIDURAI	390	11/06/04	TAMIL NADU	+0.0m/s n	<b>14.08</b>
6	HARMANJEET SINGH	131	20/04/02	DELHI	+0.0m/s n	<b>14.50</b>
7	VIKASH KUMAR PATHAK	257	05/07/97	MADHYA PRADESH	+0.0m/s n	<b>15.28</b>

**RESULTS OF PRELIMS Heat 2**

1	MANAV R	392	07/06/00	TAMIL NADU	0.1m/s ne	<b>13.66</b>
2	KRISHIK. M .	190	16/10/03	KARNATAKA	0.1m/s ne	<b>13.69</b>
3	MUHAMMED LAZAN VK	218	01-06-02	KERALA	0.1m/s ne	<b>14.04</b>
4	A. GRACESON JEEVA	384	05/04/03	TAMIL NADU	0.1m/s ne	<b>14.12</b>
5	DAKSH SUMERPUR OSWA	297	11/06/04	MAHARASHTRA	0.1m/s ne	<b>14.60</b>
6	SHIVDARSHAN .	152	27/10/02	HARYANA	0.1m/s ne	<b>14.68</b>
7	SAHIL GEDAM	279	24/11/01	MAHARASHTRA	0.1m/s ne	<b>14.70</b>

**Event # 5 MENS 1500m Run**

&amp; ASIAN G. Q.: 3:42.00

# NR:JINSON JOHNSON BERLIN 3:35.24 01/09/2019

% MR:BAHADUR PRASAD CHENNAI 3:40.10 1995

**RESULTS OF PRELIMS Heat 1**

1	GULVEER SINGH	435	01/06/98	UTTAR PRADESH		<b>3:54.08</b>
2	SONU .	347	14/02/98	RAJASTHAN		<b>3:54.51</b>
3	VAIBHAV PATIL	206	27/02/02	KARNATAKA		<b>3:54.69</b>
4	SUNIL DAWAR	248	02/08/01	MADHYA PRADESH		<b>3:54.94</b>
5	GAMBHIR SINGH	362	02/02/03	RAJASTHAN		<b>3:55.05</b>
6	RITESH OHRE	255	31/12/03	MADHYA PRADESH		<b>3:55.71</b>
7	PRAKASH KUMAR	125	12/01/01	DELHI		<b>3:57.25</b>
8	AJAY KUMAR SAROJ	455	01/05/97	UTTAR PRADESH (WC)		<b>3:57.51</b>
9	NABEEL SAHI M P	228	20/08/99	KERALA		<b>3:57.52</b>
10	PRAKASH GADADE	277	31/07/02	MAHARASHTRA		<b>4:02.22</b>
11	MOGALI VENKATRAM RE SAKIR .	102	09/07/07	ANDHRA PRADESH		<b>4:08.80</b>
		150	05/10/05	HARYANA		<b>DQ</b>

TR. 17.2.4

**RESULTS OF PRELIMS Heat 2**

1	YOONUS SHAH	431	10/05/01	UTTAR PRADESH		<b>3:48.15</b>
2	RAHUL BALODA	348	05/06/99	RAJASTHAN		<b>3:48.45</b>
3	SHAILABH .	120	11/09/05	DELHI		<b>3:48.62</b>
4	ARJUN WASKALE	267	03/07/03	MADHYA PRADESH		<b>3:48.69</b>
5	KALYAN JR	199	09/02/06	KARNATAKA		<b>3:49.30</b>
6	YOGESWAR R	394	18/04/06	TAMIL NADU		<b>3:49.44</b>
7	RAHUL .	119	01/12/96	DELHI		<b>3:49.80</b>
8	SHIVA TOMAR	437	22/03/05	UTTAR PRADESH		<b>3:50.45</b>
9	VIVEK PAL	185	10/03/06	JHARKHAND		<b>3:54.16</b>
10	MANPREET SANDHU	451	04/02/99	UTTRAKHAND		<b>3:59.27</b>
	KRISHAN KUMAR	164	12/10/97	HARYANA		<b>DNS</b>



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**Event # 37 WOMENS Discus Throw**

&amp; ASIAN G. Q.: 55.48

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

% MR:SEEMA PUNIA PATIALA 63.72 2021

1	SEEMA .	546	25/02/99	HARYANA	59.73m &
	52.08, 57.13, 54.70, F, 59.28, 59.73				
2	SANYA YADAV	562	09/08/03	HARYANA	56.05m &
	51.73, 55.07, 56.05, 54.94, F, 54.59				
3	NIDHI .	542	03/01/97	HARYANA	55.92m &
	54.05, 51.55, 55.92, F, 53.81, F				
4	BHAVANA YADAV	525	09/04/99	DELHI	52.38m
	52.38, F, 51.10, 50.96, 51.71, 50.66				
5	A.SHALU REKHANA	721	13/08/02	TAMIL NADU	45.51m
	44.80, 45.51, 44.45, F, 41.56, F				
	NEETIKA VERMA	758	04/03/01	UTTAR PRADESH	DNS
	ANUSHA YADAV	524	15/04/03	DELHI	DNS

**Event # 9 MENS 400m Hurdles**

&amp; ASIAN G. Q.: 49.41

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

% MR:YASHAS PALAKSHA BHUBANESWAR 49.37 2023

**RESULTS OF PRELIMS**

1	YASHAS .	194	08/12/01	KARNATAKA	51.31
2	MURAD SIRMAN	135	10/09/05	GUJARAT	51.39
3	ARYAN PRAJWAL KASHYA	200	03/03/04	KARNATAKA	51.53
4	KARTHIK YARRAVARAPU	103	01/04/04	ANDHRA PRADESH	52.02
5	VIGNESH B	376	08/06/05	TAMIL NADU	55.21

**RESULTS OF PRELIMS Heat 2**

1	SANTHOSH T	405	01/01/98	TAMIL NADU	51.04
2	SUBHAS DAS	452	23/01/02	WEST BENGAL	51.26
3	MAGENDRAN S	400	17/08/01	TAMIL NADU	51.96
4	PRANAM DEVENDRA SHE	211	21/04/99	KARNATAKA	52.23
5	NIKHIL BHARDWAJ	319	24/05/96	PUNJAB	53.10



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## Event # 14 MENS Triple Jump

& ASIAN G. Q.: 16.28

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

% MR:PRAVEEN CHITHRAVEL CHENNAI 17.18 2022

1	PRAVEEN CHITHRAVEL	377	05/06/01	TAMIL NADU	+0.2m/s	<b>16.92m &amp;</b>
		16.92, 16.24, 16.35, 15.96, -, -				
2	KARTHIK U	239	03/06/93	KERALA	+0.6m/s	<b>16.80m &amp;</b>
		F, 16.40, 16.54, 16.80, 16.60, 16.42				
3	SELVA PRABHU	408	28/12/04	TAMIL NADU (WC)	+0.1m/s	<b>16.79m &amp;</b>
		F, 16.57, F, 16.54, 16.79, F				
4	ABDULLA .	215	17/01/96	KERALA	+0.2m/s	<b>16.54m &amp;</b>
		16.21, F, 16.54, 16.45, 16.51, 16.52				
5	MOHANRAJ J	383	26/06/01	TAMIL NADU	+0.4m/s	<b>16.53m &amp;</b>
		16.00, 15.86, 16.51, 16.53, 16.42, 15.90				
6	GAILEY VENISTER	407	31/01/00	TAMIL NADU	+0.2m/s	<b>16.48m &amp;</b>
		15.19, 16.42, 16.25, 16.48, 14.39, 16.01				
7	VISHAL BAHADUR	177	09/05/03	JHARKHAND	+0.2m/s	<b>16.05m</b>
		15.93, 15.69, F, 15.76, 16.05, F				
8	M.N. SAFREE AHAMAD	459	07/10/92	SRI LANKA	+0.1m/s	<b>15.22m</b>
		F, F, 15.22, F, 14.89, 15.08				
9	PRADEEP KUMAR	424	20/01/04	UTTAR PRADESH	-0.4m/s	<b>15.21m</b>
		14.62, 15.14, 15.21				

## Event # 20 MENS 4x100m Relay

& ASIAN G. Q.: 38.81

# NR:NATIONAL TEAM CHANDIGARH 38.69 30/04/2025

% MR:Odisha TEAM CHENNAI 39.52 2025

1	ODISHA F			ODISHA		<b>39.92</b>
	312 SARUN PAYASINGH	09-07-2000		306 D JAYARAM	12-01-2005	
	303 LALU PRASAD BHOI	21-09-2003		315 AMIYA MALLICK	14-11-1992	
2	TAMIL NADU H			TAMIL NADU		<b>40.02</b>
	401 SAM VASANTH S	12-04-2005		379 RAGUL KUMAR G	22-03-2000	
	381 GITSON I	20-06-2001		392 MANAV R	07-06-2000	
3	MAHARASHTRA E			MAHARASHTRA		<b>40.37</b>
	292 HARSH RAUT	17-04-2005		287 SAURABH NAITAM	23-03-2001	
	275 RUSHIPRASAD DESAI	26-05-2005		285 LAUKIK MELGE	10-04-2005	
4	HARYANA A			HARYANA		<b>40.70</b>
	146 NUZRAT .	22-11-1999		147 PRINCE .	24-12-2001	
	160 DHARMBIR DHARMBIR	10-12-1990		149 ROHIT .	08-03-2000	
5	KERALA C			KERALA		<b>41.18</b>
	218 MUHAMMED LAZAN V	01-06-2002		232 JISHNU PRASAD P K	18-10-1998	
	237 HALVI S VIJ	16-05-2004		226 MANEESH M	06-02-1993	
6	JHARKHAND B			JHARKHAND		<b>41.81</b>
	188 DEEPAK TOPPO	18-04-2007		187 SHIV KUMAR SOREN	23-01-2005	
	176 ARSHNAN ALI	27-04-2002		180 SHUBHAM DAS	16-04-2005	
	MADHYA PRADESH D			MADHYA PRADESH		<b>DNS</b>



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## Event # 41 WOMENS 4x100m Relay

& ASIAN G. Q.: 45.24

# NR:NATIONAL TEAM PATIALA 43.37 21/06/2021

%MR:T.STATE TEAM Chennai

1	KARNATAKA C	593 P RAO B	19-11-2002	KARNATAKA	596 DANESHWARI T	14-08-2000	44.75 &
		577 V SUDHEEKSHA .	28-04-2005		580 UNNATHI BOLLANDA	05-06-2005	
2	TAMIL NADU G	711 NANDHINI K	13-07-1999	TAMIL NADU	703 SUBA DHARSINI S	10-11-2005	45.07 &
		694 KIRUTHIKA .	27-02-2004		720 G RAVIKUMAR	07-07-2001	
3	MAHARASHTRA E	643 PRANJALI PATIL	23-01-2003	MAHARASHTRA	641 DIVYANGI LANDE	16-04-2007	46.21
		642 AISHWARYA MISHRA	16-08-1997		636 HARITA BHADRA	06-06-2003	
4	KERALA D	607 AMANIKA H	06-05-2006	KERALA	613 S NARAYANANKUTTY	17-02-2005	46.63
		602 FATEMA BEGAM	15-08-1999		611 JILNA M V	28-12-1997	
5	DELHI A	519 KIRTI ISHARWAL	20-12-2002	DELHI	514 PRIYA .	27-12-2002	47.89
		516 SIMRAN BEDI	07-01-1993		522 CHARU SHOUKEEN	30-11-1998	
6	JHARKHAND B	568 PUTUL BASKEY	15-11-2007	JHARKHAND	573 ANAMIKA ORAON	01-01-2008	49.72
		570 SAPNA KUMARI	05-06-2006		569 PUNAM KUMARI	06-11-2007	
	ODISHA F	652 BINATI BEHERA	05-05-1999	ODISHA	661 MARYMUKTA SORENG	01-11-2004	DNF
		663 SABITA TOPPO	06-04-2005		664 MUTTAM ROY	30-01-2001	

## Event # 62 MIXED 4x400m Relay

& ASIAN G. Q.: 3:26.81

# NR:National Team Panchkula 3:12.87 30/06/2024

% MR:KERALA STATE TEAM PANCHKULA 3:18.49 2024

1	TAMIL NADU J	386 SHARAN M	03-01-2006	TAMIL NADU	705 PUNITHA DURAIRAJAN	12-09-2005	3:23.51 &
		396 AKASH RAJ	04-12-2002		715 R PERIYASAMY	01-08-2006	
2	PUNJAB H	334 JASHANPREET SINGH	04-07-2000	PUNJAB	671 RAMANDEEP KAUR	20-12-2003	3:23.54 &
		321 KULVIR RAM	20-12-2004		665 MAYA .	28-07-2007	
3	RAJASTHAN I	354 R KUMAR BAJIYA	21-07-2005	RAJASTHAN	687 RISHITA KAUR	16-11-2002	3:23.85 &
		356 SURESH PUNIYA	10-05-1999		693 RAMA TANWAR	08-07-2003	
4	HARYANA A	158 RAMAN DAGAR	28-04-2005	HARYANA	558 ANCHAL RANI	19-06-2005	3:25.09 &
		145 KAPIL .	10-11-2003		539 MANISHA .	24-05-2002	
5	KARNATAKA C	200 A KASHYAPA	03-03-2004	KARNATAKA	579 SHRAVANI BHATE	15-08-2003	3:29.13
		213 K SUNDARAVADANAM	25-11-2002		588 M MUNAVALLIMATH	19-05-2001	
6	ODISHA G	301 SWAPANILE AHIR	07-01-2008	ODISHA	658 DIPTIRANI SAHOO	18-03-2002	3:30.15
		308 NOBAL KUMAR KISSAN	06-08-2003		651 SUKHI BASKEY	02-11-2002	
7	JHARKHAND B	178 MANISH BEDIA	15-12-2006	JHARKHAND	571 SHIVANI KUMARI	18-06-2007	3:45.10
		179 MOHAK MANAV DAS	28-09-2005		569 PUNAM KUMARI	06-11-2007	



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