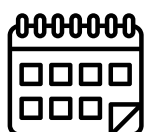




65TH NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS 2026

DAY 5 RESULT



24-28 June 2026



Bhubaneswar

65th National Inter State Senior Athletics Championship

Kalinga Stadium, Bhubaneswar (Odisha)

28-06-2026

6/24/26 - 6/28/26

24th-28th June 2026.

Event # 28 WOMENS 10000m Run

& ASIAN G. Q.: 33:50.00

#NR:P.SREEDHARAN GUANGZHOU 31:50.47 21/11/2010

% MR:PREEJA SREEDHARAN PATIALA 32:36.53 2010

1	SEEMA .	563	10/01/01	HIMACHAL PRADESH	34:28.75
2	SONIYA .	765	25/07/00	UTTRAKHAND	34:35.22
3	RAVINA GAYAKWAD	637	10/10/04	MAHARASHTRA	35:44.45
4	SHAMPA GAIN	770	06/06/00	WEST BENGAL	36:27.40
5	REEBA GEORGE	606	07/08/96	KERALA	36:29.47
6	AARTI PAWARA	644	05/03/04	MAHARASHTRA	37:26.63
7	ANKITABEN GAVIT	528	23/07/05	GUJARAT	37:59.29
8	REENA PATEL	748	15/04/99	UTTAR PRADESH	38:02.35
9	PRIYA KUMAWAT	688	17/12/01	RAJASTHAN	38:20.74
10	SHILPA .	682	15/05/01	RAJASTHAN	38:32.21
	SANJIVANI JADHAV	638	12/07/96	MAHARASHTRA	DNF
	MAMATA PAL	747	15/07/03	UTTAR PRADESH	DNF
	CHATRU .	676	05/07/01	RAJASTHAN	DNF
	BHARTI .	534	01/01/97	HARYANA	DNF
	BHAGIRATHI .	762	06/09/01	UTTRAKHAND	DNF
	KM MAMTA .	735	15/07/01	UTTAR PRADESH	DNS

Event # 32 WOMENS High Jump**HEIGHTS: 1.55, 1.65, 1.70, 1.75, 1.80, 1.83, 1.86, 1.88, 1.90, 1.92**

& ASIAN G. Q.: 1.80

#NR:Pooja . Hong Kong 1.93 29/05/2026

% MR:SAHANA KUMARI HYDERABAD 1.92 2012

1	POOJA -	532	21/02/07	HARYANA	1.83m &
	--- --- O O O O --- --- XXX				
2	SUPRIYA B	578	11/03/01	KARNATAKA	1.80m &
	--- O O O O XXX				
3	KHYATI MATHUR	744	02/09/03	UTTAR PRADESH	1.80m &
	--- O XO O O XXX				
4	RUBINA YADAV	561	14/01/01	HARYANA	1.70m
	O O O XXX				
4	KEVINAA ANNAVI	699	23/03/02	TAMIL NADU	1.70m
	--- O O XXX				
4	MANSHI .	736	03/09/02	UTTAR PRADESH	1.70m
	--- O O XXX				
4	ABHINAYA SHETTY	595	16/06/99	KARNATAKA	1.70m
	O O O XXX				
8	REET RATHOR	752	10/06/06	UTTAR PRADESH	1.70m
	--- XO O XXX				
9	PALLAVI PATIL	590	12/09/02	KARNATAKA	1.70m
	XO XO O XXX				
10	ATHIRA SOMARAJ	619	26/10/98	KERALA	1.70m
	XXO O XO XXX				
11	PAYAL JAMOD	529	21/12/03	GUJARAT	1.65m
	O XO XXX				
12	SAHANA B	701	21/02/03	TAMIL NADU	1.65m
	XO XXO XXX				
13	MAHEK NASRIN DAYAN K	653	27/02/06	ODISHA	1.55m
	O XXX				
13	G.GIJI GEORGE STEPHEN	707	30/12/00	TAMIL NADU	1.55m
	O XXX				



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Event # 18 MENS Javelin Throw

& ASIAN G. Q.: 77.87

NR:NEERAJ CHOPRA DOHA 90.23 16/05/2025

% MR:MANU DP CHENNAI 84.35 2022

1	ROHIT YADAV	441	06/06/01	UTTAR PRADESH	87.05m &% 77.71, 77.63, F, 77.51, 79.40, 87.05
2	YASHVIR SINGH	363	22/10/01	RAJASTHAN	83.72m & 77.43, 79.59, 78.55, 77.41, 83.10, 83.72
3	SACHIN YADAV	456	25/10/99	UTTAR PRADESH	82.32m & F, 73.38, 75.46, F, 81.23, 82.32
4	ANAND SINGH	434	03/03/04	UTTAR PRADESH	77.68m F, 76.09, 71.71, F, 74.20, 77.68
5	KISHORE JENA	307	06/09/95	ODISHA	77.21m F, 74.95, 77.21, F, F, F
6	SAHIL SILWAL	171	17/12/00	HARYANA	76.11m 71.25, 74.06, 75.00, 74.10, 76.11, 72.57
7	SHIVAM LOHAKARE	284	14/09/04	MAHARASHTRA	74.58m 74.58, F, F, F, F, F
8	UTTAM PATIL	290	01/11/98	MAHARASHTRA	74.09m 74.09, 72.32, F, 69.13, 71.40, 71.52
9	ARSHDEEP SINGH	326	05/04/99	PUNJAB	73.43m 69.08, 73.43, 70.81
10	KANISHKAR T	404	30/01/06	TAMIL NADU	73.09m 73.09, 68.31, 69.86
11	DIPANSHU SHARMA	433	25/04/06	UTTAR PRADESH	72.72m 69.99, 72.30, 72.72
12	ADITYA .	137	22/10/06	HARYANA	72.34m 71.73, F, 72.34
13	SHASHANK PATIL	205	10/10/04	KARNATAKA	72.32m 70.49, 72.32, 72.19
14	ABHISHEK DRALL	121	11/05/98	DELHI	69.65m 66.39, 69.65, 69.22
	SUMEDHA RANASINGHE	458	10/02/91	SRI LANKA	DNS



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Event # 13 MENS Long Jump

& ASIAN G. Q.: 7.91

NR:JESWIN ALDRIN BELLARY 8.42 02/03/2023

% MR:SREESHANKAR M BHUBANESWAR 8.41 2023

1	SREESHANKAR M	227	27/03/99	KERALA	-0.8m/s	8.38m &
		8.06, 8.00, 8.21, 8.38, 8.26, F				
2	SHAHNAVAZ KHAN	420	02/02/08	UTTAR PRADESH	+1.4m/s	8.30m &
		7.64, F, 7.92, F, 8.30, F				
3	DAVID P	389	17/03/02	TAMIL NADU	-0.3m/s	8.06m &
		F, F, 7.73, F, 8.06, F				
4	AMITRA GHOSH	453	05/08/03	WEST BENGAL	+0.0m/s	7.73m
		7.59, F, 7.73, 7.55, 7.58, F				
5	BHUPENDER SINGH	173	13/11/01	HARYANA	+1.9m/s	7.66m
		7.39, 7.52, 7.66, 7.64, 7.60, 7.54				
6	JITHIN R.C	395	11/12/07	TAMIL NADU	+0.4m/s	7.66m
		7.62, 7.56, F, F, 7.63, 7.66				
7	AVINASH .	141	16/10/02	HARYANA	+1.3m/s	7.60m
		7.55, 7.46, F, F, 7.60, F				
8	MOHD SAZID	170	10/02/06	HARYANA	+1.3m/s	7.54m
		7.42, 7.54, 7.44, 7.46, 7.52, 7.31				
9	VINOTH YUVARAJ	240	26/09/94	KERALA	+0.7m/s	7.50m
		7.18, 7.47, 7.50				
10	SUNNY .	105	13/07/01	BIHAR	+2.8m/s	7.47m
		7.47, F, F				
11	KRISHNA SHARMA	258	02/08/99	MADHYA PRADESH	+0.3m/s	7.44m
		F, 7.40, 7.44				
12	ARYA S	207	31/12/01	KARNATAKA	-0.8m/s	7.41m
		7.41, 7.38, 7.15				
13	SARUN PAYASINGH	312	09/07/00	ODISHA	+1.9m/s	7.28m
		F, F, 7.28				
14	PRADEEP .	343	03/02/99	RAJASTHAN	-0.1m/s	5.53m
		5.53, F, F				
15	JESWIN ALDRIN	375	24/12/01	TAMIL NADU	-1.2m/s	5.17m
		5.17, -, F				
	PURUSHOTHAM .	191	12/11/01	KARNATAKA		NM
		F, F, F				
	RAJAT .	414	12/09/04	UTTAR PRADESH		NM
		F, F, F				
	LAKHVEER SINGH	336	13/01/03	PUNJAB		DNS

Event # 24 WOMENS 400m Run

& ASIAN G. Q.: 53.72

NR:HIMA DAS JAKARTA 50.79 26/08/2018

% MR:KIRAN PAHAL PANCHKULA 50.92 2024

RESULTS OF FINALS

1	PRACHI .	737	20/12/96	UTTAR PRADESH	53.24 &
2	KIRAN PAHAL	557	05/08/00	HARYANA	53.45 &
3	DEVYANIBA ZALA	531	15/03/02	GUJARAT	53.46 &
4	NEERU PAHTAK	746	27/01/07	UTTAR PRADESH	53.47 &
5	RASHDEEP KAUR	672	01/02/02	PUNJAB	53.61 &
6	AISHWARYA MISHRA	642	16/08/97	MAHARASHTRA	53.76
7	POOVAMMA RAJU	592	05/05/90	KARNATAKA	54.11
8	KUMARI SALONI NAGAR	745	22/12/04	UTTAR PRADESH	54.12


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Event # 3 MENS 400m Run

& ASIAN G. Q.: 45.97

NR: Vishal T K Ranchi 44.98 23/05/2026

% MR: T.K. Vishal Chennai 45.12 2025

RESULTS OF FINALS

1	VISHAL TK	406	17/12/03	TAMIL NADU	45.43 &
2	MANU T S .	217	17/10/01	KERALA	45.60 &
3	JAY KUMAR	423	10/06/06	UTTAR PRADESH	45.73 &
4	DHARMVEER CHOUDHAR	350	05/02/01	RAJASTHAN	45.90 &
5	RAJESH RAMESH	398	28/03/99	TAMIL NADU	45.91 &
6	VIKRANT PANCHAL	167	30/01/00	HARYANA	46.22
	46.213				
7	MIJO KURIAN	201	16/07/95	KARNATAKA	46.22
	46.217				
8	MOHAMMED ASHFAQ	241	26/06/07	KERALA (WC)	46.42

Event # 10 MENS 3000m Steeplechase

& ASIAN G. Q.: 8:36.57

NR: AVINASH SABLE PARIS 8:09.91 07/07/2024

% MR: AVINASH SABLE LUCKNOW 8:31.75 2024

1	BALKISHAN .	142	09/11/98	HARYANA	8:50.98
2	SHARUK KHAN	421	25/07/06	UTTAR PRADESH	8:53.18
3	SHUBHAM BHANDARE	270	17/06/00	MAHARASHTRA	8:54.90
4	SHUBHAM DAPAKE	272	21/02/03	MAHARASHTRA	9:01.09
5	NAVEEN DAGAR	157	20/01/88	HARYANA	9:06.65
6	ASHISH PAL	430	28/01/04	UTTAR PRADESH	9:16.43
7	SUMIT RATHEE	169	22/09/06	HARYANA	9:19.81
8	PURAN RAI	370	28/02/95	SIKKIM	9:24.53
9	PRINCE RAJ MISHRA	110	01/03/99	BIHAR	9:25.12
	VINAYAK PRATAP DHANG	419	20/09/04	UTTAR PRADESH	DNF

Event # 31 WOMENS 3000m Steeplechase

& ASIAN G. Q.: 9:47.53

NR: PARUL CHAUDHARY GUMI 9:12.46 30/05/2025

% MR: PARUL CHAUDHARY BHUBANESWAR 9:34.23 2023

1	ANKITA .	761	05/02/02	UTTRAKHAND	9:44.05 &
2	KHUSHBU GUPTA	742	07/11/98	UTTAR PRADESH	10:36.47
3	KUMARI PARRU	689	15/09/03	RAJASTHAN	10:52.28
4	NIKITA .	681	11/11/04	RAJASTHAN	11:11.38
5	SUSMITA TIGGA	662	25/12/03	ODISHA	11:16.04
6	EKTA DEY	630	21/09/05	MADHYA PRADESH	11:23.94
7	MANEESHA .	625	04/12/01	MADHYA PRADESH	11:47.17
	PARUL CHAUDHARY	739	15/04/95	UTTAR PRADESH	DNF



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Event # 42 WOMENS 4x400m Relay

& ASIAN G. Q.: 3:31.23

NR:NATIONAL TEAM ATHENS 3:26.89 27/08/2004

% MR:KARNATAKA STATE TEAM GUWAHATI 3:35.32 2018

1	TAMIL NADU F			TAMIL NADU		3:35.87
	727	SUBHA VENKATESAN	31-08-1999	695	OLIMBA STEFFI .	15-02-2002
	726	RAKSHITHA V	29-01-2008	718	R VITHYA RAMRAJ	20-09-1998
2	KARNATAKA C			KARNATAKA		3:36.18
	576	SINCHAL .	05-02-2001	592	POOVAMMA RAJU	05-05-1990
	584	VIJAYAKUMARI GK	05-08-1996	587	PRIYA MOHAN	15-03-2003
3	KERALA D			KERALA		3:39.70
	623	JISNA MATHEW	07-01-1999	601	ANSA BABU	09-04-1998
	614	DELNA PHILIP	17-05-2001	600	GOWRINANDANA .	26-03-2002
4	PUNJAB E			PUNJAB		3:39.96
	670	KIRANPAL KAUR	02-05-1992	665	MAYA .	28-07-2007
	669	GURDEEP KAUR	02-06-2001	672	RASHDEEP KAUR	01-02-2002
5	HARYANA B			HARYANA		3:49.31
	558	ANCHAL RANI	19-06-2005	533	ANJU .	13-11-2004
	539	MANISHA .	24-05-2002	557	KIRAN PAHAL	05-08-2000
6	DELHI A			DELHI		3:52.57
	517	RIYA BISHT	12-01-2008	518	HARSHITA GOSWAMI	08-06-2006
	520	ASTHA MALLICK	21-07-2005	513	HIMANSHI .	02-09-2005

Event # 21 MENS 4x400m Relay

& ASIAN G. Q.: 3:04.23

NR:NATIONAL TEAM BUDAPEST 2:59.05 26/08/2023

% MR:TAMIL NADU TEAM BHUBANESWAR 3:06.75 2023

1	TAMIL NADU G			TAMIL NADU		3:09.32
	398	RAJESH RAMESH	28-03-1999	409	BARATH S	10-08-2003
	378	AJAY D	01-11-2002	406	VISHAL TK	17-12-2003
2	KARNATAKA C			KARNATAKA		3:09.51
	200	A KASHYAPA	03-03-2004	212	THEERTHESH SHETTY	31-03-2002
	201	MIJO KURIAN	16-07-1995	194	YASHAS .	08-12-2001
3	KERALA D			KERALA		3:09.89
	238	SARAN SHAJI	06-01-2003	220	RINCE .	31-08-2002
	217	MANU T S .	17-10-2001	229	EDVIN MATHEW	12-05-2006
4	ODISHA E			ODISHA		3:13.53
	313	ASTIK PRADHAN	23-04-2006	301	SWAPANILE AHIR	07-01-2008
	302	MALAYA BARIK	01-04-2006	305	BAPI HANSDA	26-07-2006
5	JHARKHAND B			JHARKHAND		3:24.00
	178	MANISH BEDIA	15-12-2006	182	SURAJ KUMAR	25-07-2005
	183	KARAN KUMAR MAHAJ	15-05-2003	179	MOHAK MANAV DAS	28-09-2005
	PUNJAB F			PUNJAB		DO
	334	JASHANPREET SINGH	04-07-2000		TR 24.21	
	321	KULVIR RAM	20-12-2004	320	HARPREET GILL	19-12-1997
	HARYANA A			339	TARANDEEP SINGH	13-07-2005
	158	RAMAN DAGAR	28-04-2005		HARYANA	DO
	160	DHARMBIR DHARMBIR	10-12-1990		TR 24.21	
				145	KAPIL .	10-11-2003
				147	PRINCE .	24-12-2001



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Event # 7 MENS 10000m Run

& ASIAN G. Q.: 29:00.00

#NR:G.SINGH SAN JUAN CAPISTRANO 27:00.22 29/03/2025

% MR:KARTIK KUMAR BHUBANESWAR 29:01.84 2023

1	ABHISHEK PAL	429	15/07/97	UTTAR PRADESH	30:03.88
2	SAWAN BARWAL	462	18/02/98	HIMACHAL PRADESH (W	30:08.08
3	SHAILESH KUSHWAHA	202	05/02/06	KARNATAKA	30:23.13
4	GOPI THONAKAL	461	24/05/88	KARNATAKA (WC)	30:51.14
5	HARISH .	144	09/06/99	HARYANA	31:53.69
6	MANAV SHARMA	358	03/07/03	RAJASTHAN	31:56.61
7	ONKAR PANHALKAR	204	14/08/03	KARNATAKA	32:19.29
	DEEPAK BHATT	444	14/09/00	UTTRAKHAND	DNF
	GAURAV MATHUR	128	19/09/99	DELHI	DNF
	HARMANJOT SINGH	332	10/10/95	PUNJAB	DNF
	LOVEPREET SINGH	338	13/01/99	PUNJAB	DNF
	SATISH KUMAR VERMA	426	02/08/04	UTTAR PRADESH	DNF
	SAHIL SAGAR	322	05/11/00	PUNJAB	DNF
	SHIVAJI PARASHU MADAP	203	02/05/04	KARNATAKA	DNF
	SHUBHAM SINDHU	172	13/11/95	HARYANA	DNF
	VIKAS KUMAR BIND	246	11/01/06	MADHYA PRADESH	DNF
	VINOD SINGH	265	20/07/05	MADHYA PRADESH	DNF
	RAVI GULIA	114	25/10/01	CHHATTISGARH	DNF
	GURMEET SINGH	264	20/07/04	MADHYA PRADESH	DNS

Event # 43 WOMENS Heptathlon

& ASIAN G. Q.: 5605

NR:J.J SHOBHA NEW DELHI 6211 17/03/2004

% MR:SOMA BISWAS CHENNAI 6186 2000

1	POOJA ..	551	09/03/03	HARYANA	5619pts &
2	ANAMIKA K A .	598	21/01/04	KERALA	5466pts
3	KHUSHI .	538	26/11/02	HARYANA	5438pts
4	PURNIMA HEMBRAM	654	10/07/93	ODISHA	5263pts
5	DEEPIKA S	722	09/04/02	TAMIL NADU	5077pts
6	KIRTI ISHARWAL	519	20/12/02	DELHI	4850pts
7	ISHA NEGI	767	15/07/03	UTTRAKHAND	4845pts
8	SONU BHALOTHIA	683	30/11/96	RAJASTHAN	4666pts
9	RITIKA GAUR	552	22/06/03	HARYANA	4612pts
10	MAGUDEESHWARI SIVAK	724	21/06/05	TAMIL NADU	4583pts
11	JASMINE MATHACHAN	612	23/08/06	KERALA	4146pts
	RATHIDHARSHINI S	723	25/12/05	TAMIL NADU	0
	RIYA CHOUBEY	628	14/08/04	MADHYA PRADESH	0
	DOLY SONKER	757	10/07/03	UTTAR PRADESH	0
	NEETA KUMARI .	680	22/01/03	RAJASTHAN	0
	RAKSHITHA .	574	17/06/02	KARNATAKA	0



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Event # 43 WOMENS Heptathlon

NR:

J.SHOBHA NEW 6211 17/03/2004

MR:

SOMA BISWAS CHENNAI 6186 2000

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
1	POOJA.. (551) HARYANA	7pt 5619	14.48 912	1.73 891	11.61 635	26.15 784	3222	5.78 783	44.88 761	2:17.85 853	2397
2	ANAMIKA K.A. (598) KERALA	5pt 5466	14.13 960	1.67 818	11.27 613	25.05 882	3273	5.66 747	33.38 541	2:14.15 905	2193
3	KHUSHI . (538) HARYANA	4pt 5438	14.11 963	1.76 928	9.14 473	25.03 884	3248	5.86 807	34.98 571	2:20.84 812	2190
4	PURNIMA HEMBRAM (654) ODISHA	3pt 5263	14.11 963	1.64 783	12.65 704	26.10 788	3238	5.73 768	39.53 658	2:37.74 599	2025
5	DEEPIKAS (722) TAMIL NADU	2pt 5077	14.45 916	1.55 678	10.96 592	25.58 834	3020	5.56 717	31.54 506	2:19.20 834	2057
6	KIRTI ISHARWAL (519) DELHI	1pt 4850	15.46 782	1.61 747	11.74 644	27.03 709	2882	5.29 640	42.13 708	2:35.98 620	1968
7	ISHANEGLI (767) UTTRAKHAND	4845	14.55 902	1.55 678	10.88 587	25.29 860	3027	5.37 663	30.95 495	2:32.66 660	1818
8	SONU BHALOTHIA (683) RAJASTHAN	4666	16.32 676	1.61 747	11.09 601	26.81 728	2752	5.40 671	40.65 680	2:40.84 563	1914
9	RITIKA GAUR (552) HARYANA	4612	15.20 815	1.40 512	10.04 532	25.75 819	2678	5.22 620	34.77 567	2:25.72 747	1934



Event # 43 WOMENS Heptathlon

NR: J.SHOBHA NEW 6211 17/03/2004
MR: SOMA BISWAS CHENNAI 6186 2000

Place	Athlete	Total Points	100m Hurdles	High Jump	Shot Put	200m Dash	DAY ONE	Long Jump	Javelin Throw	800m Run	DAY TWO
1	POOJA.. (551) HARYANA	7pt 5619	14.48 912	1.73 891	11.61 635	26.15 784	3222	5.78 783	44.88 761	2:17.85 853	2397
2	ANAMIKA K.A. (598) KERALA	5pt 5466	14.13 960	1.67 818	11.27 613	25.05 882	3273	5.66 747	33.38 541	2:14.15 905	2193
3	KHUSHI . (538) HARYANA	4pt 5438	14.11 963	1.76 928	9.14 473	25.03 884	3248	5.86 807	34.98 571	2:20.84 812	2190
4	PURNIMA HEMBRAM (654) ODISHA	3pt 5263	14.11 963	1.64 783	12.65 704	26.10 788	3238	5.73 768	39.53 658	2:37.74 599	2025
5	DEEPIKA S (722) TAMIL NADU	2pt 5077	14.45 916	1.55 678	10.96 592	25.58 834	3020	5.56 717	31.54 506	2:19.20 834	2057
6	KIRTI ISHARWAL (519) DELHI	1pt 4850	15.46 782	1.61 747	11.74 644	27.03 709	2882	5.29 640	42.13 708	2:35.98 620	1968
7	ISHANEKI (767) UTTRAKHAND	4845	14.55 902	1.55 678	10.88 587	25.29 860	3027	5.37 663	30.95 495	2:32.66 660	1818
8	SONU BHALOTHIA (683) RAJASTHAN	4666	16.32 676	1.61 747	11.09 601	26.81 728	2752	5.40 671	40.65 680	2:40.84 563	1914
9	RITIKA GAUR (552) HARYANA	4612	15.20 815	1.40 512	10.04 532	25.75 819	2678	5.22 620	34.77 567	2:25.72 747	1934

