

ATHLETICS FEDERATION of INDIA					
NATIONAL RECORDS as on 31.12.2011					
MEN					
S.N.	Events	Performance	Name of the Athlete	Venue	Date
1	100 M.	10.30s (+0.0 m/s)	ANIL KUMAR PRAKASH	NEW DELHI	24.08.05
		10.30s(+0.2 m/s)	ABDUL NAJEEB QURESHI	NEW DELHI	06/10/10
2	200 M.	20.73s(-1.7 m/s)	ANIL KUMAR PRAKASH	BANGALORE	17/07/00
3	400 M.	45.48s	K. M. BINU	ATHENS (Greece)	20/08/04
4	800 M.	1:45.77s	SRI RAM SINGH	MONTREAL	27/07/76
5	1,500 M.	3:38.00s	BAHADUR PRASAD	CHENNAI	23/12/95
6	3,000 M.	7:50.30s	SURENDRA SINGH	TWICKENHAM, LONDON	4/6/2008
7	5,000 M.	13:29.70s	BAHADUR PRASAD	BIRMINGHAM	25/06/92
8	10,000 M.	28:02.89s	SURENDRA SINGH	VIGO, SPAIN	12/7/2008
9	3,000 M.St. Chase	8:30.88s	GOPAL SAINI	TOKYO	5/6/1981
10	110 M. Hurdles	13.81s	SIDHANTH T.	PATIALA	07/08/10
	110 M. Hurdles	13.77s (+0.0 m/s)	SIDHANTH T.	KOLKATA	13.09.11
11	400 M. Hurdles	49.51s	JOSEPH G ABRAHAM	OSAKA	26.8.07
12	HIGH JUMP	2.25m	HARI SHANKAR ROY	SINGAPORE	28.09.04
13	LONG JUMP	8.08m (-0.84 m/s)	AMRIT PAL SINGH	DELHI	16/03/04
14	TRIPLE JUMP	17.07m	RENJITH MAHESWARI	DELHI CWG 2010	12/10/10
15	POLE VAULT	5.10m	VIJAY PAL SINGH	TRIVANDRUM	27/12/87
16	SHOT PUT	20.42m	SHAKTI SINGH	CHENNAI	29/07/00
17	DISCUS	64.96m	VIKAS GOWDA	SALINAS, CA	17/5/07
18	JAVELIN	80.72m	ANIL KUMAR SINGH	BHOPAL	18/9/08
19	HAMMER	70.16m	RAKESH KUMAR YADAV	BANGALORE	17/07/03
20	4 x 100 M. RELAY	38.89m	Rehamatulla Molla, Sathya Suresh, Sameer Mon, Abdul Najeeb Qureshi	NEW DELHI (CWG 2010)	12/10/10
21	4 x 400 M. RELAY	3:02.62m	INDIAN NATIONAL TEAM	BANGKOK	19/12/98
			(Lijo David, Ramachandran, Jata Shanker, Paramjit Singh)		
22	20,000 m. WALK	1::23:40	BABU BHAI PANOCHA	JAMSHEDPUR	24.10.2007
23	20km WALK	1::23:06	BABU BHAI PANOCHA	BERLIN	15/08/2009
	20km WALK	1::22:05	GURMEET SINGH	DUBLIN	26.06.11
		1::20:35	GURMEET SINGH	PATIALA	03.05.11
24	50 Kms. WALK	4::16:22s	GURDEV SINGH	HYDERABAD	09.11.05
25	50000m Walk	4::10:42s	BASANT BAHADUR RANA	PATIALA	21.2.2008
26	DECATHLON	7502 Pts.	JORA SINGH	DELHI	2.3.06
	DECATHLON	7658 Pts.	BHARTINDER SINGH	BANGALORE	12.06.11
27	MARATHON	2::12:00s	SHIVNATH SINGH	JALANDHAR	28/05/78
			Best performances but were not accepted as National Record		
1	100 M.	10.21s	ANIL KUMAR P.	BANGALORE	07.05.03
2	SHOT PUT	20.60s	SHAKTI SINGH	BANGALORE	07.05.03
WOMEN					
1	100 M.	11.38s (+0.2 mps)	RACHITA MISTRY	TRIVANDRUM	12.08.00
2	200 M.	22.82s(+0.8 mps)	SARASWATI SAHA	LUDHIANA	28/08/02
3	400 M.	51.05s	MANJIT KAUR	CHENNAI	16/06/04
4	800 M.	1:59.17s	TINTU LUKA	SPLIT	04.09.10
5	1,500 M.	4:06.03s	SUNITA RANI	BUSAN	10.10.02
6	3,000 M.	9:06.42s	MOLLY CHACKO	HIROSHIMA	11.10.94
7	5,000 M.	15:15.89s	PREEJA SREEDHARAN	A.G - Guangzhou (China)	26/11/10
8	10,000 M.	31:50.47s	PREEJA SREEDHARAN	A.G - Guangzhou (China)	21/11/10
9	3,000 M.St. Chase	9:55.67s	SUDHA SINGH	Guangzhou (China)	21/11/10
10	100 M. Hurdles	13.38s (-0.7 mps)	ANURADHA BISWAL	NEW DELHI	8/9/2002
11	400 M. Hurdles	55.42s	P. T. USHA	LOS ANGELES	8/8/1984
12	HIGH JUMP	1.91m	BOBBY ALOYSIUS	CHENNAI	18/07/04
13	LONG JUMP	6.83m (+1.2 mps)	ANJU B. GEORGE	ATHENS (Greece)	27/08/04
14	TRIPLE JUMP	13.72m (0.0 mps)	M.A.PRAJUSHA	NEW DELHI (CWG 2010)	08/10/10
	TRIPLE JUMP	14.11m (+0.9 m/s)	MAYOOKHA JOHNY	KOBE (JAPAN)	09.07.11
15	POLE VAULT	4.08m	V.S. SUREKHA	PATIALA	23.10.06
16	SHOT PUT	17.43m	HARBANS KAUR	MUMBAI	24/11/97
17	DISCUS	64.64m	SEEMA ANTIL	CHENNAI	16/06/04
18	JAVELIN	58.64m	GURMEET KAUR	BANGALORE	17/07/00
19	HAMMER	61.67m	HARDEEP KAUR	NEW DELHI	8/9/2002
20	4 x 100 M. RELAY	44.43s	INDIAN NATIONAL TEAM	FUKUOKA	22/07/98
21	4 x 400 M. RELAY	3:26.89s	INDIAN NATIONAL TEAM	ATHENS (Greece)	27/08/04
			CHITRA K. SOMAN, RAJWINDER KAUR, K.M. BEENAMOL, MANJIT KAUR		
22	10,000 m. WALK	48:10.0s	KABITA GAGARI	BEIJING	27/09/90
23	20,000 m. WALK	1::43:06.0s	Y. BALA DEVI	HYDERABAD	30/07/03
24	20km WALK	1::37:44.0s	L.DEEPMA LA DEVI	NOMI CITY (JAPAN)	14/03/10
25	HEPTATHLON	6211 Pts.	J. J. SHOBHA	DELHI	17.03.04
26	MARATHON	2::38:10s	SATHYA BHAMA	CHENNAI	21/12/95
27	HALF MARATHON	1::12:50	KAVITA RAUT	PUNE	06.12.2009
			Best performance but was not accepted as National Record		
1	100 M.	11.26s	RACHITA MISTRY	BANGALORE	7/5/2000