

**79th RAILWAY ATHLETICS CHAMPIONSHIPS-2013**  
**Org By:- RAILWAY SPORTS PROMOTION BOARD**

**\*05th TO 07th August 2013 \***

**\*~\*~\* FINAL RESULTS \*~\*~\***

**Event # 1 MENS 100m**

**TIME:-17:50 Hrs**

**06/08/2013**

**# N.R.:ANIL KUMAR P. NEW DELHI 10.30 24.08.05**

**%I.R.:R.GNANASEKHARAN R. SOUTHERN RAILWAY 10.20 1978**

**Final**

1	MANIKANDARAJ N .	SCR	+0.2m/s	10.59
2	GANESH SATPUTE .	CR	+0.2m/s	10.76
3	MANIKANDA ARUMUGAM	SR	+0.2m/s	10.76
4	RITESH ANAND .	CR	+0.2m/s	10.90
5	ROSITTO SAX .	SWR	+0.2m/s	11.00
6	RAJA OOMMEN .	WR	+0.2m/s	11.12
7	B.G.NAGRAJ .	WR	+0.2m/s	11.18
	BALAMURUGAN .	SR		DQ

**Heat-1**

1	BALAMURUGAN .	SR	+0.2m/s	10.95
2	ROSITTO SAX .	SWR	+0.2m/s	11.08
3	B.G.NAGRAJ .	WR	+0.2m/s	11.18
4	SUKENDU MONDAL	SER	+0.2m/s	11.46
5	DEBOJIT BORDOLOI	NFR	+0.2m/s	11.92
6	PRAKASH GAGRAI .	ECR	+0.2m/s	13.45
	ANIL KUMAR DOGRA	RB		DNF

**Heat-2**

1	MANIKANDARAJ N .	SCR	+0.5m/s	10.82
2	GANESH SATPUTE .	CR	+0.5m/s	10.87
3	RAJA OOMMEN .	WR	+0.5m/s	11.20
4	AJAY NAIK .	SER	+0.5m/s	11.70
5	DEBABRATA PAL .	NFR	+0.5m/s	11.96
6	AMIT SIROHI .	NWR	+0.5m/s	12.31

**Heat-3**

1	MANIKANDA ARUMUGAM	SR	+0.3m/s	10.73
2	RITESH ANAND .	CR	+0.3m/s	10.99
3	PRAVEEN K .	SWR	+0.3m/s	11.57
4	SURENDER SINGH .	NR	+0.3m/s	11.59
5	SHIV KUMAR .	SCR	+0.3m/s	11.74
6	SUKOMAL PAL .	NER	+0.3m/s	12.15
	S.BARUA .	RB		DNS

**Event # 2 MENS 200m**

**TIME:- 17:45 Hrs**

**07/08/2013**

**# N.R.:ANIL KUMAR P. BANGLORE 20.73 17/07/00**

**% I.R.:ARVIND . SOUTHERN RAILWAY 21.24 2006**

**Final**

1	MANIKANDA ARUMUGAM	SR	+0.0m/s	21.41
2	RITESH ANAND .	CR	+0.0m/s	22.02
3	NEERAJ PANWAR .	NR	+0.0m/s	22.02
4	GANESH SATPUTE .	CR	+0.0m/s	22.07
5	PRAKASH M .	SR	+0.0m/s	22.22
6	SUKENDU MONDAL	SER	+0.0m/s	22.66
7	RABI DAS .	SER	+0.0m/s	22.87
8	MANIKANDARAJ N .	SCR		DNS

**Heat-1**

1	RITESH ANAND .	CR	+0.1m/s	22.12
2	PRAKASH M .	SR	+0.1m/s	22.19
3	MANIKANDARAJ N .	SCR	+0.1m/s	22.28
4	RABI DAS .	SER	+0.1m/s	23.03
5	DEBABRATA PAL .	NFR	+0.1m/s	24.33
	PRAVEEN K .	SWR		DNS

**Heat-2**

1	MANIKANDA ARUMUGAM	SR	+0.0m/s	22.14
2	NEERAJ PANWAR .	NR	+0.0m/s	22.45
3	AMRIK RANA .	WR	+0.0m/s	23.23
4	DEBOJIT BORDOLOI	NFR	+0.0m/s	25.01
	S.BARUA .	RB		DNS

	DEEPAK R. .	SWR		DNS
<b>Heat-3</b>				
1	GANESH SATPUTE .	CR	+0.1m/s	22.97
2	SUKENDU MONDAL	SER	+0.1m/s	23.30
3	RAM NARESH YADAV	WR	+0.1m/s	23.88
4	KRISHAN KUMAR .	NWR	+0.1m/s	24.00
5	BHUPINDER SINGH	RB	+0.1m/s	30.96
	SUKOMAL PAL .	NER		DNS
	SHIV KUMAR .	SCR		DNS

**Event # 3 MENS 400m**

**TIME:-15:55 Hrs**

**05/08/2013**

**# N.R.:K.M. BINU ATHENS 45.48 20/08/04**

**% I.R.:MANOJ LAL SOUTHERN RAILWAY 46.90 1999**

**Final**

1	BIBIN MATHEW .	SR		47.59
2	NEERAJ PANWAR .	NR		48.41
3	JITHIN PAUL .	WR		48.67
4	BINISH V.B. .	SR		49.61
5	VISHAMBER KOLEKAR	SWR		49.94
6	AVIN THOMAS .	WR		49.95
7	DEEPAK R. .	SWR		52.96
8	VASHISHT KUMAR RAI	NCR		53.07

**Heat-1**

1	BIBIN MATHEW .	SR		49.42
2	VISHAMBER KOLEKAR	SWR		50.85
3	AVIN THOMAS .	WR		52.60
4	GURPINDER SINGH	NR		58.74
	RAKESH KUMAR YADAV	ECR		DNF
	KARAMVIR SINGH .	RB		DNF

**Heat-2**

1	NEERAJ PANWAR .	NR		51.00
2	JITHIN PAUL .	WR		51.05
3	BINISH V.B. .	SR		51.09
4	DEEPAK R. .	SWR		52.42
5	VASHISHT KUMAR RAI	NCR		53.04

**Event # 4 MENS 800m**

**TIME:- 19:00 Hrs**

**07/08/2013**

**# N.R.:SRIRAM SINGH MONTREAL 1:45.77 27/07/76**

**% I.R.:RAJEEV R. WESTERN RAILWAY 1:49.56 2006**

**Final**

1	SAJEEH JOSEPH .	SR		1:55.15
2	VIKASH LATHIYAN .	ECOR		1:56.04
3	VIPUL RANA .	SER		1:57.14
4	SANJAY .	WR		1:57.53
5	VISHAMBER KOLEKAR	SWR		1:57.75
6	AJIT KUMAR .	SER		1:58.34
7	SANDEEP KUMAR .	NWR		1:59.72
8	JASKARAN SINGH .	NR		2:03.13

**Heat-1**

1	VIPUL RANA .	SER		1:59.01
2	SANJAY .	WR		1:59.09
3	VISHAMBER KOLEKAR	SWR		1:59.11
	BALJEET SINGH .	NR		DNF
	FIROZ AHMED .	NFR		DNF
	PARAMJEET .	NER		DNF

**Heat-2**

1	VIKASH LATHIYAN .	ECOR		2:01.38
2	AJIT KUMAR .	SER		2:01.39
3	SANDEEP KUMAR .	NWR		2:01.44
4	VEERANNAN .	SR		2:11.93
5	SANJAY MISHRA .	NER		2:17.73
6	KANAK DAS .	NFR		2:24.99
	RAJINDER KUMAR .	RB		DNS

**Heat-3**

1	SAJEEH JOSEPH .	SR		2:02.67
2	JASKARAN SINGH .	NR		2:02.80

3	GEORGE JHON .	SWR	2:03.03
4	DANDU SOREN .	ECOR	2:05.67
5	SATNAM SINGH .	RCFK	2:10.19
6	SUDHIR KUMAR .	WR	2:11.58
	MUNNA SINGH .	RCFR	DNS

**Event # 5 MENS 1500m**

**TIME:-15:45 Hrs**

**05-08-2013**

**# N.R.:BAHADUR PRASAD CHENNAI 3:38.00 23/12/95**

**%I.R.:B.PRASAD CENTRAL RAILWAY 3:47.10 1992-93**

1	SAJEEH JOSEPH .	SR	4:01.13
2	VIKASH LATHIYAN .	ECOR	4:01.41
3	VIPUL RANA .	SER	4:02.17
4	CHANDRAKANT M. .	CR	4:03.71
5	SANJAY .	WR	4:05.63
6	AJIT KUMAR .	SER	4:05.80
7	VISHAL .	NWR	4:06.29
8	RAHUL .	SWR	4:09.18
9	BIRSA ORAM .	SECR	4:11.19
10	MAHENDRA S .	WR	4:14.29
11	DANDU SOREN .	ECOR	4:25.59
12	PARAMJEET .	NER	4:33.82
13	VEERANNAN .	SR	4:38.73
14	MUTHAIAH .	SCR	4:45.04
	BALJEET SINGH .	NR	DNS
	KARAMJEET SINGH .	NR	DNS

**Event # 6 MENS 5000m**

**TIME:- 17:00 Hrs**

**07/08/2013**

**#N.R.:B.PRASAD BIRMINGHAM :13:29.70 25/06/92**

**%I.R.:R.. CENTRAL RAILWAY :14:05.80 13-1-2009**

1	ARVIND KUMAR .	SECR	14:37.89
2	SANDIP KUMAR .	CR	14:40.07
3	SOJI MATHEW .	WR	14:50.80
4	AJAY VEER SINGH .	NCR	15:01.94
5	SANTOSH KUMAR P	WR	15:06.78
6	SOMPAL POONIA .	NWR	15:11.88
7	GOPAL PATEL .	NER	15:37.51
8	VIRENDER SINGH .	SECR	16:06.22
9	DEVENDER SINGH-JR	NR	16:18.58
10	BASAVARAJ .	SWR	16:20.12
11	AMANDEEP SINGH .	RCFK	17:01.18
12	DHARAMVEER YADAV	NWR	17:36.90
13	PRAVESH .	SWR	17:55.28
14	TEJINDER SINGH .	RCFK	18:01.01
15	JAY PRAKASH .	SER	18:19.26
	RATI RAM SAINI .	NR	DNF
	SATBIR SINGH .	RB	DNF
	SIVA SHANKAR .	SCR	DNS
	PARVINDRA SINGH PATEL	DLW	DNS
	VIRENDER KUMAR .	NFR	DNS

**Event # 7 MENS 10000m**

**TIME:-19:25 Hrs**

**05-08-2013**

**# N.R.:SURENDER SINGH VIGO-SPAIN :28:02.89 2008**

**%I.R.:G.SAINI WESTERN RAILWAY :29:40.00 1980-81**

1	RATI RAM SAINI .	NR	30:34.41
2	SOJI MATHEW .	WR	30:40.81
3	AJAY VEER SINGH .	NCR	30:52.41
4	GOPAL PATEL .	NER	32:06.88
5	PARAS KUMAR .	WR	32:08.58
6	MANOJ AHLAWAT .	NWR	34:41.26
7	BASAVARAJ .	SWR	34:55.97
8	GUDU YADAV .	SECR	37:05.97
9	JAWAHAR PRASAD .	NER	40:02.17

**Event # 8 MENS 3000m Steeplechase**

TIME:- 19:15 Hrs

06-08-2013

# N.R.:GOPAL SAINI TOKYO 8:30.88 5/6/1981

% I.R.:GOPAL SAINI WESTERN RAILWAY 8:48.80 1980-81

1	SACHIN PATIL .	CR		9:19.17
2	MAHENDRA S .	WR		9:20.71
3	JIYA LAL BIND .	NCR		9:21.08
4	YOGENDRA KUMAR	WR		9:37.01
5	DHARA YADAV .	NWR		9:48.34
6	DEVENDER SINGH-JR	NR		10:01.34
7	BIRSA ORAM .	SECR		10:22.72
8	RAHUL .	SWR		10:24.77
9	BINISH SOMAN .	SR		10:45.17
10	S.C.HARISH .	SWR		11:17.38
11	IQBAL KHAN .	NWR		11:32.70
	SAMMAIAH .	SCR		DNF

**Event # 9 MENS 110m Hurdles**

TIME:- 17:40 Hrs

06/08/2013

# N.R.:SIDHANTH T. BRUSSELS 13.65 17-6-2012

% I.R.:RAVI CHANDRAN SOUTHERN RAILWAY 14.00 1994

1	A.SURESH .	ICF	+0.4m/s	14.23
2	PINTO MATHEW A.	WR	+0.4m/s	14.56
3	MUTHUSAMY .	SR	+0.4m/s	15.05
4	PRASHANTH .	SWR	+0.4m/s	15.54
5	SURYA KUMAR .	SWR	+0.4m/s	16.59
6	BALAMURUGAN .	SR	+0.4m/s	16.65
7	HARPAL .	NWR	+0.4m/s	17.48
	CHANDAN YADAV .	ECR		DNF

**Event # 10 MENS 400m Hurdles**

TIME:- 13:45 Hrs

07/08/2013

# N.R.:JOSEPH G.ABRAHAM OSAKA 49.51 AUG.-2007

% I.R.:J.ABRAHAM SOUTHERN RAILWAY 50.81 13-1-2009

1	JOSEPH ABRAHAM .	SR		51.39
2	JITHIN PAUL .	WR		52.07
3	AVIN THOMAS .	WR		53.48
4	PRASHANTH .	SWR		54.99
5	VASHISHT KUMAR RAI	NCR		1:01.29
6	AMIT PRATAP SINGH	NER		1:17.75

**Event # 11 MENS High Jump**

TIME:- 14:00 Hrs

07/08/2013

PH=1.75,SH=1.80+5cm-2.00+3cm-2.09+2

# N.R.:HARI SHANKER ROY SINGAPORE 2.25 28.09.04

% I.R.:HARI SHANKAR RAI EASTERN RAILWAY 2.21 2007

1	NIKHIL CHITTRASU	SR		2.11m
2	YOGAR RAJ .	SR		2.09m
3	KUWAR SURJIT KR SINGH	CLW		2.06m
4	ARUN KUMAR S .	CR		2.03m
5	VIPIN SINGH .	SWR		1.85m
	DEEPAK .	WCR		NM
	KARTAIKEYAN .	SWR		NM
	ANIL CHAHAL .	NR		NM
	PUSHPENDER SINGH	NER		NM
	HARI SHANKAR ROY	ER		NM
	OM VEER SINGH	NWR		NM

**Event # 12 MENS Pole Vault**

TIME:- 17:30 Hrs

06/08/2013

PH=3.20,SH=3.40+20cm-4.00+10cm

# N.R.:K.P. BIMIN NEW DELHI 5.13 2012

% I.R.:K.P. BIMIN SOUTHERN RAILWAY 5.13 2012

1	K.P.BIMIN .	SR		5.00m
2	BALAKRISHNA .	SWR		4.80m
3	BINEESH JACOB .	SWR		4.60m
3	DEVENDER SINGH-SR	NR		4.60m

5	J.PREETH .	WR		4.60m
6	DEVENDER KUMAR .	NWR		3.40m
6	PARVEEN KUMAR .	NR		3.40m
	BAJRANGI PRASAD .	NER		NM
	SURESH KUMAR (PV)	WR		NM
	DHANEESH STEPHEN	CR		DNS
	ASHISH KUMAR SINGH	DLW		DNS

**Event # 13 MENS Long Jump**

**TIME:- 19:15 Hrs**

**05-08-2013**

**# N.R.:AMRIT PAL SINGH DELHI 8.08 16/03/04**

**% I.R.:SANJAY KUMAR RAI EASTERN RAILWAY 7.79 1998**

1	<b>K.PREM KUMAR .</b> 7.69, 7.95, 7.78, NM, 8.09, 7.96	ICF	+1.3m/s	<b>8.09m *NR</b>
2	NIKHIL CHITTRASU 5.11, 7.33, 7.32, 7.27, 7.71, 7.03	SR	+0.5m/s	7.71m
3	ROSITTO SAX . 6.80, 7.34, 7.46, 6.92, 7.47, 7.60	SWR	+0.1m/s	7.60m
4	RAJA OOMMEN .	WR	+0.4m/s	7.44m
5	AZARUDDIN .	SR	+0.3m/s	7.38m
6	RABI DAS .	SER	+1.2m/s	7.16m
7	AGNELO S S .	CR	+1.0m/s	7.11m
8	MAHA SINGH .	NR	+0.2m/s	6.79m
9	ANOOP THOMAS .	SWR	+0.3m/s	6.65m
10	MANJESH KUMAR YADAV	WR	+0.2m/s	6.57m
11	VENKAT RAO .	SCR	+0.3m/s	5.76m
12	HEMANTA KALITA . AMARJEET SINGH .	NFR NR	+0.1m/s	5.38m NM

**Event # 14 MENS Triple Jump**

**TIME:- 18:30 Hrs**

**06-08-2013**

**# N.R.:RENJITH MAHESHWARY DELHI CWG 17.07 2011**

**% I.R.:RANJITH M. WESTERN RAILWAY 16.76 2007**

1	AMARJEET SINGH . 14.51, 14.86, 14.97, 14.95, 15.18, NM	NR	+0.0m/s	15.18m
2	BASKAR . 14.53, NM, 14.93, 14.99, 14.91, 14.71	SR	+0.0m/s	14.99m
3	MAHA SINGH . 13.62, 13.85, 14.02, 14.08, 14.43, 14.48	NR	+0.0m/s	14.48m
4	RAJEEV KUMAR-I .	WR	+0.6m/s	14.39m
5	ANOOP THOMAS .	SWR	+0.1m/s	14.34m
6	MANOJ T. THOMAS HEMANTA KALITA . BINEESH JACOB .	SR NFR SWR	+0.0m/s	13.92m DNS DNS

**Event # 15 MENS Discus Throw**

**TIME:- 13:00 Hrs**

**05-08-2013**

**# N.R.:VIKAS GOWDA NORMAN 66.28 12-4-2012**

**% I.R.:VIKAS POONIA NORTH CEN.RAILWAY 55.82 2012**

1	VIKAS PONIA . 49.12, 49.86, NM, NM, NM, 49.13	NCR		49.86m
2	SUNIL KUMAR DT 42.01, 46.37, 46.56, 47.14, 47.71, 48.86	WR		48.86m
3	KARAN SINGH . 43.04, 46.73, NM, 45.48, 47.35, 48.15	NWR		48.15m
4	RAHUL .	NWR		47.38m
5	DIWAKAR RAJA .	SR		44.77m
6	APOORV DUBEY .	WR		44.00m
7	VIKASH KUMAR .	ECR		43.20m
8	RASHPAL SINGH .	WCR		41.81m
9	NAVEEN KUMAR .	DMW		41.45m
10	SIMRANJEET SINGH	DMW		39.67m

**Event # 16 MENS Hammer Throw**

TIME:- 13:00 Hrs

06-08-2013

# N.R.:RAKESH KUMAR YADAV BANGLORE 70.16 17/07/03

% I.R.:VIRENDER PUNIA WESTERN RAILWAY 66.76 1997

1	TALWINDER SINGH NM, 56.24, 59.14, 60.07, 62.49, NM	DMW	62.49m
2	AJAZ AHMED . 54.70, 59.08, 60.25, 61.86, NM, 61.56	SWR	61.86m
3	SUKHDEV SINGH . 57.12, 58.32, NM, 58.87, 58.15, 58.50	NR	58.87m
4	SUNIL PUNIA . .	CR	58.17m
5	BHUPENDER .	WR	57.49m
6	PARGAT SINGH .	RCFK	57.02m
7	BHUPENDER SINGH	WR	56.46m
8	JOGINDER SINGH .	NCR	54.29m
9	RAMBIR SINGH .	NWR	53.66m
10	SHANKAR PUNIA .	CR	44.92m
11	UDAYA BHANU .	SCR	43.91m
	BHARAT PRASAD RAI	DLW	NM
	DIWAKAR SINGH .	NCR	NM
	ASHOK KUMAR .	SECR	NM

**Event # 17 MENS Javelin Throw**

TIME:- 15:40 Hrs

06-08-2013

# N.R.:ANIL SINGH BHOPAL 80.72 2008

% I.R.:OM PRAKASH DUDI WESTERN RAILWAY 77.68 2000

1	RAJENDER SINGH . 57.50, NM, 71.00, 68.54, NM, NM	NWR	71.00m
2	SHARTH RAJ . 61.09, 57.68, 59.86, 57.65, 61.75	SR	66.99m
3	K.N.TRIPATHI . NM, 58.16, 58.73, 63.16, 65.31, 62.42	NCR	65.31m
4	SOVIR RANA .	WR	63.69m
5	OM PRAKASH DOODI	NWR	62.96m
6	SATPAL .	WR	61.33m
7	ARVIND .	SWR	59.53m
8	GAJENDER SINGH .	NR	57.57m
9	DHARMENDER .	NR	53.99m
	ANKIT KUMAR .	SECR	DNS

**Event # 18 MENS Shot Put**

TIME:- 19:15 Hrs

05-08-2013

# N.R.:OM PRAKASH HUNGARY 20.69 12-5-2012

% I.R.:SHAKTI SINGH NORTHERN RAILWAY 18.90 1998

1	ASHWANI SOLANKI . 17.10, NM, 16.83, NM, NM, NM	DMW	17.10m
2	SATYENDER KUMAR SINGH 16.25, 16.53, 16.92, 16.29, NM, 16.73	NWR	16.92m
3	SUNIL KUMAR (SP) 15.83, NM, NM, 16.07, 16.10, NM	WR	16.10m
4	NAVEEN KUMAR .	DMW	15.94m
5	MD UJAID AHMED .	NCR	15.94m
6	JAGBIR .	SWR	15.19m
7	SUKHDEV SINGH .	RCFK	14.90m
8	SHILENDER SINGH .	NER	14.74m
9	SHIV KUMAR .	SER	14.05m
10	KARAMJEET .	NR	13.47m
11	APOORV DUBEY .	WR	12.89m
12	DIWAKAR RAJA .	SR	12.07m
13	PANKAJ KUMAR .	NER	8.52m
	SHAKTI SINGH. .	CR	DNS

**Event # 19 MENS 4x100m Relay****TIME:- 19:15 Hrs****05/08/2013**

# N.R.: INDIAN NATIONAL TEAM DELHI CWG 38.89 2010

(R.MOLLA, S.SURESH, SAMEER MON, A.N.QURESHI)

% I.R.: NORTHERN RAILWAY NORTHERN RAILWAY 40.98 14-1-2009

(VISHAL SAXENA, SATINDER SINGH, MAHA SINGH, SURENDRA SINGH)

1	<b>SOUTHERN RAILWAY</b> ARUMUGAM,MANIKANDA .,PRAKASH M.	.,ARUNJITH .,BALAMURUGAN	41.09
2	<b>WESTERN RAILWAY</b> .,RAJA OOMMEN KUMAR YADAV,MANJESH	A.,PINTO MATHEW .,B.G.NAGRAJ	43.00
3	<b>SOUTHEASTERN RAILWAY</b> .,AJAY NAIK .,CHANDAN MAHTO	.,RABI DAS MONDAL,SUKENDU	43.13
4	<b>SOUTHCENTRAL RAILWAY</b> .,SHIV KUMAR .,ANJENEYULU	.,SRINIWAS .,MANIKANDARAJ N.	43.16
5	<b>SOUTHWESTERN RAILWAY</b> .,BALAKRISHNA .,DEEPAK R.	.,PRAVEEN K. .,ROSITTO SAX	43.36
6	<b>NORTHERN RAILWAY</b> .,MAHA SINGH .,NEERAJ PANWAR	.,SURENDER SINGH .,AMARJEET SINGH	43.50
7	<b>NORTH FORINTER RAILWAY</b> .,DEBABRATA PAL .,HEMANTA KALITA	.,KANAK DAS BORDOLOI,DEBOJIT	47.93

**Event # 20 MENS 4x400m Relay****TIME:- 18:00 Hrs****06-08-2013**

#N.R.:I.N/I (LIJO DAVID, RAMACHANDRAN, JATA SHANKER, PARAMJIT S.)

%I.R.:S.R (BIBIN METHEW, SRIJTH P.S, BINISH V.B., JOSEPH ABRAHAM)

1	<b>SOUTHERN RAILWAY</b> SRIJITH P.S. . BINISH V.B. .	JOSEPH ABRAHAM . BIBIN MATHEW .	3:19.90
2	<b>SOUTH WESTERN RAILWAY</b> DEEPAK R. . S.BHARATH .	PRASHANTH . VISHAMBER KOLEKAR	3:23.53
3	<b>WESTERN RAILWAY</b> AVIN THOMAS . PINTO MATHEW A.	SANJAY . JITHIN PAUL .	3:27.38
4	<b>NORTHERN RAILWAY</b> NEERAJ PANWAR . SURENDER SINGH .	JASKARAN SINGH . SHALENDER SINGH	3:29.95
5	<b>NORTH WESTERN RAILWAY</b> SANDEEP KUMAR . KRISHAN KUMAR .	VISHAL . HITESH DESHWAL .	3:37.93
6	<b>NORTH FORINTER RAILWAY</b> KANAK DAS . FIROZ AHMED .	DEBABRATA PAL . DEBOJIT BORDOLOI	3:54.32
7	<b>SOUTH CENTRAL RAILWAY</b> MUTHAIAH . SIVA SHANKAR .	SAMMAIAH . RAJA .	3:59.56

**Event # 21 MENS 20000m Walk****TIME:- 15:15 Hrs****06-08-2013**

# N.R.:K.T. IRFAN LONDON 1:20:21.00 2012

%I.R.:G.SINGH NORTHERN RAILWAY 1:23:05.84 2011

1	MANIRAM PATEL .	WR	1:32:20.21
2	ROMIT .	WR	1:38:52.42
3	ASHOK PATEL .	SECR	1:45:51.17
4	SANDEEP KUMAR .	SWR	1:46:51.95
5	MANVEER .	NWR	1:57:22.00
6	RAM KUMAR .	NR	2:04:16.08
	WASEEM RAJA .	NR	DNF
	O SUSHIL KUMAR SINGH	NFR	DNF
	RAJ KUMAR PATEL	DLW	DNF

**Event # 43 MENS Decathlon**

TIME:-

# N.R.:BHARTINDER SINGH BANGLORE 7658 2011

%I.R.:R.NIWAS NORTH WESTERN RAILWA 7001 14-1-2009

1	RANEESZH V.V. .	SR		6463
	11.69,6.76,11.31,1.81,50.78,16.41,31.93,4.20,45.83,4:49.27			
2	OMVEER SINGH .	SWR		5879
	11.78,6.53,10.45,1.66,54.15,16.57,33.75,3.80,47.61,5:11.00			
3	RAMBIR SINGH .	NWR		5823
	11.79,6.17,10.33,1.69,53.46,16.39,33.09,3.60,48.89,5:09.40			
4	DHANEESH STEPHEN	CR		5769
5	CHARAN SINGH .	NR		4820
6	JJO P.V. .	SWR		4590
7	MANOJ T. THOMAS	SR		3385
8	DEVENDER SINGH	WR		3367

**Event # 66 MENS Marathon**

1	ARVIND KUMAR .	SECR		2:21:42.0
2	B.S.LONE .	WR		2:43:35.0
3	SIDDAPPA .	WR		2:55:32.0
4	B.L.I.BASCO .	SR		3:05:15.0

**Event # 22 WOMENS 100m**

TIME:- 17:55 Hrs

06/08/2013

# N.R.:RACHITA MISTRY TRIVANDRAM 11.38 12.08.00

%I.R.:R.MISTRY CENTRAL RAILWAY 11.50 1998-99

Final

1	MERLIN K.JOSEPH .	WR	+0.1m/s	11.84
2	SHARDHA N. .	SR	+0.1m/s	12.03
3	ASHA ROY .	ER	+0.1m/s	12.14
4	PRIYA P.K. .	SR	+0.1m/s	12.14
5	MANDEEP KAUR .	DMW	+0.1m/s	12.20
6	SRABANI NANDA .	ECOR	+0.1m/s	12.30
7	SAJITHA K.V. .	WR	+0.1m/s	12.62
8	PRANITA SAVE .	CR	+0.1m/s	12.63

Heat-1

1	ASHA ROY .	ER	+0.0m/s	12.11
2	SHARDHA N. .	SR	+0.0m/s	12.22
3	MANDEEP KAUR .	DMW	+0.0m/s	12.32
4	SAJITHA K.V. .	WR	+0.0m/s	12.60
5	PRANITA SAVE .	CR	+0.0m/s	12.62
6	CH SANTHI .	ECOR	+0.0m/s	12.89
	BALJIT KAUR .	NR	+0.0m/s	DQ

Heat-2

1	MERLIN K.JOSEPH .	WR	+0.0m/s	12.07
2	PRIYA P.K. .	SR	+0.0m/s	12.23
3	SRABANI NANDA .	ECOR	+0.0m/s	12.42
4	ARJINA KHATUN .	ER	+0.0m/s	12.99
5	AMMU .	CR	+0.0m/s	13.98
	MANISHA .	DMW	+0.0m/s	DNF

**Event # 23 WOMENS 200m**

TIME:- 17:40 Hrs

07/08/2013

# N.R.:SARASWATI SAHA LUDHIANA 22.82 28/08/02

%I.R.:P.T. USHA SOUTHERN RAILWAY 23.30 1989-90

Final

1	ASHA ROY .	ER	+0.1m/s	24.17
2	MERLIN K.JOSEPH .	WR	+0.1m/s	24.57
3	CHAVI SHARAWAT .	SR	+0.1m/s	24.67
4	SRABANI NANDA .	ECOR	+0.1m/s	24.78
5	MANDEEP KAUR .	DMW	+0.1m/s	25.15
6	SHARDHA N. .	SR	+0.1m/s	25.42
7	PRIYANKA MONDAL .	ER	+0.1m/s	25.71
8	PRANITA SAVE .	CR	+0.1m/s	26.74

Heat-1

1	CHAVI SHARAWAT .	SR	+0.0m/s	24.73
2	MERLIN K.JOSEPH .	WR	+0.0m/s	24.98
3	MANDEEP KAUR .	DMW	+0.0m/s	25.39
4	PRIYANKA MONDAL .	ER	+0.0m/s	25.59



5	PRANITA SAVE .	CR	+0.0m/s	26.54
6	CH SANTHI .	ECOR	+0.0m/s	27.28
	BALJIT KAUR .	NR		DNS

**Heat-2**

1	ASHA ROY .	ER	+0.2m/s	24.61
2	SRABANI NANDA .	ECOR	+0.2m/s	24.64
3	SHARDHA N. .	SR	+0.2m/s	25.92
4	AMITA BABY .	CR	+0.2m/s	27.12
5	SARITA .	WR	+0.2m/s	27.81
	MANISHA .	DMW		DNS

**Event # 24 WOMENS 400m**

**TIME:- 16:00 Hrs**

**05/08/2013**

**# N.R.:MANJIT KAUR CHENNAI 51.05 16/06/04**

**% I.R.:ROSA KUTTY SOUTHERN RAILWAY 52.54 1997-98**

**Final**

1	CHAVI SHARAWAT .	SR		55.71
2	PRIYANKA MONDAL .	ER		55.84
3	SARITA .	WR		56.42
4	MANISHA DEVI .	WR		56.46
5	SINI JOSE .	SR		57.40
6	VIJAYA LAKSHMI .	SWR		58.33
7	SONA V.J. .	SWR		1:00.22
8	APARNA .	CR		1:00.64

**Heat-1**

1	SARITA .	WR		57.61
2	PRIYANKA MONDAL .	ER		57.80
3	SINI JOSE .	SR		58.40
4	APARNA .	CR		1:00.07
5	SONA V.J. .	SWR		1:02.46
6	SUNITA .	WCR		1:06.94

**Heat-2**

1	CHAVI SHARAWAT .	SR		57.17
2	MANISHA DEVI .	WR		57.34
3	VIJAYA LAKSHMI .	SWR		57.90
4	RUMA BISWAS .	ER		1:03.68
5	PRIYANSHU PANDEY	CR		1:07.17

**Event # 25 WOMENS 800m**

**TIME:- 18:55 Hrs**

**07/08/2013**

**# N.R.:TINTU LUKA SPLIT 1:59.17 2010**

**% I.R.:ROSA KUTTY SOUTHERN RAILWAY 2:01.43 1997-98**

1	SUSHMA DEVI .	CR		2:08.33
2	JHUMA KHATUN .	ER		2:10.10
3	MANISHA DEVI .	WR		2:16.87
4	N.C.MOHANLAL .	SR		2:20.46
5	SMITHA .	SWR		2:21.18
6	APARNA .	CR		2:26.83
7	SHRUTHI .	SWR		2:27.94
8	JIJIMOL JACAB .	WR		2:41.52
9	ALKIA .	SCR		DNS

**Event # 26 WOMENS 1500m**

**TIME:- 15:50 Hrs**

**05-08-2013**

**# N.R.:SUNITA RANI BUSAN 4:06.03 10.10.02**

**% I.R.:O.P. JAISHA SOUTHERN RAILWAY 4:16.85 2006**

1	JHUMA KHATUN .	ER		4:25.51
2	O.P.JAISHA .	ER		4:26.30
3	SUSHMA DEVI .	CR		4:34.23
4	PRIYANKA PATEL .	CR		4:46.38
5	REKHA PATEL .	NER		4:47.93
6	SMITHA .	SWR		4:48.73
7	SHRUTHI .	SWR		5:01.44
8	N.C.MOHANLAL .	SR		5:03.91
9	JIJIMOL JACAB .	WR		5:22.45
	RUTHUJA LONDE .	SCR		DNF

**Event # 27 WOMENS 5000m**

TIME:-16:30 Hrs

07/08/2013

#N.R.:P.SREEDHARAN GUANGZHOU-CHINA :15:15.89 2010

%I.R.:P.SRIDHARAN SOUTHERN RAILWAY :16:24.65 2011

1	L.SURYA .	SR	17:09.22
2	PREEJA SREEDHARAN	SR	17:10.32
3	O.P.JAISHA .	ER	17:11.32
4	LALITA BABAR .	CR	17:33.48
5	SANAKKI THIPPAVA	SWR	18:19.25
6	SWATI GADWE .	CR	18:22.36
7	REKHA PATEL .	NER	18:37.94
8	VIJAYAMALA PATIL	WR	18:55.43
9	ARCHANA PAL .	NR	19:21.59
10	ROOMA DEVI .	SECR	19:36.69

**Event # 28 WOMENS 10000m**

TIME:- 20:20 Hrs

05-08-2013

#N.R.:P.SRIDHARAN WATFORD-LONDON :31:50.47 2010

%I.R.:P.SREEDHARN SOUTHERN RAILWAY :34:00.28 2011

1	PREEJA SREEDHARAN	SR	34:51.05
2	L.SURYA .	SR	35:03.35
3	SANAKKI THIPPAVA	SWR	37:24.85
4	MANISHA S. .	CR	37:51.67
5	MONICA RAUT .	SECR	38:26.32
6	SWATI GADWE .	CR	39:04.65

**Event # 29 WOMENS 3000m Steeplechase**

TIME:- 19:00 Hrs

06-08-2013

# N.R.:SUDHA SINGH SPAIN 9:47.70 7-6-2012

% I.R.:SUDHA SINGH CENTRAL RAILWAY :10:26.43 2012

1	LALITA BABAR .	CR	10:45.07
2	PRIYANKA PATEL .	CR	11:01.39
3	NEETHU M.V. .	SR	11:36.98
4	VIJAYAMALA PATIL	WR	11:45.73
5	KAMLESH .	NR	15:26.55
	RAJSHRI PATIL .	WR	DNF

**Event # 30 WOMENS 100m Hurdles**

TIME:- 17:30 Hrs

06/08/2013

# N.R.:ANURADHA BISWAL NEW DELHI 13.38 8/9/2002

% I.R.:DEBI BOSE EASTERN RAILWAY 13.86 1997-98

1	SAJITHA K.V. .	WR	+0.2m/s	14.20
2	ANSHU M.M. .	CR	+0.2m/s	14.31
3	MANJU P.M. .	WR	+0.2m/s	14.69
4	ADHEENA .	SR	+0.2m/s	15.44

**Event # 31 WOMENS 400m Hurdles**

TIME:- 14:00 Hrs

07/08/2013

# N.R.:P.T. USHA LOS ANGELS 55.42 8/8/1984

% I.R.:P.T. USHA SOUTHERN RAILWAY 57.60 1984-85

1	VIJAYA LAKSHMI .	SWR	1:03.95
2	SONIA K.A. .	SR	1:03.96
3	ANITA NAGAREDDY	WR	1:06.11
4	SANTI BARMAN .	ER	1:07.94
5	MANJU P.M. .	WR	1:08.12
6	PRIYANSHU PANDEY	CR	1:11.07
7	RUMA BISWAS .	ER	1:13.19
	E.PRATHIBA .	SR	DNS

**Event # 32 WOMENS High Jump**

TIME:- 18:00 Hrs

06/08/2013

P=1.35,S=1.45+5-1.60+3-1.60+3-1.69+

# N.R.:SAHANA KUMARI HYDRABAD 1.92 2012

%I.R.:S.KUMARI SOUTHERN WESTERN RLY 1.82 2009

1	SAHANA KUMARI .	SWR	1.76m
2	MALLIKA MONDAL .	ER	1.70m
3	SIJI N.K. .	WR	1.65m

4	STENY MICHAEL .	CR	1.60m
5	RENUKOMAL V.G.	WR	1.55m
6	SANTI BARMAN .	ER	1.50m

**Event # 33 WOMENS Pole Vault**

**TIME:- 13:00 Hrs**

**05/08/2013**

**P=2.30,S=2.50+20cm2.90+10cm**

**# N.R.:V.S. SUREKHA PATIALA 4.08 2006**

**% I.R.:V.S. SUREKHA SOUTHERN RAILWAY 4.05 2006**

1	V.S.SUREKHA .	SR	3.90m
2	DIJA K.C. .	CR	3.50m
3	ANUSHA K.P. .	CR	3.50m
4	REMYA R. .	WR	3.10m
5	K.K.ANOOSHA .	SR	3.00m

**Event # 34 WOMENS Long Jump**

**TIME:- 16:00 Hrs**

**07/08/2013**

**# N.R.:ANJU B.GEORGE ATHENS 6.83 27/08/04**

**%I.R.:J.SHOBHA SOUTH CENTRAL RAILWA 6.34 2003-04**

1	PRAJUSHA M.A. . 6.09, 6.09, 5.96, NM, NM, NM	SWR	+0.0m/s	6.09m
2	SUSAN K.JOY . 5.57, 5.81, 5.72, 5.66, 5.78, 5.77	CR	+0.0m/s	5.81m
3	NEENA V. . NM, 5.77, 5.78, NM, 5.76, NM	WR	+0.0m/s	5.78m
4	NEETHUMOL BOSE	WR	+0.0m/s	5.57m
5	SHALU CHAUDHARY .	CR	+0.0m/s	5.27m
6	SAVITHA V.S. .	SR	+0.2m/s	5.18m
7	TANJILA KHATUN . V.S.SUREKHA .	ER SR	+0.4m/s	5.11m DNS

**Event # 35 WOMENS Triple Jump**

**TIME:- 17:00 Hrs**

**06-08-2013**

**# N.R.:MAYOOKHA JOHNY INDIA 14.11 2011**

**% I.R.:MANISHA DEY EASTERN RAILWAY 13.39 2006**

1	PRAJUSHA M.A. . 13.03, 13.29, NM, NM, 12.95, 12.86	SWR		13.29m
2	AMITA BABY . NM, NM, 12.38, 12.21, 12.32, 12.46	CR		12.46m
3	NEENA V. . 12.03, NM, 12.05, 12.05, 11.95, NM	WR		12.05m
4	SAVITHA V.S. .	SR		11.59m
5	NEETHUMOL BOSE	WR		11.54m
	SHALU CHAUDHARY .	CR		NM
	SAHANA KUMARI .	SWR		NM
	STENY MICHAEL .	CR		DNS

**Event # 36 WOMENS Discus Throw**

**TIME:- 15:40 Hrs**

**07/08/2013**

**# N.R.:KRISHNA POONIA HAWAII 64.76 5-5-2012**

**% I.R.:KRISHNA POONIA NWR 58.05 2012**

1	KRISHNA POONIA . 49.26, NM, NM, NM, NM, NM	NWR		49.26m
2	PARMILA . 44.20, 47.17, 48.15, 47.59, 48.03, 45.29	WR		48.15m
3	SANTOSH KUMARI 37.99, 41.81, 39.71, 39.93, 37.81, 40.62	WR		41.81m
4	AMANPREET KAUR .	RCFK		39.69m
5	PARBATI SETHI .	ECOR		37.76m
6	SUGAN YADAV .	NR		35.56m
7	RASHMI .	CR		34.66m
8	SAVITA .	CR		31.97m
9	GUNJAN SINGH .	ER		29.48m
10	PINKI DEY .	ER		29.25m
11	MANPREET KAUR . PRAMILLA BHARALI	DMW NFR		27.13m NM

**Event # 37 WOMENS Hammer Throw**

TIME:- 14:30 Hrs

05-08-2013

# N.R.:HARDEEP KAUR NEW DELHI 61.67 8/9/2002

% I.R.:RITU RANI S.E.CENTRAL RAILWAY 60.91 2006

1	MANJU BALA . 50.70, 53.98, 49.91, 53.80, NM, 57.13	WR	57.13m
2	GUNJAN SINGH . NM, 49.60, 53.43, NM, 54.49, NM	ER	54.49m
3	SARITA P.SINGH . NM, 50.16, NM, 49.86, 52.69, 54.32	WR	54.32m
4	REENA KUMARI .	DMW	46.47m
5	ANITA PATEL .	CR	40.83m
6	USHMA RANI .	NR	37.43m

**Event # 38 WOMENS Javelin Throw**

TIME:-16:00 Hrs

05-08-2013

# N.R.:GURMEET KAUR BANGLORE 58.64 17/07/00

% I.R.:SUMAN RANI EASTERN RAILWAY 51.61 1999-2000

1	SARASWATHI . 40.24, 44.55, NM, NM, 44.90, 52.18	SR	52.18m *NMR
2	MUKESH KUMARI . 43.90, NM, 41.54, 47.02, 45.35, 43.70	WR	47.02m
3	N.M. HEMALATHA 38.51, 38.81, NM, NM, 37.98, 40.28	SWR	40.28m
4	POONAM RANI .	SWR	39.03m
5	ANITA PATEL .	CR	35.63m
6	APLESH . MEGHA PARDESI .	CR WR	30.59m DNS

**Event # 39 WOMENS Shot Put**

TIME:- 18:00 Hrs

06-08-2013

# N.R.:HARBANS KAUR MUMBAI 17.43 24/11/97

% I.R.:HARBANS KAUR DCR 17.46 1999-2000

1	MANPREET KAUR . 14.04, 13.74, NM, 14.28, 13.91, NM	DMW	14.28m
2	PINKI DEY . 11.71, 11.42, 12.29, 12.56, 12.80, 12.46	ER	12.80m
3	SARASWATHI . 11.31, 11.55, NM, 11.94, 11.09, 11.72	SR	11.94m
4	NEELAM SINGH .	SWR	11.09m
5	POONAM RANI .	SWR	10.75m
6	PRAMILA BHARALI	NFR	9.91m
7	SANTOSH KUMARI	WR	9.74m
8	APLESH .	CR	9.43m
9	VANDANA .	NR	8.50m
10	RASHMI .	CR	8.24m

**Event # 40 WOMENS 4x100m Relay**

TIME:- 19:20 Hrs

05/08/2013

# N.R.:INDIAN NATIONAL TEAM FUKUKA 44.43 22/07/98

% I.R.:S.RAILWAY SOUTHERN RAILWAY 46.44 2006

1	SR SONIA K.A. . PRIYA P.K. .	CHAVI SHARAWAT . SHARDHA N. .	47.03
2	WR AKICHA GAZI . SAJITHA K.V. .	MANJU P.M. . MERLIN K.JOSEPH .	47.41
3	ER ARJINA KHATUN . PRIYANKA MONDAL .	TANJILA KHATUN . ASHA ROY .	47.49
4	CR SUSAN K.JOY . ANSHU M.M. .	PRANITA SAVE . AMITA BABY .	48.22
5	SWR PRAJUSHA M.A. . SONA V.J. .	SAHANA KUMARI . VIJAYA LAKSHMI .	49.29

6	<b>ECOR</b> N.SUDHA . M.SOMIYA .	CH SANTHI . SRABANI NANDA .	49.86
7	<b>SCR</b> LEENA CHERIAN . KALPANA .	S.GEETHA . SOUJANYA .	54.00

**Event # 41 WOMENS 4x400m Relay**

**TIME:- 18:15 Hrs**

**06-08-2013**

**#N.R.:I.NATIONAL TEAM ATHENS 3:26.89 27/08/04**

**%I.R.:S.RAILWAY SOUTHERN RAILWAY 3:40.26 1997-98**

1	<b>SR</b> DIANA CLINTON . SINI JOSE .	SONIA K.A. . CHAVI SHARAWAT .	3:51.95
2	<b>CR</b> LIKSY JOSEPH . NIKSY JOSEPH .	APARNA . SUSHMA DEVI .	3:52.21
3	<b>WR</b> MANISHA DEVI . ANITA NAGAREDDY	MERLIN K.JOSEPH . SARITA .	3:54.84
4	<b>ER</b> RUMA BISWAS . O.P.JAISHA .	JHUMA KHATUN . PRIYANKA MONDAL .	3:57.67
5	<b>SWR</b> SONA V.J. . SHRUTHI .	SMITHA . VIJAYA LAKSHMI .	4:06.63
6	<b>SCR</b> LEENA CHERIAN . ALKIA .	SOUJANYA . RUTHUJA LONDE .	5:17.97

**Event # 42 WOMENS 20000m Walk**

**TIME:- 15:15 Hrs**

**06-08-2013**

**# N.R.:KHUSHBIR KAUR PATIALA 1:37:28.00 23-4-2012**

**%I.R.:L.DEVI EASTERN RAILWAY 1:43:23.00 2012**

1	RANI YADAV .	DLW	1:49:27.28
2	SHANTI KUMARI .	WR	1:54:29.68
3	ANITHA M. .	SWR	2:03:05.61
4	V.S.SANDHYA .	SR	2:05:00.30
5	P.SREENA .	SCR	2:05:51.37
6	SUPRIYA ADAK .	WR	2:06:42.69

**Event # 54 WOMENS Heptathlon**

**TIME:-**

**# N.R.:J.J. SHOBHA DELHI 6211 17.03.04**

**% I.R.:G.G. PRAMILA SOUTH CENTRAL RAILWA 5657 1999**

1	SUSMITA SINGHA ROY 14.64,1.63,11.44,25.70,5.21,34.58,DNF	ER	4290
2	NIKSY JOSEPH . 15.26,1.57,10.06,26.60,5.43,26.46,DNF	CR	3877
3	LIKSY JOSEPH . 15.28,1.54,9.35,26.05,5.49,25.91,DNF	CR	3847
4	ADHEENA .	SR	3381
5	APARNA S. .	WR	3115
6	D.KARPURAMALA .	SR	3097