

85th ALL INDIA INTER RAILWAY ATHLETICS CHAMPIONSHIP-2019

Org By :- CENTRAL RAILWAY SPORTS ASSOCIATION

*** PUNE * 20th TO 22nd AUG 2019 ***

~*~* FINAL RESULTS *~*~

Event # 1 MENS 100m

N.R.:AMIYA KUMAR MALLICK NEW DELHI 10.26 2016

%I.R.:R.GNANASEKHARANR. SOUTHERN RAILWAY 10.20 1978

Final

1	SUDHAKAR .	288	SCR	+0.5m/s	0:10.56
2	ELAKKIYADASAN .	329	SR	+0.5m/s	0:10.60
3	PRANJWAL .	201	NR	+0.5m/s	0:10.68
4	B.SIVA KUMAR	154	ICF	+0.5m/s	0:10.82
5	MANIKANDA ARUMUGAM	335	SR	+0.5m/s	0:10.84
6	MANIKANTHA RAJ	294	SCR	+0.5m/s	0:10.91
7	MANISH .	368	SWR	+0.5m/s	0:10.98
8	PREMKUMAR .K	153	ICF	+0.5m/s	0:10.98

Heat-1

1	MANIKANTHA RAJ	294	SCR	+0.1m/s	0:11.01
2	MANISH .	368	SWR	+0.1m/s	0:11.12
3	RAJA OOMMEN	425	WR	+0.1m/s	0:11.63
4	ANBU SELVAN	440	RPF	+0.1m/s	0:11.77
5	BIJENDER PANGAL	119	CR	+0.1m/s	0:12.06
6	ASIT KUMAR HANSDA	309	SER	+0.1m/s	0:12.82
7	PAMIT DAGAR	248	RB	+0.1m/s	0:13.19
8	PRMESHVAR BHAGAT	303	SECR	+0.1m/s	0:14.39

Heat-2

1	MANIKANDA ARUMUGAM	335	SR	+0.0m/s	0:10.91
2	PREMKUMAR .K	153	ICF	+0.0m/s	0:11.05
3	GANESH SATPUTE	120	CR	+0.0m/s	0:11.09
4	AGASTIAN Y.	388	SWR	+0.0m/s	0:11.13
5	AAKASH .	195	NR	+0.0m/s	0:11.15
6	BIPLAB DAS	140	ECR	+0.0m/s	0:11.73
7	AJAY KUMAR NAIK	312	SER	+0.0m/s	0:11.76
8	SHIVANSHU GUPTA	249	RB	+0.0m/s	0:14.78

Heat-3

1	ELAKKIYADASAN .	329	SR	-1.6m/s	0:10.71
2	PRANJWAL .	201	NR	-1.6m/s	0:10.77
3	B.SIVA KUMAR	154	ICF	-1.6m/s	0:10.80
4	SUDHAKAR .	288	SCR	-1.6m/s	0:10.83
5	STALIN VINCENT	439	RPF	-1.6m/s	0:11.27
6	SAHIL WALESKI	437	WR	-1.6m/s	0:12.13
	B. SURYANARAYAN	142	ECOR		DNF
	MOHIT .	229	NWR		DNF

Event # 2 MENS 200m

N.R.:DHARAMBIR SINGH WUHAN 20.66 07/06/2015

%I.R.:M.ARUMUGAM SOUTHERN RAILWAY 21.17 Sep 2014

Final

1	MANIKANDA ARUMUGAM	335	SR	+0.4m/s	0:21.48
2	B.SIVA KUMAR	154	ICF	+0.4m/s	0:21.59
3	AAKASH .	195	NR	+0.4m/s	0:22.11
4	NATWAR SINGH	238	NWR	+0.4m/s	0:22.13
5	MANISH .	368	SWR	+0.4m/s	0:22.18
6	PRANJWAL .	201	NR	+0.4m/s	0:22.29
7	GANESH SATPUTE	120	CR	+0.4m/s	0:22.67
8	STALIN VINCENT	439	RPF	+0.4m/s	0:22.87

Heat-1

1	MANIKANDA ARUMUGAM	335	SR	+0.2m/s	0:22.07
2	PRANJWAL .	201	NR	+0.2m/s	0:22.53
3	PRAJEESH K.P.	269	RPF	+0.2m/s	0:23.29
4	GAUTAM GUPTA	128	DLW	+0.2m/s	0:23.82
5	BIJENDER PANGAL	119	CR	+0.2m/s	0:24.19
	MOHIT .	229	NWR		DNF
	BIPLAB DAS	140	ECR		DNS
	SHAILENDER KUMAR	265	RDSO		DNS

Heat-2						
1	B.SIVA KUMAR	154	ICF	-0.5m/s	0:21.97	
2	AAKASH .	195	NR	-0.5m/s	0:22.15	
3	NATWAR SINGH	238	NWR	-0.5m/s	0:22.21	
4	MANISH .	368	SWR	-0.5m/s	0:22.34	
5	SUDHAKAR .	288	SCR	-0.5m/s	0:22.50	
6	SAHIL WALESKI	437	WR	-0.5m/s	0:25.27	
7	MAHESH BATRA	247	RB	-0.5m/s	0:30.49	
	ANBU SELVAN	440	RPF		DNS	
Heat-3						
1	STALIN VINCENT	439	RPF	+0.5m/s	0:22.91	
2	GANESH SATPUTE	120	CR	+0.5m/s	0:23.16	
3	S.ARUNJITH .	332	SR	+0.5m/s	0:23.92	
4	ABIR MAHATO	310	SER	+0.5m/s	0:24.76	
5	DEBASHIS DAS	414	WR	+0.5m/s	0:24.90	
	AGASTIAN Y.	388	SWR		DNS	
	DEEPAK SINGH DHAIYA	258	RB		DNS	
	GAURAV .	196	NR		DNS	
Event # 3 MENS 400m						
# N.R.:MUHAMMED ANAS KLDNO,CZE 45.21 2019						
% I.R.:MANOJ LAL SOUTHERN RAILWAY 46.90 1999						
Final						
1	V. VELLAYATHEVAN	160	ICF		0:47.82	
2	RAVINDER .	231	NWR		0:48.08	
3	NATWAR SINGH	238	NWR		0:48.29	
4	ARJUN KHOKHAR	205	NR		0:49.01	
5	JAGADEESH CHANDRA	374	SWR		0:49.02	
6	JASHANJOT SINGH	213	NR		0:49.92	
7	SANDEEP ..	413	WR		0:50.16	
8	SUNNY B. PATIL	428	WR		0:52.23	
Heat-1						
1	V. VELLAYATHEVAN	160	ICF		0:48.79	
2	RAVINDER .	231	NWR		0:49.08	
3	JASHANJOT SINGH	213	NR		0:50.56	
4	SANDEEP ..	413	WR		0:50.90	
5	PRAJEESH K.P.	269	RPF		0:52.59	
6	ABIR MAHATO	310	SER		0:55.97	
	SOMPAL .	245	RB		DNF	
Heat-2						
1	NATWAR SINGH	238	NWR		0:48.68	
2	JAGADEESH CHANDRA	374	SWR		0:50.47	
3	ARJUN KHOKHAR	205	NR		0:51.23	
4	SUNNY B. PATIL	428	WR		0:51.71	
5	SUMIT MALIK	293	SCR		0:52.49	
6	BIBIN METHREW	342	SR		0:57.58	
Event # 4 MENS 800m						
# N.R.:JINSON JOHNSAN GUWAHATI 1:45.65 2018						
% I.R.:RAJEEV R. WESTERN RAILWAY 1:49.56 2006						
Final						
1	V. VELLAYATHEVAN	160	ICF		1:52.90	
2	BEANT SINGH	210	NR		1:53.43	
3	SAHIL .	203	NR		1:54.33	
4	AJAY KUMAR SAROJ	192	NER		1:55.49	
5	SAJEESH JOSEPH	340	SR		1:58.28	
6	DEEPENDRA YADAV	438	WR		1:59.41	
7	VIPIN KUMAR	442	RPF		2:05.63	
8	SUNNY B. PATIL	428	WR		2:07.20	
Heat-1						
1	BEANT SINGH	210	NR		2:02.05	
2	DEEPENDRA YADAV	438	WR		2:02.34	
3	SUNNY B. PATIL	428	WR		2:03.04	
4	VIPIN KUMAR	442	RPF		2:05.53	
5	GEORGE J.	377	SWR		2:06.97	
	VISHAMBER K	379	SWR		DNS	

	Heat-2					
1	V. VELLAYATHEVAN	160		ICF		2:05.24
2	SAHIL .	203		NR		2:05.42
3	JAYANTA BHAGAT	445		SER		2:21.03
4	VIKAS LATHIYAN	161		MCF		2:39.12
5	NIRMAL KUMAR	250		RB		2:48.26
	SUNIL KUMAR	251		RB		DNF
	Heat-3					
1	AJAY KUMAR SAROJ	192		NER		2:00.10
2	SAJEESH JOSEPH	340		SR		2:01.41
3	SENTHIL KUMAR	441		RPF		2:08.93
4	VIKASH MALIK	189		NER		2:34.33
5	BIRSHA ORAM .	301		SECR		2:34.37
	Event # 5 MENS 1500m					
	# N.R.:JINSON JOHNSAN NIJMEGEN 3:37.62 2019					
	% I.R.:AJAY SAROJ NER 3:45.50 2017					
1	AJAY KUMAR SAROJ	192		NER		3:49.97
2	SAJEESH JOSEPH	340		SR		3:52.20
3	ARUN KUMAR	259		RCF		3:52.71
4	SAHIL .	203		NR		3:53.97
5	AJAY KUMAR BIND	127		DLW		3:57.81
6	NAGRAJ K.	114		CR		4:05.81
7	M.NARESH KUMAR	383		SWR		4:07.92
8	CHANDRAKANT M.	115		CR		4:08.78
9	DEEPENDRA YADAV	438		WR		4:14.08
10	VIPIN KUMAR	442		RPF		4:39.05
11	RAMESH MOR	260		RCF		4:43.49
12	JAI PRAKASH	313		SER		5:09.63
	SUSHIL KUMAR	252		RB		DNF
	SHAILENDER SINGH	194		NER		DNF
	YOGENDRA KUMAR	421		WR		DNF
	VISHAMBER K	379		SWR		DNF
	TONISH TOMAR	162		MCF		DNF
	RAMJI SHARMA	256		RB		DNF
	BIRENDRA SINGH	306		SECR		DNF
	BEANT SINGH	210		NR		DNF
	SHIV PRAKASH	389		WCR		DNF
	VIKRAM PANWAR	267		RDSO		DNS
	Event # 6 MENS 5000m					
	# N.R.:BAHADUR PRASAD BIRMINGHAM 13:29.70 25/06/92					
	%I.R.:R.. CENTRAL RAILWAY 14:05.80 13-1-2009					
1	ARUN KUMAR	259		RCF		14:23.80
2	VIRENDER KUMAR PAL	171		NCR		14:31.21
3	VISHNU VEER SINGH	264		RCF		14:38.81
4	ROBIN .	232		NWR		14:39.95
5	AJAY KUMAR BIND	127		DLW		15:00.85
6	SHUBHANKAR GHOSH	416		WR		15:08.35
7	HARSHAD MAHATRE	116		CR		15:40.48
8	SURESH WAGH	121		CR		15:51.91
9	VIJAY RATHI	208		NR		15:53.54
10	PARAM SINGH	435		WR		16:07.97
11	ARUN KUMAR	381		SWR		16:39.88
12	AJAY VEER SINGH	178		NCR		22:43.21
	PRAMOD .	200		NR		DNF
	GUDDU YADAV .	302		SECR		DNF
	VIKAS .	246		RB		DNF
	AMRESH YADAV	307		SECR		DNF
	SHIV PRAKASH	389		WCR		DNF
	PARVESH .	369		SWR		DNF
	PARAS NATH YADAV	253		RB		DNF
	BRIJESH KUMAR SINGH	266		RDSO		DNS

Event # 7 MENS 10000m						
# N.R.:SURENDER SINGH VIGO-SPAIN 28:02.89 2008						
% I.R.:G.SAINI WESTERN RAILWAY 29:40.00 1980-81						
1	RANJEET PATEL	191	NER			30:36.28
2	HARSHAD MAHATRE	116	CR			30:37.91
3	VASUDEV NISHAD	177	NCR			30:44.81
4	ROBIN .	232	NWR			30:58.74
5	SHUBHANKAR GHOSH	416	WR			31:47.14
6	VISHNU VEER SINGH	264	RCF			31:59.59
7	PARVESH .	369	SWR			32:22.54
8	PRAMOD .	200	NR			32:48.33
9	RAJ KUMAR SINGH	181	NCR			33:03.87
10	SANTOSH KUMAR	446	WR			36:10.10
11	TEJINDER SINGH	263	RCF			36:12.34
12	ARVIND KR YADAV	304	SECR			39:14.93
	VIJAY RATHI	208	NR			DNF
	GOPAL PATEL	190	NER			DNF
	ARUN KUMAR	381	SWR			DNF
Event # 8 MENS 3000m Steeplechase						
# N.R.:AVINASH SABLE PATIALA 8:28.94 2019						
% I.R.:GOPAL SAINI WESTERN RAILWAY 8:48.80 1980-81						
1	NAGRAJ K.	114	CR			9:22.89
2	VICKEY THOMAS	295	SCR			9:24.96
3	HARIBAKSH SINGH	180	NCR			9:29.66
4	M.NARESH KUMAR	383	SWR			9:32.10
5	YOGENDRA KUMAR	421	WR			9:36.24
6	RAKESH .	230	NWR			9:42.18
7	MAHENDRA SINGH	434	WR			9:48.93
8	DHARA YADAV	239	NWR			10:11.73
9	JIYA LAL BIND	170	NCR			10:33.91
10	SURESH WAGH	121	CR			11:02.40
Event # 9 MENS 110m Hurdles						
# N.R.:SIDHANTH T. MESA 13.48 2017						
% I.R.:RAVI CHANDRAN SOUTHERN RAILWAY 14.00 1994						
1	KUNAL CHAUDHARY	188	NER	+0.3m/s		0:14.68
2	PINTO MATHEW	341	SR	+0.3m/s		0:14.94
3	ABHISHEK N.SHETTY	423	WR	+0.3m/s		0:15.86
4	SUREN R .	371	SWR	+0.3m/s		0:15.94
5	SURENDER KUMAR	385	SWR	+0.3m/s		0:16.53
	GOPI .	286	SCR			DNF
	KARUPPASAMY .	330	SR			DNF
Event # 10 MENS 400m Hurdles						
# N.R.:A. DHU PATIALA 48.80 2019						
% I.R.:JASHANJOT SINGH NR 50.70 2018						
1	JAGADEESH CHANDRA	374	SWR			0:51.44
2	JASHANJOT SINGH	213	NR			0:53.14
3	AMIT KUMAR SINGH	193	NER			0:53.38
4	GAUTAM GUPTA	128	DLW			0:54.19
5	JOSEPH AMRAHAM	334	SR			0:56.06
6	CHAITHANYA .	284	SCR			1:03.58
7	VASHISHT KUMAR RAI	172	NCR			1:03.74
8	MUSTAK SHAIKH	432	WR			1:07.87
Event # 11 MENS High Jump						
# N.R.:TEJASWIN SHANKAR LUBBOCK 2.29 2018						
% I.R.:HARI SHANKAR RAI EASTERN RAILWAY 2.21 2007						
1	AJAY KUMAR	417	WR			2.11m
2	JESSE SANDESH	386	SWR			2.06m
3	SIDDARTH YADAV	241	NWR			2.06m
4	JOFFINE JOSE	443	RPF			1.90m
5	NIKHIL CHITTRARASU	339	SR			1.85m

5	KUWAR SURJIT KUMAR SINGH	124	CLW			1.85m
	VIKASH KUMAR	271	RPF			FOUL
	MANOJ T.THOMAS	344	SR			DNS
Event # 12 MENS Pole Vault						
# N.R.:S. SIVA JALAHALI 5.30 2018						
% I.R.:K.P. BIMIN SOUTHERN RAILWAY 5.13 2012						
1	K.P. BIMIN	337	SR			5.00m
2	DHARAMRAJ .	285	SCR			4.70m
3	BINEESH JACCOB	378	SWR			4.70m
4	PARMEDRA KUMAR	418	WR			4.40m
4	J. PREETH	429	WR			4.40m
6	DEVENDER. SINGH	212	NR			4.40m
7	BALA KRISHNAN	380	SWR			3.60m
	RANEESH V.V.	345	SR			DNS
Event # 13 MENS Long Jump						
# N.R.:MURALI SREESHANKAR BHUBANESWAR 8.20 2018						
% I.R.:K.PREM KUMAR ICF 8.09 2013						
1	SHAMSHEER S.E.	430	WR		+0.0m/s	7.42m
2	ELAKKIYADASAN .	329	SR		+1.0m/s	7.28m
3	NIRMAL SABU	431	WR		+0.6m/s	7.02m
4	PREMKUMAR .K	153	ICF		+0.8m/s	6.96m
5	DAUD KHAN	270	RPF		+1.0m/s	6.91m
6	NIKHIL CHITTRARASU	339	SR		+0.6m/s	6.17m
7	RABI DAS	308	SER		-2.5m/s	6.09m
8	MAHA SINGH .	199	NR		-3.1m/s	6.08m
9	VIKRANT MOR	207	NR		+0.0m/s	5.83m
10	BRIGHT K. DEVASSYA	291	SCR		+0.0m/s	5.02m
11	PAMIT DAGAR	248	RB		+0.1m/s	4.56m
	KARTHIK B.I	373	SWR			DNS
	ANOOP THOMAS	387	SWR			DNS
Event # 14 MENS Triple Jump						
# N.R.:RANJITH MAHESHWARI BANGLORE 17.30 2016						
% I.R.:RANJITH M. WESTERN RAILWAY 16.76 2007						
1	KAMAL RAJ	343	SR		+0.7m/s	15.49m
2	KARTHIK B.I	373	SWR		+0.8m/s	14.73m
3	RAJA OOMMEN	425	WR		-0.7m/s	14.24m
4	ANOOP THOMAS	387	SWR		-0.4m/s	13.71m
5	MANOJ T.THOMAS	344	SR		+1.8m/s	13.54m
	VIKRANT MOR	207	NR			FOUL
	RAJEEV KUMAR	419	WR			FOUL
	A.M. ROHIT	156	ICF			FOUL
	MAHA SINGH .	199	NR			NM
	ZUBAIR .	290	SCR			DNS
Event # 15 MENS Discus Throw						
# N.R.:VIKAS GOWDA NORMAN 66.28 12-4-2012						
% I.R.:ARJUN SINGH NORTHERN RAILWAY 59.14 2006						
1	MITHRA VARUN	159	ICF			51.30m
2	KARAN SINGH	433	WR			50.03m
3	NAVEEN KUMAR	206	NR			46.50m
4	ABHILASH SAXENA	305	SECR			46.19m
5	RASHPAL SINGH SOHAL	390	WCR			45.98m
6	PRAVEEN KUMAR	235	NWR			45.42m
7	JAGAT NARAYAN MISHRA	175	NCR			43.60m
8	VIKAS .	204	NR			43.19m
9	VINOD KANNAN	444	RPF			40.29m
	RAJENDER .	243	RB			FOUL
	SALIL CHAUDHARY	375	SWR			FOUL
	SATBIR SINGH	257	RB			FOUL

Event # 16 MENS Hammer Throw						
# N.R.:NEERAJ KUMAR HYDRABAD 70.73 2016						
% I.R.:VIRENDER PUNIA WESTERN RAILWAY 66.76 1997						
1	PARGAT SINGH	261		RCF		61.59m
2	SUKHDEV SINGH	216		NR		61.27m
3	BHUPENDRA SINGH	211		NR		56.92m
4	KAPIL MANN	236		NWR		56.44m
5	GURJINDER SINGH	179		NCR		52.58m
6	TALWINDER SINGH	138		DMW		21.69m
	SUDHIR .	233		NWR		DNS
Event # 17 MENS Javelin Throw						
# N.R.:NEEARAJ CHOPRA JAKARTA 88.06 2018						
% I.R.:OM PRAKASH DUDI WESTERN RAILWAY 77.68 2000						
1	JITENDER YADAV	240		NWR		71.07m
2	PARVINDER KUMAR	384		SWR		67.78m
3	AJAY POONIA	237		NWR		66.08m
4	MANOJ KUMAR YADAV	174		NCR		64.92m
5	GAURAV NEHRA	424		WR		61.79m
6	ASHIS SINGH	314		SER		61.20m
7	RAVINDER SINGH	137		DMW		31.36m
	KRISHNA NAND TRIPATHI	176		NCR		FOUL
	ANKIT KUMAR .	299		SECR		NM
	THANGARASU C.	338		SR		DNS
Event # 18 MENS Shot Put						
# N.R.:TEJINDER PAL SINGH TOOR JAKARTA 20.75 2018						
% I.R.:SATENDER SINGH NORTHWESTERN 19.15 2009						
1	KARANVEER SINGH	215		NR		17.81m
2	SUNIL KUMAR (SP)	422		WR		16.47m
3	KARANJIT SINGH	214		NR		15.78m
4	SATYENDRA KUMAR SINGH	173		NCR		15.67m
5	MAHAMD IBRAHIM	376		SWR		15.22m
6	SURENDER SINGH	436		WR		14.84m
7	AZAD SINGH MANN	117		CR		14.36m
8	ABHILASH SAXENA	305		SECR		13.46m
9	SUKHDEV SINGH	262		RCF		13.08m
10	VINOD KANNAN	444		RPF		10.29m
11	RANBIR .	244		RB		7.87m
	ASHWANI SOLANKI	139		DMW		FOUL
	MD. UJAID AHAMAD	169		NCR		FOUL
Event # 19 MENS 4x100m Relay						
# N.R.:INDIAN NATIONAL TEAM DELHI CWG 38.89 2010						
%I.R.:N.RAILWAY NORTHERN RAILWAY 40.98 14-1-2009						
1	SOUTHERN RAILWAY					0:41.53
	335 MANIKANDA ARUMUGAM	329	ELAKKIYADASAN .			
	332 S.ARUNJITH .	341	PINTO MATHEW			
2	SOUTHCENTRAL RAILWAY					0:42.07
	292 PRASANTHA KUMAR	294	MANIKANTHA RAJ			
	288 SUDHAKAR .	286	GOPI .			
3	ICF					0:42.42
	153 PREMKUMAR .K	160	V. VELLAYATHEVAN			
	157 M. SATHYASEELAN	154	B.SIVA KUMAR			
4	NORTHERN RAILWAY					0:42.92
5	WESTERN RAILWAY					0:43.64
6	SOUTHWESTERN RAILWAY					0:43.73
7	RPF					0:44.00
8	SOUTHEASTERN RAILWAY					0:45.92
Event # 20 MENS 4x400m Relay						
# N.R.:INDIAN NATIONAL TEAM BANGLORE 3:00.91 2016						
%I.R.:S.RAILWAY SOUTHERN RAILWAY 3:11.50 15-1-2009						
1	SOUTHERN RAILWAY					3:20.77
	334 JOSEPH AMRAHAM	340	SAJEESH JOSEPH			
	329 ELAKKIYADASAN .	335	MANIKANDA ARUMUGAM			

2	NORTHERN RAILWAY					3:20.83
213	JASHANJOT SINGH		210	BEANT SINGH		
209	PADAM .		205	ARJUN KHOKHAR		
3	WESTERN RAILWAY					3:28.26
416	SHUBHANKAR GHOSH		438	DEEPENDRA YADAV		
428	SUNNY B. PATIL		413	SANDEEP ..		
4	RPF					3:28.65
5	SOUTHWESTERN RAILWAY					3:46.99
	NORTHWESTERN RAILWAY					DNS
	SOUTHCENTRAL RAILWAY					DNS
	ICF					DNS
Event # 21 MENS 20000m Walk						
# N.R.:DEVENDER SINGH NOMI 1:20:21.00 2016						
%I.R.:G.SINGH NORTHERN RAILWAY 1:23:05.84 2011						
1	DEEPAK KUMAR	382		SWR		1:29:05.34
2	MANIRAM PATEL	427		WR		1:29:29.45
3	EKNATH SAMBHAJI TURAMBEKAR	136		DMW		1:29:48.15
4	ROMIT .	202		NR		1:41:42.29
5	TEJA .	289		SCR		1:53:19.79
6	DINESH KUMAR	234		NWR		1:59:10.49
7	KULDEEP .	197		NR		2:02:49.91
	DAYA SHANKAR PATEL	129		DLW		DNF
	MANOJ MATHEW .	331		SR		DNF
	B.L.I. BAOSCO	336		SR		DNS
Event # 43 MENS DECATHLON						
# N.R.:BHATENDER SINGH 7658 2011						
%I.R.: ABHISHEK SHETTY 7090 2018						
1	ABHISHEK N.SHETTY	423		WR		6605 Pts
	11.70;6.60;13.50;1.61;54.13;15.53;40.48;4.10;62.10;5.11.55					
2	SURENDER KUMAR	385		SWR		6470 Pts
	11.65;6.41;12.52;1.94;53.10;15.72;37.15;4.00;43.36;5.06.25					
3	SUREN R .	371		SWR		6146 Pts
	11.36;6.53;12.78;1.94;53.13;15.90;35.34;3.80;47.07;6.28.30					
4	RANEESH V.V.	345		SR		4766 Pts
5	VIVEK P.S.	426		WR		4730 Pts
6	THANGARASU C.	338		SR		3926 Pts
Event # 67 MENS Marathon						
1	PRAMOD .	200		NR		2:38:00.00
2	YOGENDRA KUMAR	421		WR		2:45:00.00
3	SATYA NARAYAN MEENA	448		NR		2:55:00.00
4	ARVIND KR YADAV	304		SECR		2:59:00.00
	PARAM SINGH	435		WR		DNF
Event # 22 WOMENS 100m						
# N.R.:DUTEE CHAND DOHA 11.26 2019						
%I.R.:R.MISTRY CENTRAL RAILWAY 11.50 1998-99						
Final						
1	CHANDRALEHKA .	315		SR	+1.1m/s	0:11.47 *NMR
2	HIMASHREE ROY	146		ER	+1.1m/s	0:11.63
3	PRIYANKA KALAGI S.	401		WR	+1.1m/s	0:11.67
4	N.S.SIMI .	348		SWR	+1.1m/s	0:11.74
5	RINTU MATHEW	405		WR	+1.1m/s	0:11.89
6	N.SHARDHA .	320		SR	+1.1m/s	0:12.23
7	DHANESHWARI A.T.	352		SWR	+1.1m/s	0:12.32
8	AKILA .	273		SCR	+1.1m/s	0:12.33
Heat-1						
1	PRIYANKA KALAGI S.	401		WR	+0.4m/s	0:11.66
2	N.S.SIMI .	348		SWR	+0.4m/s	0:11.81
3	N.SHARDHA .	320		SR	+0.4m/s	0:12.24
4	AKILA .	273		SCR	+0.4m/s	0:12.26
5	SONAL CHAWLA	102		CR	+0.4m/s	0:12.48
6	ANNASHA ROY PRADHAN	147		ER	+0.4m/s	0:12.78
7	MANISHA .	131		DMW	+0.4m/s	0:12.79
8	DIVYA .	268		RPF	+0.4m/s	0:14.70

	Heat-2					
1	CHANDRALEHKA .	315	SR	+0.2m/s	0:11.67	
2	HIMASHREE ROY	146	ER	+0.2m/s	0:11.84	
3	RINTU MATHEW	405	WR	+0.2m/s	0:12.01	
4	DHANESHWARI A.T.	352	SWR	+0.2m/s	0:12.37	
5	ANCHU M.M.	109	CR	+0.2m/s	0:13.17	
6	REKHA SANGWAN	228	NWR	+0.2m/s	0:13.27	
7	SREELEKHA .	279	SCR	+0.2m/s	0:14.30	
	MANDEEP KAUR	134	DMW		DNS	
	Event # 23 WOMENS 200m Run					
	# N.R.:SARASWATI SAHA LUDHIANA 22.82 28/08/02					
	% I.R.:P.T. USHA SOUTHERN RAILWAY 23.30 1989-90					
1	CHANDRALEHKA .	315	SR	+0.3m/s	0:23.45	
2	HIMASHREE ROY	146	ER	+0.3m/s	0:24.64	
3	PRACHI .	132	DMW	+0.3m/s	0:24.95	
4	CHAVI SHARAVATH	326	SR	+0.3m/s	0:25.02	
5	AMMU K.	107	CR	+0.3m/s	0:25.03	
6	ANNASHA ROY PRADHAN	147	ER	+0.3m/s	0:25.41	
7	DHANESHWARI A.T.	352	SWR	+0.3m/s	0:25.58	
8	MARIA JULIET	396	WR	+0.3m/s	0:29.05	
	Event # 24 WOMENS 400m					
	# N.R.:HIMA DAS JAKARTA 50.79 2018					
	% I.R.:ROSA KUTTY SOUTHERN RAILWAY 52.54 1997-98					
	Final					
1	AMMU K.	107	CR		0:54.71	
2	PRACHI .	132	DMW		0:55.11	
3	CHAVI SHARAVATH	326	SR		0:55.21	
4	LOGANAYANI .	347	SWR		0:57.00	
5	FARHENA PARBIN	164	NFR		0:57.73	
6	ARPITHA .	274	SCR		0:57.77	
7	TIASHA SAMADDER	148	ER		0:57.87	
8	JISHA V.	364	SWR		1:00.23	
	Heat-1					
1	PRACHI .	132	DMW		0:56.97	
2	AMMU K.	107	CR		0:57.25	
3	JISHA V.	364	SWR		1:01.44	
4	JOSINI P.J.	406	WR		1:07.60	
	PRATHIBHA .	321	SR		DNF	
	TWINKLE CHAUDHARY	281	SCR		DNS	
	Heat-2					
1	CHAVI SHARAVATH	326	SR		0:57.39	
2	FARHENA PARBIN	164	NFR		0:58.03	
3	ARPITHA .	274	SCR		0:58.13	
4	LOGANAYANI .	347	SWR		0:58.24	
5	TIASHA SAMADDER	148	ER		0:59.18	
6	KOMAL CHAUDHARY	223	NWR		1:00.47	
7	SINSHA K.	399	WR		1:10.94	
	Event # 25 WOMENS 800m					
	# N.R.:TINTU LUKA SPLIT 1:59.17 2010					
	% I.R.:ROSA KUTTY SOUTHERN RAILWAY 2:01.43 1997-98					
1	LILI DAS .	143	ER		2:08.85	
2	P.U. CHITRA	324	SR		2:09.00	
3	SHIPRA SARKAR	149	ER		2:11.16	
4	RISHU SINGH	166	NCR		2:13.61	
5	KOMAL CHAUDHARY	223	NWR		2:16.16	
6	SHRUTHI K.C.	357	SWR		2:17.64	
7	APARNA K.	108	CR		2:24.11	
8	NAMITA KABAT	400	WR		2:47.76	
9	MONIKA YADAV	187	NER		2:48.53	
10	SHOBHA YADAV	298	SECR		3:13.21	
11	PINKI .	182	NER		3:28.53	
	SINSHA K.	399	WR		DNF	

Event # 26 WOMENS 1500m			
# N.R.:SUNITA RANI BUSAN 4:06.03 10.10.02			
% I.R.:O.P. JAISHA SOUTHERN RAILWAY 4:16.85 2006			
1	P.U. CHITRA	324	SR 4:30.75
2	LILI DAS .	143	ER 4:31.29
3	SHIPRA SARKAR	149	ER 4:34.64
4	RISHU SINGH	166	NCR 4:39.14
5	SHRUTHI K.C.	357	SWR 4:40.30
6	APARNA K.	108	CR 4:56.07
7	RITU PAL	185	NER 5:19.44
8	NEHA .	297	SECR 5:36.12
9	NAMITA KABAT	400	WR 5:59.61
	VIJAYA LAXMI	282	SCR DNF
	PINKI .	182	NER DNF
	PRIYA .	349	SWR DNS
Event # 27 WOMENS 5000m			
#N.R.:P.SREEDHARAN GUANGZHOU-CHINA 15:15.89 2010			
% I.R.:L. SURYA SOUTHERN RAILWAY 15:53.30 2017			
1	L.SURIYA .	318	SR 16:23.39
2	PARUL CHAUDHARY	394	WR 16:23.94
3	PREETHI .	276	SCR 16:25.99
4	CHINTA YADAV	412	WR 16:29.89
5	PRINU YADAV	365	SWR 17:06.22
6	SWATI GADWE	104	CR 17:07.57
7	VARSHA .	280	SCR 17:08.97
8	JANABAI HIRWE	105	CR 18:26.03
9	SANNAKKI THIPPAVVA	363	SWR 18:58.76
10	DIMPLE SINGH	184	NER 19:05.16
11	SUDHA PAL	126	DLW 20:42.53
12	UMITA KUMARI	122	CLW 22:55.20
	MANJU YADAV	186	NER DNF
	MONICA RAUT .	296	SECR DNF
	CHAVI YADAV	167	NCR DNF
	SUNITA VERMA	123	CLW DNF
Event # 28 WOMENS 10000m			
#N.R.:P.SREEDHARAN WATFORD-LONDON 31:50.47 2010			
% I.R.:L. SURYA SOUTHERN RAILWAY 32:51.89 2017			
1	L.SURIYA .	318	SR 36:02.42
2	KAVITA YADAV	168	NCR 36:40.35
3	SWATI GADWE	104	CR 36:43.86
4	KIRAN SAHDEV	409	WR 36:48.72
5	VARSHA .	280	SCR 36:59.18
6	MANJU YADAV	186	NER 38:02.92
7	JANABAI HIRWE	105	CR 39:05.22
8	UMITA KUMARI	122	CLW 48:02.05
	SUDHA PAL	126	DLW DNF
	MONICA RAUT .	296	SECR DNF
	SUNITA VERMA	123	CLW DNF
	DIMPLE SINGH	184	NER DNF
	SANNAKKI THIPPAVVA	363	SWR DNS
Event # 29 WOMENS 3000m Steeplechase			
# N.R.:LALTA BABAR RIO DE JANEIRO 9:19.76 2016			
% I.R.:CHINTA YADAV WR 9:59.44 2017			
1	SUDHA SINGH	112	CR 10:14.80
2	PARUL CHAUDHARY	394	WR 10:15.99
3	CHINTA YADAV	412	WR 10:18.66
4	PREETHI .	276	SCR 10:25.75
5	PRINU YADAV	365	SWR 10:56.11
6	CHAVI YADAV	167	NCR 11:01.11
7	NANDINI GUPTA	165	NCR 11:25.32

Event # 30 WOMENS 100m Hurdles						
# N.R.:ANURADHA BISWAL NEW DELHI 13.38 8/9/2002						
% I.R.:ANCHU M.M. CENTRAL RAILWAY 13.77 2012						
1	KANIMOZHI .	317	SR	+0.0m/s	0:13.88	
2	PUSHPANJALI .	351	SWR	+0.0m/s	0:14.31	
3	ELEZABETH ANTHONY	392	WR	+0.0m/s	0:14.33	
4	K.KEERTHANA .	316	SR	+0.0m/s	0:14.42	
5	ANILA JOSE V.K.	356	SWR	+0.0m/s	0:15.01	
6	PURNIMA HEMBRAM	447	ECOR	+0.0m/s	0:15.09	
7	ANCHU M.M.	109	CR	+0.0m/s	0:15.29	
	SOWMYA .	278	SCR			DNS
Event # 31 WOMENS 400m Hurdles						
# N.R.:P.T. USHA LOS ANGELS 55.42 8/8/1984						
% I.R.:P.T. USHA SOUTHERN RAILWAY 57.60 1984-85						
1	TIASHA SAMADDER	148	ER		1:00.20	
2	ARPITHA .	274	SCR		1:00.70	
3	SONAL CHAWLA	102	CR		1:01.13	
4	LOGANAYANI .	347	SWR		1:01.22	
5	JISHA V.	364	SWR		1:09.17	
6	JOSINI P.J.	406	WR		1:09.27	
7	PRATHIBHA .	321	SR		1:10.28	
Event # 32 WOMENS High Jump						
# N.R.:SAHANA KUMARI HYDRABAD 1.92 2012						
%I.R.:S.KUMARI SOUTHERN WESTERN RLY 1.82 2009						
1	RUBINA .	221	NWR		1.81m	
2	LAIMWN NARZARY	163	NFR		1.76m	
3	SONU .	391	WR		1.76m	
4	ANGEL P. DEVASIA	325	SR		1.73m	
5	JOYTHI .	354	SWR		1.70m	
6	STENY MICHAL	360	SWR		1.70m	
7	ABHINAYA SHETTY	411	WR		1.65m	
	KANIMOZHI .	317	SR			DNS
Event # 33 WOMENS Pole Vault						
# N.R.:V.S. SUREKHA NEW DELHI 4.15 4-11-2015						
% I.R.:V.S. SUREKHA SOUTHERN RAILWAY 4.05 2006						
1	KRISHNA RACHAN	408	WR		3.75m	
2	DIJA CHANDRAN	101	CR		3.60m	
3	MARIYAN JAISON	355	SWR		3.50m	
4	NEESH BHANU	353	SWR		3.45m	
5	V.S. SUREKHA	327	SR		3.40m	
Event # 34 WOMENS Long Jump						
# N.R.:ANJU B.GEORGE ATHENS 6.83 27/08/04						
% I.R.:NEENA V. WESTERN RAILWAY 6.38 2016						
1	RINTU MATHEW	405	WR	+0.2m/s	6.42m * NMR	
2	KARTHIKA .	275	SCR	+0.0m/s	6.24m	
3	NEENA V.	328	SR	+0.5m/s	6.14m	
4	BHAIRABI ROY	145	ER	+0.3m/s	6.06m	
5	M.A.SIVA ANBARASI	323	SR	+0.2m/s	5.92m	
6	PUSHPANJALI .	351	SWR	+0.3m/s	5.73m	
7	LIKSY JOSEPH	106	CR	+0.0m/s	5.58m	
8	MADHU .	130	DMW	+1.2m/s	5.49m	
9	NEETHUMOL BOSE	393	WR	+0.5m/s	5.36m	
10	ASHMITHA DAWARE	103	CR	+1.0m/s	5.08m	
	REKHA SANGWAN	228	NWR			FOUL
Event # 35 WOMENS Triple Jump						
# N.R.:MAYOOKHA JOHNNY INDIA 14.11 2011						
% I.R.:MANISHA DEY EASTERN RAILWAY 13.39 2006						
1	BHAIRABI ROY	145	ER	-0.2m/s	13.15m	
2	M.A.SIVA ANBARASI	323	SR	-0.5m/s	12.94m	
3	KARTHIKA .	275	SCR	-0.3m/s	12.88m	
4	SONU .	391	WR	-2.1m/s	11.78m	

5	NEETHUMOL BOSE	393	WR	+3.0m/s	11.52m
	STENY MICHAL	360	SWR		FOUL
	ASHMITHA DAWARE	103	CR		FOUL
	NEENA V.	328	SR		DNS
	MARIYAN JAISON	355	SWR		DNS
Event # 36 WOMENS Discus Throw					
# N.R.:KRISHNA POONIA HAWAII 64.76 5-5-2012					
% I.R.:KAMAL PREET KAUR DMW 61.04 2018					
1	KAMALPREET KAUR	133	DMW		58.23m
2	PARMILA .	218	NWR		48.28m
3	PRIYANKA .	350	SWR		42.70m
4	SUMAN DEVI	225	NWR		40.17m
5	RASHMI SINGH	111	CR		39.59m
6	PARBATI SETHI	141	ECOR		38.06m
7	SARA VORA	113	CR		32.91m
8	N.SHANTHI .	319	SR		31.60m
Event # 37 WOMENS Hammer Throw					
# N.R.:SARITA SINGH PATIALA 65.25 2017					
% I.R.:SARITA P.SINGH WR 63.57 2017					
1	JYOTI .	125	DLW		57.11m
2	POONAM DEVI	224	NWR		56.52m
3	ATHIRA M .	346	SWR		53.71m
4	SREENIDHI S.	110	CR		48.84m
5	N.SHANTHI .	319	SR		40.88m
6	ANGEL P. DEVASIA	325	SR		17.01m
Event # 38 WOMENS Javelin Throw					
# N.R.:ANNU RANI PATIALA 62.34 2019					
% I.R.:ANNU RANI DMW 58.86 2016					
1	SHARMILA KUMARI	226	NWR		56.04m
2	RASHMI K	397	WR		48.29m
3	SARASWATHI .	322	SR		44.59m
4	NEESH BHANU	353	SWR		38.24m
5	MEGHA PARDESHI	407	WR		29.28m
	ANNU RANI	135	DMW		DNS
Event # 39 WOMENS Shot Put					
# N.R.:MANPREET KAUR KOLKATTA 17.96 2015					
% I.R.:HARBANS KAUR DCR 17.46 1999-2000					
1	UMA P.	361	SWR		14.75m
2	ANAMIKA DAS	151	ICF		14.42m
3	KACHNAR CHAUDHARY	222	NWR		14.18m
4	SARASWATHI .	322	SR		12.89m
5	POONAM .	219	NWR		12.29m
6	KAMALPREET KAUR	133	DMW		11.53m
7	SARA VORA	113	CR		10.45m
8	PRIYANKA .	350	SWR		10.20m
9	RASHMI K	397	WR		10.10m
10	RASHMI SINGH	111	CR		9.65m
	SHOBHA.J.J .	277	SCR		NM
	MEGHA PARDESHI	407	WR		NM
Event # 40 WOMENS 4x100m Relay					
# N.R.:INDIAN NATIONAL TEAM ALMATY 43.42 2016					
%I.R.:S.RAILWAY SOUTHERN RAILWAY 46.44 2006					
1	SOUTHERN RAILWAY				0:46.28 *NMR
320	N.SHARDHA .	326	CHAVI SHARAVATH		
317	KANIMOZHI .	315	CHANDRALEHKA .		
2	SOUTHCENTRAL RAILWAY				0:47.25
278	SOWMYA .	273	AKILA .		
274	ARPITHA .	275	KARTHIKA .		
3	SOUTHWESTERN RAILWAY				0:47.48
356	ANILA JOSE V.K.	352	DHANESHWARI A.T.		
351	PUSHPANJALI .	348	N.S.SIMI .		

4	EASTERN RAILWAY					0:47.58
5	WESTERN RAILWAY					0:47.90
6	CENTRAL RAILWAY					0:48.23
Event # 41 WOMENS 4x400m Relay						
#N.R.:I.NATIONAL TEAM ATHENS 3:26.89 27/08/04						
%I.R.:S.RAILWAY SOUTHERN RAILWAY 3:40.26 1997-98						
1	SOUTHERN RAILWAY					3:48.28
315	CHANDRALEHKA .		324	P.U. CHITRA		
317	KANIMOZHI .		326	CHAVI SHARAVATH		
2	CENTRAL RAILWAY					3:53.57
102	SONAL CHAWLA		106	LIKSY JOSEPH		
112	SUDHA SINGH		107	AMMU K.		
3	EASTERN RAILWAY					3:59.30
150	SUNANDA SARKAR		143	LILI DAS .		
149	SHIPRA SARKAR		148	TIASHA SAMADDER		
4	SOUTHWESTERN RAILWAY					3:59.43
5	WESTERN RAILWAY					4:06.59
	SOUTHCENTRAL RAILWAY					DNS
	RPF					DNS
	DMW PATIALA					DNS
Event # 42 WOMENS 20000m Walk						
# N.R.:KHUSHBIR KAUR TAICANG 1:31:29.00 2018						
% I.R.:SHANTI KUMARI WR 1:40:47.01 2017						
1	BHAWANA JAT	144		ER		1:36:16.87 *NMR
2	PRIYANKA .	183		NER		1:37:00.15
3	SHANTI KUMARI	403		WR		1:39:17.70
4	KARAMJIT KAUR	402		WR		1:48:43.68
5	NEENA K.T.	358		SWR		1:55:52.31
6	ANITA MAHALA	227		NWR		2:02:25.68
Event # 54 WOMENS HEPTATHLON						
# N.R.:J.J.SHOBHA DELHI 6211 17.03.2004						
%I.R.:G.PRAMILA SWR 5657 1999						
1	SOWMYA .		278	SCR		5028 Pts
	14.37;1.60;11.34;25.68;5.51;35.08;2:33.76					
2	LIKSY JOSEPH		106	SR		4772 Pts
	15.59;1.57;8.97;26.66;5.55;36.56;2:22.65					
3	MADHU .		130	DMW		4642 Pts
	15.44;1.60;8.22;26.16;5.39;28.74;2:21.48					
4	LAIMWN NARZARY		163	NFR		4633 Pts
5	DHANUSHA M.R.		359	SWR		4058 Pts
6	ANILA JOSE V.K.		356	SWR		4039 Pts
7	NEELAM .		217	NWR		3460 Pts
8	AMRUTHA M.		404	WR		DNF
Event # 68 WOMENS Marathon						
1	PRINU YADAV	365		SWR		3:40:00.00
2	MONIKA ROUT	449		SECR		3:59:00.00
	VIJAYA LAXMI	282		SCR		DNF
	MANJU YADAV	186		NER		DNF