

RUN-ADAM 22nd FEDERATION CUP NATIONAL SENIOR ATHLETICS CHAMPIONSHIPS 2018			
PATIALA - PUNJAB			
5-8 MARCH 2018			
START LIST DAY 4 (08 MARCH 2018)			
Event # 53 WOMENS Long Jump Heptathlon-5			TIME: 08:00 HRS
FINAL			
3	M. SOWMIYA	245	TAMIL NADU
4	PURNIMA HEMBRAM	205	ODISHA
5	LIKSY JOSEPH	169	KERALA
6	ABHA KHATUA	273	WEST BENGAL
Event # 2 MENS 200m Run			TIME: 08:30 HRS
NR:DHARAMBIR SINGH WUHAN 20.66 07/06/2015			
MR:Anand Menezes CHENNAI 20.79 2002			
AFI-CWG Q.MARK: 20.35			
SEMI FINAL 1			
1	KAMBERDEEP SINGH	596	PUNJAB
2	PRAVEEN DOLLIA	417	HARYANA
3	SIVA KUMAR	653	TAMIL NADU
4	NATAWAR SINGH	535	MADHYA PRADESH
5	PANKAJ MALIK	439	HARYANA
6	PARVEEN KUMAR	431	HARYANA
7	AKASH PERUMAL	661	TAMIL NADU
8	KUSHAL V AMBORE	476	KARNATAKA
SEMI FINAL 2			
1	SOURAV SAHA	755	WEST BENGAL
2	KAMALMANDEEP SINGH	595	PUNJAB
3	PARMVIR SINGH	464	HARYANA
4	RISHWANTH S	670	TAMIL NADU
5	ARJUN TOMAR	735	UTTAR PRADESH
6	JATIN JAIN	566	PUNJAB
7	SHAHBAZ KHAN	545	MAHARASHTRA
8	ADESH GARSA	622	RAJASTHAN
SEMI FINAL 3			
1	NUPESH .	388	HARYANA
2	MONU .	326	HARYANA
3	MUHAMMED ANAS Y	498	KERALA
4	MANIKANDA ARUMUGAN	642	TAMIL NADU
5	SANJEET .	396	HARYANA
6	MANEESH M	517	KERALA
7	GANESH S	791	KARNATAKA
8	HEMANT BANSAL	347	DELHI
Event # 54 WOMENS Javelin Throw Heptathlon-6			TIME: 09:15 HRS
FINAL			
3	ABHA KHATUA	273	WEST BENGAL
4	LIKSY JOSEPH	169	KERALA
5	M. SOWMIYA	245	TAMIL NADU
6	PURNIMA HEMBRAM	205	ODISHA
Event # 44 WOMENS Shot Put			TIME: 16:00 HRS
NR:MANPREET KAUR KOLKATA 17.96 16/09/2015			
MR:MANPREET KAUR PATIALA 17.04 2017			
AFI-CWG Q.MARK: 17.00			
FINAL			
1	RAKHI .	392	HARYANA
2	KACHNAR CHAUDHARY	228	RAJASTHAN
3	ANAMIKA DAS	290	WEST BENGAL
4	NAVJEET KAUR DHILLON	212	PUNJAB
5	KIRAN JOT	284	PUNJAB
6	GURVEER KAUR	215	PUNJAB
7	PARAMJOT KAUR	219	PUNJAB
8	TUKHFI KHAN	182	MADHYA PRADESH
9	TUNLAI NARZARY	108	ASSAM
10	UMA P S	158	KARNATAKA
11	KIRAN RAWAT	258	UTTAR PRADESH
12	PINKI RAWAT	301	UTTAR PRADESH
13	NIVETHA T	164	KARNATAKA
14	RUBY WARIS	183	MADHYA PRADESH

Event # 17 MENS Hammer Throw			TIME: 16:05 HRS
NR:NEERAJ KUMAR HYDERABAD 70.73 29/06/2016			
MR:Niraj Kumar New Delhi 68.46 2016			
AFI-CWG Q.MARK: 71.00			
FINAL			
1	SACHIN ..	679	UTTAR PRADESH
2	ASHISH JAKHAR	773	HARYANA
3	MURSHID JAMAL	818	UTTAR PRADESH
4	NIRAJ KUMAR	624	RAJASTHAN
5	RAHUL KUMAR	357	DELHI
6	SUMIT KUMAR	358	DELHI
7	AMAR SINGH RANA	367	DELHI
8	SHIVAM SHUKLA	722	UTTAR PRADESH
9	AMANDEEP SINGH	821	PUNJAB
10	GURINDERPAL SINGH	583	PUNJAB
11	GURKIRAT SINGH	584	PUNJAB
12	HARJOT SINGH	590	PUNJAB
13	SUKHDEV SINGH	466	HARYANA
14	SURINDER PAL SINGH	770	ANDHRA PRADESH
15	HARINDER SINGH.	613	PUNJAB
16	ROHIT YADAV	745	UTTAR PRADESH
17	VIVEK YADAV	746	UTTAR PRADESH
Event # 8 MENS 110m Hurdles			TIME: 16:10 HRS
NR:SIDDHANT THINGALAYA MESA 13.48 10/06/2017			
MR:Siddhanth Thingalaya Patiala 13.65 2012			
AFI-CWG Q.MARK: 13.55			
FINAL			
1	VIVEKANANTHAN N	658	TAMIL NADU
2	ANUPENDRA KUMAR	355	DELHI
3	SIDDHANTH THINGALAYA	555	MAHARASHTRA
4	MAYMON POULOSE MAYMON	521	KERALA
5	PREM KUMAR K	331	ANDHRA PRADESH
6	SHIVA KUMAR C	478	KARNATAKA
7	ANGREJ SINGH	576	PUNJAB
8	AMRUT TIWALE	797	MAHARASHTRA
Event # 37 WOMENS 100m Hurdles			TIME: 16:20 HRS
NR:ANURADHA BISWAL NEW DELHI 13.38 08/09/2002			
MR:ANURADHA BISWAL NEW DELHI 13.48 2006			
AFI-CWG Q.MARK: 13.05			
FINAL			
1	S PUSHPANJALI	241	TAMIL NADU
2	SUGINA M	173	KERALA
3	SUMANDEEP KAUR	221	PUNJAB
4	ANURUPA KUMARI	140	JHARKHAND
5	PRAJNA S PRAKASH	160	KARNATAKA
6	SAPNA KUMARI	141	JHARKHAND
7	JYOTI... ..	306	HARYANA
8	KEERTHANA KUMAR	240	TAMIL NADU
Event # 14 MENS Triple Jump			TIME: 16:30 HRS
NR:RENJITH MAHESHWARY BANGALORE 17.30 11/07/2016			
MR:Renjith Maheshw Patiala 16.85 2012			
AFI-CWG Q.MARK: 16.60			
FINAL			
1	DEEPANKAR .	385	HARYANA
2	RENJITH MAHESHWARY	519	KERALA
3	SHOBHIT KUMAR	376	GUJARAT
4	RAKESH BABU A V	500	KERALA
5	ABIN BABYCHAN	503	KERALA
6	ARPINDER SINGH	455	HARYANA
7	V.ANBU ANBU	640	TAMIL NADU
8	SREEJITH MON K	522	KERALA
9	DANIEL RANJITH	802	TAMIL NADU
10	S.N.MOHAMMED SALAHUDDIN	671	TAMIL NADU
11	D ARIVUSELVAM	641	TAMIL NADU
12	BHEESHAM SINGH	726	UTTAR PRADESH
13	RAVINDER SINGH.	615	PUNJAB
14	JEEVAN BABU T	674	TAMIL NADU
15	KARTHIK U	528	KERALA

Event # 9 MENS 400m Hurdles				TIME: 16:40 HRS
NR:JOSEPH G ABRAHAM OSAKA 49.51 26/08/2007				
MR:Jithin Paul New Delhi 49.94 2016				
AFI-CWG Q.MARK: 49.45				
FINAL				
1	JASHANJOT SINGH	593	PUNJAB	
2	BINU JOSE	509	KERALA	
3	DHARUN AYYASAMY	644	TAMIL NADU	
4	RAMACHANDRAN M	806	TAMIL NADU	
5	SANTHOSH KUMAR T	654	TAMIL NADU	
6	JAGDEESH CHANDRA	479	KARNATAKA	
7	AFTAB ALAM	681	UTTAR PRADESH	
8	SURENDER .	398	HARYANA	
Event # 38 WOMENS 400m Hurdles				TIME: 16:50 HRS
NR:PT USHA LOS ANGELES 55.42 08/08/1984				
MR:R ANU PATIALA 57.39 2017				
AFI-CWG Q.MARK: 56.00				
FINAL				
1	ANJU RANI	299	HARYANA	
2	DHIVYA JAYARAM	237	TAMIL NADU	
3	ARPITHA M	154	KARNATAKA	
4	ANU R	179	KERALA	
5	SARITABEN GAYAKWAD	121	GUJARAT	
6	JERIN JOSEPH	305	BIHAR	
7	TIASHA SAMADDER	279	WEST BENGAL	
8	VEERPAL KAUR	222	PUNJAB	
Event # 31 WOMENS 200m Run				TIME: 17:00 HRS
NR:SARASWATI SAHA LUDHIANA 22.82 28/08/2002				
MR:PT USHA CHENNAI 23.30 1998				
AFI-CWG Q.MARK: 22.60				
FINAL				
1	SNEHA P J	156	KARNATAKA	
2	HIMASHREE ROY	278	WEST BENGAL	
3	HIMA DAS	107	ASSAM	
4	KAVITA KAVITA	129	HARYANA	
5	REVATHI V	247	TAMIL NADU	
6	JAUNA MURMU	206	ODISHA	
7	APSANA BEGAM	102	ANDHRA PRADESH	
8	PRIYANKA KALAGI	150	KARNATAKA	
Event # 2 MENS 200m Run				TIME: 17:10 HRS
NR:DHARAMBIR SINGH WUHAN 20.66 07/06/2015				
MR:Anand Menezes CHENNAI 20.79 2002				
AFI-CWG Q.MARK: 20.35				
FINAL				
Event # 54 WOMENS 800m Heptathlon-7				TIME: 17:20 HRS
FINAL				
Event # 5 MENS 1500m Run				TIME: 17:30 HRS
NR:BAHADUR PRASAD CHENNAI 3:38.00 23/12/1995				
MR:Chatholi Hamza Kolkata 3:41.12 2007				
AFI-CWG Q.MARK: 3:39.50				
FINAL				
1	AJAY KUMAR SAROJ	720	UTTAR PRADESH	
2	JINSON JHONSON	508	KERALA	
3	MANJIT SINGH	463	HARYANA	
4	RAHUL RAHUL	717	UTTAR PRADESH	
5	MOHAMMED AFSAL P	497	KERALA	
6	ANKIT .	382	HARYANA	
7	BIR SINGH	458	HARYANA	
8	SATISH KUMAR	625	RAJASTHAN	
9	SHASHI SINGH	756	WEST BENGAL	
10	SONY SINGH	787	PUNJAB	
11	KORANGA HARISH	747	UTTARAKHAND	
12	SAHIL THAKRAN	470	HARYANA	

Event # 34 WOMENS 1500m Run			TIME: 17:40 HRS
NR:SUNITA RANI BUSAN 4:06.03 11/10/2002			
MR:SUNITA RANI BANGALORE 4:08.10 1999			
AFI-CWG Q.MARK: 4:10.00			
FINAL			
1	HARMILAN BAINS	298	KARNATAKA
2	VINAYA MALUSARE	197	MAHARASHTRA
3	RITU DINKAR	230	RAJASTHAN
4	ARCHANA ADHAV	184	MAHARASHTRA
5	SOWMYA SAVANTH	161	KARNATAKA
6	USHA SATI	118	DELHI
7	MONIKA CHAUDHARY	251	UTTAR PRADESH
8	KOCHUTHRASIA K.L	114	DELHI
9	LILI DAS	271	WEST BENGAL
10	CHITRA P U	177	KERALA
11	DURGA DEORE	191	MAHARASHTRA
12	SHIPRA SARKAR	280	WEST BENGAL
13	PRAMILA YADAV	268	UTTAR PRADESH
14	SHRUTHI KC	152	KARNATAKA
15	PRIYA K	238	TAMIL NADU
Event # 39 WOMENS 3000m Steeplechase			TIME: 18:00 HRS
NR:LALITA BABAR RIO DE JANERIO 9:19.76 13/08/2016			
MR:LALITA BABAR NEW DELHI 9:27.09 2016			
AFI-CWG Q.MARK: 9:34.01			
FINAL			
1	SUDHA SINGH	264	UTTAR PRADESH
2	PRIYANKA CHAVARKAR	188	MAHARASHTRA
3	RUTUJA SHENDE	201	MAHARASHTRA
4	CHINTA YADAV	266	UTTAR PRADESH
5	PRIYANKA KASANA	231	RAJASTHAN
6	SUGANDHA GARJAR	255	UTTAR PRADESH
7	SHITAL BHAGAT	185	MAHARASHTRA
8	JYOTI CHOUHAN	189	MAHARASHTRA
9	CHHAVI YADAV	265	UTTAR PRADESH
Event # 10 MENS 3000m Steeplechase			TIME: 18:20 HRS
NR:GOPAL SAINI TOKYO 8:30.88 05/06/1981			
MR:P. Ramachandran Ranchi 8:44.33 2010			
AFI-CWG Q.MARK: 8:20.00			
FINAL			
1	NAVEEN KUMAR DAGAR	415	HARYANA
2	SHANKAR LAL SWAMI	786	RAJASTHAN
3	SANDEEP RAO	760	HARYANA
4	AVINASH SABLE	552	MAHARASHTRA
5	RAMESH KUMAR BISHNOI	618	RAJASTHAN
6	VICKY TOMAR	736	UTTAR PRADESH
7	YOGENDRA KUMAR	377	GUJARAT
8	KISHORE M	780	MAHARASHTRA
9	AMIT PARMAR	814	GUJARAT
10	JAIVEER SINGH	459	HARYANA
11	DURGA BAHADUR BUDHA	765	UTTARAKHAND
12	MAHENDRA SINGH	381	GUJARAT
13	INDRAMANI PATEL	713	UTTAR PRADESH
14	KULDEEP SINGH	729	UTTAR PRADESH