

LIST OF ATHLETES TRAINING AT SPALA

400 M ,4X400 RELAY & 400 MH				
SL NO	NAME	DOB	P B	S B
1	MOHAMMED ANAS	17.09.1994	45.32	45.24
2	KUNHU MOHAMMED	05.03.1987	46.02	46.3
3	JEEVAN KS	26.01.1993	46.37	46.37
4	NIRMAL NOHA TOM	13.1.1994	46.39 S	46.39
5	A DHARUN	31.12.1996	46.3/48.96	46./48.96
6	T SANTHOSH	05.03.1997	47.77/50.64/H	49.68
7	JABIR MP	08.06.1996	47.47/50.22/H	50.02
8	AMOJ JACOB	02.05.1998	46.26	46.26
9	MOHAN KUMAR	14.12.1996	46.65	48.6
WOMEN				
1	HIMA DAS	09.01.2000	51.97	50.69
2	M.R. POOVAMMA	05.06.1990	51.7	52.94
3	VISMAYA VK	14.05.1997	53.67	53.21
4	SARITHA GAIKWARD	01.06.1994	53.24	53.24
5	SONIA BAISYA	15.10.1995	53.44	53.44
6	VITHYA R	20.09.1998	54.66	54.66
7	SHALINI	10.01.1998	54.69/59.16 H	54.69/59.16 H
8	SUBHA	31.08.1999	55.3	55.3

JAVELIN THROW

1	SHIVPAL SINGH	06.07.1995	82.63 M	82.63 M
2	RAJINDER SINGH	06.11.1987	82.23 M	80.60 M
3	VIPIN KASANA	08.04.1987	80.04 M	81.36 M
4	ABHISHEK SINGH	20.05.1995	77.00 M	77.00 M
5	DAVINDER SINGH	18.12.1988	82.71 M	79.31

SHOT PUT

1	TEJENDER SINGH TOOR	11.05.1992	20.45	20.45
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