



# INDIA 2018 Top-20 Lists

*Compiled by*  
Ram. Murali Krishnan

**Neeraj Chopra:  
Commonwealth &  
Asian Games  
Champion 2018**

# INDIA ATHLETICS RANKINGS 2018 (Compiled by : Ram. Murali Krishnan)

Top-20

## MEN

### 100m

10.31	1.1	3h1	Elakkiyadasan V K	31.01.1995	Invitation	Jakarta, INA	11-Feb-2018
10.33	1.9	2	Vidyasagar S	10.06.1992	Int-Ser	Jalahalli	20-Sep-2018
10.36	1.9	3	Jyotisanekar Debnath	15.08.1987	Int-Ser	Jalahalli	20-Sep-2018
10.42	-1.3	1s2	Siva Kumar B	13.10.1994	ISAC	Guwahati	29-Jun-2018
10.45	-1.3	1h6	Krishna Kumar Rane	25.03.1988	ISAC	Guwahati	28-Jun-2018
10.46	1.9	4	Satnam Singh	02.02.1985	Int-Ser	Jalahalli	20-Sep-2018
10.47 <b>NJR</b>	0.5	1	Gurindervir Singh	24.12.2000	JFC	Coimbatore	21-Apr-2018
10.47	1.9	5	Bhaskarya Bharali	18.11.1994	Int-Ser	Jalahalli	20-Sep-2018
10.48	-0.8	2	Chintha Sudhakar	18.05.1997	Int-Rly	Lucknow	17-Aug-2018
10.49	-1.3	2s2	Harjit Singh	28.08.1997	ISAC	Guwahati	29-Jun-2018
10.50	-1.3	2h6	Sanjeet	26.01.1995	ISAC	Guwahati	29-Jun-2018
10.51	-1.3	3s2	Anuroop John	14.02.1991	ISAC	Guwahati	29-Jun-2018
10.53	1.9	6	Tajinder Singh	25.11.1992	Int-Ser	Jalahalli	20-Sep-2018
10.53		1s2	Muhammed Ajmal V	01.06.1998	Int-Univ	Moodbidri	25-Nov-2018
10.54	1.9	7	Mohammed Sadath	30.03.1997	Int-Ser	Jalahalli	20-Sep-2018
10.55	1.9	8	Vamsi Praveen G	06.10.1994	Int-Ser	Jalahalli	20-Sep-2018
10.57	-1.3	3h6	Rishwanth Satish	28.08.1998	ISAC	Guwahati	28-Jun-2018
10.58		2	Prajwal Mandanna	02.02.1999	Int-Univ	Moodbidri	25-Nov-2018
10.59	1.1	3h1	Arokia Rajiv	22.05.1991	NGP	Gliwice, POL	10-Jun-2018
10.59		1s1	Naresh Kumar K	01.08.1998	Int-Univ	Moodbidri	25-Nov-2018
10.59	0.0	1	Akashdeep Singh	15.05.1995	Police	New Delhi	10-Dec-2018
10.59	0.0	2	Gurlal Singh	10.04.1991	Police	New Delhi	10-Dec-2018

### *Provisionally suspended for doping:*

10.26	1.9	(1)	Sanjeet	26.01.1995	Int-Ser	Jalahalli	20-Sep-2018
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### 200m

20.63	1.5	1	Muhammed Anas Y	17.09.1994		Jablonec nad Nisou, CZE	15-Aug-2018
20.66	1.5	2	Arokia Rajiv	22.05.1991		Jablonec nad Nisou, CZE	15-Aug-2018
21.01		1	Muhammed Ajmal V	01.06.1998	Int-Univ	Moodbidri	28-Nov-2018
21.08	1.1	2	Vidyasagar S	10.06.1992	Int-Ser	Jalahalli	18-Sep-2018
21.14	0.0	1	Siva Kumar B	13.10.1994	FedCup	Patiala	8-Mar-2018
21.17	1.1	3	Ashok K	10.04.1993	Int-Ser	Jalahalli	18-Sep-2018
21.18		2	Elakkiyadasan V K	31.01.1995	Int-Univ	Moodbidri	28-Nov-2018
21.33	0.0	1s1	Parveen Kumar	19.02.1990	ISAC	Guwahati	26-Jun-2018
21.38		3	Gurindervir Singh	24.12.2000	Int-Univ	Moodbidri	28-Nov-2018
21.46	1.1	4	Bhaskarya Bharali	18.11.1994	Int-Ser	Jalahalli	18-Sep-2018
21.47		1	Nithin B	12.04.1999	TN-u20	Chennai	2-Apr-2018
21.47	1.1	5	Vignesh R	08.09.1993	Int-Ser	Jalahalli	18-Sep-2018
21.48	1.1	6	Vinit Panwar	14.03.1989	Int-Ser	Jalahalli	18-Sep-2018
21.50	0.0	1	Nisar Ahemad	17.05.2002	NJC-y	Ranchi	5-Nov-2018
21.52	0.9	1	Gurlal Singh	10.04.1991	Police	New Delhi	13-Dec-2018

21.53	0.0	2	Sanjeet	26.01.1995	FedCup	Patiala	8-Mar-2018
21.53	-1.7	1	Akash Kumar	01.01.1999	JFC	Coimbatore	22-Apr-2018
21.57	0.2	1h1	Mohan Kumar R	14.12.1996	Int-Rly	Lucknow	19-Aug-2018
21.59	1.1	7	Rahul R	25.09.1992	Int-Ser	Jalahalli	18-Sep-2018
21.60		1	Chintha Sudhakar	18.05.1997	Int-Rly	Lucknow	19-Aug-2018
21.61	0.0	3	Manikanda Arumugam	05.07.1989	FedCup	Patiala	8-Mar-2018

***Provisionally suspended for doping:***

20.96	1.1	(1)	Sanjeet	26.01.1995	Int-Ser	Jalahalli	18-Sep-2018
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**400m**

45.24 NR		1	Muhammed Anas Y	17.09.1994		Nove Mesto nad Metuji,CZE	21-Jul-2018
45.78		1	Arokia Rajiv	22.05.1991	ISAC	Guwahati	29-Jun-2018
45.96		1	Noah Nirmal Tom	13.11.1994	Int-Ser	Jalahalli	19-Sep-2018
46.30		2	Kunhu Muhammed P P	05.03.1987	ISAC	Guwahati	29-Jun-2018
46.37		3	Jeevan K S	26.01.1993	ISAC	Guwahati	29-Jun-2018
46.41		1	Dharun A	31.12.1996	NC	Kladno, CZE	28-Jul-2018
46.74		2	Amoj Jacob	02.05.1998	FedCup	Patiala	6-Mar-2018
46.77		2	Jithu Baby	01.04.1993	Int-Ser	Jalahalli	19-Sep-2018
46.91		1	Mohan Kumar R	14.12.1996	TNSC	Tirunelveli	9-Jun-2018
46.93		1	Gaurav	30.06.1999	JFC	Coimbatore	21-Apr-2018
47.02		2rA	Sumit Kumar	05.05.1993	NGP	Patiala	27-Feb-2018
47.03		4	Rahul Baby	28.08.1987	Int-Ser	Jalahalli	19-Sep-2018
47.07		3s1	Ravinder	05.07.1997	FedCup	Patiala	5-Mar-2018
47.07		5	Angrej Singh	19.02.1994	Int-Ser	Jalahalli	19-Sep-2018
47.08		2	Nihal Joel	13.07.2000	JFC	Coimbatore	21-Apr-2018
47.08		6	Arshdeep Singh Virk	08.01.1998	ISAC	Guwahati	29-Jun-2018
47.17		2s1	Jashanjot Singh	02.07.1995	ISAC	Guwahati	28-Jun-2018
47.19		1rB	Santhosh Kumar T	05.03.1997	Jan Pan	Tabor, CZE	18-Jul-2018
47.26		3rA	Harsh Kumar	25.12.1997	NGP	Patiala	27-Feb-2018
47.32		5s3	Sajin V	28.01.1991	ISAC	Guwahati	28-Jun-2018

**800m**

1:45.65 NR		1	Jinson Johnson	15.03.1991	ISAC	Guwahati	27-Jun-2018
1:46.15		1	Manjit Singh	01.09.1989	AsiG	Jakarta, INA	28-Aug-2018
1:46.79		3	Mohammed Afsal P	03.02.1996	ISAC	Guwahati	27-Jun-2018
1:46.92		4	Beant Singh	10.01.1999	ISAC	Guwahati	27-Jun-2018
1:49.73		5	Sajeesh Joseph	14.01.1987	ISAC	Guwahati	27-Jun-2018
1:50.27		5	Vishwambar L Kolekar	28.07.1991	FedCup	Patiala	6-Mar-2018
1:50.41		1	Raguram M	22.07.1996	Int-Univ	Moodbidri	25-Nov-2018
1:50.6 h		1	Anu Kumar	02.11.2002	JFC	Coimbatore	22-Apr-2018
1:50.65		2	Ankit	01.12.1999	NGP	Patiala	27-Feb-2018
1:50.71		2	Devaiah T H	01.02.1998	Int-Univ	Moodbidri	25-Nov-2018
1:50.82		6	Mijo Chacko Kurian	16.07.1995	ISAC	Guwahati	27-Jun-2018
1:50.85		3	Gurman Singh	27.08.1997	Int-Univ	Moodbidri	25-Nov-2018
1:50.88		7	Shashi Bhushan Singh	10.01.1996	ISAC	Guwahati	27-Jun-2018
1:50.93		1	Sree Kiran N	29.09.2001	YOG-AQ	Bangkok, THA	5-Jul-2018
1:51.23		4	Mujamil A	24.02.1998	Int-Univ	Moodbidri	25-Nov-2018

1:51.3 h	3	Abhishek Mathew	11.06.2001	JFC	Coimbatore	22-Apr-2018
1:51.37	1	Ankesh Chaudhary	28.12.1998	NJC	Ranchi	5-Nov-2018
1:51.41	2	Mohan Yadav	01.08.1992	Int-Ser	Jalahalli	18-Sep-2018
1:51.58	5	Irshad A S	05.02.1997	Int-Univ	Moodbidri	25-Nov-2018
1:51.63	3h3	Jeeva Saran	13.12.1996	ISAC	Guwahati	26-Jun-2018

### 1500m

3:37.86 NR	5	Jinson Johnson	15.03.1991	CWG	Gold Coast, AUS	14-Apr-2018
3:42.24	2	Manjit Singh	01.09.1989	FedCup	Patiala	8-Mar-2018
3:42.28	3	Bir Singh	20.07.1990	FedCup	Patiala	8-Mar-2018
3:43.40	4	Rahul Harveer Singh	01.12.1996	FedCup	Patiala	8-Mar-2018
3:43.85	1	Ajay Kumar Saroj	01.05.1997	Invitation	Jakarta, INA	12-Feb-2018
3:44.98	5	Sahil Thakran	15.07.1998	FedCup	Patiala	8-Mar-2018
3:45.15	6	Satish Kumar Poonia	06.05.1994	FedCup	Patiala	8-Mar-2018
3:46.71	2	Vishwambar L Kolekar	28.07.1991	Int-Rly	Lucknow	17-Aug-2018
3:47.09	7	Ankit	01.12.1999	FedCup	Patiala	8-Mar-2018
3:47.70	1rC	Abhishek Pal	15.07.1997		Oordegem, BEL	2-Jun-2018
3:48.74	3	Sajeesh Joseph	14.01.1987	ONAC	Bhubaneswar	26-Sep-2018
3:49.55	1	Abhinanth Sundaresan	20.08.1999	Int-Univ	Moodbidri	27-Nov-2018
3:49.64	6	Ray Baskey	05.08.1998	ONAC	Bhubaneswar	26-Sep-2018
3:49.88	1	Ajit Kumar	03.07.1999	NJC	Ranchi	3-Nov-2018
3:50.52	7	Shashi Bhushan Singh	10.01.1996	ONAC	Bhubaneswar	26-Sep-2018
3:52.11	4	Anand		Int-Rly	Lucknow	17-Aug-2018
3:52.26	3h1	Mohammed Afsal P	03.02.1996	FedCup	Patiala	7-Mar-2018
3:52.85	9	Sony Singh	03.04.1988	FedCup	Patiala	8-Mar-2018
3:52.86	1	Nirvair Singh		Police	New Delhi	14-Dec-2018
3:53.07	3	Arun Kumar	01.12.1995	Int-Univ	Moodbidri	27-Nov-2018

### 5000m

13:47.28	1	Lakshmanan G	05.06.1990	FedCup	Patiala	5-Mar-2018
13:49.51	2	Suresh Kumar	01.07.1991	FedCup	Patiala	5-Mar-2018
13:50.10	2rC	Abhishek Pal	15.07.1997	IFAM	Oordegem, BEL	26-May-2018
14:03.04	3	Gavit Murli Kumar	01.08.1997	FedCup	Patiala	5-Mar-2018
14:06.98	2	Arjun Kumar	03.12.1997	ISAC	Guwahati	26-Jun-2018
14:09.57	4	Sachin Patil	10.07.1986	FedCup	Patiala	5-Mar-2018
14:15.05	4	Man Singh	20.06.1989	ISAC	Guwahati	26-Jun-2018
14:15.24	1	Ajit Kumar	03.07.1999	AJC	Gifu, JPN	10-Jun-2018
14:15.32	5	Belliappa A B	11.02.1992	ISAC	Guwahati	26-Jun-2018
14:15.90	6	Pradeep Singh	06.06.1990	ISAC	Guwahati	26-Jun-2018
14:28.57	5	Gurpreet	24.12.1999	AJC	Gifu, JPN	10-Jun-2018
14:29.12	6	Anil G Pawar	23.01.1990	FedCup	Patiala	5-Mar-2018
14:32.33	7	Shankar Man Thapa	18.08.1992	ISAC	Guwahati	26-Jun-2018
14:35.47	8	Rahul Kumar Pal	01.02.1993	ISAC	Guwahati	26-Jun-2018
14:35.85	7	Kisan Tadvi	10.01.1998	FedCup	Patiala	5-Mar-2018
14:36.15	3	Sandeep Singh	11.11.1995	Int-Ser	Jalahalli	18-Sep-2018
14:36.33	9	Kalidas Hirave	24.09.1991	ISAC	Guwahati	26-Jun-2018
14:37.97	8	Gurpreet Singh	09.07.1984	FedCup	Patiala	5-Mar-2018

14:38.16	11	Shrawan Kumar Beniwal	16.08.1998	ISAC	Guwahati	26-Jun-2018
14:41.96	10	Vijay Rathee	17.12.1997	FedCup	Patiala	5-Mar-2018

### 10000m

28:43.34	1	Gavit Murli Kumar	01.08.1997	G-spike	Leiden, NED	9-Jun-2018
29:16.23	1	Lakshmanan G	05.06.1990	ISAC	Guwahati	29-Jun-2018
29:34.47	3	Abhishek Pal	15.07.1997	FedCup	Patiala	7-Mar-2018
29:36.84	4	Sachin Patil	10.07.1986	FedCup	Patiala	7-Mar-2018
29:36.93	5	Arjun Kumar	03.12.1997	FedCup	Patiala	7-Mar-2018
29:37.59	6	Kalidas Hirave	24.09.1991	FedCup	Patiala	7-Mar-2018
29:37.82	7	Vasudev Nishad	12.02.1993	FedCup	Patiala	7-Mar-2018
29:39.73	2	Ranjeet Kumar Patel	17.12.1993	ISAC	Guwahati	29-Jun-2018
29:40.28	8	Pradeep Singh	06.06.1990	FedCup	Patiala	7-Mar-2018
29:46.85	9	Rahul Kumar Pal	01.02.1993	FedCup	Patiala	7-Mar-2018
29:54.12	4	Shankar Man Thapa	18.08.1992	ONAC	Bhubaneswar	25-Sep-2018
29:59.11	5	Ratiram Saini	25.12.1986	ONAC	Bhubaneswar	25-Sep-2018
29:59.35	2	Kishore M	07.05.1996	Int-Ser	Jalahalli	20-Sep-2018
30:05.30	3	Kartik Kumar	12.05.1999	AJC	Gifu, JPN	8-Jun-2018
30:05.55	6	Bellippa A B	11.02.1992	ONAC	Bhubaneswar	25-Sep-2018
30:18.35	7	Suresh Kumar	01.07.1991	ONAC	Bhubaneswar	25-Sep-2018
30:30.39	10	Anil Pawar	23.01.1990	FedCup	Patiala	7-Mar-2018
30:38.18	11	Bipin Kumar Patel	12.12.1996	FedCup	Patiala	7-Mar-2018
30:38.75	1	Gova Ram	05.12.1985	Police	New Delhi	10-Dec-2018
30:40.02	12	Manoj Singh	10.04.1996	FedCup	Patiala	7-Mar-2018

### 3000m Steeplechase

8:29.80 NR	1	Avinash Sable	13.09.1994	ONAC	Bhubaneswar	28-Sep-2018
8:42.19	1	Naveen Kumar Dagar	20.01.1988	FedCup	Patiala	8-Mar-2018
8:43.43	8	Shankar Lal Swami	05.07.1996	AsiG	Jakarta, INA	27-Aug-2018
8:43.85	3	Durga Bahadur Budha	03.05.1990	FedCup	Patiala	8-Mar-2018
8:47.31	2	Rakesh Kumar Swami	07.01.1994	ONAC	Bhubaneswar	28-Sep-2018
8:52.76	4	Jaiveer Singh	20.04.1986	FedCup	Patiala	8-Mar-2018
8:56.48	4	Amit Parmar	17.01.1994	ONAC	Bhubaneswar	28-Sep-2018
8:59.54	6	Ramesh Kumar Bishnoi	10.07.1985	FedCup	Patiala	8-Mar-2018
9:05.29	7	Haribaksh Singh	15.08.1997	ISAC	Guwahati	28-Jun-2018
9:06.27	8	Sandeep Rao	11.11.1995	FedCup	Patiala	8-Mar-2018
9:07.64	1	Pawan Verma	05.04.1992	Police	New Delhi	13-Dec-2018
9:10.80	5	Mohd Nurhasan	18.08.2001	ONAC	Bhubaneswar	28-Sep-2018
9:12.45	8	Akash S	16.06.1994	ISAC	Guwahati	28-Jun-2018
9:12.70	6	Praveen Pawar	08.04.1992	ONAC	Bhubaneswar	28-Sep-2018
9:14.52	2	Abuzar Khan		Police	New Delhi	13-Dec-2018
9:16.60	3	Kuldeep Kumar		Police	New Delhi	13-Dec-2018
9:17.85	1	Bibin George	19.02.1998	Int-Univ	Moodbidri	28-Nov-2018
9:17.90	2	Ravikumar M	13.12.1999	Int-Univ	Moodbidri	28-Nov-2018
9:19.36	9	Kuldeep Singh	09.04.1998	FedCup	Patiala	8-Mar-2018
9:20.65	3	Lilake Dinkar		Int-Univ	Moodbidri	28-Nov-2018
9:21.32	1	Yogendra Kumar	12.02.1992	Int-Rly	Lucknow	19-Aug-2018

**Provisionally suspended for doping:**

8:39.42	(1)	Naveen Kumar Dagar	20.01.1988	ISAC	Guwahati	28-Jun-2018
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**110m Hurdles**

13.75	-0.4	1	Siddhant Thingalaya	03.01.1991	Jim Bush	Claremont, USA	2-Jun-2018
13.89	0.0	1	Surendhar J	11.04.1991	ONAC	Bhubaneswar	26-Sep-2018
14.08	0.0	2	Maymon Poulouse	01.05.1997	FedCup	Patiala	8-Mar-2018
14.24	0.0	2	Premkumr K	23.08.1990	ONAC	Bhubaneswar	26-Sep-2018
14.25	1.2	2	Shiva Kumar C	15.10.1994	Int-Ser	Jalahalli	19-Sep-2018
14.29		2	Suresh A	24.09.1990	TNSC	Tirunelveli	9-Jun-2018
14.32	1.2	3	Tarundeep Singh Bhatia	06.09.1994	Int-Ser	Jalahalli	19-Sep-2018
14.34	0.0	1	Mohammad Nisan	21.09.1994	Int-Univ	Moodbidri	27-Nov-2018
14.36	0.0	5	Paras Patil	18.07.1998	ISAC	Guwahati	29-Jun-2018
14.47	0.7	2	Pinto Mathew A	10.05.1992	Int-Rly	Lucknow	19-Aug-2018
14.54	0.7	3	Kunal Chaudhary	24.03.1999	Int-Rly	Lucknow	19-Aug-2018
14.55	0.0	6	Sachin Binu	18.05.1998	ISAC	Guwahati	29-Jun-2018
14.63	0.0	5	Debarjun Murmu	09.02.1998	ONAC	Bhubaneswar	26-Sep-2018
14.67	0.0	3h3	Nasimudeen M	15.11.1995	ISAC	Guwahati	29-Jun-2018
14.68		1s1	Abhishek Ubhe	11.05.2000	Int-Univ	Moodbidri	27-Nov-2018
14.69	0.0	3	Praveen Kumar R		Int-Univ	Moodbidri	27-Nov-2018
14.74	0.0	5	Ronald Babu		Int-Univ	Moodbidri	27-Nov-2018
14.81	-1.1	1h2	Amrut Tivale		Police	New Delhi	11-Dec-2018
14.81	-1.6	1	Angrej Singh	24.05.1993	Police	New Delhi	12-Dec-2018
14.85	0.0	6	Alden Noronha	05.07.1999	Int-Univ	Moodbidri	27-Nov-2018
14.85		2h2	Amrinder Singh		Police	New Delhi	11-Dec-2018

**400m Hurdles**

48.96	<b>NR</b>	2	Dharun A	31.12.1996	AsiG	Jakarta, INA	27-Aug-2018
49.66		5	Santhosh Kumar T	01.01.1998	AsiG	Jakarta, INA	27-Aug-2018
50.02		2	Jabir M P	08.06.1996	ONAC	Bhubaneswar	28-Sep-2018
50.15		1	Vijay Singh Malik	10.01.1993	Int-Ser	Jalahalli	19-Sep-2018
50.25		3	Jashanjot Singh	07.02.1995	ONAC	Bhubaneswar	28-Sep-2018
51.08		4	Shejil Verghese	22.05.1989	Int-Ser	Jalahalli	19-Sep-2018
51.12		5	Amit Kumar Singh	20.08.1991	ISAC	Guwahati	26-Jun-2018
51.43		6	Surender	30.12.1996	ISAC	Guwahati	26-Jun-2018
51.52		7	Aftab Alam	05.03.1997	ISAC	Guwahati	26-Jun-2018
51.61		3	Ramachandran M	29.12.1991	FedCup	Patiala	8-Mar-2018
51.72		1	Manjeet	10.10.1997	Int-Univ	Moodbidri	25-Nov-2018
52.06		8	Sathish K	01.09.1994	ONAC	Bhubaneswar	28-Sep-2018
52.15		4h1	Alken Singh M	16.05.1997	ISAC	Guwahati	26-Jun-2018
52.44		3h3	Jagdeesh Chandra	01.05.1994	ISAC	Guwahati	26-Jun-2018
52.48		7	Thomas Mathew	17.12.1998	Int-Ser	Jalahalli	19-Sep-2018
52.56		2	Aman	28.11.1999	SAJC	Colombo, SRI	6-May-2018
52.67		1	Anup Kumar		Police	New Delhi	13-Dec-2018
52.69		2	Amarjeet	14.11.1998	NJC	Ranchi	5-Nov-2018
52.77		3	Binu Jose	14.05.1991	NGP	Patiala	27-Feb-2018
52.83		2	Raja K	11.10.1988	Police	New Delhi	13-Dec-2018

**Provisionally suspended for doping:**

52.52	(1)	Mohammed Nizan Farook	28.04.2000	NJC	Ranchi	5-Nov-2018
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**High Jump**

2.29	NR	1	Tejaswin Shankar	21.12.1998	Texas Tech	Lubbock, USA	27-Apr-2018
2.25		2	Siddharth Yadav	30.11.1993	FedCup	Patiala	7-Mar-2018
2.25		1	Chethan B	18.08.1992	ISAC	Guwahati	28-Jun-2018
2.24		1	Sarvesh Anil Kushare	17.06.1995	ONAC	Bhubaneswar	26-Sep-2018
2.21		2	Bharathi V	20.05.1994	ISAC	Guwahati	28-Jun-2018
2.14		3	Srineesh C	31.05.1993	FedCup	Patiala	7-Mar-2018
2.14		1	Aadarsh Ram J	27.09.1997	Int-Univ	Moodbidri	28-Nov-2018
2.11		2	Ajay Kumar	07.03.1996	Int-Rly	Lucknow	18-Aug-2018
2.11		5	Rakesh Kumar		Int-Ser	Jalahalli	19-Sep-2018
2.11		2	Manu Francis	11.04.1998	Int-Univ	Moodbidri	28-Nov-2018
2.10		4	Jesse Sandesh	22.10.1995	FedCup	Patiala	7-Mar-2018
2.10		6	Geo Jos	24.09.1998	ISAC	Guwahati	28-Jun-2018
2.10		1	Vijay Malik	28.12.2003	NSG-u17	New Delhi	18-Dec-2018
2.08		6	Silvester S		Int-Ser	Jalahalli	19-Sep-2018
2.08		3	Veeramani S	28.08.1994	Int-Univ	Moodbidri	28-Nov-2018
2.07		1	Mandeep Nain	27.03.2001	NJC-y	Ranchi	4-Nov-2018
2.06		1	Santhosh M	14.10.2000	JFC	Coimbatore	21-Apr-2018
2.06		2	Gurjeet Singh	05.01.2000	JFC	Coimbatore	21-Apr-2018
2.06		1	Rohit	08.03.2000	NZJC	Rohtak	6-Oct-2018
2.05		1	Manivannan R		RFYS-Col	Kandivali East	24-Jan-2018
2.05		2	Vinith K	08.11.1995	TNIU	Palayamkottai	6-Apr-2018
2.05		1	Muhammed Jaseem C	06.03.2000	KerSC	Thiruvananthapuram	12-Jun-2018
2.05		4	Aromal T	13.09.1998	Int-Univ	Moodbidri	28-Nov-2018

**Pole Vault**

5.30	NR	1	Siva S	05.06.1996	Int-Ser	Jalahalli	19-Sep-2018
5.10		2	Anuj	19.05.1995	FedCup	Patiala	5-Mar-2018
5.10		1	Kundan Singh	10.07.1994	ISAC	Guwahati	27-Jun-2018
5.05		2	Preeth J	21.04.1992	ONAC	Bhubaneswar	25-Sep-2018
4.95		3	Anoop C B	02.03.1990	ISAC	Guwahati	27-Jun-2018
4.95		2	Jessan K G	03.01.1998	Int-Ser	Jalahalli	19-Sep-2018
4.95		3	Anas Babu	09.10.1995	ONAC	Bhubaneswar	25-Sep-2018
4.95		4	Madhan Kumar	04.09.1994	ONAC	Bhubaneswar	25-Sep-2018
4.95		5	Pradhyumn Narbar	01.08.1994	ONAC	Bhubaneswar	25-Sep-2018
4.90		1	Bineesh Jacob	17.03.1986	KerSC	Thiruvananthapuram	12-Jun-2018
4.90		6	Rambeer Singh Saini	30.06.1996	ISAC	Guwahati	27-Jun-2018
4.90		1	Rakesh Gond	01.04.2001	NYC	Vadodara	21-Jul-2018
4.90		2	Bimin K P	01.04.1985	Int-Rly	Lucknow	18-Aug-2018
4.80		1	Dhirendra Kumar	28.08.1999	JFC	Coimbatore	22-Apr-2018
4.80		7	Parveen Kumar	10.10.1992	ISAC	Guwahati	27-Jun-2018
4.79		1	Deepak Yadav	06.06.2002	Khelo	New Delhi	3-Feb-2018
4.75		9	Parshant Singh Kanhiya	14.02.2000	ONAC	Bhubaneswar	25-Sep-2018
4.75		1	Manish Singh	12.07.1999	Int-Univ	Moodbidri	27-Nov-2018

4.70	8=	Geetesh Saini	23.04.1995	FedCup	Patiala	5-Mar-2018
4.70	2	Shekhar Kumar Pandey	01.02.2001	NJC-y	Ranchi	2-Nov-2018
4.70	2	Santhosh Kumar M	15.11.1998	Int-Univ	Moodbidri	27-Nov-2018

### Long Jump

8.20	NR	0.0	1	Sreeshankar M	27.03.1999	ONAC	Bhubaneswar	27-Sep-2018
8.06		0.0	1	Silambarasan M	27.12.1992	Int-Ser	Jalahalli	18-Sep-2018
7.95		-1.1	2	Jinesh V O	10.04.1992	ONAC	Bhubaneswar	27-Sep-2018
7.81		0.0	4	Sahil Mahabali	27.12.1997	ONAC	Bhubaneswar	27-Sep-2018
7.79			1	Muahmmed Anees Y	03.12.1995	Int-Univ	Moodbidri	28-Nov-2018
7.76			4	Mehakpreet Singh	26.03.1995	ONAC	Bhubaneswar	27-Sep-2018
7.74		1.7	1	Lokesh S	21.12.1999	SAJC	Colombo, SRI	5-May-2018
7.73			1	Vishnu M	10.10.1998	TNSC	Tirunelveli	10-Jun-2018
7.66		0.1	2	Wayne Peppin	02.09.1983	FedCup	Patiala	6-Mar-2018
7.64			3	Sidharth Naik	08.09.1995	Int-Ser	Jalahalli	18-Sep-2018
7.63			2	Swaminathan R	07.04.1996	TNSC	Tirunelveli	10-Jun-2018
7.61		0.0	3	Ankit Sharma	20.07.1992	ISAC	Guwahati	27-Jun-2018
7.57			3	Athistam K	17.05.1993	TNSC	Tirunelveli	10-Jun-2018
7.57			8	Bikramjit Singh	25.04.1995	ONAC	Bhubaneswar	27-Sep-2018
7.55			3q	Ashish Kumar Patra	21.03.1995	ONAC	Bhubaneswar	26-Sep-2018
7.54		0.1	3	Samsheer S E	10.06.1994	FedCup	Patiala	6-Mar-2018
7.54			4	Suresh Kumar		Int-Ser	Jalahalli	18-Sep-2018
7.54			2	Akhil T V	13.04.2000	Int-Univ	Moodbidri	28-Nov-2018
7.52			3	Nirmal Sabu	11.05.1999	Int-Univ	Moodbidri	28-Nov-2018
7.50			5	Jithin Thomas	29.07.1993	Int-Ser	Jalahalli	18-Sep-2018

### Triple Jump

17.09		0.0	1	Arpinder Singh	30.12.1992	ISAC	Guwahati	29-Jun-2018
16.63		0.0	2	Rakesh Babu A V	20.03.1990	ISAC	Guwahati	29-Jun-2018
16.51			2	Renjith Maheswary	30.01.1986	FedCup	Patiala	8-Mar-2018
16.49			3	Arivuselvam D	28.05.1991	FedCup	Patiala	8-Mar-2018
16.36		0.0	2	Eldhose Paul	07.11.1996	Int-Ser	Jalahalli	20-Sep-2018
16.36			1	Jay Shah Pradip	11.10.1997	Int-Univ	Moodbidri	26-Nov-2018
16.32		0.0	3	Mohammed Salahuddin S N	24.03.1994	ISAC	Guwahati	29-Jun-2018
16.28		1.9	4	Abdullah Aboobacker N	17.01.1996	Int-Ser	Jalahalli	20-Sep-2018
16.24			5	Karthik U	03.06.1993	FedCup	Patiala	8-Mar-2018
16.22			1	Praveen C	05.06.2001	TNSC	Tirunelveli	9-Jun-2018
16.18		1.9	5	Malkit Singh	05.10.1988	Int-Ser	Jalahalli	20-Sep-2018
16.16			2	Rajasekar R	22.01.1993	TNSC	Tirunelveli	9-Jun-2018
16.06		0.0	3	Navjot Singh	15.09.1989	ONAC	Bhubaneswar	28-Sep-2018
15.98		1.4	3q	Kamal Raj K	10.03.1999	WJC	Tampere, FIN	13-Jul-2018
15.93			6	Sreejithmon K	16.10.1989	FedCup	Patiala	8-Mar-2018
15.93		0.0	1	Mohammed Zuber	02.03.1996	Int-Rly	Lucknow	17-Aug-2018
15.78			3	Kiruba G	28.01.1998	Int-Univ	Moodbidri	26-Nov-2018
15.77			4	Anbu V	08.01.1996	Int-Univ	Moodbidri	26-Nov-2018
15.76			5	Kapil Anand P	31.12.1995	Int-Univ	Moodbidri	26-Nov-2018
15.75			1	Ajith A	14.02.2000	KSJC	Thiruvananthapuram	14-Oct-2018



**Best indoor:**

16.23	2	Kamal Raj K	10.03.1999	AsIndCh	Tehran, IRI	3-Feb-2018
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**Wind assisted:**

16.05	2.2	1	Kamal Raj K	10.03.1999	SAJC	Colombo, SRI	6-May-2018
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**Shot Put**

20.75	NR	1	Tejinder Pal Singh Toor	13.11.1994	AsiG	Jakarta, INA	25-Aug-2018
19.57		2	Naveen Chhikara	14.12.1996	FedCup	Patiala	6-Mar-2018
19.56		1	Saurabh Vij	14.06.1987	Petroleum	Kochi	15-May-2018
18.99		3	Jasdeep Singh	06.10.1990	ISAC	Guwahati	27-Jun-2018
18.76		1	Praveen	10.10.1993	ONAC	Bhubaneswar	27-Sep-2018
18.62		3	Naresh	20.03.1991	Int-Ser	Jalahalli	20-Sep-2018
18.09		3	Sunil Kumar	20.01.1986	ONAC	Bhubaneswar	27-Sep-2018
17.81		2	Om Prakash Singh	11.01.1987	Petroleum	Kochi	15-May-2018
17.68		4	Jaspal Singh	28.06.1986	ONAC	Bhubaneswar	27-Sep-2018
17.62		1	Prabhkirpal Singh	12.07.1997	Int-Univ	Moodbidri	25-Nov-2018
17.47		4	Malkeet Singh	12.02.1996	Int-Ser	Jalahalli	20-Sep-2018
17.46		3	Alfin V P	09.05.1993	FedCup	Patiala	6-Mar-2018
17.35		5	Beer Bahadur	14.07.1992	Int-Ser	Jalahalli	20-Sep-2018
17.33		2	Karanveer Singh	24.07.1997	Int-Univ	Moodbidri	25-Nov-2018
17.28		3	Paramjeet Singh	11.11.1993	Int-Univ	Moodbidri	25-Nov-2018
17.27		3	Jagroop Singh	07.01.1985	Police	New Delhi	10-Dec-2018
17.14		4	Vanam Sharma	13.04.1998	Int-Univ	Moodbidri	25-Nov-2018
17.09		5q	Shakti Singh	07.02.1989	ONAC	Bhubaneswar	25-Sep-2018
17.08		6q	Rajiv Cheema	25.12.1994	ONAC	Bhubaneswar	25-Sep-2018
17.04		4	Tajinder Singh	13.05.1988	Police	New Delhi	10-Dec-2018

**Best indoor:**

18.02		7	Om Prakash Singh	11.01.1987	AsIndCh	Tehran, IRI	2-Feb-2018
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**Discus Throw**

59.56		1	Dharamraj Yadav	26.01.1991	ONAC	Bhubaneswar	26-Sep-2018
56.27		2	Vazeer	13.02.1996	Int-Ser	Jalahalli	18-Sep-2018
56.26		1	Kirpal Singh Batth	19.05.1992	NGP	Patiala	27-Feb-2018
55.90		1	Prabhjot Singh	05.05.1992	Police	New Delhi	12-Dec-2018
54.28		3	Mithravarun S	09.07.1997	FedCup	Patiala	7-Mar-2018
54.17		3	Gagandeep Singh	20.05.1995	FedCup	Jalahalli	18-Sep-2018
53.65		3	Sachin Dalal	05.09.1995	ONAC	Bhubaneswar	26-Sep-2018
53.19		2	Harpreet Singh	18.07.1993	Police	New Delhi	12-Dec-2018
53.06		4	Praveen Kumar	1996	Int-Ser	Jalahalli	18-Sep-2018
53.04		4	Jagtar Singh	07.10.1992	ONAC	Bhubaneswar	26-Sep-2018
52.77		5	Ravinder	12.08.1992	Int-Ser	Jalahalli	18-Sep-2018
52.59		1	Kirtikumar Benake	11.07.1996	Int-Univ	Moodbidri	26-Nov-2018
52.30		3	Jaideep	07.07.1993	Police	New Delhi	12-Dec-2018
52.26		6	Manjeet	17.11.1995	Int-Ser	Jalahalli	18-Sep-2018
51.76		6	Kshetrapal Mishra	20.08.1996	ISAC	Guwahati	28-Jun-2018
51.76		2	Vanam Sharma	13.04.1998	Int-Univ	Moodbidri	26-Nov-2018
51.41		8	Karan Singh	05.02.1992	ONAC	Bhubaneswar	26-Sep-2018

50.54	7	Banvir Singh	18.01.1989	Int-Ser	Jalahalli	18-Sep-2018
50.13	5	Rai Govind Vijay Kumar	11.05.1993	Police	New Delhi	12-Dec-2018
50.12	1	Anil Kumar	13.02.1996	Petroleum	Kochi	16-May-2018

***Provisionally suspended for doping:***

58.10	(1q)	Baljinder Singh	23.07.1989	ISAC	Guwahati	27-Jun-2018
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**Hammer Throw**

67.64	1	Ashish Jakhar	05.01.1999	FedCup	Patiala	8-Mar-2018
66.55	1	Bhupender Singh	15.11.1997	Int-Ser	Jalahalli	20-Sep-2018
66.19	2	Sukhdev Singh	10.10.1993	FedCup	Patiala	8-Mar-2018
65.07	2	Taranveer Singh	10.01.1996	ISAC	Guwahati	29-Jun-2018
63.97	3	Pradeep Kumar	15.12.1998	ISAC	Guwahati	29-Jun-2018
63.64	3	Bajender Singh	01.10.1990	Int-Ser	Jalahalli	20-Sep-2018
63.40	4	Lovejit Singh	08.05.1990	Int-Ser	Jalahalli	20-Sep-2018
63.19	5	Aftab Alam	03.05.1997	Int-Ser	Jalahalli	20-Sep-2018
62.58	2	Talwinder Singh	15.07.1986	Int-Rly	Lucknow	17-Aug-2018
62.48	2	Gurkirat Singh	12.03.1999	Int-Univ	Moodbidri	28-Nov-2018
62.32	4	Shiv Kumar	02.07.1986	ISAC	Guwahati	29-Jun-2018
62.27	2	Damneet Singh	10.03.2000	ONAC	Bhubaneswar	27-Sep-2018
62.05	6	Shakil Khan	02.01.1991	Int-Ser	Jalahalli	20-Sep-2018
61.67	7	Niraj Kumar	17.09.1990	Int-Ser	Jalahalli	20-Sep-2018
61.54	3	Sumit Kumar	19.12.1995	Int-Univ	Moodbidri	28-Nov-2018
61.25	2	Chandrodaya Narayan Singh	14.07.1991	Petroleum	Kochi	15-May-2018
60.10	1	Shankar N	11.07.1991	TNSC	Tirunelveli	10-Jun-2018
59.96	1	Gagan Kumar Yadav		Police	New Delhi	10-Dec-2018
59.38	2	Rahul Kumar	12.07.1996	Police	New Delhi	10-Dec-2018
59.30	3	Vikranta	31.12.1999	Petroleum	Kochi	15-May-2018

**Javelin Throw**

88.06 NR	1	Neeraj Chopra	24.12.1997	AsiG	Jakarta, INA	27-Aug-2018
82.28	1	Shivpal Singh	06.07.1995	ISAC	Guwahati	28-Jun-2018
80.63	2	Rajender Singh Dalvir	05.04.1986	ISAC	Guwahati	28-Jun-2018
80.04	2	Vipin Kasana	04.08.1987	NGP	Patiala	27-Feb-2018
79.16	2	Amit Kumar	18.09.1992	FedCup	Patiala	6-Mar-2018
76.42	1	Abhishek Singh	20.05.1995	ONAC	Bhubaneswar	28-Sep-2018
75.87	1	Davinder Singh Kang	18.12.1988	Invitation	Jakarta, INA	11-Feb-2018
75.81	2	Anand V Haveri	19.02.1989	Int-Ser	Jalahalli	19-Sep-2018
75.73	2	Ravinder Singh Khaira	19.03.1986	Int-Rly	Lucknow	19-Aug-2018
75.38	3	Sahil Silwal	17.12.2000	ONAC	Bhubaneswar	28-Sep-2018
75.22	4	Abhishek Singh	26.04.1994	FedCup	Patiala	6-Mar-2018
74.29	1	Abhishek Drall	11.05.1998	Int-Univ	Moodbidri	27-Nov-2018
73.49	4	Anil Kumar Rajbhar	08.04.1992	Int-Ser	Jalahalli	19-Sep-2018
73.16	6	Gaurav Nehra	26.03.1991	FedCup	Patiala	6-Mar-2018
72.34	2	Vikrant Malik	02.01.1996	Int-Univ	Moodbidri	27-Nov-2018
72.22	5	Virender	10.07.1993	Int-Ser	Jalahalli	19-Sep-2018
72.06	3	Parvinder Kumar	08.03.1995	Int-Rly	Lucknow	19-Aug-2018
72.01	5	Ajay Kumar	11.01.1993	ISAC	Guwahati	28-Jun-2018

71.62	7	Animesh Mukherjee	05.08.1992	FedCup	Patiala	6-Mar-2018
71.61	1	Ankit Rathi	15.07.1996	Police	New Delhi	11-Dec-2018

### Decathlon

7125	1	Boota Singh	01.04.1991	Int-Ser	Jalahalli	19-Sep-2018
7090	1	Abhishek N Shetty	03.06.1992	Int-Rly	Lucknow	18-Aug-2018
7067	2	Amolak Singh	10.04.1996	Int-Ser	Jalahalli	19-Sep-2018
6919	1	Dayaram Gurjar	05.07.1985	ISAC	Guwahati	27-Jun-2018
6906	1	Krishna Kumar S	30.04.1997	Int-Univ	Moodbidri	26-Nov-2018
6896	3	Mohd Hafseer P P	30.07.1996	Int-Ser	Jalahalli	19-Sep-2018
6816	1	Navjor Singh	05.05.1994	Police	New Delhi	14-Dec-2018
6732	2	Suren R	16.06.1993	ISAC	Guwahati	27-Jun-2018
6716	2	Surinder Kumar	03.05.1994	Int-Rly	Lucknow	18-Aug-2018
6657	4	Angraj Singh	10.03.1988	Int-Ser	Jalahalli	19-Sep-2018
6525	2	Vikas Kaushik	09.01.1995	Int-Univ	Moodbidri	26-Nov-2018
6519	4	Tejinder Singh		ISAC	Guwahati	27-Jun-2018
6510	2	Amal Shaji	20.02.1993	Police	New Delhi	14-Dec-2018
6470	3	Minaj Mondal		Police	New Delhi	14-Dec-2018
6469	5	Ankit Saini	24.05.1995	Int-Ser	Jalahalli	19-Sep-2018
6354	3	Anuj Sangwan	13.12.1999	Int-Univ	Moodbidri	26-Nov-2018
6228	4	Salman Harris K P	25.07.1996	Int-Univ	Moodbidri	26-Nov-2018
6172	4	Madhavan L		Police	New Delhi	14-Dec-2018
6142	5	Sreedhu G S		Police	New Delhi	14-Dec-2018

### 20 KM Walk

1:21:32	1	Irfan K T	08.02.1990	NRW	New Delhi	18-Feb-2018
1:21:32	2	Manish Singh Rawat	05.05.1991	NRW	New Delhi	18-Feb-2018
1:21:40	3	Neeraj	15.08.1994	NRW	New Delhi	18-Feb-2018
1:21:53	4	Sunil	28.11.1997	NRW	New Delhi	18-Feb-2018
1:21:55	5	Eknath Sambhaji	18.01.1998	NRW	New Delhi	18-Feb-2018
1:22:10	6	Kulwant Singh	20.03.1990	NRW	New Delhi	18-Feb-2018
1:22:39	7	Vikas Singh	06.07.1996	NRW	New Delhi	18-Feb-2018
1:23:06	8	Satya Narayan	12.01.1983	NRW	New Delhi	18-Feb-2018
1:23:20	9	Jai Bhagwan	26.04.1987	NRW	New Delhi	18-Feb-2018
1:23:57	10	Baljinder Singh	18.09.1986	NRW	New Delhi	18-Feb-2018
1:24:10	11	Ankit Kumar	16.06.1992	NRW	New Delhi	18-Feb-2018
1:24:53	1	Devender Singh	05.12.1983	Int-Ser	Jalahalli	18-Sep-2018
1:24:57	2	Ganapathi K	29.06.1989	Int-Ser	Jalahalli	18-Sep-2018
1:25:17	12	Surender Singh	04.07.1988	NRW	New Delhi	18-Feb-2018
1:27:01	13	Manikandan Velusamy	29.01.1996	NRW	New Delhi	18-Feb-2018
1:27:01	14	Deepak Kumar	20.10.1992	NRW	New Delhi	18-Feb-2018
1:27:18	15	Amanjot Singh	19.03.1999	NRW	New Delhi	18-Feb-2018
1:27:58	16	Rajanpreet Singh	11.02.1998	NRW	New Delhi	18-Feb-2018
1:28:50	17	Juned	10.05.1999	NRW	New Delhi	18-Feb-2018
1:28:52	2	Sandeep Kumar	01.05.1986	ONAC	Bhubaneswar	26-Sep-2018

## 50 KM Walk

3:56:40	1	Sandeep Kumar	01.05.1986	NRW	New Delhi	17-Feb-2018
3:58:56	2	Jitendra Singh Rathore	20.03.1989	NRW	New Delhi	17-Feb-2018
4:00:35	3	Damen Singh S	15.10.1989	NRW	New Delhi	17-Feb-2018
4:00:58	4	Chandan Singh	08.06.1987	NRW	New Delhi	17-Feb-2018
4:09:43	5	Jyoti Tawtya	16.06.1986	NRW	New Delhi	17-Feb-2018
4:10:02	1	Abbal Singh Rana	14.03.1990	Int-Ser	Jalahalli	19-Sep-2018
4:13:42	3	Resham Midhun		Int-Ser	Jalahalli	19-Sep-2018
4:17:11	4	Anjani Kumar Singh	17.07.1993	Int-Ser	Jalahalli	19-Sep-2018
4:28:32	6	Jayprakash Singh	25.06.1985	NRW	New Delhi	17-Feb-2018
4:29:57	5	Manjeet Singh	14.10.1996	Int-Ser	Jalahalli	19-Sep-2018
4:30:52	6	Mahendra P Singh		Int-Ser	Jalahalli	19-Sep-2018
4:31:52	7	Sagar S Joshi	18.06.1987	NRW	New Delhi	17-Feb-2018
4:42:16	9	Som Kumar	09.09.1995	NRW	New Delhi	17-Feb-2018
4:44:49	10	Krishna Bind	10.02.1993	NRW	New Delhi	17-Feb-2018

## 4 x 100m Relay

40.20	1	Army Green Team		Int-Ser	Jalahalli	18-Sep-2018
40.22	1	Tamil Nadu State Team		ISAC	Guwahati	28-Jun-2018

## 4 x 400m Relay

3:01.85	2	National Team		AsiG	Jakarta, INA	30-Aug-2018
3:04.05	2h2	National Team		CWG	Gold Coast, AUS	13-Apr-2018

## WOMEN

### 100m

11.29 NR	0.5	1s2	Dutee Chand	03.02.1996	ISAC	Guwahati	29-Jun-2018
11.42	0.1	1	Ranga K	24.05.1995	Police	New Delhi	10-Dec-2018
11.47	0.0	1	Chandralekha A	28.03.1997	ONAC	Bhubaneswar	26-Sep-2018
11.56		1	Simi N S	22.10.1997	Int-Univ	Moodbidri	25-Nov-2018
11.57	0.1	2	Sini S	10.12.1989	Police	New Delhi	10-Dec-2018
11.62	1.2	1s1	Archana S	09.04.1994	ONAC	Bhubaneswar	25-Sep-2018
11.68	-0.2	8	Srabani Nanda	07.05.1991	Racers GP	Kingston, JAM	9-Jun-2018
11.69	0.1	3	Vijaya Kumari	15.04.1999	Police	New Delhi	10-Dec-2018
11.69		2	Dhanalakshmi S	05.06.1998	Int-Univ	Moodbidri	25-Nov-2018
11.71	0.0	1h3	Prajna S Prakash	04.03.1993	FedCup	Patiala	5-Mar-2018
11.73	0.0	1h5	Sneha P J	05.06.1992	ISAC	Guwahati	28-Jun-2018
11.74	-2.5	1rA	Hima Das	09.01.2000	NGP	Patiala	27-Feb-2018
11.75	0.0	3	Reena George	15.10.1993	ONAC	Bhubaneswar	26-Sep-2018
11.75		1h10	Revathi V	23.11.1997	Int-Univ	Moodbidri	25-Nov-2018
11.76	-1.7	3s1	Hina	18.10.1995	ISAC	Guwahati	29-Jun-2018
11.77	0.1	4	Stuti Singh	17.07.1996	Police	New Delhi	10-Dec-2018
11.89	-1.3	1s1	Manju K	05.05.1994	Police	New Delhi	10-Dec-2018
11.91		1h2	Gargi Gangwar		Int-Univ	Moodbidri	25-Nov-2018
11.93	-0.4	1	Priyanka S Kalagi	31.10.1992	Int-Rly	Lucknow	17-Aug-2018
11.94	1.2	2s1	Ritu	13.12.1997	ONAC	Bhubaneswar	25-Sep-2018

**Wind-aided marks:**

11.90	2.4	1h2	Priyanka S Kalagi	31.10.1992	Int-Rly	Lucknow	17-Aug-2018
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**200m**

23.00	0.1	1s1	Dutee Chand	03.02.1996	AsiG	Jakarta, INA	28-Aug-2018
23.10	0.0	1	Hima Das	09.01.2000	ISAC	Guwahati	27-Jun-2018
23.24		1	Dhanalakshmi S	05.06.1998	Int-Univ	Moodbidri	28-Nov-2018
23.60		2	Simi N S	22.10.1997	Int-Univ	Moodbidri	28-Nov-2018
23.62		1h17	Revathi V	23.11.1997	Int-Univ	Moodbidri	28-Nov-2018
23.66	0.9	1	Ranga K	24.05.1995	Police	New Delhi	13-Dec-2018
23.87	0.0	3	Srabani Nanda	07.05.1991	ISAC	Guwahati	27-Jun-2018
24.00	-0.1	1h2	Reena George	15.10.1993	ISAC	Guwahati	26-Jun-2018
24.10	-0.2	3h1	Chandralekha A	28.03.1997	ISAC	Guwahati	26-Jun-2018
24.14	-0.1	3h2	Harika Devi	20.12.1995	ISAC	Guwahati	26-Jun-2018
24.23	0.0	2	Chhavi Sharawat	12.07.1992	ONAC	Bhubaneswar	28-Sep-2018
24.30	0.0	1	Supriya M	11.05.1999	NJC	Ranchi	5-Nov-2018
24.43		2	Archana S	09.04.1994	TNSC	Tirunelveli	10-Jun-2018
24.46	0.0	2	Sonia Baishya	31.12.1995		Kladno, CZE	14-Jul-2018
24.47	0.0	2	Sneha P J	05.06.1992	FedCup	Patiala	8-Mar-2018
24.48	0.1	3	Jisna Mathew	07.01.1999	AJC	Gifu, JPN	10-Jun-2018
24.49	0.0	2	Rajashree Prasad	02.03.2000	NJC	Ranchi	5-Nov-2018
24.50		1	Kiran	05.08.2000	Har-U20	Sonipat	1-Apr-2018
24.50	-0.4	2h3	Diandra Valladares	13.01.1998	ISAC	Guwahati	26-Jun-2018
24.57	0.9	2	Stuti Singh	17.07.1996	Police	New Delhi	13-Dec-2018

**400m**

50.79	NR	2	Hima Das	09.01.2000	AsiG	Jakarta, INA	26-Aug-2018
51.79		1	Anjali Devi Kundu	15.09.1998	ONAC	Bhubaneswar	26-Sep-2018
52.94		1	Poovamma M R	05.06.1990	NGP	Gliwice, POL	10-Jun-2018
52.96		3	Prachi	20.12.1996	ISAC	Guwahati	29-Jun-2018
52.98		2h2	Chhavi Sharawat	12.07.1992	ISAC	Guwahati	28-Jun-2018
53.03		2	Vijayakumari G K	05.08.1996	FedCup	Patiala	6-Mar-2018
53.24		3	Saritaben Gayakwad	01.06.1994	NC	Kladno, CZE	28-Jul-2018
53.26		1	Jisna Mathew	07.01.1999	AJC	Gifu, JPN	8-Jun-2018
53.27		2	Nithyashree A	08.01.1994	NGP	Gliwice, POL	10-Jun-2018
53.30		3	Vismaya V K	14.05.1997	NGP	Gliwice, POL	10-Jun-2018
53.42		2h3	Jauna Murmu	16.08.1990	ISAC	Guwahati	28-Jun-2018
53.44		4	Sonia Baishya	31.12.1995	FedCup	Patiala	6-Mar-2018
53.55		4	Debashree Majumdar	06.04.1991	NGP	Gliwice, POL	10-Jun-2018
53.93		1rB	Sneha P J	05.06.1992	NGP	Patiala	27-Feb-2018
54.19		2h1	Arpitha M	11.02.1993	FedCup	Patiala	5-Mar-2018
54.21		1	Salini V K	10.01.1998	Int-Univ	Moodbidri	26-Nov-2018
54.33		3rA	Anilda Thomas	06.05.1993	NGP	Patiala	27-Feb-2018
54.34		5h2	Twinkle Chaudhary	17.10.1995	ISAC	Guwahati	28-Jun-2018
54.37		5	Kavita	30.12.1997	ONAC	Bhubaneswar	26-Sep-2018

**Reportedly positive in Re-Test, pending decision:**

51.25		2	Nirmla Sheoran	15.07.1995	ISAC	Guwahati	29-Jun-2018
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**800m**

2:05.75	1	Shipra Sarkar	10.10.1995	FedCup	Patiala	6-Mar-2018
2:06.42	2	Lili Das	18.03.1998	FedCup	Patiala	6-Mar-2018
2:06.68	1	Komal Choudhary	01.06.1995	ISAC	Guwahati	27-Jun-2018
2:07.11	3	Vijayakumari G K	05.08.1996	FedCup	Patiala	6-Mar-2018
2:07.22	3	Archana Adhav	14.07.1995	ISAC	Guwahati	27-Jun-2018
2:07.30	4	Priya K	15.06.1997	ISAC	Guwahati	27-Jun-2018
2:07.37	1	Abitha Mary Manuel	24.11.1998	Int-Univ	Moodbidri	25-Nov-2018
2:07.43	1	Twinkle Chaudhary	17.10.1995	ONAC	Bhubaneswar	28-Sep-2018
2:08.01	1	Kochu Thrasia K L		Police	New Delhi	14-Dec-2018
2:08.10	5	Shalu Chaudhary	27.01.1994	ISAC	Guwahati	27-Jun-2018
2:08.34	2	Sangeeta Kumari		Police	New Delhi	14-Dec-2018
2:08.47	2	Therese Joseph	02.04.1997	Int-Univ	Moodbidri	25-Nov-2018
2:08.59	3	Gomathi M	08.02.1989	ONAC	Bhubaneswar	28-Sep-2018
2:08.84	3	Harmilan Bains	23.07.1998	Int-Univ	Moodbidri	25-Nov-2018
2:08.85	2	Radha Chaudhary	02.02.2001	YOG-AQ	Bangkok, THA	5-Jul-2018
2:08.92	1	Pooja	17.06.2002	NSG_u17	New Delhi	16-Dec-2018
2:08.95	3	Soniya Mokal	22.01.1993	Police	New Delhi	14-Dec-2018
2:09.27	2	Durga Deore	08.06.1999	SAJC	Colombo, SRI	6-May-2018
2:09.91	3	Ankita Chahal	07.10.2000	SAJC	Colombo, SRI	6-May-2018
2:10.46	4	Sonali Desai	01.03.1994	Police	New Delhi	14-Dec-2018

**1500m**

4:11.55	1	Chitra P U	09.06.1995	ISAC	Guwahati	29-Jun-2018
4:12.44	2	Monika Chaudhary	28.06.1994	ISAC	Guwahati	29-Jun-2018
4:13.12	4	Lili Das	18.03.1998	ISAC	Guwahati	29-Jun-2018
4:18.55	2	Shipra Sarkar	10.10.1995	FedCup	Patiala	8-Mar-2018
4:18.80	5	Parul Chaudhary	15.04.1995	ISAC	Guwahati	29-Jun-2018
4:21.08	6	Harmilan Bains	23.07.1998	ISAC	Guwahati	29-Jun-2018
4:22.04	1	Khushbu Gupta	07.11.1998	Police	New Delhi	11-Dec-2018
4:22.92	7	Rishu Singh	07.12.1995	ISAC	Guwahati	29-Jun-2018
4:23.45	4	Durga Deore	08.06.1999	FedCup	Patiala	8-Mar-2018
4:25.66	2	Tai Bamhane	31.12.2002	YOG-AQ	Bangkok, THA	4-Jul-2018
4:26.37	3	Priya K	15.06.1997	Int-Rly	Lucknow	17-Aug-2018
4:26.72	2	Poonam		Police	New Delhi	11-Dec-2018
4:28.76	3	Sangeeta Kumari		Police	New Delhi	11-Dec-2018
4:28.83	2	Babitha C	13.03.1998	Int-Univ	Moodbidri	27-Nov-2018
4:29.82	8	Archana Adhav	14.07.1995	ISAC	Guwahati	29-Jun-2018
4:30.00	3	Sugandha Kumari	10.12.1995	ONAC	Bhubaneswar	26-Sep-2018
4:31.42	4	Vijaya Laxmi	15.07.1994	Int-Rly	Lucknow	17-Aug-2018
4:31.76	1	Pooja	17.06.2002	NSG_u17	New Delhi	18-Dec-2018
4:32.56	6	Shruthi K C	10.08.1991	FedCup	Patiala	8-Mar-2018
4:34.11	2	Sneha	03.09.2004	NSG_u17	New Delhi	18-Dec-2018

**Reportedly positive in Re-Test, pending decision:**

4:12.84	3	Jhuma Khatun	28.08.1988	ISAC	Guwahati	29-Jun-2018
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**5000m**

15:39.18	1	Suriya L	07.07.1990	Invitation	Jakarta, INA	13-Feb-2018
16:07.59	2	Parul Chaudhary	15.04.1995	ISAC	Guwahati	26-Jun-2018
16:07.63	2	Swati Gadhare	01.06.1990	FedCup	Patiala	5-Mar-2018
16:17.15	3	Kiranjeet Kaur	14.06.1988	ISAC	Guwahati	26-Jun-2018
16:24.42	3	Monika M Athare	26.03.1992	ONAC	Bhubaneswar	27-Sep-2018
16:27.39	3	Aarti Patil	26.03.1997	FedCup	Patiala	5-Mar-2018
16:34.30	5	Meenu	01.07.1995	ISAC	Guwahati	26-Jun-2018
16:40.61	2	Seema Devi	11.12.1993	Police	New Delhi	13-Dec-2018
16:41.39	4	Varsha Devi	20.06.1994	FedCup	Patiala	5-Mar-2018
16:47.40	7	Phoolan Pal	05.01.1996	ISAC	Guwahati	26-Jun-2018
16:49.96	3	Saigeeta Naik	26.05.1992	Police	New Delhi	13-Dec-2018
16:50.06	5	Poonam Sonune	04.04.2000	FedCup	Patiala	5-Mar-2018
16:50.39	3	Manju Yadav		Int-Rly	Lucknow	17-Aug-2018
16:54.65	4	Poonam		Police	New Delhi	13-Dec-2018
16:56.35	4	Sudha Pal	03.05.1997	Int-Rly	Lucknow	17-Aug-2018
17:02.24	2	Amrita Patel	03.08.2001	Int-Univ	Moodbidri	25-Nov-2018
17:02.67	1	Suman Rani	01.01.2000	JFC	Coimbatore	22-Apr-2018
17:05.24	3	Prajakta Godbole		Int-Univ	Moodbidri	25-Nov-2018
17:06.55	8	Dimple Singh	12.07.1995	ISAC	Guwahati	26-Jun-2018
17:07.69	7	Richa Bahaduriya	28.01.1997	FedCup	Patiala	5-Mar-2018

**Reportedly positive in Re-Test, pending decision:**

15:38.78	1	Sanjeevini Jadhav	12.07.1996	ISAC	Guwahati	26-Jun-2018
16:25.16	4	Jhuma Khatun	28.08.1988	ISAC	Guwahati	26-Jun-2018

**10000m**

32:23.56	13	Suriya L	07.07.1990	CWG	Gold Coast, AUS	9-Apr-2018
33:36.49	2	Sanjeevani Jadhav	12.07.1996	FedCup	Patiala	7-Mar-2018
33:47.02	3	Swati Gadhare	01.06.1990	FedCup	Patiala	7-Mar-2018
33:57.25	4	Parul Chaudhary	15.04.1995	FedCup	Patiala	7-Mar-2018
34:41.36	6	Meenu	01.07.1995	ISAC	Guwahati	29-Jun-2018
34:58.81	5	Kiranjeet Kaur	14.06.1988	FedCup	Patiala	7-Mar-2018
35:09.83	3	Monika M Athare	26.03.1992	ONAC	Bhubaneswar	25-Sep-2018
35:38.08	1	Arati Patil	26.03.1997	Int-Univ	Moodbidri	27-Nov-2018
35:38.11	5	Varsha Devi	20.06.1994	ISAC	Guwahati	29-Jun-2018
35:40.49	2	Prajakta Godbole		Int-Univ	Moodbidri	27-Nov-2018
35:41.62	3	Phoolan Pal	05.01.1996	Int-Univ	Moodbidri	27-Nov-2018
35:57.87	3	Dimple Singh	12.07.1995	Police	New Delhi	10-Dec-2018
35:58.07	4	Nikita Raut	03.11.1997	Int-Univ	Moodbidri	27-Nov-2018
36:23.15	2	Manju Yadav		Int-Rly	Lucknow	18-Aug-2018
36:23.36	3	Sudha Pal	03.05.1997	Int-Rly	Lucknow	18-Aug-2018
36:25.28	4	Saigeeta Naik	26.05.1992	Police	New Delhi	10-Dec-2018
36:29.69	4	Kiran Sahdev	23.01.1991	Int-Rly	Lucknow	18-Aug-2018
37:16.33	5	Neethu U	08.02.1996	Police	New Delhi	10-Dec-2018
37:36.83	8	Puja Mondal	29.07.1996	ISAC	Guwahati	29-Jun-2018

**Reportedly positive in Re-Test, pending decision:**

33:09.78	1	Sanjeevani Jadhav	12.07.1996	ISAC	Guwahati	29-Jun-2018
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### 3000m Steeplechase

9:39.59	1	Sudha Singh	25.06.1986	ISAC	Guwahati	28-Jun-2018
9:55.41	2	Chinta Yadav	26.03.1993	ISAC	Guwahati	28-Jun-2018
9:56.73	3	Chhavi Yadav	15.08.1992	ISAC	Guwahati	28-Jun-2018
9:58.32	1	Khushbu Gupta	07.11.1998	Police	New Delhi	13-Dec-2018
10:10.70	1	Parul Chaudhary	15.04.1995	Int-Rly	Lucknow	19-Aug-2018
10:27.80	2	Sugandha Gurjar	02.08.1996	ONAC	Bhubaneswar	28-Sep-2018
10:28.37	3	Richa Bhaduria	28.01.1997	ONAC	Bhubaneswar	28-Sep-2018
10:32.09	3	Preeti Lamba	18.12.1995	Int-Rly	Lucknow	19-Aug-2018
10:32.17	4	Preenu Yadav	20.06.1995	Int-Rly	Lucknow	19-Aug-2018
10:33.56	4	Komal Jagdale	26.01.1999	ONAC	Bhubaneswar	28-Sep-2018
10:34.53	1	Sheetal Bhagath	02.08.1993	Int-Univ	Moodbidri	28-Nov-2018
10:35.32	2	Jyoti Chouhan	05.08.1995	Int-Univ	Moodbidri	28-Nov-2018
10:39.20	6	Seema Devi	11.12.1993	ONAC	Bhubaneswar	28-Sep-2018
10:41.06	4	Mamta K M	17.01.1996	Int-Univ	Moodbidri	28-Nov-2018
10:50.81	6	Maheshwari G	18.08.2000	ISAC	Guwahati	28-Jun-2018
10:53.56	3	Angel James	14.03.1996	Police	New Delhi	13-Dec-2018
10:56.78	8	Sruthi M S	20.07.1996	ISAC	Guwahati	28-Jun-2018
11:04.20	5	Nandini Gupta	04.01.1997	Int-Rly	Lucknow	19-Aug-2018
11:08.83	3	Priyanka Kasana	25.03.1999	JFC	Coimbatore	22-Apr-2018
11:18.71	4	Rutuja Shende	28.11.1999	JFC	Coimbatore	22-Apr-2018

### 100m Hurdles

13.56	0.3	H	Purnima Hembram	10.07.1993	CWG	Gold Coast, AUS	12-Apr-2018
13.61	0.4	1	Sapna Kumari	13.08.1999	FedCup	Patiala	8-Mar-2018
13.71	0.0	1	Kanimozhi C	08.11.1997	ONAC	Bhubaneswar	26-Sep-2018
13.98	-0.1	H	Swapna Barman	29.10.1996	AsiG	Jakarta, INA	28-Aug-2018
13.99	0.0	3	Nithya R	20.09.1998	ONAC	Bhubaneswar	26-Sep-2018
14.01	-0.5	1	Arvinda Rathwa	20.12.1984	Police	New Delhi	12-Dec-2018
14.05	0.0	2	Ankita Gosavi	13.05.1997	ISAC	Guwahati	29-Jun-2018
14.10		1	Aparna Roy	31.05.2001	KerSC	Thiruvananthapuram	12-Jun-2018
14.12	0.0	3	Sumandeep Kaur	10.04.1994	ISAC	Guwahati	29-Jun-2018
14.13	0.4	2	Prajna S Prakash	04.03.1993	FedCup	Patiala	8-Mar-2018
14.16		2	Sugina M	22.08.1993	KerSC	Thiruvananthapuram	12-Jun-2018
14.19		3	Keerthana K	21.08.1994	TNSC	Tirunelveli	9-Jun-2018
14.24	0.0	5	Rokeya Khatun	15.07.1996	ISAC	Guwahati	29-Jun-2018
14.27	0.4	3	Anurupa Kumari	12.08.1997	FedCup	Patiala	8-Mar-2018
14.31		4	Dhanalakshmi B	31.08.1995	TNSC	Tirunelveli	9-Jun-2018
14.34	0.0	6	Jaspreet Kaur	05.07.1994	ISAC	Guwahati	29-Jun-2018
14.36	-0.5	3	Vinitha Babu	10.05.1997	Police	New Delhi	12-Dec-2018
14.38	-0.5	4	Soumya Varghese	13.10.1996	Police	New Delhi	12-Dec-2018
14.42		H	Sowmiya M	25.03.1996	ISAC	Guwahati	28-Jun-2018
14.45	0.0	4	Dibi Sebastian	13.09.1997	Int-Univ	Moodbidri	27-Nov-2018



## 400m Hurdles

56.77	3h2	Anu R	20.04.1993	AsiG	Jakarta, INA	26-Aug-2018
57.02	1	Jauna Murmu	16.08.1990	ISAC	Guwahati	26-Jun-2018
57.04	1	Saritaben Gayakwad	01.06.1994		Jablonec, CZE	15-Aug-2018
57.43	1	Arpitha M	11.02.1993		Patiala	8-Mar-2018
57.63	1	Anju Rani	25.09.1992	ONAC	Bhubaneswar	28-Sep-2018
58.36	3	Veerpal Kaur (Jr)	07.09.1997	ONAC	Bhubaneswar	28-Sep-2018
58.64	1	Veerpal Kaur	24.03.1994	Police	New Delhi	13-Dec-2018
58.91	3	Tiasha Samadder	20.05.1998	Int-Rly	Lucknow	18-Aug-2018
59.70	1	Vithya R	20.09.1998	Int-Univ	Moodbidri	25-Nov-2018
1:00.05	2	Ayana Thomas	20.01.1993	Police	New Delhi	13-Dec-2018
1:00.06	2	Salini V K	10.01.1998	Int-Univ	Moodbidri	25-Nov-2018
1:00.47	3	Nanhi	16.10.1999	Int-Univ	Moodbidri	25-Nov-2018
1:00.95	2	Vishnu Priya J	13.03.2001	YOG-AQ	Bangkok, THA	5-Jul-2018
1:01.11	1	Sayana P O	11.03.1998	KerSC	Thiruvananthapuram	13-Jun-2018
1:01.47	2h4	Anjali Jose	24.05.1996	Int-Univ	Moodbidri	24-Nov-2018
1:01.99	7	Dhivya J	31.01.1998	ONAC	Bhubaneswar	28-Sep-2018
1:01.99	4	Rajni Nagar	17.10.1997	Police	New Delhi	13-Dec-2018
1:02.17	4	Loganayaki M	03.06.1997	Int-Rly	Lucknow	18-Aug-2018
1:02.18	5h1	Ramalakshmi K	26.03.1999	ISAC	Guwahati	26-Jun-2018
1:02.24	1	Nibha K M	14.12.1999	KSJC	Thiruvananthapuram	14-Oct-2018

## High Jump

1.83	1	Angel P Devasia	06.12.1994	KerSC	Thiruvananthapuram	13-Jun-2018
1.82	H	Swapna Barman	29.10.1996	AsiG	Jakarta, INA	28-Aug-2018
1.77	1	Rubina Yadav	14.01.2001	NJC-y	Ranchi	3-Nov-2018
1.77	2	Abhinaya S Shetty	16.06.1999	Int-Univ	Moodbidri	25-Nov-2018
1.77	3	Supriya S B	11.03.2001	Int-Univ	Moodbidri	25-Nov-2018
1.77	4	Gracena Glistus Mery	23.05.2000	Int-Univ	Moodbidri	25-Nov-2018
1.76	1=	Jyoti	22.07.1995	FedCup	Patiala	5-Mar-2018
1.76	3	Jinu Maria Manuel	15.02.1993	FedCup	Patiala	5-Mar-2018
1.75	H	Purnima Hembram	10.07.1993	ISAC	Guwahati	28-Jun-2018
1.75	1	Rekha	24.01.1999	NJC	Ranchi	3-Nov-2018
1.73	1	Laimwn Narzary	25.03.1998	Int-Rly	Lucknow	17-Aug-2018
1.73	2	Gayathry Sivakumar	26.02.2001	NJC-y	Ranchi	3-Nov-2018
1.70	4	Chandana K C	27.11.1987	FedCup	Patiala	5-Mar-2018
1.70	2	Athira Somaraj	26.10.1998	KerSC	Thiruvananthapuram	13-Jun-2018
1.70	1	Rajeswari Das	23.05.1999	EZJC	Patna	16-Sep-2018
1.69	H	Liksy Joseph	17.02.1990	ISAC	Guwahati	28-Jun-2018
1.68	1	Athira Mohanan C M	05.12.1998	Police	New Delhi	12-Dec-2018
1.67	H	Mareena George	02.04.1995	ONAC	Bhubaneswar	27-Sep-2018
1.65	5	Libia Shaji	16.04.1997	FedCup	Patiala	5-Mar-2018
1.65	6	Vinotha K	06.08.1996	ISAC	Guwahati	26-Jun-2018
1.65	7	Santhya S	22.01.1994	ISAC	Guwahati	26-Jun-2018
1.65	4	Sonu	07.07.1993	Int-Rly	Lucknow	17-Aug-2018
1.65	2=	Sangeetha N P	14.02.1997	Police	New Delhi	12-Dec-2018
1.65	2=	Athira K S		Police	New Delhi	12-Dec-2018

**Pole Vault**

4.00	1	Khyati Vakharia	06.02.1989	ISAC	Guwahati	28-Jun-2018
3.95	2	Krishna Rachan	24.05.1994	ONAC	Bhubaneswar	27-Sep-2018
3.90	1	Sureka Renjith	14.08.1984	FedCup	Patiala	7-Mar-2018
3.80	1	Maria Jaison	23.09.1997	Int-Univ	Moodbidri	28-Nov-2018
3.80	2	Baranica Elangovan	03.02.1997	Int-Univ	Moodbidri	28-Nov-2018
3.60	2	Sathya T	05.02.2001	TNSC	Tirunelveli	10-Jun-2018
3.60	3	Pavithra V	08.12.2001	TNSC	Tirunelveli	10-Jun-2018
3.60	1	Sangeeta Kumari	05.04.1990	Police	New Delhi	12-Dec-2018
3.60	2	Sinju Prakash M K	27.12.1993	Police	New Delhi	12-Dec-2018
3.45	3	Arti Kushwaha	06.06.1993	Police	New Delhi	12-Dec-2018
3.45	4	Kiranbir Kaur	16.06.1990	Police	New Delhi	12-Dec-2018
3.40	4	Chellamangai S P	24.07.1999	TNSC	Tirunelveli	10-Jun-2018
3.35	3	Divya Mohan	27.08.1999	Int-Univ	Moodbidri	28-Nov-2018
3.35	4	Anaswara C	17.07.1996	Int-Univ	Moodbidri	28-Nov-2018
3.30	5	Nisha Banu A	24.01.1997	TNSC	Tirunelveli	10-Jun-2018
3.30	6	Esther Jemmie Sharon	19.07.1995	TNSC	Tirunelveli	10-Jun-2018
3.30	1	Arsha Babu	18.03.1999	KSJC	Thiruvananthapuram	13-Oct-2018
3.30	5	Reshma Raveendran	20.02.1996	Police	New Delhi	12-Dec-2018
3.30	6	Tamilarasi		Police	New Delhi	12-Dec-2018
3.25	6	Malavika Ramesh	07.06.2000	Int-Univ	Moodbidri	28-Nov-2018

**Best indoor:**

4.00	8	Khyati Vakharia	06.02.1989		Albuquerque, USA	10-Feb-2018
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**Long Jump**

6.51	-0.7	1	Nayana James	18.10.1995	FedCup	Patiala	6-Mar-2018
6.51	0.0	2	Neena Pinto	02.05.1991	AsiG	Jakarta, INA	27-Aug-2018
6.42		1	Rimpi Buragohain	10.12.1999	EZJC	Patna	15-Sep-2018
6.33	0.0	1	Rintu Mathew	27.05.1992	ISAC	Guwahati	27-Jun-2018
6.22	1.2	1	Renu	21.12.1998	NJC	Ranchi	2-Nov-2018
6.21	1.1	2	Harshini Saravanan	10.08.1999	ONAC	Bhubaneswar	26-Sep-2018
6.14	0.0	3	Karthika G	02.01.1996	ONAC	Bhubaneswar	26-Sep-2018
6.10		2	Priyanka Kerketta	13.10.1998	Int-Univ	Moodbidri	25-Nov-2018
6.05	0.0	H	Swapna Barman	29.10.1996	AsiG	Jakarta, INA	29-Aug-2018
6.05	0.0	H	Liksy Joseph	17.02.1990	ONAC	Bhubaneswar	28-Sep-2018
6.03		6	Deepanshi Singh	03.04.2001	ONAC	Bhubaneswar	26-Sep-2018
5.99	0.1	3	Purnima Hembram	10.07.1993	NGP	Patiala	27-Feb-2018
5.99	1.0	3	Sherin A	24.02.2000	NJC	Ranchi	2-Nov-2018
5.98		1	Ambika Narzary	14.01.2002	EZJC-y	Patna	15-Sep-2018
5.98		3q	Aishwarya B	15.06.1997	Int-Univ	Moodbidri	24-Nov-2018
5.97	1.0	1	Ancy Sojan E	01.03.2001	NJC-y	Ranchi	2-Nov-2018
5.97	-0.4	1	Uma Maheswari	06.01.1995	Police	New Delhi	13-Dec-2018
5.94		1	Thabitha P	24.04.2002	TNSC	Tirunelveli	10-Jun-2018
5.94	0.0	1	Shaili Singh	07.01.2004	NJC-u16	Ranchi	2-Nov-2018
5.93		4	Sneha S S	27.03.1998	Int-Univ	Moodbidri	25-Nov-2018

**Wind assisted:**

5.95	3.0	1	Punitha R	13.04.2000	SAJC	Colombo, SRI	5-May-2018
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**Triple Jump**

13.63	0.5	1	Renu	21.12.1998	ONAC	Bhubaneswar	25-Sep-2018
13.38	0.0	1	Sheena N V	22.11.1992	ISAC	Guwahati	28-Jun-2018
13.33	0.0	2	Sonam K M	15.05.1998	ISAC	Guwahati	28-Jun-2018
13.24	0.0	3	Bhairabi Das (-Roy)	02.02.1995	ISAC	Guwahati	28-Jun-2018
13.20	0.0	2	Siva Anbarasi M A	11.10.1994	ONAC	Bhubaneswar	25-Sep-2018
13.07	1.9	-	Priyadarshini S	13.08.1999	AJC	Gifu, JPN	7-Jun-2018
12.99		3	Anusha G Poojary	14.09.1996	Int-Univ	Moodbidri	27-Nov-2018
12.92		4	Rintu Mathew	27.05.1992	ONAC	Bhubaneswar	25-Sep-2018
12.90	0.0	2	Karthika G	02.01.1996	Int-Rly	Lucknow	18-Aug-2018
12.86	0.5	2	Jenimol Joy	29.12.1995	Police	New Delhi	11-Dec-2018
12.85		4	Aleena Jose	08.12.1996	Int-Univ	Moodbidri	27-Nov-2018
12.85	0.5	3	Vinija Vijayan	11.10.1996	Police	New Delhi	11-Dec-2018
12.82	1.9	2	Sandra Babu	03.07.2001	JFC	Coimbatore	22-Apr-2018
12.80		2q	Khushbeen Kaur	31.08.1999	Int-Univ	Moodbidri	26-Nov-2018
12.77	0.6	4	Shilpa Chacko	18.12.1992	Police	New Delhi	11-Dec-2018
12.70		2	Nandhini S	12.12.1998	NJC	Ranchi	4-Nov-2018
12.59		7	Kairi Purty	16.04.1994	ISAC	Guwahati	28-Jun-2018
12.55		6q	Lizbeth Karoline Joseph	26.05.2000	Int-Univ	Moodbidri	26-Nov-2018
12.48		7	Asha I	18.06.1999	Int-Univ	Moodbidri	27-Nov-2018
12.47		1	Aishwarya P R	18.11.1999	SZJC	Mangalagiri	15-Sep-2018

**Wind-assisted:**

13.08	3.2	1	Priyadarshini S	13.08.1999	AJC	Gifu, JPN	7-Jun-2018
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**Shot Put**

16.45		1	Navjeet Kaur Dhillon	06.03.1995	FedCup	Patiala	8-Mar-2018
15.23		1	Kiran Baliyan	06.03.1999	JFC	Coimbatore	20-Apr-2018
14.76		1	Uma P S	15.11.1996	Int-Rly	Lucknow	18-Aug-2018
14.74		2	Rakhi Sangwan	10.07.1995	FedCup	Patiala	8-Mar-2018
14.55		2	Kachnar Chaudhary	17.05.1999	ISAC	Guwahati	29-Jun-2018
14.54		2	Anamika Das	28.03.1999	SAJC	Colombo, SRI	5-May-2018
14.38		1	Tunlai Narzary	10.02.1994	Police	New Delhi	14-Dec-2018
14.35		2	Neha Singh	07.07.1995	Police	New Delhi	14-Dec-2018
14.10		2	Paramjot Kaur	16.11.2000	Int-Univ	Moodbidri	27-Nov-2018
13.88		3	Abha Khatua	09.07.1995	Int-Univ	Moodbidri	27-Nov-2018
13.86		4	Kiranjot Kaur	15.11.1992	Police	New Delhi	14-Dec-2018
13.73		1	Nandhini V	11.01.1994	TNSC	Tirunelveli	9-Jun-2018
13.72		5	Deepa	31.07.1996	ONAC	Bhubaneswar	26-Sep-2018
13.69		1q	Meghana Devanga	22.03.1997	Int-Univ	Moodbidri	26-Nov-2018
13.64		5	Soniya	14.11.1989	Police	New Delhi	14-Dec-2018
13.60		7	Gurveer Kaur	19.10.1995	FedCup	Patiala	8-Mar-2018
13.60		1	Yogita	01.11.2000	NZJC	Rohtak	6-Oct-2018
13.54		3	Kamalpreet Kaur	03.04.1996	Int-Rly	Lucknow	18-Aug-2018
13.50		4	Poorna Raorane	26.12.2002	JFC	Coimbatore	20-Apr-2018
13.46		8	Pinki Rawat	16.06.1994	FedCup	Patiala	8-Mar-2018

**Discus Throw**

62.26	3	Seema Punia (-Antil)	27.07.1983	AsiG	Jakarta, INA	30-Aug-2018
61.04	1	Kamalpreet Kaur	03.04.1996	Int-Rly	Lucknow	17-Aug-2018
59.18	1	Navjeet Kaur Dhillon	06.03.1995	NGP	Patiala	27-Feb-2018
49.98	4	Nidhi Rani	03.01.1997	ONAC	Bhubaneswar	27-Sep-2018
49.87	1	Arpandeeep Kaur Bajwa	15.01.1999	Int-Univ	Moodbidri	25-Nov-2018
48.58	2	Karunya M	11.01.2000	SAJC	Colombo, SRI	6-May-2018
48.32	1	Shivani	08.10.1999	NZJC	Rohtak	6-Oct-2018
48.08	1	Seema	25.02.1999	NJC	Ranchi	3-Nov-2018
47.30	8	Anushi Desai	16.07.1996		San Diego, USA	24-Mar-2018
46.25	3	Parbati Sethi	01.01.1980	Int-Rly	Lucknow	17-Aug-2018
46.18	2q	Suravi Biswas	13.10.1997	Int-Univ	Moodbidri	24-Nov-2018
46.08	3	Kirandeeep Kaur	18.06.1997	FedCup	Patiala	5-Mar-2018
45.72	5	Asha Rani	29.12.1999	Int-Univ	Moodbidri	25-Nov-2018
45.71	3	Sunita	20.03.2000	JFC	Coimbatore	21-Apr-2018
45.56	1	Himani P Hegde	08.07.1992	Police	New Delhi	12-Dec-2018
45.28	2	Paramjot Kaur	16.11.2000	NZJC	Rohtak	6-Oct-2018
44.69	2	Deepa	31.07.1996	Police	New Delhi	12-Dec-2018
44.51	4	Priyanka J S	02.03.1996	Int-Rly	Lucknow	17-Aug-2018
44.38	4	Preeti Rani	07.09.1997	ISAC	Guwahati	26-Jun-2018
44.32	5	Gurveer Kaur	19.10.1995	ONAC	Bhubaneswar	27-Sep-2018

**Reportedly positive in Re-Test, pending decision:**

58.41	1	Sandeep Kumari	10.12.1992	ISAC	Guwahati	26-Jun-2018
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**Hammer Throw**

63.80	1	Sarita Singh	26.10.1989	FedCup	Patiala	5-Mar-2018
61.93	1	Ritu Dhiman	24.08.1994	Int-Univ	Moodbidri	28-Nov-2018
58.14	2	Nidhi	20.03.1996	ISAC	Guwahati	26-Jun-2018
57.99	2	Jyoti	22.07.1995	Int-Rly	Lucknow	18-Aug-2018
57.81	3	Poonam Devi	10.01.1993	Int-Rly	Lucknow	18-Aug-2018
57.17	1	Anita	01.01.1990	Police	New Delhi	10-Dec-2018
56.02	2	Sarabjeet Kaur	12.04.1984	Police	New Delhi	10-Dec-2018
55.27	6	Reena	01.04.1994	ISAC	Guwahati	26-Jun-2018
54.41	3	Anmol Kaur	04.01.1992	Police	New Delhi	10-Dec-2018
54.05	4	Poonam	15.08.1995	Police	New Delhi	10-Dec-2018
53.19	6	Minakshi Jakhar	30.08.1991	Police	New Delhi	10-Dec-2018
52.31	6	Niketa	16.11.1995	FedCup	Patiala	5-Mar-2018
52.09	7	Shital	29.11.1998	Police	New Delhi	10-Dec-2018
52.06	2	Ranju Devi	23.02.1994	Int-Univ	Moodbidri	28-Nov-2018
51.88	8	Fatima K M		Police	New Delhi	10-Dec-2018
51.69	7	Reshu Tyagi	20.04.1995	ONAC	Bhubaneswar	28-Sep-2018
50.52	3	Surabhi Vedpathak	29.08.1999	Int-Univ	Moodbidri	28-Nov-2018
50.35	4	Sangeeta		Int-Univ	Moodbidri	28-Nov-2018
50.07	5	Divya Shandilya	05.07.1998	Int-Univ	Moodbidri	28-Nov-2018
49.97	10	Vipin Kumari		Police	New Delhi	10-Dec-2018

**Tested positive, pending decision:**

59.39	1	Gunjan Singh	20.11.1989	Int-Rly	Lucknow	18-Aug-2018
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## Javelin Throw

58.17	1	Annu Rani	29.08.1992	Int-Rly	Lucknow	18-Aug-2018
54.85	1	Sharmila Kumari	02.03.1995	ONAC	Bhubaneswar	25-Sep-2018
53.70	2	Pushpa Jakhar	29.11.1997	FedCup	Patiala	7-Mar-2018
53.42	1	Rupinder Kaur	11.08.1988	Police	New Delhi	13-Dec-2018
53.26	1	Poonam Rani	10.05.1994	Int-Univ	Moodbidri	26-Nov-2018
50.63	H	Swapna Barman	29.10.1996	AsiG	Jakarta, INA	29-Aug-2018
50.16	3	Rashmi K	24.11.1993	ONAC	Bhubaneswar	25-Sep-2018
48.25	2	Saloni	11.12.1998	Int-Univ	Moodbidri	26-Nov-2018
48.08	1	Sanjana Choudhary	09.07.1999	SAJC	Colombo, SRI	6-May-2018
47.24	4	Manpreet Kaur	26.05.1999	Int-Univ	Moodbidri	26-Nov-2018
47.15	H	Abha Khatua	09.07.1995	FedCup	Patiala	8-Mar-2018
46.06	3	Priyanka	04.04.1997	NGP	Patiala	27-Feb-2018
45.48	H	Purnima Hembram	10.07.1993	AsiG	Jakarta, INA	29-Aug-2018
45.26	2	Anjani Kumari	01.01.2000	NJC	Ranchi	5-Nov-2018
44.59	5	Monika	20.03.1998	Int-Univ	Moodbidri	26-Nov-2018
44.32	4	Saraswathi S	27.01.1985	Int-Rly	Lucknow	18-Aug-2018
44.13	7	Karishma S Sanil	04.06.2000	Int-Univ	Moodbidri	26-Nov-2018
43.80	1	Jyoti	01.04.2002	Har-U20	Sonipat	1-Apr-2018
43.67	6	Poonam Pal	08.05.1994	ISAC	Guwahati	27-Jun-2018
43.21	1	Runjun Pegu	05.09.1999	NCJT-jr	Lucknow	9-Sep-2018
43.14	2	Hemamalini N	12.04.2000	JFC	Coimbatore	20-Apr-2018

## Heptathlon

6026	1	Swapna Barman	29.10.1996	AsiG	Jakarta, INA	29-Aug-2018
5898	1	Purnima Hembram	10.07.1993	ISAC	Guwahati	29-Jun-2018
5443	13	Liksy Joseph	17.02.1990	Multistars	Firenze, ITA	28-Apr-2018
5394	3	Sowmiya M	25.03.1996	ISAC	Guwahati	29-Jun-2018
5076	4	Abha Khatua	09.07.1995	FedCup	Patiala	8-Mar-2018
5030	5	Mareena George	02.04.1995	ISAC	Guwahati	29-Jun-2018
4780	1	Dhanusha M R	07.09.1999	Int-Univ	Moodbidri	27-Nov-2018
4764	2	Nimmy V O	21.01.1996	Int-Univ	Moodbidri	27-Nov-2018
4550	3	Rimpi Dabas		Int-Univ	Moodbidri	27-Nov-2018
4541	4	Madhu	03.01.1999	Int-Univ	Moodbidri	27-Nov-2018
4095	5	Akshatha P S	17.05.1996	Int-Univ	Moodbidri	27-Nov-2018
4031	4	Aleena Vincent	05.01.1997	ONAC	Bhubaneswar	28-Sep-2018
4018	3	Nagapriya N	09.10.2000	JFC	Coimbatore	22-Apr-2018
3951	5	Sakshi Pagnis	30.11.2000	ONAC	Bhubaneswar	28-Sep-2018
3926	3	Anila Jose V K	10.08.1993	Int-Rly	Lucknow	19-Aug-2018
3879	6	Trisha Dhar	27.08.1998	ONAC	Bhubaneswar	28-Sep-2018
3876	1	Anjaly Thomas	06.01.2000	KSJC	Thiruvananthapuram	14-Oct-2018
3874	1	Mohana G	12.06.1997	TNSC	Tirunelveli	10-Jun-2018
3811	2	Helan Saji	04.04.2000	KSJC	Thiruvananthapuram	14-Oct-2018
3802	2	Deepika S	09.04.2002	TN-u18	Chennai	2-Apr-2018

## 20 KM Walk

1:31:29 NR	1	Soumya B	20.04.1990	NRW	New Delhi	17-Feb-2018
1:32:17	2	Khushbir Kaur	09.07.1993	NRW	New Delhi	17-Feb-2018
1:34:09	3	Karamjit Kaur	05.02.1991	NRW	New Delhi	17-Feb-2018
1:34:57	4	Shanti Kumari	15.08.1994	NRW	New Delhi	17-Feb-2018
1:35:35	2	Ravina	21.05.1997	Open	Nomi, JPN	18-Mar-2018
1:37:28	6	Priyanka	10.03.1996	NRW	New Delhi	17-Feb-2018
1:38:38	7	Deepmala Devi L	16.04.1985	NRW	New Delhi	17-Feb-2018
1:43:23	8	Vandana Kumari	21.09.1997	NRW	New Delhi	17-Feb-2018
1:43:56	9	Bhawana Jat	01.03.1996	NRW	New Delhi	17-Feb-2018
1:45:56	10	Sonu Rawat	30.09.1989	NRW	New Delhi	17-Feb-2018
1:46:04	11	Jaspal Kaur	08.02.1998	NRW	New Delhi	17-Feb-2018
1:47:15	2	Sonal Sukhwal	28.01.1998	Int-Univ	Moodbidri	26-Nov-2018
1:50:00	4	Bandana Patel	16.08.1998	Int-Univ	Moodbidri	26-Nov-2018
1:51:03	1	Tesna Joseph	23.08.1995	KerSC	Thiruvananthapuram	13-Jun-2018
1:52:18	13	Rakhi Kushbala		NRW	New Delhi	17-Feb-2018
1:55:31	4	Rani Yadav	31.07.1990	Int-Rly	Lucknow	19-Aug-2018

## 4 x 100m Relay

46.03	1	Tamil Nadu State Team		ONAC	Bhubaneswar	27-Sep-2018
46.12	1	Karnataka State Team		ISAC	Guwahati	28-Jun-2018

## 4 x 400m Relay

3:28.72	1	National Team		AsiG	Jakarta, INA	30-Aug-2018
3:33.23	1	National Team (Guest)		NC	Kladno, CZE	29-Jul-2018
3:33.61	7	National Team		CWG	Gold Coast, AUS	14-Apr-2018
3:35.32	1	Karnataka State Team		ISAC	Guwahati	29-Jun-2018

**Note:** Athletes tested positive for "*doping*" have been included in a separate row below regular rankings. Also mentioned are 'better legal performances' achieved prior to their reported positive cases in 2018. Final decision in dope related cases are rests with the Anti Doping Disciplinary Panel and/or Appeal Panel. We only report cases known to us so far. The rankings will be rearranged as and when further cases emerge.

The compiler invite additions, corrections and comments to the above lists in "[sportsmurali@gmail.com](mailto:sportsmurali@gmail.com)"