

Best & Co
1ST NATIONAL ATHLETICS CHAMPIONSHIP
FROM 15TH TO 17 TH FEBRUARY 1994
FARIDABAD
UNDER 22

Women

Event : 100 Mtrs

Pos	Athletes Name	Unit	Perf
1	P.V.LEENA	TAMIL NADU	12.2 S
2	SHERRY MATHEWS	KERALA	12.3 S
3	VAJAYANTHI MALA	KARNATKA	12.5 S
4	TRIPUTTI NAIK	KARNATKA	12.5 S
5	LAKSHMI DEY	WEST BENGAL	12.5 S
6	SHEELA BHOWAL	WEST BENGAL	12.5 S

Event : 200 Mtrs

Pos	Athletes Name	Unit	Perf
1	PARAMJIT KAUR	RAJASTHAN	25.1 S
2	VAJANTHI MALA	KARNATKA	25.5 S
3	SHERRY MATHEW	KERALA	25.6 S
4	SHILA BHOWAL	WEST BENGAL	26.3 S
5	SUNITA	HARYANA	26.3 S
6	DEEPIKA	M.P.	26.4 S

Event : 400 Mtrs

Pos	Athletes Name	Unit	Perf
1	PARAMJEET KAUR	RAJASTHAN	56.5 S
2	D. VANJANA	KARNATKA	57.5 S
3	BIJIMOL K.S.	KERALA	58.1 S
4	SUNITA	HARYANA	59.7 S
5	DEEPIKA	MP	1:01.0 S

6	SYAMANTHA KANAKAM	KERALA	1:01.5 S
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Event : 800 Mtrs

Pos	Athletes Name	Unit	Perf
1	BIJIMOL K.S.	KERALA	2:15.3 S
2	SONAL BIMANI	KARNATKA	2:15.9 S
3	SUMAN	HARYANA	2:16.3 S
4	KULVINDER	CHANDIGARH	2:23.8 S
5	SYAMANTHAKAM K.M.	KERALA	2:24.7 S
6	MONIKA SARKAR	KARNATKA	2:26.2 S

Event : 1500 Mtrs

Pos	Athletes Name	Unit	Perf
1	KAPPA MINA	WEST BENGAL	4:49.3 S
2	KALPANA BANTE	MAHARASHTRA	4:52.4 S
3	MONIKA SARKAR	WEST BENGAL	4:55.0 S
4	KULWINDER	CHANDIGARH	5:00.9 S
5	RAJWANTI	HARYANA	5:01.4 S
6	LAXMI SINGH	UTTAR PRADESH	5:02.2 S

Event : 3000 Mtrs

Pos	Athletes Name	Unit	Perf
1	SUMAN	HARYANA	10:27.5 S
2	KAPPA MINA	WEST BENGAL	10:28.9 S
3	RIMA DAS	WEST BENGAL	10:30.2 S
4	KALPANA BANTE	MAHARASHTRA	10:32.1 S
5	INDRA PONNAPPA	KARNATKA	10:37.1 S
6	S. MUKTA	ANDHRA PRADESH	10:41.1 S

Event : 10000 Mtrs

Pos	Athletes Name	Unit	Perf
1	S. MUKTA	ANDHRA PRADESH	38:25.9 S
2	LKALAWATI	HIMACHAL PRADESH	39:24.3 S
3	SHELJI JOSEPH	KERALA	39:37.7 S
4	VISHALI KHAMKAR	MAHARASHTRA	40:04.4 S
5	AMITA SIKDAR	WEST BENGAL	42:16.6 S
6	RASSAMMA MATHEW	KERALA	42:39.1 S

Event : 10 Km Walk

Pos	Athletes Name	Unit	Perf
1	SWATI SINGH	MP	1:09:35 S
2	PRITI SINGH	UP	1:11:35 S
3	RAJESH	HAR	1:16:.42 S

Event : 100 Mtrs (H)

Pos	Athletes Name	Unit	Perf
1	DEBI BOSE	WEST BENGAL	15.6 S
2	KIRTI RAO	KAARNATKA	16.6 S
3	SANGITA S. KUMAR	TAMIL NADU	16.8 S
4	MAYA V.K.	GUJRAT	17.7 S
5	BIMA JOSHI	UTTAR PRADESH	17.9 S
6	SUDHA SHANKAR	TAMILNADU	18.0 S

Event : 400 Mtrs (H)

Pos	Athletes Name	Unit	Perf
1	MADHUMITA SATPATY	ORRISA	1:04.5 S
2	MARIAMMA VARKEY	GUJRAT	1:04.7 S

3	SANGITHA S. KUMAR	TAMIL NADU	1:05.0 S
4	MEENA SINGH	UP	1:08.2 S
5	RAJ RANI	CHANDIGARH	1:09.3 S
6	SARMISTHA PRAHRAJ	ORRISA	1:09.3 S

Event : Long Jump

Pos	Athletes Name	Unit	Perf
1	RINA DEB NATH	WEST BENGAL	5.48 M
2	ANAJ PHILLIP	TAMIL NADU	5.42 M
3	FIROZ BANU	ANDHRA PRADESH;	5.28 M
4	MAYA V.K.	GUJRAT	5.03 M
5	N. SANGEETHA LAXMI	AP	5.00 M
6	MERCY JADIES	ORRISA	4.94 M

Event : High Jump

Pos	Athletes Name	Unit	Perf
1	BINDU P.S.	KERALA	1.70 M
2	S. JAYANTHI	TAMIL NADU	1.65 M
3	MINI FRANCIS	KERALA	1.55 M
4	ILA NANDY	WEST BENGAL	1.55 M
5	KIRTI RAO	KARNATKA	1.55 M
6	J.J. MANZALI	MAHARASHTRA	1.55 M

Event : Shot Put

Pos	Athletes Name	Unit	Perf
1	HARBANS KAUR	PUNJAB	13.18 M
2	CHAITALI DEY	WEST BENGAL	12.74 M

3	HARJIT KAUR	PUNJAB	11.82 M
4	SAMPA DAS	WEST BENGAL	11.80 M
5	CHETNA KUNDALKAR	MAHARASHTRA	11.55 M
6	MARI LEE	TAMIL NADU	11.0 8M

Event : Discus Throw

Pos	Athletes Name	Unit	Perf
1	HARJIT KAUR	PUNJAB	43.98 M
2	SWARNJIT KAUR	HARYANA	42.94 M
3	SURINDERJIT KAUR	PUNJAB	41.22 M
4	CHETNA	MAHARASHTRA	38.26 M
5	R.RAJA SUNDRI	TAMIL NADU	37.16 M
6	SUGAN YADAV	HARYANA	34.42 M

Event : Javelin Throw

Pos	Athletes Name	Unit	Perf
1	SUSHAMA BEHERA	ORRISA	40.14 M
2	P.K. PUSHPAWATI	KARNATKA	36.34 M
3	N.M. HEMLATA	KARNATKA	36.00 M
4	MAYA V.K.	GUJRAT	34.84 M
5	SADENUR KHATOON	WEST BENGAL	34.12 M
6	GITA SINAH	WEST BENGAL	33.86 M

Event : 4 x 100 Mtrs Relay

Pos	Unit	Perf
1	KARNATKA	49.0 S

2	WEST BENGAL	49.3 S
3	GUJRAT	50.9 S
4	ORRISA	53.7 S
5	MAHARASHTRA	55.8 S

Event : 4 x 400 Mtrs Relay

Pos	Unit	Perf
1	HARYANA	4:07.2 S
2	KERALA	4:09.5 S
3	WEST BENGAL	4:33.5 S
4	MAHARASHTRA	

Men

Event : 100 Mtrs

Pos	Athletes Name	Unit	Perf
1	VIKRAM	DELHI	10.7 S
2	LIONEL JOHN	KARNATKA	10.8 S
3	MANIJ KUMAR	HARYANA	10.9 S
4	AMIT KHANNA	DELHI	11.0 S
5	AMIT SAHA	WEST BENGAL	11.2 S
6	MOHIDUDIM	MP	11.2 S

Event : 200 Mtrs

Pos	Athletes Name	Unit	Perf
1	LIONEL JOHN	KARNATKA	22.1 S
2	AMIT KHANNA	DELHI	22.4 S
3	B.N. SINGH	WEST BENGAL	22.5 S
4	DEEPAK SWAMI	DELHI	23.0 S
5	JASWINDER SINGH	PUNJAB	23.0 S
6	ANIL KAMBLE	MAHARASHTRA	23.0 S

Event : 400 Mtrs

Pos	Athletes Name	Unit	Perf
1	RAJIV GUPTA	GUJRAT	49.7 S
2	BENEDICT EKKA	ORRISA	49.9 S
3	SAT KUMAR	DELHI	50.3 S
4	ANIL KAMBLE	MAHARASHTRA	50.7 S
5	D. JANSON	AP	50.8 S
6	B.H. KUNDU	WEST BENGAL	50.9 S

Event : 800 Mtrs

Pos	Athletes Name	Unit	Perf
1	JOYSON K.J.	KERALA	1:54.8 S
2	L.M. MEHANTA	BIHAR	1:55.4 S
3	NARESH	HARYANA	1:55.4 S
4	SURESH	HARYANA	1:57.1 S
5	B.R. MURLIDHAR	KARNATKA	1:59.9 S
6	PHILLIPS ANTHANY	HP	2:01.7 S

Event : 1500 Mtrs

Pos	Athletes Name	Unit	Perf
1	VIKRAM SINGH	HARYANA	3:59.3 S
2	M. KUMAR SINGH	BIHAR	4:00.4 S
3	ONKARNATH PANDEY	U.P.	4:01.6 S
4	NARESH	HARYANA	4:01.7 S
5	B.R. MURLIDHAR	KARNATKA	4:02.1 S
6	RAHUL SHOKEEN	J&K	4:02.9 S

Event : 3000 SC

Pos	Athletes Name	Unit	Perf
1	BHUPINDER TYAGI	DELHI	9:13.1 S
2	RAMESH KUMAR	UP	9:15.9 S
3	JAI KISHAN	DELHI	9:20.4 S
4	RAHUL SHOKEEN	J&K	9:24.2 S
5	RAJ KUMAR SINGH	BIHAR	9:35.1 S
6	CHANDER KANT	GUJRAT	9:40.1 S

Event : 5000 Mtrs

Pos	Athletes Name	Unit	Perf
1	BHAIRON SINGH LONEY	BIHAR	15:03.0 S
2	BHUPINDER TYAGI	DELHI	15:04.9 S
3	VIKRAM	HARYANA	15:05.0 S
4	K. A. PARKASH	KARNATKA	15:22.0 S
5	R.K. JEENA	ORRISA	15:24.4 S
6	RAMESH KUMAR	UP	15:25.0 S

Event : 10000 Mtrs

Pos	Athletes Name	Unit	Perf
1	BHAIRON SINGH LONEY	BIHAR	31:44.3 S
2	DHANVEER	DELHI	32:09.7 S
3	ANIL K. GUPTA	BIHAR	32:23.8 S
4	RAMESH KUMAR	UP	32:27.5 S
5	R.K. JENA	ORRISA	32:29.0 S
6	FRANCIS SHALLOO	HP	34:43.5 S

Event : 20 Km Walk

Pos	Athletes Name	Unit	Perf
1	MUKESH RATHI	HARYANA	1::41:42 S
2	SUDHIR MANDAL	HARYANA	1::44:06 S
3	RAVINDER	HP	1::57:52 S
4	PRAVEEN KUMAR	HP	2::02:39 S

Event : 110 Mtrs (H)

Pos	Athletes Name	Unit	Perf
1	LIINESH PATHAK	MAHARASHTRA	15.2 S
2	RANJEET Randhawa	DELHI	15.3 S
3	C.K. HARISH	KARNATKA	16.3 S
4	AJAY SANGWAN	HARYAN	16.5 S
5	OM PRAKASH	UP	16.6 S
6	M. ACHARYA	WEST BENGAL	16.7 S

Event : 400 Mtrs (H)

Pos	Athletes Name	Unit	Perf
1	RAJIV GUPTA	GUJRAT	55.3 S
2	HARDEEP SINGH	PUNJAB	55.6 S
3	SUNIL K. SINGH	MANIPUR	56.7 S
4	S.R. CHAUDHARY	WEST BENGAL	57.2 S
5	AJY SANGWAN	HARYANA	57.7 S
6	SATENDER K. SINGH	UP	58.2 S

Event : Long Jump

Pos	Athletes Name	Unit	Perf
1	ANU KUMAR	UP	7.15 M
2	S. ANIL KUMAR	GUJRAT	6.93 M

3	OM PRAKASH	RAJASTHAN	6.74 M
4	DEEPU DAS	TAMIL NADU	6.56 M
5	SHISH PAL	HARYANA	6.54 M
6	DAULT K. MOHRIT	ORRISA	6.54 M

Event : High Jump

Pos	Athletes Name	Unit	Perf
1	LONGA MARANDI	ORRISA	1.95 M
2	RAVINDER PAL	CHANDIGARH	1.95 M
3	SURENDER SINGH	HARYAN	1.90 M
4	V.N. PATHAK	BIHAR	1.90 M
5	DEVENDER	DELHI	1.90 M
6	DESH DEEPAK	DELHI	1.90 M

Event : Triple Jump

Pos	Athletes Name	Unit	Perf
1	JIJO BABY	DELHI	14.87 M
2	RAMBIR	HARYANA	14.58 M
3	LOUIS ISHANTI SIDDI	GUJRAT	14.45 M
4	JATINDER PANDEY	HARYANA	14.06 M
5	M. SHIBU	KERALA	13.80 M
6	NITIM KOLI	MAHARASHTRA	13.32 M

Event : Pole Vault

Pos	Athletes Name	Unit	Perf
1	MUKESH	HARYANA	4.20 M

2	RAJ KUMAR	DELHI	4.20 M
3	BABY V.R.	KERALA	4.20 M
4	GEESH KUMAR	KERALA	4.11 M
5	DEVINDER	HARYANA	3.90 M
6	BAJRANGI	UP	3.75 M

Event : Shot Put

Pos	Athletes Name	Unit	Perf
1	JAGBIR	HARYANA	16.67 M
2	PRITAM SINGH	HARYANA	15.45 M
3	HARDEV SINGH	DELHI	13.95 M
4	MAHESH SINDHE	MAHARASHTRA	13.18 M
5	SUKHWINDER	KARNATKA	12.33 M
6	VIJAY JADAV	MAHARASHTRA	11.01 M

Event : Discus Throw

Pos	Athletes Name	Unit	Perf
1	VIPIN	DELHI	48.92 M
2	RAJIV	DELHI	47.76 M
3	ANIL KUMAR	HARYANA	45.32 M
4	PAWAN KUMAR	HARYANA	42.88 M
5	V.K. SINGH	MP	42.86 M
6	M.P. SINGH	UP	40.9 2M

Event : Javelin Throw

Pos	Athletes Name	Unit	Perf
1	TENNY VARGHESE	KERALA	61.66 M
2	SURESH KUMAR	PUNJAB	61.58 M

3	JAGJIT SINGH	HARYANA	61.44 M
4	NAWAL SINGH	DELHI	60.76 M
5	VINOD KUMAR	DELHI	60.50 M
6	RAI SINGH	HARYANA	57.62 M

Event : Hammer Throw

Pos	Athletes Name	Unit	Perf
1	ANOOP SINGH	RAJASTHAN	57.70 M
2	PARDEEP	DELHI	55.54 M
3	SUBHDEEP SINGH	PUNJAB	54.98 M
4	VARINDER SINGH	RAJASTHAN	54.80 M
5	SANJEEV TOMAR	DELHI	52.00 M
6	RAVINDER	HARYANA	50.32 M

Event : 4 x 100 Mtrs Relay

Pos	Unit	Perf
1	DELHI	43.2 S
2	HARYANA	43.4 S
3	WEST BENGAL	44.3 S
4	GUJRAT	44.7 S
5	MANIPUR	45.4 S
6	ORRISA	45.5 S

Event : 4 x 400 Mtrs Relay

Pos	Unit	Perf
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1	GUJRAT	3:25.0 S
2	HARYANA	3:26.1 S
3	WEST BENGAL	3:28.7 S
4	DELHI	3:28.7 S
5	ORRISA	3:32.8 S