

**28 ALL INDIA SENIOR INTER STATE ATHLETICS CHAMPIONSHIP
DELHI 30 JULY TO 1 AUGUST,1990**

100 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	352	S. ROBERTS	TAMIL NADU	10.67 Sec
2	226	SANJEEVAN	KARNATAKA	10.76 Sec
3	244	BIJU P.	KERALA	10.79 Sec
4	243	ROY P. JOSEPH	KERALA	10.84 Sec
5	433	SOMASHEKAR	AAFI	10.99 Sec
6	426	BIJU THOMAS	AAFI	11.04 Sec
7	353	M.S SIREEDHARAN	TAMIL NADU	11.06 Sec

200 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	352	S. ROBERTS	TAMIL NADU	21.49 Sec
2	243	ROY P. JOSEPH	KERALA	21.87 Sec
3	227	GUNASEKHAR	KARNATAKA	22.25 Sec
4	353	M.S SRIDHARAN	TAMIL NADU	22.45 Sec
5	466	MATHEW	DELHI	22.76 Sec
6	155	TEJINDER SINGH	CHANDIGRAH	23.08 Sec
7	273	FIRDOUS MEHTA	MAHARASHTRA	23.11 Sec
8	443	JATA SHANKAR	DELHI	23.97 Sec

400 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	225	ARJUN DEVIAH	KARNATAKA	47.23 Sec
2	247	RAJU P.V	KERALA	47.96 Sec
3	443	JATA SHANKAR	DELHI	48.45 Sec
4	328	NARSI RAM	RAJASTHAN	48.73 Sec
5	248	P.P PAUL	KERALA	48.92 Sec
6	329	RAJINDER SHARMA	RAJASTHAN	49.05 Sec
7	356	ANAND NATARAJAN	TAMIL NADU	49.07 Sec

8	157	GURMAIL SINGH	CHANDIGRAH	49.40 Sec
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800 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	297	AVTAR SINGH	PUNJAB	1:49.14 Sec
2	249	JOSSEY MATHEW	KERALA	1:49.62 Sec
3	156	SUKHCHARAN SINGH	CHANDIGRAH	1:52.55 Sec
4	44	DHANVEER SINGH	GOA	1:52.78 Sec
5	250	SURESH BABU	KERALA	1:53.01 Sec
6	414	SUPRABHAT GHOSH	WEST BENGAL	1:53.03 Sec
7	292	S.P MAHANTA	ORISSA	1:53.40 Sec
8	161	JASWANT SINGH	CHANDIGRAH	1:56.80 Sec

1500 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	451	BAHADUR PRASAD	DELHI	3:43.35 Sec N.M.R
2	332	RAM NIWAS	RAJASTHAN	3:47.29 Sec
3	299	SUKHWANT SINGH	PUNJAB	3:48.82 Sec
4	298	AMINDEEP SINGH	PUNJAB	3:49.34 Sec
5	209	RAJINDER SINGH	HARYANA	3:51.45 Sec
6	330	RAJBIR SINGH	RAJASTHAN	3:53.07 Sec
7	359	SOLAIMUTHU	TAMIL NADU	3:55.82 Sec
8	159	SUKHWANT SINGH	CHANDIGARH	3:58.19 Sec

3000 M STEEPLECHASE MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	350	DINA RAM	RAJASTHAN	8:47.51 Sec
2	457	PYARE LAL	DELHI	8:56.31 Sec
3	45	NARENDER SINGH	DELHI	9:05.67 Sec
4	390	JASBIR SINGH	UTTAR PRADESH	9:11.00 Sec
5	53	KARTAR SINGH	ORISSA	9:23.91 Sec
6	341	GOPI SINGH	RAJASTHAN	9:29.00 Sec
7	38	SURAJ SINGH	UTTAR PRADESH	9:39.01 Sec

8	360	MURALI	TAMIL NADU	9:55.24 Sec
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5000 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	334	LILA RAM	RAJASTHAN	14:30.12 Sec
2	47	V.K MISHRA	UTTAR PRADESH	14:47.09 Sec
3	351	RAM SINGH	RAJASTHAN	14:56.61 Sec
4	52	NARENDER SINGH	DELHI	14:57.17 Sec
5	456	S.C PANDEY	DELHI	14:57.88 Sec
6	415	S. MUKHERJEE	WEST BENGAL	
7	233	JAYADEVAPPA	KARNATAKA	
8	51	HUKAM SINGH	ORISSA	

10,000 M RUN MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	415	S. MUKHERJEE	WEST BENGAL	30:54.00 Sec
2	335	HARI SINGH	RAJASTHAN	31:13.00 Sec
3	482	K.J BABY	DELHI	31:24.00 Sec
4	27	MOHD. KASIM	UTTAR PRADESH	31:38.00 Sec
5	120	E. RAJINDER	ANDHRA PRADESH	32:08.00 Sec
6	878	HARIVAN SINGH	MADHYA PRADESH	32:20.00 Sec
7	132	KAMESHWAR R. DAS	BIHAR	
8	110	K.V SANJIVARAMAKRISHNAN	ANDHRA PRADESH	

110 M HURDLES MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	416	ASHISH MONDAL	WEST BENGAL	14.80 Sec
2	254	BENNY JOHN	KERALA	15.02 Sec
3	364	N. ANNAVI	TAMIL NADU	15.47 Sec
4	272	R. BALAKRISHNAN	MAHARASHTRA	15.47 Sec
5	490	RAM SINGH	RAJASTHAN	15.70 Sec
6	387	KUSHAL PAL SINGH	UTTAR PRADESH	15.83 Sec
7	294	S.K DAS	ORISSA	15.97 Sec

8	460	TARAJIT SINGH	DELHI	17.60 Sec
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400 M HURDLES MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	134	K.G SRIDHARAN	BIHAR	53.78 Sec
2	293	MANAS ROUT	ORISSA	54.44 Sec
3	160	RAVI KANT	CHANDIGRAH	54.51 Sec
4	417	KAMAL PITT	WEST BENGAL	55.09 Sec
5	462	BACHOO SINGH	DELHI	55.82 Sec
6	882	SUNIL KUMAR SINGH	MADHYA PRADESH	56.83 Sec
7	122	G.DHARMA RAO	ANDHRA PRADESH	57.11 Sec

4X100 M RELAY MEN

POSITION	TEAM NAME	PERF
1	KERALA	40.97 Sec
2	KARNATAKA	41.19 Sec
3	TAMIL NADU	41.32 Sec
4	DELHI	42.66 Sec
5	MAHARASHTRA	43.69 Sec

4X400 M RELAY MEN

POSITION	TEAM NAME	PERF
1	KERALA	3:10.28 Sec
2	TAMIL NADU	3:16.36 Sec
3	CHANDIGARH	3:16.75 Sec
4	WEST BENGAL	3:22.70 Sec
5	ANDHARA PRADESH	3:23.49 Sec
6	DELHI	3:24.05 Sec
7	MAHARASHTRA	3:24.55 Sec
8	KARNATAKA	3:24.94 Sec

LONG JUMP MEN

POSITION	BIB.NO	NAME	UNIT	PERF
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1	226	SANJEEVAN	KARNATAKA	7.66 Mtr
2	234	P. FERNANDEZ	KARNATAKA	7.40 Mtr
3	257	M.C SEBASTIAN	KERALA	7.26 Mtr
4	258	M.B SADASIVAN	KERALA	7.26 Mtr
5	367	ABU BECKER	TAMIL NADU	7.20 Mtr
6	366	MOHD. NIZAMUDDIN	TAMIL NADU	7.04 Mtr
7	464	HARI OM SHARMA	DELHI	6.65 Mtr
8	41	V.P SAXENA	UTTAR PRADESH	6.42 Mtr

HIGH JUMP MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	364	N. ANNAVI	TAMIL NADU	2.11 Mtr N.M.R
2	196	CHANDER PAL	HARYANA	2.09 Mtr
3	195	SHEOPAT SINGH	HARYANA	2.09 Mtr
4	140	B.K SINGH	BIHAR	2.03 Mtr
5	466	MATHEWS	DELHI	2.03 Mtr
6	261	JOHN MATHEW	KERALA	1.95 Mtr
7	287	K.M POPAIAN	HIMACHAL PRADESH	1.95 Mtr
8	424	N. VEERAPPAN	AAFI	1.90 Mtr
9	369	K. THIRUMAL VALAVAN	TAMIL NADU	1.90 Mtr

TRIPLE JUMP MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	366	MOHD. NIZAMUDDIN	TAMIL NADU	15.91 Mtr
2	259	G. KUNCHERIA	KERALA	15.68 Mtr
3	465	MANPREET SINGH	DELHI	15.30 Mtr
4	368	THANGAVELU	TAMIL NADU	15.29 Mtr
5	394	VIKRAM SINGH	UTTAR PRADESH	15.21 Mtr
6	260	S. MURALI	KERALA	15.12 Mtr
7	137	KESHWAR SAHU	BIHAR	15.10 Mtr
8	116	G. UDAY RAM SINGH	ANDHRA PRADESH	14.53 Mtr

POLE VAULT MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	263	M.A ELDO	KERALA	4.90 Mtr N.M.R
2	467	VIJAY PAL SINGH	DELHI	4.90 Mtr
3	306	GURJANT SINGH	PUNJAB	4.50 Mtr
4	492	MRIDUL DOWRAH	ASSAM	4.40 Mtr
5	370	TAMILARASAN	TAMIL NADU	4.40 Mtr
6	468	P.C TYAGI	DELHI	4.30 Mtr
7	264	GOPA KUMAR	KERALA	4.20 Mtr
8	295	SATPAL	ORISSA	4.10 Mtr

HAMMER THROW MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	477	OM PRAKASH	DELHI	60.76 Mtr
2	429	RAJESH BHARDWAJ	AAFI	59.40 Mtr
3	476	AJAY PAL	DELHI	59.28 Mtr
4	406	RADHEY SHYAM	UTTAR PRADESH	56.06 Mtr
5	404	ANOOP YADAV	UTTAR PRADESH	51.68 Mtr
6	147	NACCHTTAR SINGH	BIHAR	50.74 Mtr

JAVELIN THROW MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	286	S.B MISRA	MAHARASHTRA	67.32 Mtr
2	313	SATBIR SINGH	PUNJAB	66.32 Mtr
3	144	OM PAL SINGH	BIHAR	63.86 Mtr
4	314	SWARAN SINGH	PUNJAB	63.54 Mtr
5	420	PRASANTA GHOSE	WEST BENGAL	63.38 Mtr
6	165	DALJEET SINGH	CHANDIGRAH	62.48 Mtr
7	474	DEVINDER SINGH	DELHI	61.08 Mtr
8	431	BALRAJ SINGH	AAFI	59.38 Mtr

DISCUS THROW MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	311	MANJIT SINGH	PUNJAB	53.48 Mtr

2	312	SARJIT SINGH	PUNJAB	50.36 Mtr
3	18	R.P SINGH	DELHI	50.04 Mtr
4	143	UPKAR SINGH	BIHAR	47.34 Mtr
5	438	AJIT BHADORIA	DELHI	46.46 Mtr

SHOT PUT MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	200	BHADUR SINGH	HARYANA	17.30 Mtr N.M.R
2	208	AVTAR SINGH	PUNJAB	16.54 Mtr
3	435	SATKAIN SINGH	AAFI	15.60 Mtr
4	310	IQBAL SINGH	PUNJAB	15.24 Mtr
5	398	NARENDER SINGH	UTTAR PARDESH	15.18 Mtr
6	471	GOVINDA RAM	DELHI	14.57 Mtr
7	371	C. CHINTU	TAMIL NADU	14.15 Mtr
8	101	S.R. N PRASAD	ANDHRA PRADESH	12.73 Mtr

DECATHLON MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	349	RAM PAL	RAJASTHAN	6409 Points
2	37	A.K SINGH	UTTAR PARDESH	6204 Points
3	484	SATNAM SINGH	DELHI	5825 Points

20KM WALK MEN

POSITION	BIB.NO	NAME	UNIT	PERF
1	210	C.S RATHI	HARYANA	1:25.48 Sec N.R
2	318	BALDEV SINGH	PUNJAB	1:28.37 Sec
3	23	SUCHA SINGH	JAMMU&KASHMIR	1:28.45 Sec
4	421	SUBASH	DELHI	1:41.18 Sec
5	169	NARINDERPAL SINGH	CHANDIGARH	1:47.57 Sec
6	418	HARDHAN GARAI	WEST BENGAL	1:50.22 Sec

WOMEN

100 M RUN WOMEN				
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POSITION	BIB.NO	NAME	UNIT	PERF
1	555	P.T USHA	KERALA	11.92 Sec
2	540	ASHWINI NACHAPPA	KARNATAKA	11.97 Sec
3	531	ZENIA AYARTON	MAHARASHTRA	12.15 Sec
4	557	SHERRY MATHEW	KERALA	12.48 Sec
5	541	E.B SHELYA	KARNATAKA	12.56 Sec
6	592	RUCHITA PANDA	ORISSA	12.57 Sec
7	630	K. SUMATHI	TAMIL NADU	12.65 Sec
8	660	LAKSHMI DEY	WEST BENGAL	12.75 Sec

200 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	556	K. SARAMMA	KERALA	24.19 Sec
2	581	ZENIA AYRTON	MAHARASHTRA	24.34 Sec
3	592	RACHITA PANDA	ORISSA	25.10 Sec
4	630	S. SUMATHY	TAMIL NADU	25.45 Sec
5	503	DHANALAKSHMI	ANDHRA PRADESH	25.71 Sec
6	694	MEENA JAIN	DLEHI	26.03 Sec
7	692	JEMMA JOSEPH	AAFI	26.05 Sec
8	650	SHASHI KALA YADAV	UTTAR PRADESH	26.76 Sec

400 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	663	PRANATI MISRA	WEST BENGAL	55.03 Sec
2	503	V. DHANALAKSHMI	ANDHRA PRADESH	56.21 Sec
3	632	ALPHONSO RYAN	TAMIL NADU	56.26 Sec
4	502	M. PUSHPAVATHY	ANDHRA PRADESH	56.97 Sec
5	664	SAJDA BEGAM	WEST BENGAL	56.97 Sec
6	544	H.G APSARA	KARNATAKA	57.14 Sec
7	633	SHANTIMOL	TAMIL NADU	59.29 Sec

800 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF

1	559	ROSA KUTTY	KERALA	2:05.74 Sec
2	632	ALPHONSO RYAN	TAMIL NADU	2:09.07 Sec
3	695	SURESH BALA	DELHI	2:09.57 Sec
4	529	SUNITA KUMARI	HARYANA	2:11.92 Sec
5	666	RINKU ATTA	WEST BENGAL	2:17.36 Sec
6	546	POONAM SINGH	KARNATAKA	2:17.79 Sec
7	667	RUPA NASKAR	WEST BENGAL	2:20.51 Sec
8	635	C.A.R ALPHONSO	TAMIL NADU	2:20.70 Sec

1500 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	559	ROSA KUTTY	KERALA	4:20.56 Sec N.M.R
2	529	SUNITA KUMARI	HARYANA	4:22.04 Sec
3	695	SURESH BALA	DELHI	4:35.59 Sec
4	546	POONAM SINGH	KARNATAKA	4:36.04 Sec
5	583	APARNA BHOYAR	MAHARASHTRA	4:41.81 Sec
6	666	RINKU ATTA	WEST BENGAL	4:46.86 Sec
7	618	MANDEEP KAUR	PUNJAB	4:47.03 Sec
8	898	USHA VERAM	MADHYA PRADESH	4:51.17 Sec

3000 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	560	MOLLY CHACKO	KERALA	9:37.78 Sec
2	585	NANDA JADHAV	MAHARASHTRA	9:43.36 Sec
3	898	USHA VERMA	MADHYA PRADESH	10:16.74 Sec
4	583	APARNA BHOYAR	MAHARASHTRA	10:21.92 Sec
5	539	KALAVATHY	HIMACHAL PRADESH	10:34.23 Sec
6	659	SITA KUMARI	UTTAR PRADESH	
7	528	LALAN	GOA	
8	532	NIRMAL SAINI	HARYANA	

10000 M RUN WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF

1	586	CHARULATA NAIGAONKAR	MAHARASHTRA	35:54.0 Sec
2	533	SUNITA GODARA	HARYANA	36:07.0 Sec
3	531	POONAM	HARYANA	36:41.0 Sec
4	669	PURABI DAS	WEST BENGAL	37:59.0 Sec
5	584	ARCHANA POTEY	MAHARASHTRA	39:47.0 Sec
6	697	INDIRESH DHIRAJ	DELHI	39:54.0 Sec
7	696	RAJSHRI	DELHI	

100 M HURDLES WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	547	REETH ABRAHAM	KARNATAKA	14.75 Sec
2	655	VIMLA SINGH	UTTAR PRADESH	15.04 Sec
3	594	ANURADHA BISWAL	ORISSA	15.17 Sec
4	673	MITA SADHUKHAN	WEST BENGAL	15.31 Sec
5	564	ANCY JOSEPH	KERALA	15.51 Sec
6	634	N.K THERESA	TAMIL NADU	15.78 Sec
7	597	MILLAN MOHAN V.	ORISSA	15.87 Sec

400 M HURDLES WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	558	SHANTIMOL PHILIPS	KERALA	58.98 Sec
2	543	SILVINIA PAES	KARNATAKA	1:00.94 Sec
3	544	H.G APSARA	KARNATAKA	1:01.94 Sec
4	634	N.K THERESA	TAMIL NADU	1:04.37 Sec
5	657	SIKHA DUTTA	WEST BENGAL	1:06.12 Sec
6	10	VINITA SINGH	UTTAR PRADESH	1:08.26 Sec
7	566	DOLLY K. JOSEPH	KERALA	1:11.42 Sec
8	522	RAJWANT KAUR	CHANDIGRAH	1:12.92 Sec

4X400 M RELAY WOMEN		
POSITION	TEAM NAME	PERF
1	KERALA	3:39.32 Sec
2	WEST BENGAL	3:49.14 Sec

3	KARNATAKA	3:51.30 Sec
4	TAMIL NADU	3:56.82 Sec
5	ANDHRA PRADESH	4:02.14 Sec

LONG JUMP WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	547	REETH ABRAHAM	KARNATAKA	5.83 Mtr
2	642	G. CHRISTY	TAMIL NADU	5.78 Mtr
3	638	MAJITHA BEGUM	TAMIL NADU	5.73 Mtr
4	691	ELASAMA GEORGE	AAFI	5.59 Mtr
5	693	REKHA LAL	AAFI	5.54 Mtr
6	567	SMITHA P.S	KERALA	5.40 Mtr
7	568	MAYA MICHEAL	KERALA	5.30 Mtr
8	595	SWARNAPARAVA MOHANTY	ORISSA	4.90 Mtr

HIGH JUMP WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	641	ANGELA LINCY	TAMIL NADU	1.74 Mtr N.R
2	576	P.S BINDU	KERALA	1.58 Mtr
3	577	BOBY ALOYSIUS	KERALA	1.58 Mtr
4	643	BHAGALAKSHMI	TAMIL NADU	1.55 Mtr
5	548	K.P SAVITHA	KARNATAKA	1.55 Mtr
6	677	CHAMELI PAUL	WEST BENGAL	1.55 Mtr
7	678	ILA NANDI	WEST BENGAL	1.50 Mtr
8	588	JALAJI J. MANJALY	MAHARASHTRA	1.45 Mtr

JAVELIN THROW WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	525	RAZIA SHAIKH	GUJARAT	48.96 Mtr N.M.R
2	517	PUSHPA EKKA	BIHAR	47.32 Mtr
3	599	SUSAMA BEHERA	ORISSA	45.18 Mtr
4	516	GURBARI HEMBRUN	BIHAR	44.24 Mtr
5	647	T. CHANDRIKA	TAMIL NADU	42.48 Mtr

6	690	EMELTINA EKKA	AAFI	41.58 Mtr
7	646	V.J CICLY	TAMIL NADU	40.12 Mtr
8	612	VIDHYA	PUNJAB	34.72 Mtr

DISCUS THROW WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	609	NEELAM J. SINGH	PUNJAB	44.72 Mtr
2	610	HARPREET KAUR	PUNJAB	44.18 Mtr
3	627	BALJEET KAUR	RAJASTHAN	41.88 Mtr
4	689	RICHA SOOD	DELHI	39.54 Mtr
5	515	KIRAN RANI SAHU	BIHAR	37.42 Mtr
6	516	GURBARI HEMBRAM	BIHAR	37.42 Mtr
7	645	V. CHITRA	TAMIL NADU	35.10 Mtr
8	681	DEBIT MONDEL	WEST BENGAL	33.76 Mtr

SHOT PUT WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	679	MUKTI DAS	WEST BENGAL	13.34 Mtr
2	606	AMANDEEP KAUR	PUNJAB	12.41 Mtr
3	699	RITU MAINI	DELHI	12.20 Mtr
4	553	REETHA RAI	KARNATAKA	12.06 Mtr
5	514	SHYAMA UPADHYAY	BIHAR	11.43 Mtr
6	680	RINKU BHATTACHARJEE	WEST BENGAL	10.88 Mtr

HEPTATHLON WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	549	K.K GEETHA	KARNATAKA	4380 Points
2	644	C.R CHITRA	TAMIL NADU	4224 Points
3	571	JESSEY SEBASTIAN	KERALA	3664 Points
4	625	POOJA MEHTA	RAJASTHAN	3225 Points
5	572	MOLLY KUTTY	KERALA	3200 Points
6	895	DOLLY GILL	MADHYA PRADESH	2917 Points

10KM WALK WOMEN				
POSITION	BIB.NO	NAME	UNIT	PERF
1	684	KABITA GARARI	WEST BENGAL	53:03.3 Sec N.M.R
2	686	CHITRA CHOWDHURY	WEST BENGAL	53:13.0 Sec
3	685	POLLY NANDI	AAFI	59:13.0 Sec
4	614	JASPAL KAUR	PUNJAB	1:07.01 Sec