

**3 NATIONAL ATHLETIC CHAMPIONSHIP
PONDICHERRY
7-8 FEB 1995**

WOMEN

Event : 1500 M

Pos	BIB	Athletes Name	Unit	Perf
1	333	MUKTI ROY	WEST BENGAL	4:47.2 S
2	283	KAVITA SHARMA	RAJASTHAN	4:48.0 S
3	391	MADHURI GURNULE	MAHARASHTRA	4:50.0 S
4	137	MAYA KETHWAS	MADHYA PRADESH	4:54.7 S
5	353	G PANGADJAM	PONDICHERRY	4:56.5 S
6	167	JISHA THOMAS	KERALA	5:00.4 S

WOMEN

Event : 100 M HURDLE

Pos	BIB	Athletes Name	Unit	Perf
1	336	DEBI BOSE	WEST BENGAL	14.3 S
2	19	ANURADHA BISWAL	ORISSA	14.5 S
3	15	SWARNLATHA PARIDA	ORISSA	14.8 S
4	931	POONAM BELLIAPPA	KARNATAKA	15.2 S
5	168	SINI MATHEW	KERALA	15.6 S
6	395	SAPNA D'SOUZE	MAHARASHTRA	15.7 S

WOMEN

Event : SHOT PUT

Pos	BIB	Athletes Name	Unit	Perf
1	199	PAWAN KAUR	UTTAR PRADESH	12.37 M
2	937	PREETHI T P	KARNATAKA	12.01 M
3	230	N LATHA	TAMIL NADU	12.01 M
4	63	M SHIVAMOGINI	ANDHRA PRADESH	11.81 M
5	400	VARDHA VENKATRANA	MAHARASHTRA	10.65 M
6	261	B KUMARI	DELHI	9.70 M

WOMEN**Event : TRIPLE JUMP**

Pos	BIB	Athletes Name	Unit	Perf
1	227	SELVI ANUSUYA C ROY	TAMIL NADU	11.83 M
2	15	SWARNALATHA PARIDA	ORISSA	11.53 M
3	340	SARAMA BISWAS	WEST BENGAL	11.49 M
4	141	K U SUJA M	MADHYA PRADESH	11.27 M
5	65	T ASHA JYOTHIRMANI	ANDHRA PRADESH	10.89 M
6	395	SAPNA D' SOUZE	MAHARASHTRA	10.81 M

WOMEN**Event : 400 M**

Pos	BIB	Athletes Name	Unit	Perf
1	928	VANAJA	KARNATAKA	57.7 S
2	332	B KHATUR	WEST BENGAL	58.9 S
3	166	V MALINI	KERALA	60.00 S
4	165	BINDU THOMAS	KERALA	61.6 S

5	925	KAVERIAMMA	KARNATAKA	62.0 S
6	11	SAHABANI ORAM	ORISSA	62.1 S

WOMEN

Event : HIGH JUMP

Pos	BIB	Athletes Name	Unit	Perf
1	339	SOMAVISWAS	WEST BENGAL	1.60 M
2	174	P SREEKALA	KERALA	1.55 M
3	933	T K SINDHU PHILIP	KARNATAKA	1.55 M
4	17	SASMITADAS	ORISSA	1.50 M
5	338	LUCY DESHMUKH	WEST BENGAL	1.50 M
6	309	SHERKIE MENEZES	MAHARASHTRA	1.45 M

WOMEN

Event : JAVELIN

Pos	BIB	Athletes Name	Unit	Perf
1	400	VARDHA VENKATRATNA	MAHARASHTRA	37.50 M
2	939	PUSHPAWATHI D	KARNATAKA	35.60 M
3	64	D PUNIYAVATHI	ANDHRA PRADESH	34.40 M
4	938	BIJIMATHEN	KARNATAKA	33.20 M
5	232	SUJATHA	TAMIL NADU	32.12 M
6	236	K JAYALAKSHMI	TAMIL NADU	32.04 M

WOMEN

Event : 10000 M RUN

Pos	BIB	Athletes Name	Unit	Perf
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1	315	RANI SAINI	PUNJAB	38:12.0 S NMR
2	353	PANGADJAM	PONDICHERRY	38:26.6 S
3	137	MAYA KETHWAS	MADHYA PRADESH	38:52.0 S
4	393	SABITA BIRAJADAR	MAHARASHTRA	40:07.1 S
5	335	SIPRASEN	WEST BENGAL	40:12.6 S
6	394	HARSHADA JOSHI	MAHARASHTRA	41:13.4 S

WOMEN

Event : 100 M

Pos	BIB	Athletes Name	Unit	Perf
1	229	V PONDEESWARI	TAMIL NADU	11.8 S
2	331	SUKLA BISWAS	WEST BENGAL	12.2 S
3	330	SARASWATI DEY	WEST BENGAL	12.3 S
4	924	VASANTHI	KARNATAKA	12.5 S
5	351	INDUMATHI	PONDICHERRY	12.6 S
6	260	KANTI KAPILA	DELHI	12.6 S

WOMEN

Event : 4 X 100 M RELAY

Pos	Unit	Perf
1	WEST BENGAL	48.8 S
2	KARNATAKA	49.3 S
3	TAMIL NADU	50.1 S
4	KERALA	50.5 S
5	ORISSA	50.6 S
6	MADHYA PRADESH	54.0 S

WOMEN

Event : 200 M

Pos	BIB	Athletes Name	Unit	Perf
1	229	V PANDEESWARI	TAMILNADU	24.5 S NMR
2	331	SUKLA BISWAS	WEST BENGAL	24.7 S
3	330	SARASWATI DEY	WEST BENGAL	24.8 S
4	351	R INDUMATHI	PONDICHERRY	25.3 S
5	926	VYJATHI	KARNATAKA	26.3 S
6	925	KAVERIAMMA	KARNATAKA	26.4 S

WOMEN**Event : LONG JUMP**

Pos	BIB	Athletes Name	Unit	Perf
1	109	BINDU GRACE V JOSE	KERALA	5.60 M
2	227	SELVI ANUSUYA C ROY	TAMILNADU	5.21 M
3	395	SAPNA D'SOUZA	MAHARASHTRA	5.15 M
4	931	POONAM BELLIAPPA	KARNATAKA	5.07 M
5	340	SARAMMA BISWAS	WEST BENGAL	4.96 M
6	141	SUJA M	MADHYA PRADESH	4.92 M

WOMEN**Event : DISCUS THROW**

Pos	BIB	Athletes Name	Unit	Perf
1	63	M SHIVANAGINI	ANDHRA PRADESH	37.46 M
2	261	BINITA KUMARI	DELHI	32.92 M
3	70	SHANMUGAVALLI	TAMILNADU	31.92 M
4	401	POORNIMA CHANDURKAR	MAHARASHTRA	28.40 M

5	402	PAWLDMI MERCHANT	MAHARASHTRA	28.12 M
6				

WOMEN

Event : HEPTATHLON

Pos	BIB	Athletes Name	Unit	Perf
1	339	SOMA BISWAS	WEST BENGAL	4264 POINTS
2	405	MANJU	MAHARASHTRA	3888 POINTS
3	65	T ASHA JYOTHIRAMAN	ANDHRA PRADESH	3883 POINTS
4	337	SHOBHA	WEST BENGAL	3862 POINTS
5	172	BINDU P	KERALA	3581 POINTS
6				

WOMEN

Event : 5000 M

Pos	BIB	Athletes Name	Unit	Perf
1	391	MADHURI GURNULE	MAHARASHTRA	18:05.2 S
2	319	RANI SAINI	PUNJAB	18:08.2 S
3	940	MANJULA	KARNATAKA	18:12.9 S
4	13	GURUVARI BEHERE	ORISSA	18:16.7 S
5	353	PANGADJAM	KERALA	18:42.3 S
6				

WOMEN

Event : 400 M HURDLE

Pos	BIB	Athletes Name	Unit	Perf

1	336	DEBI BOSE	WEST BENGAL	1:01.2 S
2	140	ARTI RANI	MADHYA PRADESH	1:01.8 S
3	11	SAHEBANI ORAM	ORISSA	1:06.3 S
4	396	UJJWALA BHOSKAR	MAHARASHTRA	1:09.3 S
5	927	SHANTHI GEORGE	KARNATAKA	1:09.6 S
6	318	CHRANJIT KAUR	PUNJAB	1:10.6 S

WOMEN

Event : 10 KM WALK

Pos	BIB	Athletes Name	Unit	Perf
1	175	ASHA SEBASTIAN	KERALA	56:59 S
2	169	SIMY MATHEW	KERALA	57:13 S
3	942	SHALINI	KARNATAKA	58:16 S
4	317	AMAR PREET KAUR	PUNJAB	1:02.18 S
5	170	SONY MATHEW	KERALA	1:07.17 S
6	943	ARUNA	KARNATAKA	

WOMEN

Event : 800 M

Pos	BIB	Athletes Name	Unit	Perf
1	928	VANAJA	KARNATAKA	2:19.2 S
2	283	KAVITA SHARMA	RAJASTHAN	2:20.4 S
3	333	MUKTI ROY	WEST BENGAL	2:21.7 S
4	929	BEENA KUMARI	KARNATAKA	2:23.6 S
5	176	DEEPA PULIEKAL	KERALA	2:27.2 S
6	391	MADHURI GURMULE	MAHARASHTRA	2:32.0 S

WOMEN

Event :HAMMER THROW

Pos	BIB	Athletes Name	Unit	Perf
1	264	D PADMA	DELHI	29.12 M
2	190	PAWAN KAUR	UTTAR PRADESH	28.52 M
3	233	SUGANTHI	TAMILNADU	26.70 M
4	63	M SIVANAGINI	ANDHRA PRADESH	25.78 M
5	232	SUJATHA	TAMILNADU	19.76 M
6	404	SWATI ZEMSE	MAHARASHTRA	11.08 M

WOMEN

Event : 4 X 400 M RELAY

Pos	Unit	Perf
1	KARNATAKA	3:59.4 S
2	WEST BENGAL	4:00.1 S
3	KERALA	4:04.9 S

MEN

Event : 1500 M

Pos	BIB	Athletes Name	Unit	Perf
1	185	RAM MURTHY	UTTAR PRADESH	4:01.6 S

2	298	P C JESTINE	GUJARAT	4:01.7 S
3	908	DARIAPPA	KARNATAKA	4:02.0 S
4	273	SUNDERLAL	RAJASTHAN	4:02.5 S
5	246	SURINDER	DELHI	4:04.8 S
6	83	RAJINDER	HIMACHAL PRADESH	4:07.6 S

MEN

Event : JAVELINE

Pos	BIB	Athletes Name	Unit	Perf
1	195	DEEPENDRA KUMAR	UTTAR PRADESH	65.24 M
2	255	NAVAL SINGH	DELHI	61.62 M
3	254	RAI SINGH	DELHI	60.38 M
4	196	KRISHAN KUMAR	UTTAR PRADESH	56.40 M
5	309	GURDEEP SINGH	PUNJAB	53.72 M
6	310	JAGRAJ SINGH	PUNJAB	53.20 M

MEN

Event : 110 M HURDLE

Pos	BIB	Athletes Name	Unit	Perf
1	253	ASHOK	DELHI	14.6 S
2	242	CHISTHY BASHA	DELHI	14.9 S
3	211	SIVABALAN	TAMILNADU	15.2 S
4	7	SANGRAMGANTAYAT	ORISSA	15.4 S
5	370	NAVIN FERNANDEZ	MAHARASHTRA	15.6 S
6	212	MANIKANDAN	TAMILNADU	15.7 S

MEN**Event : LONG JUMP**

Pos	BIB	Athletes Name	Unit	Perf
1	324	AMIT SAHA	WEST BENGAL	6.92 M
2	155	SANJU GEORGE	KERALA	6.81 M
3	355	NITIN KOLI	MAHARASHTRA	6.72 M
4	9	DAULAT KUMAR MAHANTA	ORISSA	6.64 M
5	251	ARUN BARUA	DELHI	6.53 M
6	329	GOLOK ROY	WEST BENGAL	6.48 M

MEN**Event :400 M**

Pos	BIB	Athletes Name	Unit	Perf
1	148	LIJODAVID THOTTAN	KERALA	49.8 S
2	157	REGIAUGUSTINE	KERALA	50.2 S
3	49	K SRINIVAS RAO	ANDHRA PRADESH	50.3 S
4	4	KUMAR HARIJAN	ORISSA	50.7 S
5	103	K M RAJESH	MADHYA PRADESH	51.5 S
6	303	BHAIDUR SINGH	PUNJAB	51.6 S

MEN**Event : 100 M**

Pos	BIB	Athletes Name	Unit	Perf
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1	101	RUDY VERGHESE	KARNATAKA	10.8 S
2	1	SUNIL KUMAR	ORISSA	10.9 S
3	241	AJAY VERMA	DELHI	10.9 S
4	324	AMIT SAHA	WEST BENGAL	11.0 S
5	206	SAGAYDAS	TAMIL NADU	11.2 S
6	325	BIPLAP HORE	WEST BENGAL	11.3 S

MEN

Event : 5000 M

Pos	BIB	Athletes Name	Unit	Perf
1	288	AGNU KERKETTA	BIHAR	15:07.2 S
2	248	RAHUL SHOKEEN	DELHI	15:08.0 S
3	381	SANJEEV NAIR	MAHARASHTRA	15:21.1 S
4	380	BHASKAR BHOSALE	MAHARASHTRA	16:01.0 S
5	913	PRAKASH B M	KARNATAKA	16:04.1 S
6	305	DAVINDER SINGH	PUNJAB	16:12.4 S

MEN

Event :4 X 100 M RELAY

Pos	Unit	Perf
1	DELHI	42.0 S
2	WEST BENGAL	43.0 S
3	KERALA	43.6 S
4	TAMILNADU	44.8 S
5	ANDHRA PRADESH	44.2 S
6	MAHARASHTRA	44.3 S

MEN

Event : POLE VAULT

Pos	Athletes Name	Unit	Perf
1	SUBASH YADAV	UTTAR PRADESH	4.00 M
2	SHOB NATH	UTTAR PRADESH	3.70 M
3	ABDUL RASHEED	KARNATAKA	3.60 M

MEN

Event : SHOTPUT

Pos	Athletes Name	Unit	Perf
1	KULBIR SINGH	PUNJAB	14.26 M
2	RAJESH KUMAR	HARYANA	13.88 M
3	RAM KUMAR	TAMIL NADU	12.58 M
4	JERRY PERCIRE	MAHARASHTRA	12.52 M
5	GAJANVINDER SINGH	MADHYA PRADESH	11.23 M

MEN

Event : TRIPLE JUMP

Pos	Athletes Name	Unit	Perf
1	RAMESHWAR	ORISSA	14.69 M
2	ARUN	TAMILNADU	14.12 M
3	P KANAN	TAMILNADU	14.11 M

4	NITIN KHOLI	MAHARASHTRA	14.11 M
5	SHEIK MOHIDEEN	PONDICHERRY	14.09 M
6	SUSHIL GIRI	ANDHRAPRADESH	14.05 M

MEN

Event : DEACTHLON

Pos	Athletes Name	Unit	Perf
1	V PRABHAKARAN	TAMILNADU	5226 POINTS
2	SANTOSH KUMAR	MAHARASHTRA	4838 POINTS
3	VENKETESH	KARNATAKA	4542 POINTS
4	VIJAY SINGH	MADHRA PRADESH	4485 POINTS
5	N R RAMESH	KARNATAKA	3450 POINTS
6	ARSHAD USMAN	MADHRA PRADESH	2538 POINTS

MEN

Event : HIGH JUMP

Pos	Athletes Name	Unit	Perf
1	SATYA PRAKASH	DELHI	2.06 M NMR
2	SUNIL KUMAR	ORISSA	2.03 M
3	DINESH JOHN	MAHARASHTRA	1.90 M
4	SANJAY KUMAR	HARYANA	1.85 M
5	SUNIL KUMAR	GUJARAT	1.80 M
6	K KALYAN	ANDHRA PRADESH	1.75 M

MEN

Event : 4 X 400 M RELAY

Pos	Unit	Perf
1	KERALA	3:24.1 S
2	TAMILNADU	3:25.1 S
3	DELHI	3:25.4 S
4	ORISSA	3:28.6 S
5	KARNATAKA	3:32.8 S
6	MADHYA PRADESH	3:34.9 S

MEN**Event : 3000 M STEEPLE CHASE**

Pos	BIB	Athletes Name	Unit	Perf
1	248	RAHUL SHOKEEN	DELHI	9:32.8 S
2	912	SANJAY KUMAR	KARNATAKA	9:37.5 S
3	84	RAJESH	HIMACHAL PRADESH	9:37.8 S
4	807	BALWINDER SINGH	PUNJAB	10:06.0 S
5	923	N B PARASHIYAMURTHY	KARNATAKA	10:10.4 S
6	274	RAMJITLAL JAT	RAJASTHAN	10:12.1 S

MEN**Event : 800 M**

Pos	Athletes Name	Unit	Perf
1	AJIT NAIK	MAHARASHTRA	1:57.0 S
2	S VINOD	MADHYA PRADESH	1:57.3 S

3	PRIJUMON	TAMILNADU	1:57.9 S
4	RODE MATKAI	MAHARASHTRA	1:57.9 S
5	BINOY JOSEPH	DELHI	1:58.4 S
6	C VENKATESH	KARNATAKA	1:59.9 S

MEN

Event : 10000 M RUN

Pos	BIB	Athletes Name	Unit	Perf
1	379	BALASAHED NIHAM	MAHARASHTRA	31:53.4 S
2	288	AGNUKERKETTA	BIHAR	32:17.7 S
3	381	SANJEEV NAIR	MAHARASHTRA	32:24.6 S
4	274	RAMJILAL JAT	RAJASTHAN	33:18.7 S
5	913	PRAKASH B M	KARNATAKA	33:39.4 S
6	6	MADHUSUDAN MAHANTA	ORISSA	33:54.8 S

MEN

Event : DISCUS

Pos	BIB	Athletes Name	Unit	Perf
1	256	RAJIV	DELHI	47.64 M
2	291	HIRDYANAND SINGH	BIHAR	43.32 M
3	40	RAJESH KUMAR	HARYANA	42.78 M
4	194	BRIJESH KUMAR	UTTAR PRADESH	42.60 M
5	221	VISWANATHAN	TAMIL NADU	38.88 M
6	360	JERRY PEREIRA	MAHARASHTRA	37.84 M

MEN**Event : 20 KM WALKING**

Pos	BIB	Athletes Name	Unit	Perf
1	30	SUDHIR NANDAL	HARYANA	1::41:02 S
2	31	MUKESH RATHI	HARYANA	1::42:01 S
3	257	SATBIR SINGH	DELHI	1::44:04 S
4	287	RAJESH SINGH	BIHAR	1::46:34 S
5	914	SAGANIAH	KARNATAKA	1::49:32 S
6	280	OMARAN CHOUDHARY	RAJASTHAN	1::50:52 S

MEN**Event : 400 M HURDLE**

Pos	BIB	Athletes Name	Unit	Perf
1	49	K SRINIVAS RAO	ANDHRA PRADESH	54.1 S NMR
2	189	ABHISHEK PANDEY	UTTAR PRADESH	55.3 S
3	225	ROBERT BOBY JOSEPH	TAMILNADU	55.4 S
4	217	SAENTHAN	TAMILNADU	57.5 S
5	250	PANKAJ	DELHI	57.5 S
6	312	HARBINDER SINGH	PUNJAB	59.8 S

MEN**Event : HAMMER THROW**

Pos	BIB	Athletes Name	Unit	Perf
1	311	GURINDERJIT SINGH	PUNJAB	56.94 M

2	197	SUNDER KUMAR	UTTAR PRADESH	49.24 M
3	293	DHARMENDER KUMAR SINGH	BIHAR	46.68 M
4	221	VISWANATHAN	TAMILNADU	40.90 M
5	123	SANJAY SINGH	MADHYA PRADESH	35.96 M
6	219	SENTHIL KUMAR	TAMILNADU	35.24 M

MEN

Event : 200 M

Pos	Athletes Name	Unit	Perf
1	SUNIL KUMAR	ORISSA	21.9 S
2	KAMAL JEET SINGH	PUNJAB	22.4 S
3	DIBYENDU SAHA	WEST BENGAL	22.4 S
4	MOIMUDDIN HASMI	MADHYA PRADESH	22.5 S
5	VINOD	JAMMU & KASHMIR	22.7 S
6	RAJESH	TAMILNADU	22.9 S