

3 NATIONAL DOMESTIC CIRCUIT ATHLETIC MEET
1-2 JULY 1996
MADRAS

MEN

Event : 400 M

Pos	BIB	Athletes Name	Unit	Perf
1	104	PARAMJIT SINGH	POL	47.0 S
2	116	AVTAR SINGH	RSCB	47.5 S
3	106	P I SEBASTIAN	RSCB	48.2 S
4	117	L D THOTAN	RSCB	48.4 S
5	115	SANJAY PRADHAN	SPSB	48.5 S
6	105	ZORA SINGH	POL	48.5 S

WOMEN

Event : LONG JUMP

Pos	BIB	Athletes Name	Unit	Perf
1	136	LEKHA THOMAS	LIC	6.04 M
2	187	BOBBY ALOYSIUS	TAMIL NADU	6.00 M
3	188	ANJU MARKOSE	KERALA	5.88 M
4	189	DEEPA	TAMIL NADU	5.08 M

WOMEN

Event : 400 M

Pos	BIB	Athletes Name	Unit	Perf
1	175	SHINY WILSON	FCI	53.0 S
2	177	ROSAKUTTY	RSCB	53.3 S
3	176	JYOTIRMAY SIRKAR	RSCB	53.8 S
4	184	BENAMOL K M	RSCB	54.1 S
5	178	P T USHA	RSCB	54.7 S
6	193	Z AYRTON	MAHARASHTRA	54.9 S

MEN

Event : JAVELIN

Pos	BIB	Athletes Name	Unit	Perf
1	148	DALJEET SINGH	POL	71.12 M
2	149	RAMANDEEP SINGH	POL	71.06 M
3	150	JAGDEESH BISHNOI	POL	70.34 M
4	146	BALRAJ SINGH	POL	69.48 M
5	145	DEEPENDER SINGH	COS DELHI	65.22 M
6	151	TENNY VERGHESE	TAMIL NADU	63.52 M

MEN

Event : 1500 M

Pos	BIB	Athletes Name	Unit	Perf
1	122	BAHADUR PRASAD	RSCB	3:41.1 S

2	123	AMANDEEP SINGH	PSFV	3:51.5 S
3	124	P C JUSTIN	RSCB	3:52.7 S
4	125	S VINOD	LIC	3:54.3 S
5	160	ABDUL SIRAJDDEN	RSCB	3:55.5 S
6	127	RAMPHAL JHAT	RSCB	4:02.0 S

MEN

Event : 200 M

Pos	BIB	Athletes Name	Unit	Perf
1	101	ANAND NATARAJAN	TAMIL NADU	21.2 S
2	104	PARAMJIT SINGH	POLICE	21.8 S
3	108	JAYACHANDRAN	TAMIL NADU	21.9 S
4	105	ZORA SINGH	POLICE	22.0 S
5	118	SUCKCHAIN SINGH	SSCB	22.1 S
6	106	P I SEBASTIAN	RSCB	22.5 S

MEN

Event : DISCUS

Pos	BIB	Athletes Name	Unit	Perf
1	143	SAKTHI SINGH	HAR	60.04 M
2	144	ANIL KUMAR	HESB	53.52 M
3	140	D S BAJWA	POL	53.18 M
4	139	DEO KUMAR RAI	BIHAR	51.84 M
5	141	HRIDYANAND SINGH	BIHAR	51.70 M
6		BAHADUR SINGH	POL	51.52 M

MEN

Event : 5000 M

Pos	BIB	Athletes Name	Unit	Perf
1	130	GULABCHAND	RSCB	14:17.6 S
2	129	B S LONE	HESB	14:29.8 S
3	136	SANJEEV KUMAR	POL	14:58.1 S
4	131	D SUDHAKAR	RSCB	14:58.3 S
5	159	RAHUL	DELHI	15:01.3 S
6	128	REDMAL SINGH	SSCB	15:13.0 S

MEN

Event : SHOTPUT

Pos	BIB	Athletes Name	Unit	Perf
1	134	JOGESH	HESB	17.29 M
2	137	BAHADUR SINGH	POLICE	16.71 M
3	133	BABU MATHEW	KERALA POLICE	16.55 M
4	135	MUKESH	POLICE	16.39 M
5	136	HARDEV SINGH	DELHI	15.99 M

MEN

Event : HAMMER

Pos	BIB	Athletes Name	Unit	Perf
1	152	ANOOP SINGH POONIA	RSCB	62.50 M
2	153	VIRENDER SINGH POONIA	RSCB	60.98 M
3	155	PRAMOD TIWARI	COAL	60.54 M
4	154	S S MANN	RSCB	59.68 M