

**Best & Co**  
**31ST NATIONAL GAMES**

**PUNJAB**

**Women**

**Event : 100 Mtrs**

<b>Pos</b>	<b>BIB</b>	<b>Athletes Name</b>	<b>Unit</b>	<b>Perf</b>
1	609	KAVITHA PANDEY	MAHARASHTRA	11.89 S
2	301	V. Jayalakshmi	Tamil Nadu	11.92 S
3	295	V. PANDESHWARI	Tamil Nadu	12.11 S
4	471	ANURADHA BISWAL	ORRISA	12.32 S
5	393	NAVJOT KAUR	PUNJAB	12.50 S
6	394	MANDEEP KAUR	PUNJAB	12.50 S
7	511	ANJU KHERD	UTTARPRADESH	12.52 S
8	36	MEERA SINGH	DELHI	12.82 S

**Event : 200 Mtrs**

<b>Pos</b>	<b>BIB</b>	<b>Athletes Name</b>	<b>Unit</b>	<b>Perf</b>
1	609	KAVITA PANDAYA	MAHARASHTRA	24.01 S
2	295	V. PANDESHWARI	T.N.	24.49 S
3	301	V. JAYA LAKSHMI	T.N.	24.53 S
4	394	MANDEEP KAUR	PUNJAB	24.53 S
5	35	VINITA TRIPATHI	DELHI	24.82 S
6	294	M.K. SYAMANTHA	T.N.	24.82 S
7	396	SAGARDEEP KAUR	PUNJAB	25.13 S

**Event : 400 Mtrs**

<b>Pos</b>	<b>BIB</b>	<b>Athletes Name</b>	<b>Unit</b>	<b>Perf</b>
1	172	KM BEENAMOL	Kerala	52.71 S <b>NMR</b>
2	173	JINCY PHILIP	Kerala	53.42 S

3	397	RAJWINDER KAUR	PUNJAB	53.50 S
4	398	SAPINDER KAUR	PUNJAB	55.52 S
5	296	PRIYA ROSE	T.N.	55.61 S
6	396	SAGAR DEEP KAUR	PUNJAB	57.25 S

**Event : 800 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	300	C. LATHA	TN	2:04.33 S
2	399	MADHURI A . SINGH	PUN	2:04.42 S
3	40	SUNITHA	DEL	2:06.34 S
4	401	PARAMPREET KAUR	PUN	2:10.71 S
5	307	N. THARANI	TN	2:13.06 S
6	237	SWATI GURNULE	MAH	2:19.95 S
7	262	R. K. NIRUPAMA DEVI	MANI	2:33.77 S

**Event : 1500 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	40	SUNITA	DEL	4:34.31 S
2	399	MADHURI A. SINGH	PUN	4:34.42 S
3	237	SWATI GURNULE	MAH	4:35.78 S
4	401	PARAMPREET KAUR	PUN	4:36.31 S
5	430	HARJEET KAUR	PUN	4:37.21 S
6	37	PRITAMA BHANDARI	DEL	4:39.55 S
7	215	M. MANJULA	KAR	4:45.29 S
8	513	RUPINDER KAUR	UP	4:49.31 S

**Event : 5000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
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1	238	MADHURI GURNULE	MAHA	16:51.90 S
2	41	PUSHPA	DEL	17:06.58 S
3	215	L. MANJULA	KAR	17:39.47 S
4	175	PREEJA SRIDHARAN	KER	17:44.00 S
5	260	TH. PASOTLEIMA DEVI	MANI	17:58.83 S
6	402	ASHA RANI	PUN	18:03.38 S
7	337	PAMPA CHANDA	WB	18:25.08 S

**Event : 10000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	238	MADHURI GURNALE	MAH	34:50.89 S
2	41	PUSHPA	DEL	35:33.64 S
3	405	BEANT KAUR	PUN	36:22.56 S
4	260	TH. PASOTLEIMA DEVI	MANI	37:38.12 S
5	610	SHARDA GAVANDE	MAH	38:00.34 S
6	404	SARABJIT KAUR	PUN	38:25.26 S

**Event : 20 Km Walk**

Pos	BIB	Athletes Name	Unit	Perf
1	114	RAVINA ANTIL	HAR	1HR:49:51 S
2	261	L. DEEPAMA DEVI	MANI	1HR:50.35 S
3	424	JASMEEN KAUR	PUN	1HR:51.45 S
4	264	L. TOMBI DEVI	MANI	1HR:53.37 S
5	189	TENCY JOY	KER	1HR :59.33 S
6	241	RANI BALA	MANI	2HR 01:19 S

**Event : 100 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
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1	471	ANURADHA BISWAL	ORI	13.81 S NMR
2	210	G.G. PROMILA	KAR	14.13 S
3	336	SOMA BISWAS	WB	14.19 S
4	211	POONAM BAJANNA	KAR	14.30 S
5	20	SRI BINDU MADHAVI	AP	14.41 S
6	177	EC KUNJAMOL	KER	14.73 S
7	406	Deepinder Kaur	PUN	14.79 S

**Event : 400 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
1	18	UDAYLAXMI	AP	57.75 S
2	398	SAPINDER KAUR	PUN	58.91 S
3	301	V. JAYALAKSHMI	TN	59.07 S
4	310	ROSELINE ORAKIA	TN	1:00.51 S
5	472	SAHEBANI ORAM	ORI	1:00.96 S
6	512	BABITA CHAUDHARY	UP	1:01.99 S
7	21	A. KALYANI	AP	1:04.01 S

**Event : Long Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	302	ANUJ B GEORGE	TN	6.61 M NMR
2	180	JETTY C JOSEPH	KER	6.21 M
3	210	G.G. PROMILA	KAR	6.14 M
4	410	DEEP MALA	PUN	5.72 M
5	342	KALPANA DAS	WB	5.65 M
6	10	BINITA SONAWAL	ASSAM	5.59 m
7	222	SHILPA SEQUEIRA	KAR	5.55 m
8	343	NABANITHA GOSH	WB	5.50 M

**Event : High Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	179	BOBBY ALOYSUIS	KER	1.82 M <b>NMR</b>
2	212	SAHANA KUMARI	KAR	1.76 M
3	308	M. SANGETHA	TN	1.70 M
4	612	SARITA PATIL	MAHA	1.65 M
5	213	HARSHINI KUMARI	KAR	1.65 M
6	409	SUKH DEEP KAUR	PUN	1.65 M
7	239	BINDU ALOUSUIS	MAHA	1.55 M
7	303	S. JAYANTHI	TN	1.55 M

**Event : Pole Vault**

Pos	BIB	Athletes Name	Unit	Perf
1	412	KARAMJIT KAUR	PUN	3.25 M <b>NMR</b>
2	311	V. S SUREKHA	TN	2.70 M
3	520	CHETNA SOLANKI	GUJ	2.60 M
4	223	P.K POISPADEN	KAR	2.40 M
5	414	JASWANT KAUR	PUN	2.30 M
5	413	ANUPAM PRASHAR	PUN	2.30 M
7	214	B. S PREETI	KAR	2.20 M

**Event : Triple Jump**

**OLD MR 13.13 M**

Pos	BIB	Athletes Name	Unit	Perf
1	302	ANJU B. GEORGE	TN	13.61 <b>NMR</b>
2	309	M. KRISHNA PRIYA	TN	13.04 M
3	179	BOBBY ALOYSUIS	KER	12.98 M
4	306	LEKHA ROY	TN	12.93 M
5	186	REENA THOMAS	KER	12.88 M
6	340	MANISHA DEY	WB	12.65 M
7	181	ANISHA K VIJAYAN	KER	12.54 M
8	222	SHEELA SEQUIRA	KAR	12.13 M

**Event : Shot Put**

Pos	BIB	Athletes Name	Unit	Perf
1	415	HARWANT KAUR	Punjab	15.25 M
2	305	N. LATHA	Tamil Nadu	15.05 M
3	601	AMANDEEP KAUR	CHD	13.73 M
4	15	PROMILA BHARALI	ASS	12.13 M
5	516	MANMEET BAIN	U P	11.97M
6	640	ARCHANA KUMAR	BIH	11.11 M
7	480	DEVI GAONKAR	GOA	10.68 M
8	600	HARDEEP KAUR	CHD	10.52 M

**Event : Discus Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	415	HARWANT KAUR	PUN	55.45M NMR
2	120	NEELAM SINGH	HAR	55.09 M
3	109	SUGAN	HAR	51.31 M
4	416	SWARNJIT SAUR	PUN	47.32 M
5	516	MANMEET BAINS	UP	45.08 M
6	15	PRAMILA BHARALI		42.96 M

**Event : Javelin Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	518	SUMAN DEVI	Uttar Pradesh	48.59 M
2	224	N.M. HEMLATHA	Karnataka	46.04 M
3	334	MANISHA MONDAL	WB	44.89 M
4	119	GURPREET KAUR	Hariyana	41.68 M
5	271	H. INDU BALA DEVI	MANI	40.48 M

6	480	DEVI GOANKAR	GOA	39.56 M
7	111	BABITA	Hariyana	37.66 M
8	298	R. JAYANTHI	Tamil Nadu	37.27 M

**Event : Hammer Throw**

Pos	BIB	Athletes Name	Unit	Perf	
1	418	HARDEEP KAUR	Punjab	61.56 M	NR
2	419	RAJWINDER KAUR	Punjab	52.65 M	NMR
3	118	PHOOLA WATI	HAR	51.55 M	NMR
4	42	RITU RANI	DLI	48.53 M	
5	517	ALKA PANDEY	UP	45.84 M	
6	265	C.H. SUSHILA DEVI	MANI	43.98 M	
7	297	S. SHANTI	TN	40.93 M	
8	420	SAPINDER PALKAUR	Punjab	40.90 M	

**Event : Heptathlon**

Pos	BIB	Athletes Name	Unit	Perf	
1	336	SOMA BISWAS	WB	5445 PTS	NMR
2	16	J.J. SOBHA	AP	5249 PTS	BMR
3	18	UDAY LAKSHMI	AP	5188 PTS	BMR
4	313	R. SNEHA PRINCY	TN	4730 PTS	

**Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf
1	TN	46.78 S
2	PUNJAB	47.08 S
3	KERALA	47.46 S
4	KARNATKA	47.97 S
5	Andhra	48.02 S

6	West Bengal	49.34 S
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**Event : 4 x 400 Mtrs Relay**

Pos	Unit	Perf
1	TN	3:37.69 S
2	KER	3:37.95 S
3	PUN	3:39.70 S
4	AP	3:50.65 S

**Men**

**Event : 100 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	280	ANIL KUMAR	SSCB	10.52 S
2	347	AJAY RAJ SINGH	PUN	10.62 S
3	279	SANJAY GHOSH	SSCB	10.69 S
4	330	H. JAYACHANDRAN	TN	10.70 S
5	603	ANAND MENZEEZ	MAHA	10.72 S
6	348	VIKAS PRASHER	PUN	10.85 S
7	606	SACHIN NAVALE	MAHA	11.03 S
8	316	ALEX ANTHONY	TN	11.11 S

**Event : 200 Mtrs**

**Old MR: 20.8**

Pos	BIB	Athletes Name	Unit	Perf
1	347	AJAYRAJ SINGH	PUN	21.20 S NMR
2	280	ANIL KUMAR	SSCB	21.29 SBMR
3	348	VIKAS PRASHER	PUN	21.75 S
4	350	GURJINDER	PUN	21.90 S
5	53	RAMNIK	DEL	21.96 S
6	27	SRI NAVAS	AP	22.37 S
7	329	RAJESH	TN	22.73 S



**Event : 400 Mtrs****Old MR: 46.0**

Pos	BIB	Athletes Name	Unit	Perf
1	153	KJ MANOJ LAL	Kerala	47.05 S
2	152	P. RAMCHANDRAN	Kerala	47.53 S
3	278	ANIL ROHIL	SSCB	47.54 S
4	350	GURJINDER SINGH	PUN	48.63 S
5	351	BALJEET SINGH	PUN	48.67 S
6	288	AJESH	SSCB	49.48 S
7	68	SANG PRIYA	DEL	50.51 S

**Event : 800 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	154	K.M. BINU	Kerala	1:48.69 S
2	155	P.S. PRIMESH	Kerala	1:49.25 S
3	549	TEJKARAN	MP	1:49.89 S
4	169	P. J. ROBIN	Kerala	1:49.97 S
5	483	RAMMURTHY YADAV	UP	1:51.46 S
6	353	NAGIAN MAJI	PUN	1:53.18 S
7	354	SUBASH CHANDER	PUN	1:54.76 S

**NMR****Event : 1500 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	156	TH. SANJEEV	Kerala	3:51.40 S
2	485	KULDEEP KUMAR	UP	3:51.57 S
3	191	SHIVANADA I. A.	KAR	3:54.08 S
4	484	SHYAM BIHARI	UP	3:54.88 S
5	355	BHAJAN LAL	PUN	3:56.15 S
6	55	SANJAY DESHILA	DEL	3:57.26 S
7	106	SUNIL KUMAR	HAR	3:58.74 S

8	354	SUBASH CHANDER	PUN	3:59.96 S
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**Event : 3000 SC**

Pos	BIB	Athletes Name	Unit	Perf
1	190	ARUN D'SOUZA	KAR	9:03.40 S
2	276	RAJESH KUMAR	SSCB	9:05.41 S
3	292	RANJAN KUMAR JHA	SSCB	9:07.35 S
4	359	KAMALJIT SINGH	PUN	9:12.21 S
5	194	BASVARAJ C.D.	KAR	9:32.20 S
6	489	RAMESH YADAV	UP	9:42.12 S
7	360	Balwinder Singh	PUN	9:44.25 S

**Event : 5000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	333	K. SHANKER	TN	14:24.06 S
2	267	N. GOJEN SINGH	MANI	14:24.55 S
3	126	AMAN SAINI	HP	14:25.89 S
4	281	JGANATH LAKADE	SSCB	14:42.98 S
5	584	BAHADAR SINGH	CHD	15:03.73 S
6	505	DHARAM VEER	UP	15:05.06 S
7	535	HAASWAR SINGH	UTTN	15:07.96 S
8	665	JAGGA SINGH	PUN	15:10..34 S

**Event : 10000 Mtrs**

Pos	126	Athletes Name	Unit	Perf
1	383	AMAN SAINI	HP	31:10.52 S
2	281	K. SHANKAR	TN	31:12.66 S
3	583	JAGANNATH LAKADE	SSCB	31:13.25 S

4	647	BAHADUR SINGH	CHD	31:22.06 S
5	202	DEEP CHAND	SSCB	31:22.11 S
6	665	BASAVARAJ F. INGALGI	KAR	31:25.33 S
7	507	JOGA SINGH	PUN	31:41.25S

**Event : 20 Km Walk**

Pos	BIB	Athletes Name	Unit	Perf
1	282	GURDEV SINGH	SSCB	1::29:39 S
2	373	GURMIT SINGH	PUN	1::29:49 S
3	274	SITA RAM	SSCB	1::31:56 S
4	504	VIJAY GEHLOT	UP	1::33:11 S
5	356	JAGGA SINGH	PUN	1::36:22 S
6	97	PRAVEEN KUMAR AJLA	HAR	1::36:35 S
7	28	SIRIRAM	AP	1::38:24 S

**Event : 110 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
1	361	GURPREET SINGH	PUN	14.10 S <b>NMR</b>
2	193	P.T. YESUDAS	Karnataka	14.51 S
3	362	JAGJIT SINGH	PUN	14.62 S
4	57	ASHOK CHALIA	DEL	14.64 S
5	320	S.SRIDHARAN	TN	14.68 S
6	157	RAJESH KUMAR	KER	14.72 S
7	158	P.E. AUGUSTIEN	KER	14.90 S

**Event : 400 Mtrs (H)**

**Old MR: 52.1**

Pos	BIB	Athletes Name	Unit	Perf
1	361	GURPREET SINGH	PUN	51.66 S

2	159	JOSEPH ABHARAM	KER	52.46 S
3	365	SURINDER KUMAR	PUN	53.00 S
4	590	HARMINDER SINGH	CHD	53.40 S
5	108	GOBIND	HAR	54.11 S

**Event : Long Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	335	SANJAY K. RAI	WB	7.74 M
2	286	SANTOSH GORGE	SSCB	7.43 M
3	368	AMRIT PAL SINGH	PUN	7.32 M
4	370	MAHA SINGH	PUN	7.31 M
5	165	CLINTON K.J.	KER	7.31 M
6	164	SHANI A.K.	KER	7.23 M
7	605	PROMOD JACOB	MAH	7.00 M
8	83	BHAGWAN S.	GUJ	6.99 M

**Event : High Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	287	M.LORANS	SSCB	2.13 M
2	445	OMVEER SINGH	RAJ	2.08 M
3	203	NAGENDER PRASHAD	KAR	2.08 M
4	161	K.R. ROSHAN	KER	2.05 M
5	367	MADAN SINGH	PUN	2.05 M
6	326	ARMUGAM PILLAI	TN	2.00 M
7	33	S.S. SUBRAMANIAM	AP	2.00 M
8	671	BALJIT SINGH	PUN	2.00 M

**Event : Triple Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	371	PRITBAL SINGH	PUN	15.74 M
2	166	ROBIN VERGHESE	KER	15.38 M
3	373	GURMIT SINGH	PUN	15.36 M
4	645	K. SAINTISAN	SSCB	15.24 M
5	372	SUKHJINDER SINGH	PUN	15.18 M
6	227	SACHIN GOSAR	MAHA	15.14 M
7	325	L. LAKSHMI NARAYAN	TN	14.97 M
8	67	SHAM SNDR	DLI	13.73 M

**Event : Pole Vault**

Pos	BIB	Athletes Name	Unit	Perf
1	163	GEESH KUMAR	KER	4.90 M
2	283	RAMDHARI SINGH	SSCB	4.70 M
3	374	SHER SINGH	PUB	4.60 M
4	105	PRAVEN KUMAR	HAR	4.60 M
5	492	JITENDRA KUMAR	UP	4.60 M
6	667	SUBASH CHANDER	PUN	4.50 M
7	4	RONEL DUWARAH	ASSAM	4.40 M
8	327	GERALD SINGH	TN	4.30 M
8	670	SURINDER SINGH	PUN	4.30 M

**NMR**

**Event : Shot Put**

Pos	BIB	Athletes Name	Unit	Perf
1	375	BAHADUR SINGH	PUN	19.38 M
2	90	SHAKTI SINGH	HAR	19.34 M
3	383	NAVPREET SINGH	PUN	18.15 M
4	275	JAIVEER SINGH	SSCB	17.84 M
5	72	KULDEEP MANN	DLI	17.61 M

**NMR**

6	494	AMIT TAYAGI	UP	17.54 M
7	384	AMARJEET SINGH	PUN	17.25 M
8	103	LAKHWINDER SINGH	HAR	16.62 M

**Event : Discus Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	90	SHAKTI SINGH	HAR	54.52 M
2	376	SUKHBIR SINGH	PUN	52.25 M
3	443	JAIVEER SINGH	RAJ	51.15 M
4	627	YASHWANT SINGH	BIH	50.70 M
5	669	UPKAR SINGH	PUN	50.46 M
6	70	AMARJIT SINGH	DEL	50.08 M
7	377	AMANDEEP SINGH	PUN	49.87 M
8	575	JAGJIT SINGH	UTTR	48.30 M

**Event : Javelin Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	382	HARVINDER SINGH	PUN	72.46 M
2	380	JAGDISH BISNOI	PUN	71.73 M
3	60	SUNIL	DEL	69.10 M
4	381	SATBIR SINGH	PUN	68.95 M
5	100	OM NARAIN	HAR	67.28 M
6	59	DIPENDER	DEL	66.40 M
7	197	N. LIJISH KUMAR	KAR	65.91 M
8	440	OM PRAKASH DUDI	RAJ	65.83 M

**Event : Hammer Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	498	PROMOD TIWARI	UP	64.13 M
2	293	NIRBHAY SINGH	SSCB	63.20 M
3	397	HARPAL SINGH	PUN	59.93 M
4	438	VIRENDER PUNIA	RAJ	59.00 M
5	628	ANOOP SINGH YADAV	BIH	58.84 M
6	501	RAKESH KUMAR	UP	58.80M
7	602	BIRKARAN SINGH	CHD	58.06 M
8	81	VIJAY KUMAR	HAR	57.06 M

**Event : Decathlon**

Pos	Bib	Name	Unit	Per	
1	71	MANDEEP SINGH	DEL	6904 PTS	NMR
2	64	JORA SINGH	DEL	6850 PTS	
3	386	DHARAMPAL SINGH	PUN	6799 PTS	
4	285	KULWINDER SINGH	SSCB	6677PTS	
5	167	P.J. VINOD	KER	6407 PTS	
6	646	SEBIMON	SSCB	6099 PTS	
7	448	UPENDRA SINGH	RAJ	5365 PTS	
8	524	WASIM BARI	CHATT	3474 PTS	

**Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf	
1	DEL	40.99 S	NMR
2	PUN	41.29 S	
3	TN	41.37 S	
4	SSCB	41.70 S	
5	KER	41.72 S	

6	MAHA	42.22 S
7	CHD	44018 S
8	J&K	DQ

**Event : 4 x 400 Mtrs Relay**

<b>Pos</b>	<b>Unit</b>	<b>Perf</b>	<b>NMR</b>
1	KER	3:09.51 S	
2	SSCB	3:11.37 S	
3	PUN	3:12.46 S	
4	AP	3:14.53 S	
5	DEL	3:19.15 S	
6	UTTAR	3:38.13 S	