

Best & Co  
**32ND ALL INDIA OPEN NATIONAL CHAMPIONSHIP**  
**20 TO 22 JAN 1993**  
**BANGLORE**

**Women**

**Event : 100 Mtrs**

Pos	Athletes Name	Unit	Perf
1	ZENIA AYRTEN	MAHARASHTRA	11.7 S
2	B.B. SNYLA	F C I	12.0 S
3	BEENA	RSCB	12.1 S
4	K.R. DEEPA	KERALA	12.1 S
5	JAYALAKSHMI	T N	12.2 S
6	SHERRY MATHEW	RSCB	12.3 S

**Event : 200 Mtrs**

Pos	Athletes Name	Unit	Perf
1	K. SARAMMA	RSCB	23.4 S
2	ZENIA ARYTON	MAH	23.8 S
3	E. B. SHYLA	LIC	24.7 S
4	BEENA	RSCB	24.7 S
5	K.K. SUNITHA	TN	24.9 S

**Event : 400 Mtrs**

Pos	Athletes Name	Unit	Perf
1	K. SARAMMMMA	RSCB	53.3 S
2	H .G. APSARA	LIC	54.9 S
3	S.R. SREEDEVI	LIC	55.3 S
4	BIJIMOL	FCI	56.0 S
5	JYOTHIMOY	RSCB	56.6 S
6	H. SUNANADA	KARN	57.6 S

**Event : 800 Mtrs**

Pos	Athletes Name	Unit	Perf
1	SHINY WILSON	FCI	2:06.0 S
2	JYOTHIMOY	RSCB	2:07.5 S
3	BIJIMOL	FCI	2:10.0 S
4	SUNANDA	KARNATKA	2:12.6 S
5	MINIMOL PHILIP	RSCB	2:13.2 S
6	FEME THOMAS	KARNATKA	2:15.8 S

**Event : 1500 Mtrs**

Pos	Athletes Name	Unit	Perf
1	JYOTIRMOY	RSCB	4:26.6 S
2	APARNA BHOYER	RSCB	4:30.3 S
3	MADHURI SAXENA	POSTAL	4:30.4 S
4	POONAM SINGH	KARNATKA	4:40.5 S

**Event : 3000 Mtrs**

Pos	Athletes Name	Unit	Perf
1	APARNA BHOYER	RSCB	9:55.4 S
2	L. LEELAMMA	RSCB	9:55.6 S
3	POONAM SINGH	KARNATKA	9:57.1 S
4	J. CELENAMMA	GUJRAT	10:20.0 S
5	HARSHAD JOSHI	MAH	10:20.4 S
6	URMILA MANE	MAH	10:45.1 S

**Event : 10000 Mtrs**

Pos	Athletes Name	Unit	Perf
1	L. LEELAMMA	RSCB	36:53.6 S
2	SATYABAM	MAHARASHTRA	37:36.9 S
3	PARBATI	RSCB	38:54.0 S
4	BRIGHTON	PORTS	39:49.9 S
5	URMILA MANE	MAHARASHTRA	40:15.0 S
6	RAJESHWARI	KARNATKA	40:20.1 S

**Event : 100 Mtrs (H)**

Pos	Athletes Name	Unit	Perf
1	K.K. GEETHA	RSCB	14.4 S
2	R. CHITRA	RSCB	14.5 S
3	DEBI BOSE	W B	14.6 S
4	MITRA SADUKHAN	WB	14.7 S
5	S.PARIDA	LIC	15.2 S
6	DEEPENDER KAUR	POLICE	15.5 S

**Event : 400 Mtrs (H)**

Pos	Athletes Name	Unit	Perf
1	SYLVINA PAIS	LIC	53.9 S
2	H.G. APSARA	LIC	1:00.0 S
3	M.K. ASHA	KARNATKA	1:01.7 S
4	JAYALAKSHMI	TN	1:04.1 S
5	V.K. SINDHU	RSCB	1:04.2 S
6	LAVINA	KARNATKA	1:05.4 S

**Event : Long Jump**

Pos	Athletes Name	Unit	Perf
1	MUJITHA BEGUM	RSCB	5.91 MTR
2	TAPSI BOUR	WB	5.89 M
3	HAZEL D' CHUNA	LIC	5.66 M
4	ANCY PHILIP	TN	5.65 M
5	G. CHRISTY	AFFI	5.64 M
6	POONAM THOMAS	MP	5.58 M

**Event : High Jump**

Pos	Athletes Name	Unit	Perf
1	ANGELA LINCY	TN	1.77 M
2	P.S. BINDU	RSCB	1.76 M
3	K.P. SAVITHA	LIC	1.67 M
4	N.PACKIALAKSHMI	LIC	1.67 M
5	S. JAYANTHI	TN	1.64 M
6	CHANDNI PAUL	WB	1.60 M

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**Event : Shot Put**

Pos	Athletes Name	Unit	Perf
1	AMANDEEP KAUR	POLICE	14.35 M
2	RITU MAINI	LIC	12.87 M
3	HARBANS KAUR	RSCB	12.63 M
4	MUKHTI DAS	RSCB	12.46 M
5	BIMI SIMGH	UP	12.15 M
6	T.P. PREETHI	KARN	11.59 M

**Event : Discus Throw**

Pos	Athletes Name	Unit	Perf
1	NEELAM J. SINGH	RSCB	42.50 M
2	GURMEETH KAUR	LIC	42.44 M
3	PARMILA	RSCB	40.68 M
4	CHAYA	MP	40.44 M
5	AMANDEEP KAUR	POLICE	40.28 M
6	K.G. KAVITHA	LIC	40.20 M

**Event : Javelin Throw**

Pos	Athletes Name	Unit	Perf
1	GURMEETH KAUR	LIC	47.58 M
2	RAAIA SEKIH	RSCB	44.68 M
3	GURUBARI	BIHAR	43.18 M
4	SHINY PRAKASH	RSCB	42.70 M
5	C.KUJUR	LIC	42.32 M
6	SUSHMA BEHERA	FCI	41.44 M

**Event : Heptathlon**

Pos	Athletes Name	Unit	Perf
1	K.K. GOOTHA	RSCB	5054 PTS <b>N.M.R</b>
2	R. CHITRA	RSCB	4632 PTS
3	ANCY PHILIP	TN	4360 PTS
4	SIKHA DUTTA	WB	4197 PTS

5	B.N. SUMAVATHI	KAR	4135 PTS
6	R.S.BAXLA	COAL	3372 PTS

**Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf
1	RAILWAY S C B	45.5 S
2	WEST BENGAL	47.6 S
3	L I C	47.9 S
4	F C I	48.2 S
5	MAHARASHTRA	49.4 S
6	KARNATKAA	49.5 S

**Event : 4 x 400 Mtrs Relay**

Pos	Unit	Perf
1	L I C	3:43.1 S
2	R S C B	3:43.2 S
3	F C I	3:44.4 S

## Men

### Event : 100 Mtrs

Pos	Athletes Name	Unit	Perf
1	M. S.	TN	10.7 S
2	T.C. JAMES	RSCB	10.7 S
3	R. BHARATWAJ	TN	10.8 S
4	S. ROBERTS	SSCB	10.8 S
5	VIKRAM	DELHI	10.9 S
6	AMRITH K. RAJ	HESB	11.0 S

### Event : 200 Mtrs

Pos	Athletes Name	Unit	Perf
1	ANANDA	TN	21.1 S
2	M.S. SRIDHARAN	TN	21.5 S
3	S. ROBERT	SSCB	21.7 S
4	D.H. KUNDU	LIC	21.9 S
5	JAYANTH ROY	WB	22.1 S

### Event : 400 Mtrs

Pos	Athletes Name	Unit	Perf
1	AVTAR SINGH	SSCB	47.7 S
2	NARSI RAM	RSCB	48.0 S
3	JATA SHANKAR	POLICE	48.1 S
4	MALAVIYA	GUJRAT	48.1 S
5	VIJAY KUMAR	SSCB	48.8 S
6	RAJIV GUPTA	RSCB	48.9 S

### Event : 800 Mtrs

Pos	Athletes Name	Unit	Perf
1	AVATHAR SINGH	SSCB	1:49.2 S
2	JASWANTH SINGH	PUNJAB	1:50.1 S
3	RAJBIR SINGH	RSCB	1:50.3 S
4	DIWAN SINGH	SSCB	1:50.5 S
5	MUKESH KUMAR	RSCB	1:51.6 S
6	RAM PRATHAP	POLICE	1:52.3 S

**Event : 1500 Mtrs**

Pos	Athletes Name	Unit	Perf
1	BAHADUR PRASAD	RSCB	3:43.5 S
2	SUKHAWANT	SSCB	3:49.1 S
3	RANJEETH SINGH	POLICE	3:49.1 S
4	SATISH KUMAR	PUNJAB	3:53.1 S
5	JAIRATH SINGH	SSCB	3:54.2 S
6	RATHEESH	KERALA	54.9 S

**Event : 3000 SC**

Pos	Athletes Name	Unit	Perf
1	BALKAR SINGH	MAH	8:54.3 S
2	DEENA RAM	HESB	8:57.3 S
3	NARENDRA SINGH	SSCB	9:10.2 S
4	AMRITHPAL SINGH	POLICE	9:12.1 S
5	CHANDRAM	RSCB	9:15.2 S
6	BHUPINDER TYAGI	RSCB	9:21.3 S

**Event : 5000 Mtrs**

Pos	Athletes Name	Unit	Perf
1	BAHADUR	RSCB	14:25.1 S
2	GULAB CHAND	RSCB	14:42.8 S
3	RAM KARAN	POLICE	14:44.0 S
4	K. SHANKAR	LIC	14:49.9 S
5	PYRELAL	SSCB	14:54.5 S
6	K.J. BABY	KARNATKA	15:00.3 S

**Event : 10000 Mtrs**

Pos	Athletes Name	Unit	Perf
1	NARENDRA SINGH	SSCB	31:05.1 S
2	SUJITH	COAL	31:06.2 S



3	K.J. BABY	KARNATKA	31:06.5 S
4	REEDMAL SINGH	SSCB	31:12.0 S
5	RAJBIR SINGH JAT	RSCB	31:30.0 S
6	DEENESH KUMAR	RSCB	31:30.0 S

**Event : 110 Mtrs (H)**

Pos	Athletes Name	Unit	Perf
1	DHARMENDRA	DELHI	14.7 S
2	RAVICHANDRAN	RSCB	14.8 S
3	P.K. RATH	RSCB	14.9 S
4	DEBNATH DEY	W B	15.2 S
5	RADHAKRISHNA	PUNJAB	15.3 S

**Event : 400 Mtrs (H)**

Pos	Athletes Name	Unit	Perf
1	RAJINDER SINGH	POLICE	52.5 S
2	M.P. HIRAN KUMAR	SSCB	53.0 S
3	RAJEEV GUPTA	RSCB	53.0 S
4	P.V. RAJU	POLICE	54.1 S
5	S. BOSE	TN	54.5 S
6	RATHEESH	KERALA	54.9 S

**Event : Long Jump**

Pos	Athletes Name	Unit	Perf
1	SHAM KUMAR	FCI	7.72 M
2	M.V. SADASHIVAN	POL	7.58 M
3	P.V. WILSON	POL	7.54 M
4	PRAVEEN	HESB	7.24 M
5	JERRY DAVIS	P&T	7.23 M
6	BIJU JOSEPH	PORTS	7.11 M

**Event : High Jump**

Pos	Athletes Name	Unit	Perf
1	CHANDRA PAUL	RSCB	2.17 M
2	N. ANNAVI	RSCB	2.14 M
3	K.M. BOPAIAH	SSCB	2.08 M
4	C.C. MATHEW	SSCB	2.00 M
5	B.V. SINGH	W B	2.00 M
6	PRADEEP REDDY	KARNATKA	2.00 M

NMR , NR

OLD RECOR  
MR-2.11**Event : Triple Jump**

Pos	Athletes Name	Unit	Perf
1	TRAJANISH SINGH	STEEL PLANTS	15.45 M
2	MOHD.	RSCB	15.38 M
3	T.M. MARTIN	KERALA	15.21 M
4	JAISON	TN	15.09 M
5	BIJO JOSEPH	PORTS	14.93 M
6	KESHAV SAHU	BIHAR	14.88 M

**Event : Pole Vault**

Pos	Athletes Name	Unit	Perf
1	M.LL. ELDO	RSCB	4.75 M
2	VIJAYAPAL SINGH	DELHI	4.75 M
3	PRAJYOTH SINGH	POLICE	4.65 M
4	SATPAL PAUL	WB	4.30 M
5	DARSHAN SINGH	SSCB	4.30 M
6	M. RAJAN	KERALA	4.30 M

**Event : Shot Put**

Pos	Athletes Name	Unit	Perf
1	SATKAR SINGH	RSCB	17.34 M

2	JASPAL SINGH	DELHI	17.22 M
3	S.D. EASHAN	RSCB	16.92 M
4	MANJIT SINGH	POLICE	16.75 M
5	NARENDER SINGH	SSCB	16.63 M
6	JOSEPH KUMAR	HSEB	16.04 M

**Event : Discus Throw**

Pos	Athletes Name	Unit	Perf
1	SAKHTI SINGH	POLICE	52.34 M
2	AJITH BHANDARI	STEEL PLANT	52.00 M
3	SAMATHUR SINGH	SSCB	50.08 M
4	UPKAR SINGH	BIHAR	48.66 M
5	BAHADUR SINGH	PUNJAB	48.62 M
6	LAKSHMAN SINGH	SSCB	48.34 M

**Event : Hammer Throw**

Pos	Athletes Name	Unit	Perf
1	B.R.H. PRAMOD	STEEL PLANT	65.46 M
2	SUDHIR	DELHI	62.52 M
3	MANOHAR SINGH	SSCB	58.12 M
4	SALVENDRA	SSCB	55.98 M
5	ANOOP NYADAV	UP	54.94 M
6	VIREBDRA SINGH	RSCB	54.92 M

**Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf
1	TAMILNADU	41.0 S
2	HESB	41.2 S
3	SSCB	41.6 S
4	KARNATKA	41.6 S
5	WEST BENGAL	41.8 S
6	RSCB	41.8 S

NR , NMR  
OLD NR-41.14 S  
MR-41.13 S

**Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf
1	RAILWAY SCB	3:13.1 S

2	HEAVY ENGINN.	3:13.5 S
3	SERVICES SCB	3:13.9 S
4	KARNATKA	3:18.9 S
5	MAJORPOTS SCB	3:36.9 S









**OLD RECORD 1.76 M**















**D NR-2.16 M**