

25-Dec-95
MADRAS

MEN

Event : 100 M

Pos	Athletes Name	Unit	Perf
1	RAJIV BALAKRISHANAN	TAMIL NADU	10.4 S
2	ANAND NATARAJAN	TAMIL NADU	10.6 S
3	VIKRAM SINGH	UTTAR PRADESH	10.6 S
4	AMIT KANNA	DELHI	10.7 S
5	RUDY VARGHEESE	KARNATAKA	10.7 S
6	MANOJKUMAR	HARYANA	10.8 S

MEN

Event : 200 M

Pos	Athletes Name	Unit	Perf
1	ANAND NATARAJAN	TAMIL NADU	21.2 S
2	AMIT KHANNA	DELHI	21.7 S
3	PARAMJIT SINGH	PUNJAB	21.8 S
4	LIONEL JONAS	KARNATAKA	21.8 S
5	JYOTHI PRAKASH	KERALA	22.1 S
6	V ALISTER	TAMIL NADU	22.4 S

MEN**Event : 400 M**

Pos	Athletes Name	Unit	Perf
1	PARAMJEET SINGH	PUNJAB	46.4 S
2	AVTAR SINGH	WEST BENGAL	47.7 S
3	SIDARTH BASAK	MAHARASHTRA	48.0 S
4	ZORA SINGH	PUNJAB	48.3 S
5	SANJAY PRADHAN	ORISSA	48.4 S
6	LIJO DAVID	KERALA	49.0 S

MEN**Event : 800 M**

Pos	Athletes Name	Unit	Perf
1	RAJVEER SINGH	RAJASTHAN	1:52.00 S
2	AVTAR SINGH	WEST BENGAL	1:52.4 S
3	GREESON	TAMIL NADU	1:52.8 S
4	ANILKUMAR MINZ	ORISSA	1:53.6 S
5	JAYANK KURIAN	KERALA	1:53.6 S
6	S VINOD	MADHYA PRADESH	1:57.8 S

MEN**Event : 1500 M**

Pos	Athletes Name	Unit	Perf
1	BAHADUR PRASAD	DELHI	3:40.1 S

2	AMANDEEP SINGH	PUNJAB	3:43.6 S
3	SATISH KUMAR	UTTAR PRADESH	3:47.6 S
4	MRITUN JAIKUMAR	BIHAR	3:53.4 S
5	KULWANT RAI	PUNJAB	3:53.9 S
6	MALKIT SINGH	RAJASTHAN	4:03.5 S

MEN

Event : 5000 M

Pos	Athletes Name	Unit	Perf
1	BAHADUR PRASAD	DELHI	14:00.0 S NMR
2	GULAB CHAND	UTTAR PRADESH	14:02.3 S
3	B S LONE	BIHAR	14:04.9 S
4	K SHANKAR	TAMIL NADU	14:15.1 S
5	SATISHKUMAR	HARYANA	14:23.7 S
6	MOHD SHERIFF	TAMIL NADU	14:41.4 S

MEN

Event : 10000 M

Pos	Athletes Name	Unit	Perf
1	K SHANKAR	TAMIL NADU	30:14.9 S
2	B S LONE	BIHAR	30:16.0 S
3	ANIL KUMAR	BIHAR	30:21.5 S
4	BALASAHABNIHAM	MAHARASHTRA	30:29.0 S
5	BHUPINDERTYAGI	DELHI	30:37.1 S
6	MOHAMED SHERIFF	TAMIL NADU	30:46.6 S

MEN**Event : 110 M**

Pos	Athletes Name	Unit	Perf
1	RAJIV BALAKRISHANAN	TAMIL NADU	14.1 S NMR
2	RANJIT RANDHAWA	HARYANA	14.2 S
3	ASHOK	DELHI	14.2 S
4	UGMA RAM	RAJASTHAN	14.4 S
5	LINESH PATHAK	MAHARASHTRA	14.9 S
6	T SIVABALAN	TAMIL NADU	15.0 S

MEN**Event : 400 M**

Pos	Athletes Name	Unit	Perf
1	BALAMURUGAN	TAMIL NADU	51.9 S
2	MANJINDER SINGH	PUNJAB	52.0 S
3	RAJIV BALAKRISHANAN	TAMIL NADU	52.1 S
4	PURUSHOTHAM SINGH	MADHYA PRADESH	52.5 S
5	SUBHASHPATIL	MAHARASHTRA	53.6 S
6	MANOJ MATHEW	KERALA	55.9 S

MEN**Event : 3000 M STEEPLE CHASE**

Pos	Athletes Name	Unit	Perf
1	BALKAR SINGH	DELHI	8:54.3 S

2	NARENDARA SINGH	UTTAR PRADESH	9:01.2 S
3	MALKAIT SINGH	RAJASTHAN	9:12.8 S
4	SANJAY KUMAR	KARNATAKA	9:25.6 S
5	JOSE JOSEPH	GUJARAT	9:26.8 S
6	EZHILVANAN	TAMIL NADU	9:28.2 S

MEN

Event : HIGH JUMP

Pos	Athletes Name	Unit	Perf
1	BOPAIAH	KARNATAKA	2.09 M
2	CHANDAR PAL	HARYANA	2.06 M
3	JOHN K T	PUNJAB	2.03 M
4	SUNIKUMAR AZAD	ORISSA	2.03 M
5	INBANATHAN	TAMIL NADU	2.00 M
6	RAJEEV KUMAR	KERALA	2.00 M

MEN

Event : LONG JUMP

Pos	Athletes Name	Unit	Perf
1	JOJI MATHEW	TAMIL NADU	7.60 M
2	SANJEEVAN	UTTAR PRADESH	7.53 M
3	BIJU JOSEPH	KERALA	7.51 M
4	KUNJMON	PUNJAB	7.39 M
5	SADASIVAM	AAFI	7.31 M
6	P V WILLSON	KERALA	7.30 M

MEN**Event : TRIPLE JUMP**

Pos	Athletes Name	Unit	Perf
1	PREMCHANDRA SINGH	BIHAR	16.04 M
2	B S VINOD	KERALA	15.80 M
3	ROY K MANI	KERALA	15.71 M
4	JIJO BABY	BIHAR	15.37 M
5	ROBERT BABY GEORGE	TAMIL NADU	15.28 M
6	BALGEET SINGH	PUNJAB	15.11 M

MEN**Event : POLE VAULT**

Pos	Athletes Name	Unit	Perf
1	M A EIDO	KERALA	4.75 M
2	PRABHJOT SINGH	HARYANA	4.60 M
3	MUKESH KUMAR	BIHAR	4.50 M
4	RONALDURRAH	ASSAM	4.40 M
5	TAMILARASAN	TAMIL NADU	4.30 M
6	SUKHJIDER SINGH	UTTAR PRADESH	4.30 M

MEN**Event : SHOTPUT**

Pos	Athletes Name	Unit	Perf
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1	SHAKTHI SINGH	HARYANA	18.63 M
2	BAHADUR SINGH	PUNJAB	18.56 M
3	GURPREET SINGH	BIHAR	17.47 M
4	YOGESTH	DELHI	17.00 M
5	JAGBIR SINGH	HARYANA	16.72 M
6	LOBAL SINGH	DELHI	15.43 M

MEN

Event : DECATHLON

Pos	Athletes Name	Unit	Perf
1	DHARAM LAL SINGH	HARYANA	6807 POINTS
2	REJI MATHEW	TAMIL NADU	6325 POINTS
3	LESIE	MAHARASHTRA	6165 POINTS
4	AJIT SINGH	HARYANA	6027 POINTS
5	M N KHADE	MAHARASHTRA	4186 POINTS

MEN

Event : 4 X 100 M RELAY

Pos	Unit	Perf
1	TAMIL NADU	41.4 S
2	KARNATAKA	41.8 S
3	DELHI	42.3 S
4	PUNJAB	42.4 S
5	RAJASTHAN	42.9 S
6	MAHARASHTRA	43.2 S

MEN

Event : 4 X 400 M RELAY

Pos	Unit	Perf
1	KERALA	3:13.58 S NMR
2	TAMIL NADU	3:13.5 S
3	KARNATAKA	3:16.3 S
4	MADHYA PRADESH	3:19.3 S
5	BIHAR	3:19.3 S

TEAM CHAMPIONSHIP

MEN	97 POINTS
WOMEN	92 POINTS
OVERALL	189 POINTS

BEST ATHLETES

Athletes Name
BAHADUR PRASAD
RAJIV BALAKRISHNAN
SHINY WILSON

MEN

Event : DISCUS THROW

Pos	Athletes Name	Unit	Perf
1	SHAKTI	HARYANA	56.74 M
2	AJITH BAHADURIA	BIHAR	54.54 M
3	BAHADUR SINGH	PUNJAB	53.60 M
4	ANIL KUMAR	TAMIL NADU	52.76 M
5	DEOKUMAR	BIHAR	52.34 M
6	DEVINDER	TAMIL NADU	50.28 M

MEN

Event : HAMMER THOW

Pos	Athletes Name	Unit	Perf
1	SHUDIP SINGH	PUNJAB	65.64 M NMR
2	PRASAD	BIHAR	64.68 M
3	WARRAICH	GUJARAT	64.26 M
4	VEERANDER	TAMIL NADU	63.58 M
5	ANOOP SINGH	RAJASTHAN	62.90 M
6	PRAMOD KUMAR	UTTAR PRADESH	60.38 M

MEN

Event : JAVELIN THROW

Pos	Athletes Name	Unit	Perf
1	JAGADISH SINGH	PUNJAB	71.50 M
2	VINOD KUMAR	BIHAR	68.66 M
3	DALJEET	DELHI	68.44 M
4	BALRAJ SINGH	PUNJAB	68.30 M

5	ROOPLAL	TAMIL NADU	67.32 M
6	M S BAJWA	UTTAR PRADESH	65.86 M

MEN

Event : 20000 M WALK

Pos	Athletes Name	Unit	Perf
1	GURDEEP SINGH	UTTARPRADESH	1::33:57 S
2	AMRIK SINGH	MAHARASHTRA	1::34:19 S
3	WAZIR	BIHAR	1::39:31 S
4	K MALGLEBA SINGH	MANIPUR	1::40:53 S
5	DHAMA SINGH	PUNJAB	1::43:23 S
6	MATHEW MANCHERY	KERALA	1::45:15 S

WOMEN

Event : 100 M

Pos	Athletes Name	Unit	Perf
1	E B SHYLA	KARNATAKA	11.7 S
2	T LAVANYA	AP	12.0 S
3	PANDEESWARI	TAMIL NADU	12.0 S
4	SASIKALA YADAV	UTTARPRADESH	12.3 S
5	JIBIMOL ABRAHAM	KERALA	12.3 S
6	K K SUNITHA	TAMIL NADU	12.4 S

WOMEN

Event : 200 M

Pos	Athletes Name	Unit	Perf
1	SHINY WILSON	TAMIL NADU	23.9 S
2	P T USHA	TAMIL NADU	24.1 S
3	T LAVANYA	AP	24.1 S
4	PARAMJEET KAUR	RAJASTHAN	24.6 S
5	G VASANTHI	KARNATAKA	24.8 S

WOMEN**Event : 400 M**

Pos	Athletes Name	Unit	Perf
1	SHINY WILSON	TAMIL NADU	52.2 S NMR
2	ROSA KUTTY	KARNATAKA	53.8 S
3	T LAVANYA	ANDHRA PRADESH	54.0 S
4	SASHIKALA YADHAV	UTTAR PRADESH	54.4 S
5	BINAMOL	KERALA	54.5 S
6	VANAJA	KARNATAKA	54.9 S

WOMEN**Event : 800 M**

Pos	Athletes Name	Unit	Perf
1	SHINY WILSON	TAMIL NADU	2:06.2 S
2	ROSA KUTTY	KARNATAKA	2:06.2 S

3	BEENAMOL	KERALA	2:07.6 S
4	MINIMOL PHILLIP	GUJARAT	2:08.9 S
5	M A MOLLY	MAHARASHTRA	2:11.0 S
6	INDERJIT KAUR	PUNJAB	2:16.0 S

WOMEN

Event : 1500 M

Pos	Athletes Name	Unit	Perf
1	ROSA KUTTY	KARNATAKA	4:13.0 S NMR
2	M A MOLLY	MAHARASHTRA	4:18.2 S
3	MADHURI SAXENA	UTTAR PRADESH	4:22.3 S
4	BHAGYASREE BAILE	MAHARASHTRA	4:35.6 S
5	LOVELINO LOBO	KARNATAKA	4:36.3 S
6	MONICA	DELHI	4:36.9 S

WOMEN

Event : 5000 M

Pos	Athletes Name	Unit	Perf
1	MADHURI SAXENA	UTTAR PRADESH	16:34.7 S NMR
2	KALPANA MANDAL	WEST BENGAL	16:35.2 S
3	LUKOSE LEELAMMA	MAHARASHTRA	16:36.2 S
4	USHA VERMA	MADHYA PRADESH	17:12.9 S
5	MONICA	DELHI	17:21.5 S
6	PUPINDER	DELHI	17:40.3 S

WOMEN**Event : 10000 M**

Pos	Athletes Name	Unit	Perf
1	L LEELAMMA	MAHARASHTRA	35:26.6 S NMR
2	USHA VERMA	MADHYA PRADESH	36:02.1 S
3	RANI SAINI	PUNJAB	37:01.6 S
4	R GEETHA	KARNATAKA	37:31.6 S
5	VIDYADEOGHAR	MAHARASHTRA	38:04.6 S
6	RINADAS	WEST BENGAL	38:49.4 S

WOMEN**Event : 100 M HURDLES**

Pos	Athletes Name	Unit	Perf
1	B N SUMAVATHY	KARNATAKA	14.1 S NMR
2	NAURADHA BISWAS	ORISSA	14.4 S
3	M K ASHA	KARNATAKA	14.4 S
4	KAMALA SIDDI	GUJARAT	14.6 S
5	SANGEETHA S KUMAR	TAMIL NADU	14.8 S
6	ANCY PHILIP	TAMIL NADU	14.9 S

WOMEN**Event : 400 M HURDLE**

Pos	Athletes Name	Unit	Perf
1	M K ASHA	KARNATAKA	59.2 S

2	KAMAL SIDDI	GUJARAT	59.3 S
3	ARTI ROY	MADHYA PRADESH	59.4 S
4	SYLVANIA PAIS	KARNATAKA	59.8 S
5	E A ANCY	KERALA	62.5 S
6	JYOTSNA ROY PRADHAN	WEST BENGAL	62.9 S

WOMEN

Event : LONG JUMP

Pos	Athletes Name	Unit	Perf
1	ANCY PHILLIP	TAMIL NADU	5.99 M
2	BOBY ALLOYSIUS	TAMIL NADU	5.86 M
3	REENA DEBNATH	WEST BENGAL	5.81 M
4	ANJU K MARKOSE	KERALA	5.71 M
5	SHYLA MATHEW	GUJARAT	5.68 M
6	G CHRISTY	RAJASTHAN	5.64 M

WOMEN

Event : TRIPLE JUMP

Pos	Athletes Name	Unit	Perf
1	ANCY PHILIP	TAMIL NADU	12.34 M
2	ANJU MARKOSE	KERALA	12.11 M
3	ANUSUYA C ROY	TAMIL NADU	12.06 M
4	JOICY THOMAS	KARNATAKA	11.48 M
5	PRAMILA	KARNATAKA	11.39 M

WOMEN

Event : HIGH JUMP

Pos	Athletes Name	Unit	Perf
1	S JAYANTHI	TAMIL NADU	1.75 M
2	BOBBY ALOYSIUS	TAMIL NADU	1.75 M
3	P S BINDU	KERALA	1.73 M
4	MINI FRANCIS	GUJARAT	1.60 M
5	JAIJI JACOBMANJAI	MAHARASHTRA	1.60 M
6	PARAMJIT KAUR	PUNJAB	1.60 M

WOMEN

Event : SHOT PUT

Pos	Athletes Name	Unit	Perf
1	AMANDEEP KAUR		15.14 M NMR
2	HARBANS KAUR		14.83 M
3	HARPREET KAUR		14.42 M
4	CHAITALI DEY	WEST BENGAL	12.54 M
5	HARWANT	DELHI	11.81 M
6	N LATHA	TAMIL NADU	11.75 M

WOMEN

Event : DISCUS THROW

Pos	Athletes Name	Unit	Perf
1	NEELAM J SINGH	PUNJAB	50.70 M

2	SWARANJIT KAUR	PUNJAB	49.60 M
3	SUGAM YADHAV	HARYANA	47.72 M
4	GURMEET KAUR	DELHI	45.58 M
5	GOMILA BHARALI	ASSAM	44.90 M
6	HARJEET KAUR	BIHAR	44.74 M

WOMEN

Event : HAMMER THROW

Pos	Athletes Name	Unit	Perf
1	JAGDIP KAUR	PUNJAB	35.74 M
2	K JIBESHWORI DEVI	MANIPUR	34.54 M
3	SURINDERJEET KAUR	TAMIL NADU	33.96 M
4	SWRESH	DELHI	33.48 M
5	REENAJHA	BIHAR	32.70 M
6	MINUJOSH	GUJARAT	31.72 M

WOMEN

Event : JAVELIN THROW

Pos	Athletes Name	Unit	Perf
1	SUSAMA BEHERA	ORISSA	52.90 M NMR
2	GURMEET KAUR	DELHI	50.52 M
3	GURBARI HENBRAM	BIHAR	43.82 M
4	SAVITA KUMARI	BIHAR	41.90 M
5	INDUBAKA DEVI	WEST BENGAL	40.22 M
6	PRAMILA BHARATI	ASSAM	39.18 M

WOMEN**Event : 10000 M WALK**

Pos	Athletes Name	Unit	Perf
1	ASHA SEBASTIN	KERALA	53:54.5 S
2	GAGRDEEP KAUR	PUNJAB	54:36.1 S
3	JIJI JOSE	KERALA	54:49.4 S
4	K H RONIBALADEVI	MANIPUR	56:23.5 S
5	UNIZHATHASLIM	KARNATAKA	1::00:04.0
6	SHALINI	KARNATAKA	1::01:06.0

WOMEN**Event : HEPTATHLON**

Pos	Athletes Name	Unit	Perf
1	B N SUMAVATHI	KARNATAKA	5324 POINTS NMR
2	SONA BISWAS	WEST BENGAL	4655 POINTS
3	ANUSUYA C ROY	TAMIL NADU	4568 POINTS
4	KIRTI RAO	KARNATAKA	4436 POINTS
5	RANJEETHADEOHABI	ASSAM	4061 POINTS
6	T ASHA JYOTIMAYA	ANDHRA PRADESH	3734 POINTS

WOMEN**Event : 4 X 100 M RELAY**

Pos	Unit	Perf
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1	KARNATAKA	46.6 S
2	TAMIL NADU	47.3 S
3	KERALA	47.6 S
4	WEST BENGAL	48.4 S
5	GUJARAT	48.7 S
6	MAHARASHTRA	48.9 S

WOMEN

Event : 4 X 400 M RELAY

Pos	Unit	Perf
1	KARNATAKA	3:43.0 S NMR
2	KERALA	3:43.2 S
3	TAMIL NADU	3:48.8 S
4	WEST BENGAL	3:53.2 S