

**Best & Co  
FEDRATION CUP ATHLETICS MEET  
5TH TO 7TH SEPTEMBER 1996**

**Women**

**Event : 100 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	14	P T USHA	KER	11.5 S
2	34	E B SHAILA	KAR	11.6 S
3	2	LEKHA THOMAS	KER	11.7 S
4	226	PANDESHWARI	RN	12.0 S
5	35	VASANTHI	KAR	12.5 S
6	250	G SANTHI	TN	12.8 S

**Event : 200 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	14	P T USHA	KER	23.3 S
2	34	E B SHYLA	KAR	23.8 S
3	226	PANDESHWARI	TN	24.5 S
4	35	VASANTHI	KAR	25.1 S
5	250	G SANTHI	TN	26.0 S
6	206	SEEMA	PUNJAB POLICE	26.4 S
7	207	KAMLESH KAUR	PUNJAB POLICE	27.5 S
8	78	MANJURI BHAT	GOA	29.7 S

**Event : 400 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	14	P T USHA	Kerala	53.3 S
2	47	ROSA KUTTY	KAR	54.9 S
3	34	E B SHYLA	KAR	56.4 S

4	232	SANAN THAGAM	TN	60.1S
5	56	SHILPA MANKANI	MAH	62.7 S
6	55	MANJIRI BHATE	MAH	62.8 S

**Event : 800 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	47	ROSA KUTTY	KAR	2:07.6 S
2	57	MA MOLLY	MAH	2:13.4 S
3	208	INDERJIT KAUR	PUNJAB POLICE	2:15.3 S
4	232	SANAN THAGAM	TN	2:19.8 S

**Event : 1500 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	47	ROSA KUTTY	KAR	4:28.8 S
2	96	MADHURI SAXENA	UP	4:31.8 S
3	95	SUNITA RANI	JR CAMP	4:32.0 S
4	211	RAMLA DEVI	PUNJAB POLICE	4:58.4 S

**Event : 5000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	95	SUNITA RANI	JR CAMP	17:04.1 S
2	96	MADHURI SAXENA	UP	17:55.0 S
3	58	BHAGYASHREE BILE	MAH	18:01.5 S
4	224	SHELJI JOSEPH	MAH	18:16.8 S
5	23	O GUNAVATHY	INDIAN BANK	19:18.6 S
6	77	JOAQUINHA DIAS	GOA	20:54.1 S

**Event : 10000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	59	L.LEELAMMA	MAH	36:13.1 S
2	60	V. SATYABHAMA	MAH	38:17.4 S
3	23	U. GUNAVANTHY	INDIAN BANK	41:04.9 S
4	77	JOAQUINHA DIAS	GOA	44:17.3 S

**Event : 10 Km Walk**

Pos	BIB	Athletes Name	Unit	Perf	
1	12	ASHA SABESTIAN	KER	55:39.5 S	NMR BMR
2	13	JIJI JOSE	KER	55:58.6 S	
3	99	SHIKHA SARKAR	MAH	61:17.2 S	

**Event : 100 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
1	37	SUMAVATHI	KAR	14.0 S
2	17	ANURADHA BISWAL	ORISSA	14.5 S
3	22	SANGEETA S KUMAR	I. BANK	14.7 S
4	204	DIPENDER KAUR	P. POLICE	14.9 S
5	18	SUVARNA LATA PARDIA	ORISSA	15.2 S
6	254	MANJIRI HARIP	MAH	15.9 S

**Event : 400 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
1	40	SAROJA	KAR	61.9 S
2	227	ARATI ROY	PUN	62.8 S
3	22	SANGEETA S KUMAR	I. BANK	64.3 S
4	214	RUPINDER KAUR	P. POLICE	67.3 S

**Event : Long Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	6	ANJU MARKOSE	KER	6.13 M
2	2	LEKHA THOMAS	KER	6.11 M
3	235	BOBY A	TN	5.98 M
4	234	ANCY PHILIPS	TN	5.60 M
5	26	ANUSAYA C ROY	I. BANK	5.60 M
6	41	J C THOMAS	KAR	5.40 M
7	204	DEPINDER KAUR	P. POLICE	5.10 M
8	52	DIPTI VIDYA	MAH	5.06 M

**Event : High Jump**

Pos	BIB	Athletes Name	Unit	Perf	
1	27	S. JAYANTHI	I. BANK	1.75 M	EMR
2	235	BOBY A	TN	1.70 M	
3	66	JAJI JACOB MANJALI	MAHA	1.65 M	
3	41	J.C. THOMAS	KAR	1.65M	
5	218	PARAMJIT AKUR	P. POLICE	1.65 M	
6	254	MANJIRI HARIP	MAHA	1.60 M	
7	219	SUKDIP KAUR	P. POLICE	1.55 M	

**Event : Triple Jump****OLD MR 13.13 M**

Pos	BIB	Athletes Name	Unit	Perf	
1	2	LEKHA THOMAS	KER	13.26 M	NMR
2	6	ANJU MARKOSE	KER	12.87 M	BMR
3	235	BOBY A	TN	12.83 M	BMR

4	26	ANUSAYA G ROY	I. BANK	12.31 M
5	234	ANCY PHILIPS	TN	11.62 M

**Event : Shot Put**

Pos	BIB	Athletes Name	Unit	Perf	
1	237	H KAUR	TN	15.05 M	NMR
2	221	HARPRIT KAUR	P. POLICE	14.73 M	
3	222	SURENDERJIT KAUR	P.POLICE	13.27 M	
4	239	TROMILA	TN	13.19 M	

**Event : Discus Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	97	NILAM V. SINGH	P. POLICE	48.16 M
2	239	TROMILA	TN	45.98 M
3	98	HARJIT KAUR	PUNJAB	45.08 M
4	223	SWARNJIT KAUR	P. POLICE	44.72 M
5	222	SURENDARJIT KAUR	P. POLICE	44.42 M
6	241	C.V. MANJULA	TN	34.84 M

**Event : Javelin Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	20	GURMEET KAUR	DEL	49.80 M
2	16	SUSHMA BEHARA	ORISSA	47.02 M
3	70	VARDHA VENKATRATNA	MAH	37.1 2M
4	254	MANJIRI HARIP	MAH	36.84 M
5	72	PANCHALI TATKE	MAH	26.06 M
6	241	CV MANJULA	TN	25.16 M

**Event : Hammer Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	222	SURENDERJIT KAUR	P. POLICE	49.88 M
2	248	K JEBESHORI DEVI	TN	44.46 M
3	241	C.V. MANJULA	TN	37.10 M
4	70	VARDHA VENKATRATNA	MAH	24.14 M
5	72	PANCHALI TATKE	MAH	18.58 M

**NR & N.M.R  
BMR****Event : 4 x 100 Mtrs Relay**

Pos	Unit	Perf
1	KARNATKA	47.4 S
2	KERALA	49.0 S
3	TAMIL NADU	49.4 S
4	P. POLICE	51.4 S
5	MAHARASHTRA	54.2 S

**Men****Event : 100 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	186	AMIT KHANNA	DEEL	10.5 S
2	385	P ARNOLD	TN	10.7 S
3	880	CHISTI BASHA	AP	10.8 S
4	476	VINU VIJAYAN	TELCO	11.0 S
5	265	C BHALASUBRAMANIAN	I. BANK	11.1 S
6	384	KALAISELVAN	TN	11.2 S
7	387	MB NAUSHAD	KAR	11.3 S

8	388	JAYACHANDRAN	TN	11.4 S
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**Event : 200 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	186	AMIT KHANNA	DEL	21.6S
2	388	JAYACHANDRAN	TN	21.8 S
3	48	KAMALJIT SINGH	P. POLICE	22.0 S
4	434	AJIT KUMAR	KAR	22.1S
5	390	VENKATESH BABU	TN	22.3 S
6	192	D RAWAT	DEL	22.7 S
7	992	MOUINUDDIN HASHMI	RAJ	23.3 S

**Event : 400 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	946	PARANJIT SINGH	CRPF	47.3 S
2	166	LIJO DAVID THOTTAN	KER	48.2 S
3	167	ABDULLA P H	KER	48.9 S
4	175	SANJAY PRADHAN	ORISSA	49.1 S
5	105	AMRIK SINGH	P. POLICE	50.0 S
6	104	JASWINDER SINGH JR	P. POLICE	50.2 S

**Event : 800 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	211	ANIL MATHEW	GUJ	1:53.0 S
2	177	ANIL KUMAR MINZ	ORISSA	1:53.3 S
3	629	AJIT NAIK	MAH	1:53.9 S
4	113	KULWANT BRAI	P. POLICE	1:54.2 S
5	200	P C JESTINE	GUJ	1:54.4 S
6	991	S VINOD	MP	1:56.9 S

**Event : 1500 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	113	KULWANTRAI	P. POLICE	3:55.1 S
2	200	P C JESTINE	GUJ	3:56.6 S
3	177	ANIL KUMAR MINZ	ORISSA	3:57.2 S
4	969	DHREYAPPA	KAR	3:57.9 S
5	991	S VINOD	MP	3:59.5 S
6	744	R PRAJI	TN	4:01.0 S
7	960	DINESHWAR DROAN	CRPF	4:08.8 S
8	632	JITENDRA JHADAV	MAH	4:15.8 S

**Event : 3000 SC**

Pos	BIB	Athletes Name	Unit	Perf
1	924	RAMPAL JHAT	RAJ	9:03.6 S
2	1417	KULWANT	TN	9:08.1 S
3	962	AMRITPAL SINGH	CRPF	9:16.0 S
4	439	SANJAY	KAR	9:18.6 S
5	973	NARENDRA SINGH	UP	9:18.9 S
6	189	RAHUL SHOKEEN	DELHI	9:40.9 S
7	119	JOGINDER SINGH	P. POLICE	9:41.6 S
8	130	BALWINDER SINGH	P. POLICE	

**Event : 5000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf
1	974	GULAB CHAND	UP	14:39.7 S
2	478	B S LONE	TELCO	14:41.0 S
3	742	SANJIV NAIR	MAHA	14:41.0 S
4	441	SHIVANANDA	KAR	14:51.1 S
5	964	P DUTTA	CRPF	15:28.0 S
6	747	SATISH KUMAR	TN	15:38.6 S



7	872	VASUDED MORJEE	GOA	16:34.6 S
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**Event : 10000 Mtrs**

Pos	BIB	Athletes Name	Unit	Perf	
1	931	REDEMAL	RAJ	30:21.5 S	NMR
2	478	B.S. LONE	TELCO	30:23.7 S	
3	972	N. GOJEN SINGH	JR. NAT. CAMP	30:32.4 S	
4	974	GULABCHAND	UP	30:43.9 S	
5	115	S.I. MANU RAJAPPA	BSF	30:47.9 S	
6	135	SURENDER PAL SINGH	P. POLICE	30:50.4 S	
7	965	RAM KARAN	CRPF	30:55.2 S	
8	440	SUBRAMANI	KAR	31:26.6 S	

**Event : 20 Km Walk**

Pos	BIB	Athletes Name	Unit	Perf	
1	875	MAGLE MBA	GOA	1::37:18.7 S	NMR BMR
2	1411	SANTOSH	TN	1::38:09.5 S	
3	361	GURUDEV SINGH	P.POLICE	1::42:16.7 S	
4	987	O MARAM	RAJ	1::46:45.2 S	
5	172	MATHEW MANJERI	KER	1::48:13.5 S	
6	970	SABANAILA	KAR	1::54:31.3 S	
7	382	GURVINDEER SINGH	P.POLICE	1::57:18.7 S	

**Event : 110 Mtrs (H)**

Pos	BIB	Athletes Name	Unit	Perf
1	136	SAHIB SINGH	P. POLICE	14.5 S
2	194	ASHOK	DELHI	14.8 S
3	435	HARISH C K	KAR	14.9 S

4	880	CHISTI BASHA	ANDHRA	15.1 S
5	266	T SIVABALAN	I. BANK	15.2 S
6	137	JASPINDER SINGH	P. POLICE	15.7 S
7	789	LINESH PATHAK	MAH	15.9 S

**Event : 400 Mtrs (H)**

**Old MR: 52.1**

Pos	BIB	Athletes Name	Unit	Perf
1	136	SAHIB SINGH	P. POLICE	51.8 S
2	138	MANJINDER SINGH	P. POLICE	52.4 S
3	883	BALA MURUGAN	TN	53.0 S
4	1424	PURUSHOTAM	ANDHRA	53.8 S
5	976	RAJINDER SINGH	PUN	54.5 S
6	123	C T JAYARAJAN	BSF	54.8 S
7	799	SUBASH PATIL	MAH	55.5 S
8	886	T SRINIVAS REDDY	ANDHRA	56.1 S

**Event : Long Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	132	S.I.C. KUNJUMAN	BSF	7.25 M
2	791	JERRY DEVIS	TN	7.25 M
3	9667	ROBERT BOBBY GEORGE	KAR	6.93 M
4	905	P. NISHANT	AP	6.84 M
5	381	P. KANNAN	I. BANK	6.75 M
6	800	NITIN KOLI	MAH	6.75 M
7	152	GURUMIK SINGH	P. POLICE	6.59 M
8	1406	ARVIND KUMAR	UP	6.49 M

**Event : High Jump**

Pos	BIB	Athletes Name	Unit	Perf
1	126	H C MANAO SINGH	BSF	2.05 M
2	1418	UMED	TN	1.95 M
3	125	S I JOHN K T	BSF	1.95 M
4	955	LANGA MARANDI	CRPF	1.95 M
5	822	LESILE DIAS	MAH	1.90 M
6	849	MAHINDER NARVEER	MAH	1.90 M

**Event : Pole Vault**

Pos	BIB	Athletes Name	Unit	Perf
1	908	MA ELDO	TN	4.60 M
2	480	SATPAL	TELCO	4.50 M
3	1408	BAJRANGI PRASHAD	UP	4.30 M
4	1409	SUBASH CHANDRA	UP	4.10 M

**Event : Shot Put**

Pos	BIB	Athletes Name	Unit	Perf
1	207	BAHADUR SINGH	P. POLICE	17.96 M
2	208	MANJIT SINGH	P. POLICE	16.82 M
3	998	GURUDEV SINGH	PUNJAB	16.80 M
4	144	BALDIP SINGH	BSF	14.28 M
5	860	MAHESH SINDHE	MAHARASHTRA	13.64 M

**Event : Discus Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	486	ANIL KUMAR	TELCO	53.92 M
2	547	DEO KUMAR ROY	BIHAR	51.46 M
3	548	HIRDYANAND SINGH	BIHAR	51.22 M

4	318	DAVINDER SINGH	P.POLICE	50.32 M
5	319	UPKAR SINGH	P.POLICE	49.06 M
6	146	AC SH KULDEEP	BSF	44.26 M
7	1006	JATINDER SINGH	PUNJAB	40.16 M

**Event : Javelin Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	341	DALJIT SINGH	P.POLICE	70.82 M
2	982	JAGDISH SINGH	RAJ	67.70 M
3	1407	DIPINDER KUMAR	UP	66.98 M
4	981	OMPRAKASH DUDI	RAJ	66.06 M
5	933	TINY VARGHESE	TN	64.76 M
6	342	RAMANDIP SINGH	P.POLICE	64.68 M
7	188	NA VAL SINGH	DEL	64.36 M
8	950	RAMESHWAR SINGH	CRPF	62.56 M

**Event : Hammer Throw**

Pos	BIB	Athletes Name	Unit	Perf
1	983	VIRENDER S PUNIA	RAJ	62.50 M
2	881	S S MANN	TN	60.80 M
3	1410	PRAMOD TIWARI	UP	59.66 M
4	359	GURBINDER JIT SINGH	P.POLICE	58.70 M
5	952	PRADIP KUMAR	CRPF	58.30 M
6	951	SATISH SLHAG	CRPF	57.62 M
7	147	H C DHAN SINGH	BSF	52.24 M
8	148	C T PRADEEP KUMAR	BSF	49.44 M

**EVENT : 4X100 RELAY**

<b>Pos</b>	<b>Unit</b>	<b>Perf</b>
1	TN	41.7 S
2	DEL	42.6 S
3	KAR	42.8 S
4	P.POLICE	43.1 S
5	BSF	43.2 S
6	CRPF	43.4 S
7	I.BANK	43.7 S
8	MAHA	44.7 S