

NATIONAL OPEN 1989

100 M RUN MEN

POSITION	NAME	UNIT	PERF
1	ANAND SHETTY	HEAVY ENG	10.75 Sec
2	P. BIJU	LIC	10.92 Sec
3	ROY JOSEPH	POLICE	10.97 Sec
4	SANJEEVAN	SERVICES	11.13 Sec
5	T.C JAMES	RAILWAYS	11.26 Sec
6	RANJITH	TAMIL NADU	11.29 Sec

200 M RUN MEN

POSITION	NAME	UNIT	PERF
1	ARJUN DEVIAH	KARNATAK	21.34 Sec
2	ANAND SHETTY	HEAVY ENG	21.59 Sec
3	GUNASEKARAN	KARNATAK	21.77 Sec
4	ANAND NATARAJAN	VARSITIES	21.86 Sec
5	ROY P. JOSEPH	COAL INDIA	22.28 Sec
6	SREETHARAN	RAILWAYS	22.58 Sec

400 M RUN MEN

POSITION	NAME	UNIT	PERF
1	ARJUN DEVIAH	KARNATAK	47.3 Sec
2	IYYAPPAN DURAI	TAMIL NADU	48.4 Sec
3	MURALIDARAN	HEAVY ENG	48.8 Sec
4	P.V RAJU	POLICE	48.9 Sec
5	VIJAYA KUMAR	SERVICES	49.0 Sec
6	SOMASEKHARAN	RAILWAYS	49.2 Sec

800 M RUN MEN

POSITION	NAME	UNIT	PERF
1	SUKHCHARAN SINGH	RAILWAYS	1:53.1 Sec
2	VIJAY KUMAR	SERVICES	1:53.2 Sec

3	AVTAR SINGH	SERVICES	1:53.5 Sec
4	JOSSEY MATHEW	FCI	1:53.5 Sec
5	BUDHWA OARON	POLICE	1:53.6 Sec
6	R.P PATIL	MADHYA PRADESH	1:53.6 Sec

1500 M RUN MEN

POSITION	NAME	UNIT	PERF
1	BAHADUR PRASAD	RAILWAYS	3:44.4 Sec N.M.R
2	RAM NIVAS	RAILWAYS	3:46.2 Sec
3	P.SOLAMUTHU	SERVICES	3:49.0 Sec
4	SATHYANARAYAN	PONDICHERRY	3:51.3 Sec
5	SUKHWANT SINGH	SERVICES	3:52.7 Sec
6	AMARDEEP SINGH	AIEB	3:53.0 Sec

5000 M RUN MEN

POSITION	NAME	UNIT	PERF
1	BAHADUR PRASAD	RAILWAYS	14:13.3 Sec
2	K.M SURESH	RAILWAYS	14:21.2 Sec
3	LEELA RAM	SERVICES	14:33.3 Sec
4	DHUN RAM	SERVICES	14:41.5 Sec
5	TARA SINGH	POLICE	15:05.4 Sec
6	GURNAM SINGH	PUNJAB	15:18.0 Sec

10,000 M RUN MEN

POSITION	NAME	UNIT	PERF
1	BAHADUR PRASAD	RAILWAYS	30:07.2 Sec
2	K.M SURESH	RAILWAYS	30:21.2 Sec
3	DANVEER SINGH	A.A.F.I	31:13.1 Sec
4	RAJENDRAN	ANDHRA PRADESH	31:43.9 Sec
5	VIJAYA KUMAR	SERVICES	31:51.1 Sec
6	K.J BABY	SERVICES	31:55.7 Sec

110 M RUN MEN

POSITION	NAME	UNIT	PERF
1	ASISH MONDAL	RAILWAYS	14.7 Sec
2	SUNNY JOSEPH	RAILWAYS	14.8 Sec
3	BENNY JOHN	SERVICES	14.9 Sec
4	PRAVEEN JOLLY	DELHI	15.0 Sec
5	VIJAY KUMAR	SERVICES	15.0 Sec
6	HARDEEP SINGH	AIEB	15.1 Sec

400 M RUN MEN

POSITION	NAME	UNIT	PERF
1	C. HARIDOSS	RAILWAYS	52.50 Sec
2	SASHIDHARAN	HEAVY ENY	53.60 Sec
3	JOSSEY MATHEW	FCI	54.10 Sec
4	JAGIR SINGH	SERVICES	54.70 Sec
5	A. KUMAR	VARITIES	55.00 Sec
6	PRITIVI RAJ	SERVICES	55.60 Sec

3000 M STEEPLECHASE MEN

POSITION	NAME	UNIT	PERF
1	RAM SINGH	A.A.F.I	9:05.6 Sec
2	GOPI SINGH	SERVICES	9:07.5 Sec
3	DEENA RAM	SERVICES	9:09.3 Sec
4	RAJINDER SINGH	A.A.F.I	9:13.2 Sec
5	SHAMSHUDDIN	POLICE	9:18.0 Sec
6	JASBIR SINGH	RAILWAYS	9:32.4 Sec

HIGH JUMP MEN

POSITION	NAME	UNIT	PERF
1	N. ANNAVI	RAILWAYS	2.05 Mtr
2	SHEOPAT SINGH	HARYANA	2.05 Mtr
3	B.K SINGH	HEAVY ENG	2.05 Mtr
4	CHANDERPAL	RAILWAYS	1.95 Mtr
5	C.C MATHEW	SERVICES	1.95 Mtr

6	K.M BHOPAYYA	SERVICES	1.95 Mtr
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POLE VAULT MEN

POSITION	NAME	UNIT	PERF
1	VIJAYPAL SINGH	DELHI	4.72 Mtr N.M.R
2	M.A ELDO	RAILWAYS	4.50 Mtr
3	GULCHAND SINGH	PUNJAB	4.40 Mtr
4	MRIDUL DEORAH	ASSAM	4.40 Mtr
5	S.S TANWAR	RAILWAYS	4.20 Mtr
6	ANIL KUMAR	SERVICES	4.00 Mtr

LONG JUMP MEN

POSITION	NAME	UNIT	PERF
1	P. FERNANDES	HEAVY ENG	7.76 Mtr
2	SHYAM KUMAR	FCI	7.60 Mtr
3	M.C SEBASTIAN	RAILWAYS	7.48 Mtr
4	P.V WILSON	POLICE	7.48 Mtr
5	M.S SADASIVAM	HEAVY ENG	7.39 Mtr
6	SANJEEVAN	SERVICES	7.31 Mtr

TRIPLE JUMP MEN

POSITION	NAME	UNIT	PERF
1	NIZAMUDDIN	TAMIL NADU	15.62 Mtr
2	HAJINDER SINGH	STEEL PLANT	15.50 Mtr
3	T.M THANGAVELU	VARITIES	15.28 Mtr
4	KUNJERIA	KERALA	15.27 Mtr
5	SATNAM SINGH	PUNJAB	15.07 Mtr
6	KESHWAR SAHU	POLICE	15.01 Mtr

SHOT PUT MEN

POSITION	NAME	UNIT	PERF
1	S.D EASHAN	RAILWAYS	18.28 Mtr
2	AVTAR SINGH	POLICE	17.94 Mtr

3	BALWINDER SINGH	STEEL PLANT	17.79 Mtr
4	BHAHADUR SINGH	HEAVY ENG	16.60 Mtr
5	NARENDRA KUMAR	SERVICES	16.26 Mtr
6	HARDEV SINGH	VARSITIES	15.26 Mtr

DISCUS THROW MEN

POSITION	NAME	UNIT	PERF
1	SHAKTI SINGH	POLICE	57.70 Mtr N.R
2	MANJIT SINGH	POLICE	54.92 Mtr
3	KAMALPREET SINGH	PUNJAB	52.48 Mtr
4	SARJET SINGH	RAILWAYS	52.34 Mtr
5	KALADIA SINGH	PUNJAB	51.58 Mtr
6	R.P SINGH	DELHI	50.24 Mtr

HAMMER THROW MEN

POSITION	NAME	UNIT	PERF
1	R.S BAL	POLICE	64.56 Mtr
2	SURINDER SINGH	SERVICES	61.08 Mtr
3	RADHEY SYAM	SERVICES	60.98 Mtr
4	AJAY PAL	DELHI	58.72 Mtr
5	J.S WARHICH	GUJARAT	58.30 Mtr
6	BHUPINDER SINGH	PUNJAB	56.74 Mtr

JAVELIN THROW MEN

POSITION	NAME	UNIT	PERF
1	S.B MISHRA	LIC	70.40 Mtr N.R
2	SATBIR SINGH	HARYANA	66.00 Mtr
3	USUF KHAN	BIHAR	65.14 Mtr
4	RUPINDER SINGH	RAILWAYS	64.78 Mtr
5	SARNAM SINGH	SERVICES	64.18 Mtr
6	MALKEET SINGH	AIEB	64.02 Mtr

DECATHLON MEN

POSITION	NAME	UNIT	PERF
1	BABU	RAILWAYS	6571 Points
2	A.K SINGH	SERVICES	6315 Points
3	PERUMAL	TAMIL NADU	5986 Points
4	VALLABH SINGH	SERVICES	5979 Points
5	SOOTHANAN	POLICE	5972 Points
6	HARMOHAN MEHTA	DELHI	5159 Points

4X100 M RELAY MEN

POSITION	TEAM NAME	PERF
1	RAILWAYS	41.73 Sec
2	HEAVY ENG	42.02 Sec
3	KARNATAK	42.13 Sec
4	SERVICES	42.76 Sec
5	FCI	42.78 Sec
6	LIC	42.84 Sec

4X400 M RELAY MEN

POSITION	TEAM NAME	PERF
1	SERVICES	3:15.7 Sec
2	RAILWAYS	3:16.2 Sec
3	TAMIL NADU	3:26.8 Sec

WOMEN

100 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	P.T USHA	RAILWAYS	11.98 Sec
2	ASHWINI NACHAPPA	KARNATAK	12.25 Sec
3	K. SARAMMA	RAILWAYS	12.40 Sec
4	SANY JOSEPH	FCI	12.43 Sec
5	ZENIA AYRTON	MAHARASHTRA	12.48 Sec
6	JUNUMANI SAIKIA	ASSAM	12.48 Sec

200 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	ASHWINI NACHAPPA	KARNATAK	24.3 Sec
2	SANY JOSEPH	FCI	25.0 Sec
3	PRANTI MISRA	FCI	25.7 Sec
4	SANDRA SATUR	VARITIES	26.0 Sec
5	K. SUMATHY	VARITIES	26.0 Sec

400 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	P.T USHA	RAILWAYS	52.9 Sec N.M.R
2	SHINY WILSON	FCI	52.9 Sec
3	K. SARAMMA	RAILWAYS	55.1 Sec
4	MERCY KUTTAN	BIHAR	55.8 Sec
5	SAROJ LAKRA	BIHAR	56.4 Sec
6	PRANTI MISRA	FCI	56.5 Sec

800 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	SHINY WILSON	FCI	2:06.8 Sec
2	ROSA KUTTY	RAILWAYS	2:08.3 Sec
3	RINKU ATTA	BENGAL	2:11.7 Sec
4	ALPHONSA RAYAN	MAJOR PORTS	2:14.5 Sec
5	J. SIKDAV	RAILWAYS	2:16.4 Sec
6	BIJIMOL	VARITIES	2:17.3 Sec

1500 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	ROSA KUTTY	RAILWAYS	4:28.8 Sec N.M.R
2	KAMALESH	H.P	4:29.0 Sec
3	SUNITA	HARYANA	4:31.8 Sec
4	RINKU ATTA	BENGAL	4:41.4 Sec

5	V.N KHALKO	RAILWAYS	4:41.4 Sec
6	APARUA BHOYAR	MAHARASHTRA	4:46.2 Sec

3000 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	MOLLY CHACKO	RAILWAYS	9:43.6 Sec
2	NANDA JADHAV	RAILWAYS	9:51.3 Sec
3	KAMALESH KUMARI	H.P	10:07.4 Sec
4	APARUA BHOYAR	MAHARASHTRA	10:16.4 Sec
5	POONAM TANEJA	HARYANA	10:23.5 Sec
6	LILLAMMA	MAHARASHTRA	10:25.3 Sec

10000 M RUN WOMEN

POSITION	NAME	UNIT	PERF
1	CHARULLAT NAIGAONKAR	RAILWAYS	37:59.3 Sec
2	SUMAN MEHTA	H.P	38:00.6 Sec
3	PURABI DAS	RAILWAYS	38:07.4 Sec
4	NIRMAL SAINI	HARYANA	39:23.6 Sec
5	INDRESH DIRAJ	DELHI	39.:48.4 Sec
6	KHANDER PARKAR	GOA	40:10.0 Sec

400 M HURDLES WOMEN

POSITION	NAME	UNIT	PERF
1	SHANTIMOL PHILLIP	FCI	59.83 Sec
2	APSARA	KARNATAKA	61.22 Sec
3	RAJWANT KAUR	RAILWAYS	61.98 Sec
4	SYLEEMA PAIS	KARNATAKA	62.15 Sec
5	NIRMALA THERASA	TAMIL NADU	64.17 Sec
6	A.R ALPHONSA	TAMIL NADU	65.69 Sec

LONG JUMP WOMEN

POSITION	NAME	UNIT	PERF
1	SHANTIMOL PHILLIP	FCI	59.83 Sec

2	APSARA	KARNATAKA	61.22 Sec
3	RAJWANT KAUR	RAILWAYS	61.98 Sec
4	SYLEEMA PAIS	KARNATAKA	62.15 Sec
5	NIRMALA THERASA	TAMIL NADU	64.17 Sec
6	A.R ALPHONSA	TAMIL NADU	65.69 Sec

HIGH JUMP WOMEN

POSITION	NAME	UNIT	PERF
1	ANGELA LINCY	TAMIL NADU	1.70 Mtr N.M.R
2	M. CELINE PRINCE	RAILWAYS	1.60 Mtr
3	S.K SHANTHI	TAMIL NADU	1.60 Mtr
4	BINDU	KERALA	1.60 Mtr
5	CHAMILI PAUL	RAILWAYS	1.50 Mtr
6	BOBY ALOSUYUS	KERALA	1.50 Mtr

SHOT PUT WOMEN

POSITION	NAME	UNIT	PERF
1	RAJINDER KAUR	RAILWAYS	14.10 Mtr N.M.R
2	AMEERDEEP KAUR	CHANDIGRAH	13.93 Mtr
3	RITU MAINI	DELHI	12.60 Mtr
4	NALA BASAMATHY	RAILWAYS	11.80 Mtr
5	K. BHULLER	PUNJAB	11.77 Mtr
6	THANGAMANI	TAMIL NADU	11.70 Mtr

DISCUA THROW WOMEN

POSITION	NAME	UNIT	PERF
1	NEELAM KUMARI	RAILWAYS	42.90 Mtr
2	VIJAY MALA BHANOT	DELHI	42.10 Mtr
3	HARPREET KAUR	PUNJAB	41.88 Mtr
4	MANISHAWAGH	MAHARASHTRA	39.18 Mtr
5	KIRAN RANI SAHA	COAL INDIA	36.78 Mtr
6	BALIJT KAUR	RAILWAYS	35.96 Mtr

JAVELIN THROW WOMEN

POSITION	NAME	UNIT	PERF
1	RAZIA SHAIKH	RAILWAYS	46.86 Mtr
2	PUSPA EKKA	COAL INDIA	42.32 Mtr
3	EMELTINA EKKA	BIHAR	41.78 Mtr
4	SHINY VERGHESE	RAILWAYS	38.76 Mtr
5	GURBARI HERBRUM	BIHAR	38.62 Mtr
6	SEENAMMA T	KERALA	38.18 Mtr

HEPTATHLON WOMEN

POSITION	NAME	UNIT	PERF
1	K.K GEETHA	RAILWAYS	4729 Points
2	JOLLY JOSEPH	TAMIL NADU	4661 Points
3	JANCY MATHEW	TAMIL NADU	4050 Points
4	C.R CHITRA	VARSITIES	3948 Points
5	SAROJIN LAKRA	BIHAR	3736 Points
6	R. CHITRA	RAILWAYS	3640 Points

4X100 M RELAY WOMEN

POSITION	TEAM NAME	PERF
1	RAILWAYS	47.3 Sec
2	FCI	47.8 Sec
3	KARNATAKA	48.1 Sec
4	TAMIL NADU	48.6 Sec
5	UNIVERSITIES	50.00 Sec
6	LIC	50.50 Sec

4X400 M RELAY WOMEN

POSITION	TEAM NAME	PERF
1	FCI	3:49.5 Sec
2	TAMIL NADU	3:57.0 Sec
3	UNIVERSITIES	4:05.9 Sec

TEAM CHAMPIONSHIP MEN

POSITION	TEAM NAME	PERF
1	RAILWAYS	123.5 Points
2	SERVICES	89.5 Points
3	POLICE	49 Points

TEAM CHAMPIONSHIP WOMEN

POSITION	TEAM NAME	PERF
1	RAILWAYS	124 Points
2	FCI	44 Points
3	KARNATAKA	38 Points