

COMPETITIONS AND RESULTS JUNE 2019								
Sr. No.	Athlete	DOB	Event	Competition	Venue	Competition Dates	Rank	Results
1	Shivpal Singh	06.07.1995	Javelin Throw	IAAF Diamond League	Oslo, Norway	13-06-2019	8	80.87 mt.
2	Annu Rani	29.08.1992	Javelin Throw	IAAF-GOLDEN SPIKE OSTRAVA MEETING	Ostrava Czech Republic	20-06-2019	3	60.20 mt.
3	Shivpal Singh	06.07.1995	Javelin Throw	IAAF-GOLDEN SPIKE OSTRAVA MEETING	Ostrava Czech Republic	20-06-2019	8	79.69 mt.
4	Shivpal Singh	06.07.1995	Javelin Throw	XXII Grand Prix of Sopot Janusz Sidla in Athletics	Leśny Stadium Sopot, Poland	23-06-2019	5	76.90 mt.
5	Rajender Singh	06.11.1987	Javelin Throw	XXII Grand Prix of Sopot Janusz Sidla in Athletics	Leśny Stadium Sopot, Poland	23-06-2019	6	73.06 mt.
6	Annu Rani	29.08.1992	Javelin Throw	4th JenJavelin- Javelin Throwing Festival	Jena, Germany	7-8 June ,2019	3	60.46 mt.
7	Vismaya VK	14.05.1997	400 M W	Bestseller Goleniów Athletics Park 2019 GOLENIÓW	Goleniów Athletics Park Poland	26-06-2019	3	52.58
8	Poovamma Machettira	05.06.1990	400 M W	Bestseller Goleniów Athletics Park 2019 GOLENIÓW	Goleniów Athletics Park Poland	26-06-2019	5	53.71
9	Jinson Johnson	13.05.1991	1500 M M	Nijmegen Global Athletics	Nijmegen, Netherlands	15-06-2019	6	3.37.62 PB (NR)
10	Ajay Kumar Saroj	01.05.1997	1500 M M	Nijmegen Global Athletics	Nijmegen, Netherlands	15-06-2019	11	3.40.39
11	PU Chitra	09.06.1995	1500 M W	Nijmegen Global Athletics	Nijmegen, Netherlands	15-06-2019	1	4.13.52s
12	Jinson Johnson	13.05.1991	1500 M M	Sollentuna Grand Prix	Stockholm, Sweden	18-06-2019	2	3.39.69s
13	Shreeshankar M	27.03.1999	Long Jump	Pierre-Benite Envol meet	Lyon, France	14-06-2019	2	7.93 mt.
COMPETITIONS AND RESULTS JULY 2019								
1	Hima Das	09.01.2000	200 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	1	23.65
2	Vismaya VK	14.05.1997	200 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	3	23.75 PB
3	Baishya Sonia	15.10.1995	200 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	6	24.5
4	Sarita Ben	01.06.1994	400 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	5	54.21
5	Vithya R	20.09.1998	400 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	6	54.33 PB
6	Subha V	31.08.1999	400 M W	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	7	54.35 PB
7	Anas Y. Muhammed	17.09.1994	200 M M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	3	20.75 SB
8	Nirmal Tom Noah	13.1.1994	200 M M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	5	21.30 PB
9	Mohan Kumar	14.12.1996	200 M M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	X	DNF
10	Jeevan K.S.	26.01.1993	400 M M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	3	47.25
11	Kunhu Muhammed	05.03.1987	400 M M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	5	47.48
12	Tijender Pal Singh Toor	11.05.1992	Shot Put M	Poznań Athletics Grand Prix 2019	Pozan, Poland	07-02-2019	3	19.62
13	Annu Rani	29.08.1992	Javelin Throw W	IAAF Diamond League	Lausanne, Switzerland	07-05-2019	7	59.35
14	Mohammed Afsal	03.02.1996	800 M M	XXIX International Meeting G.Kossanov Memorial	Almaty, Kazakhstan	06-07 July, 2019	1	1:49.0s
15	Gagandeep Singh	20.05.1995	Discus Throw M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	52.39M

16	Navjeet Kaur	06.03.1995	Discus Throw W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	54.8 M
17	Mithra Varun	09.07.1997	Discus Throw M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	49.54
18	Jyothi	25.03.1993	Hammer Throw W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	58.69 M
19	Anita	01.01.1990	Hammer Throw W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	3	55.38 M
20	Mohd. Salahuddin	24.03.1995	Triple Jump	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	16.64 M PB
21	Mohd. Zuber	02.03.1996	Triple Jump	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	16.21 M
22	Sahil Silwal	17.12.2000	Javelin Throw	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	77.4
23	Rohit Yadav	06.06.2001	Javelin Throw	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	75.36 PB
24	Harsh Kumar	25.12.1999	400 M M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	46.46 PB
25	Ajay Kumar Saroj	01.05.1997	1500 M M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	03:46.0
26	Shreeshankar M	27.03.1999	Long Jump M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	7.88 M
27	Archana	09.06.1994	100 M W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	11.64s
28	Lili Das	18.03.1998	1500 M W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	04:23.4
29	Navjeet Kaur	06.03.1995	Sho Put W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	15.11 M
30	1.Archana 2. Revathi 3.Rashmi 4. Hina	XXXXXXXX	4x100m Relay W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	1	45.61s
31	Gajanand Mistri	08.05.1992	400 M M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	47.13s
32	Mithra Varun	09.07.1997	Discus Throw M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	49.54m
33	Jisna Mathew	07.01.1999	400 M W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	52.96s
34	Jothi	25.03.1993	Hammer Throw W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	2	58.69 M
35	Anita	01.01.1990	Hammer Throw W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	3	55.38
36	Beant Singh	10.01.1999	800 M M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	4	1:52:62s
37	Rahul	01.12.1996	1500 M M	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	6	3:52:75s
38	Revathi	23.11.1997	400 M W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	4	56.21s

39	Tunlai Narzary	10.02.1994	Shot Put W	XXIX International Meeting «G.Kossanov Memorial»	Almaty, Kazakhstan	06-07 July, 2019	4	13.65 M
40	Jaibir MP	08.06.1996	400 M M	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	1	50.21
41	Jithin Paul	05.06.1990	400 M M	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	3	52.26
42	Saritaben P	01.06.1994	400 M W	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	1	52.77 PB
43	Soniya Baishya	15.10.1995	400 M W	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	2	53.73
44	Vithya R	20.09.1998	400 M W	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	3	53.73 PB
45	Shalini VK	10.01.1998	400 M W	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	6	55.25
46	KS Jeevan	26.01.1993	400 M M	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	2	46.56
47	Kunhu Muhammed	05.03.1987	400 M M	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	3	46.93
48	Amoj Jacob	02.05.1998	400 M M	15th Kunto Meeting (XV Mityng O Roze Kutna)	Kutno, Poland	07-07-2019	5	47.24
49	Annu Rani	29.08.1992	Javelin Throw W	Spitzen Leichtathletik Top Athletics Lucerne	Lucerne, Switzerland	07-09-2019	9	54.54 M
50	Archana	09.06.1994	100 M W	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	11.74 secs
51	Harsh Kumar	25.12.1999	400 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	46.76 secs
52	Lili Das	18.03.1998	1500 M W	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	4:19.05
53	Sahil Silwal	17.12.2000	Javelin Throw M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	78.50 PB
54	Shreeshankar M	27.03.1999	Long Jump M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	7.97 mt.
55	Archana, Revathi, Rashmi, Hina	XXXXXXXX	4x100m relay WOMEN Performance	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	1	45.81 secs.
56	Gajanand Mistri	08.05.1992	400 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	2	47.23 secs.
57	Jasina Mathew	07.01.1999	400 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	2	53.76 secs.
58	Rahul	01.12.1996	1500 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	2	3:50.69 secs
59	Rohit Yadav	06.06.2001	Javelin Throw M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	3	73.33 mt.
60	Ajith	03.07.1999	5000 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	2	14:46.4 secs
61	Rahul	01.12.1996	5000 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	3	14:49.61 secs

62	Beant Singh	10.01.1999	800 M M	XXII International competitions of Tatyana Kolpakova	Stadium Omurzakov D Bishkek City, Kyrgyzstan	13-14 July, 2019	3	1:52.18 secs
63	Yahiya Anas Muhammed	17.09.1994	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019	1	45.21 secs NR
64	Kunhu Muhammed	05.03.1987	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019	6	47.69 secs.
65	Noha Nirmal Tom	13.1.1994	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019		46.89 secs.
66	Amoj Jacob	02.05.1998	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019		
67	Jeevan K.S.	26.01.1993	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019		46.93 secs.
68	Jaibir MP	08.06.1996	400 M M	Kladno Meeting	Kladno, Czech Republic	13-07-2019		47.15 secs.
69	Soniya Baishya	15.10.1995	400 M W	Kladno Meeting	Kladno, Czech Republic	13-07-2019		54.19 secs.
70	Vithya R	20.09.1998	400 M W	Kladno Meeting	Kladno, Czech Republic	13-07-2019		54.49 secs
71	Subha V	31.08.1999	400 M W	Kladno Meeting	Kladno, Czech Republic	13-07-2019		54.75 secs
72	Salini V K	10.01.1998	400 M W	Kladno Meeting	Kladno, Czech Republic	13-07-2019		55:01 secs
73	Tejinder Pal Singh Toor	11.05.1992	Shot Put M	Kladno Meeting	Kladno, Czech Republic	13-07-2019		20.36 mtr.
74	Vipin Kasana	08.04.1987	Javelin Throw M	Kladno Meeting	Kladno, Czech Republic	13-07-2019	1	82.51 mtr.
75	Abhishek Singh	20.05.1995	Javelin Throw M	Kladno Meeting	Kladno, Czech Republic	13-07-2019	2	77.32 mtr.
76	Devender Singh	18.12.1988	Javelin Throw M	Kladno Meeting	Kladno, Czech Republic	13-07-2019	3	76.58 mtr.
77	Hima Das	09.01.2000	200 M W	Kladno Meeting	Kladno, Czech Republic	13-07-2019	1	23.43 secs.
78	Anas Y. Muhammed	17.09.1994	400 M M	Tabor Meeting	Tabor, Czech Republic	17-07-2019	1	45.40 secs.
79	Noha Nirmal Tom	13.1.1994	400 M M	Tabor Meeting	Tabor, Czech Republic	17-07-2019	2	46.59 secs.
80	Jeevan K.S.	26.01.1993	400 M M	Tabor Meeting	Tabor, Czech Republic	17-07-2019	3	46.60 secs.
81	Hima Das	09.01.2000	200 M W	Tabor Meeting	Tabor, Czech Republic	17-07-2019	1	23.25 secs NMR
82	Vismaya VK	14.05.1997	200 M W	Tabor Meeting	Tabor, Czech Republic	17-07-2019	2	23.43 secs.
83	Hima Das	09.01.2000	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	1	52.09 secs. MR
84	Vismaya VK	14.05.1997	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	2	52.48 secs. SB
85	Sarita Ben	01.06.1994	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	3	53.28 secs.
86	Poovamma Machettira	05.06.1990	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	4	53.74 secs.
87	Vithya R	20.09.1998	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	5	54.19 secs.
88	Subha V	31.08.1999	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	6	54.22 secs. SB
89	Shalini VK	10.01.1998	400 M W	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	7	55.39 secs.
90	Noha Nirmal Tom	13.1.1994	400 M M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	2	46.05 secs.
91	Jeevan K.S.	26.01.1993	400 M M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	3	46.47 secs.
92	Amoj Jacob	02.05.1998	400 M M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	4	46.99 secs.
93	Kunhu Muhammed	05.03.1987	400 M M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	5	47.19 secs.
94	Raja Mohan Kumar	14.12.1996	400 M M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	6	47.20 secs.
95	Jaibir MP	08.06.1996	400 M H M	Nove Mesto Meeting	Nove Mesto, Czech Republic	20 July, 2019	1	49.66 secs.
96	Shivpal Singh	06.07.1995	Javelin Throw M	Motonet GP Joensuu	Motonet GP Joensuu, Finland	24 July, 2019	4	76.90 mtr.
97	Yahiya Anas Muhammed ,Amoj Jacob, Nirmal Noha Tom, Kunhu Mohammed	XXXXXXXX	Relay 4X400 mt. (M)	5th International Sprint- Relay - Balkan Cup 2019	Turkey	24 July, 2019	1	03:02.6

COMPETITIONS AND RESULTS								
AUGUST 2019								
1	Tejinder Pal Singh Toor	13.11.1994	Shot Put (M)	Festiwal Rzutów im. Kamili Skolimowskiej Centniewo Poland	Centniewo Poland	03 August, 2019	4	19.73 mtr.
2	Hima Das	09.01.2000	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	1	37.25
3	Vismaya VK	14.05.1997	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	2	37.39
4	Poovamma Machettira	06-05-1990	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	3	38.56
5	Subha V	31.08.1999	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	1	37.96
6	Vithya R	20-09-1998	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	2	39.02
7	Salini V K	01-10-1998	300 M W	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	3	39.68
8	Jaiibir MP	06-08-1996	300 M M	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	1	33.53
9	Amoj Jacob	05-02-1998	300 M M	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	2	33.68
10	Anas Y. Muhammed	17-09-1994	300 M M	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	1	32.41
11	Nirmal Tom Noah	13-01-1994	300 M M	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	3	33.03
12	Rajmohan	14-12-1996	300 M M	Usti Nad Orlici Athletics Meet	Czech Republic	17 August, 2019	6	34.02
13	Rohit Yadav	06-06-2001	Javelin Throw M U 20	2019 Mokpo International Athletics Throwing Meeting	Mokpo South Korea	24-25 August, 2019	1	74.44
14	Rajender Singh	11-06-1987	Javelin throw M	2019 Mokpo International Athletics Throwing Meeting	Mokpo South Korea	24-25 August, 2019	1	77.94
COMPETITIONS AND RESULTS								
SEPTEMBER 2019								
1	Jinson Johnson	13.05.1991	1500 M M	ISTAF Berlin	BERLIN (OLYMPIASTADION), GERMANY	01-09-2019	2	3:35.24